



PERSPECTIVES

Vol 29 Issue 2 ❖ Summer 2017

2017 Time Trial Series

by Kevin Bessett

The season is going well, but participation is down by a lot. The weather may be one of the factors, but it does seem like interest in the last few years has been waning. That said, the “regulars” continue to be just that. They are a dedicated bunch, they are!

The first visit to Jonesville in May was wet. Very wet, windy, and cold (52 degrees). I didn't cancel it, but should have. Two showed up to ride, and one of them was Cameron Russell. If you are not familiar with him, he and two friends are on a 12,000-mile bike journey though the Americas. There was a story on this in the June issue of VT Sports, and VPR conducted a phone interview with them in early April. Cameron and his amigos were in Valparaiso, Chile – nearly 3-months and 3,000 miles into their journey.

Cameron was back home for a week-long break, and decided to try a time trial before returning to Cusco, Peru to resume their journey. As a testament of his ability to deal with the elements, he raced it in a short sleeve jersey and shorts. That isn't something I'd even consider for a millisecond.

The first-ever gravel road TT is coming up on July 20th on River Road in Duxbury. I'm looking forward to it. Depending on the interest, maybe there will be two next season. There are many more course possibilities using dirt roads, but not to worry. The series will not turn into a gravel TT series.

Thanks to all who've helped time so far this season. 

2017 Time Trial Schedule

Subject to change. Visit thegmbc.com for the latest updates. Unless otherwise indicated, all events start at 6:30 pm on Thursdays.

Date	Course Name	Timers*
Jul	06 Upper Pleasant Valley	C & S Cowhig
	13 Georgia Shore II	B Anderson, J Bertelsen
	20 Duxbury (gravel)	J Davies, R Phillips
	27 Jeffersonville North	P Dodds, S Messier
Aug	03 So. Greenbush ***	D Barbic, S Flemming,
	10 Westford Village	B Bailey, P Beliveau
	17 Jonesville ***	A Lesage, J Williams
	24 Bolton Hill Climb	M Hammond, G Van Den Noort

KEY: * Timing assignments determined by rider participation last year.
*** Part of the Championship Series (see below for more information).

How the Championship Series works: your fastest average speed at the Jonesville, Westford, and Smuggler's Notch courses will be averaged together to come up with an overall average speed for all three courses (each course must be ridden at least once). Awards will go to those who post the fastest overall average speed in their category, and to the overall fastest male and female. **Anyone can ride on a championship course, but only GMBC members are eligible to compete for awards.**

Helmets required and NO RIDING 2-ABREAST at any time.

For info contact Kevin Bessett at 434-6398 (kevinbessett@gmavt.net).

☞ These events are FREE and open to all ☜

2017 Touring Season

by Phyl Newbeck

The Unofficial Touring season got off to an inauspicious start with significant snow falling the day before the ride. Skis and fat bikes were certainly more sensible conveyances than skinny tires. The following week, nine cyclists arrived at Wheeler Lot in South Burlington and eight headed out on a 28-mile route with a bit of a chill in the air and a slight head wind. The ninth returned home to be reunited with his helmet and bike shoes. One week later, another eight riders met at Williston and did another 28-mile route down to Duxbury Road. Although most were the usual suspects, there was one new rider who moved to Vermont last fall.

April 23 was a sunny day with a slight morning chill in the air. Ten riders met in South Burlington and rode for 32 miles past a number of Chittenden County covered bridges. The sunshine brought out lots of other riders whom they passed on the road as the crew climbed roughly 1,500 feet. April 30 was overcast with temperatures in the 40's. That's not bad for April but the previous two days had been sunny with temperatures in the 70's so only six riders came to Jericho Elementary School for the last unofficial ride of the season. When the 0% chance of morning rain turned to 100% ice pellets, four riders decided to turn back at the bottom of Pleasant Valley Road. The remaining cyclists pedaled on and completed a loop on Upper and Lower Pleasant Valley Roads. Brian Howard said the good thing about the sleet was that it just bounced off the riders so they didn't really get wet. He noted that were it not for the blooming forsythia and redwing blackbirds, it felt like a late fall ride.

The weather wasn't very nice for the **Covered Bridges of Chittenden County** on the first day of the regular touring season. Two riders met our leaders at Wheeler Lot in South Burlington but opted against going out. One of the leaders went out by himself on roads which quickly dried and he lamented that others in the club missed out on the beauty of spring in full bloom. Two

weeks into the season and we were oh-for-two as the **Vergennes Voyager** suffered the same fate when one cyclist joined the ride leader in sitting in their cars in the rain before deciding that discretion was the better part of valor.

On May 21, the sun finally shone and 24 riders headed to Shelburne for the **Kingsland Bay** ride. Eleven did a 52-mile version of the medium ride which eschewed Silver Street for some less travelled roads, eleven did a slightly longer version of the short route to enjoy the good weather and two did an abbreviated version of the short ride to avoid the scarified pavement on Route 7. All the riders enjoyed seeing the nesting eagles along the way and several were treated to the sight of one of them perched at the edge of the nest.

May 27 was a beautiful day for **St. Albans Explorer** and 28 riders came out to enjoy the sunshine and light breeze with 12 doing the long version and 16 doing the short. We had two new riders who we hope will stick with us for the duration of the season. Although cyclists from both the short and long group made wrong turns which extended their rides, nobody complained since traffic was low and the roads were in good condition.

Grand Isle Flats usually brings out a lot of riders and June 4 was no exception. There were 27 riders, 21 of whom did the long ride. Six of those added some extra mileage by starting in Milton and finished the day with over 80 miles. It was the last GMBC ride for Kay and Arnie Tran who are moving to Utah. They thanked their fellow cyclists by showing up with baked goods. Another rider was celebrating a birthday that had as many miles as the long ride (58) and was greeted at the start with a rousing chorus of "Happy Birthday." In addition to the regulars there was a visitor from Connecticut and a couple from Massachusetts.

It was a hot June 11 for **Hinesburg Hollow** so three social riders started an hour early. Twenty-three other cyclists braved the heat and humidity with ten

doing the short ride and thirteen, in the words of ride leader Tom Kennedy "saying the hell with the heat and poking the devil in the eye" by doing the long. Some of the long riders cut the route short because of the heat. The only discordant notes were a few dropped chains, one of which resulted in a fall but no injury, and the realization that the Hinesburg General Store has closed. Van Sicklen and Old Creamery Roads are not in the finest shape so we're hoping they're on the VTrans list for repaving this summer. The search for shade was a good incentive to get up the hills as expeditiously as possible

It was another scorcher of a day for the **Champlain Bridge Ride** on June 18. Ride leader John Bertelsen deemed it an epic day and reported that one bike computer registered 89 degrees. Perhaps that's why only eight riders decided to brave the conditions. Five did the long ride (55 miles with over 3,000 feet of climbing) where they encountered improved pavement on White Church Road but a badly broken shoulder for a few miles on Route 22. The riders encountered a number of other cyclists including a group of Canadians who were circumnavigating the lake.

June 25 was a brilliantly sunny morning with pop-up thunderstorms predicted for the early afternoon. Twenty-two riders set forth on the **Jaunt from Jasper Mines** including several who had never ridden with the club before and a fifteen-year-old training for his first Iron Man Triathlon. The pavement on the very first part of the route leaves much to be desired but otherwise was in good shape. Several riders pedaled to the start. Roughly half the group planned to do the long route but gathering clouds led some of those cyclists to cut their ride a bit short. Aside from a short drizzle, all escaped the rain.

This year we continued our tradition of early season Saturday rides to introduce new riders to the pleasures of group riding. Alas, our first Intro Ride of the season was rained out.

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(photo courtesy of Kevin Batson)

TRIP REPORT

cycling the skyline drive

by Kevin Batson

This famed road runs 105 miles north to south along the crest of the Blue Ridge Mountains in Shenandoah National Park. Seventy-five overlooks offer stunning mountain and valley views.

On April 23rd, for the first time in twenty years, the Shenandoah Skyline Drive was closed to cars for the benefit of cyclists.

Fortunately, I happened to be staying at a friend's house just 45 minutes away in Sheppards town, West Virginia so that I could attend the Science March in DC the day before. Pre-registration was required for the ride and separately for parking. Both filled up early but finding parking in Front Royal is no trouble.

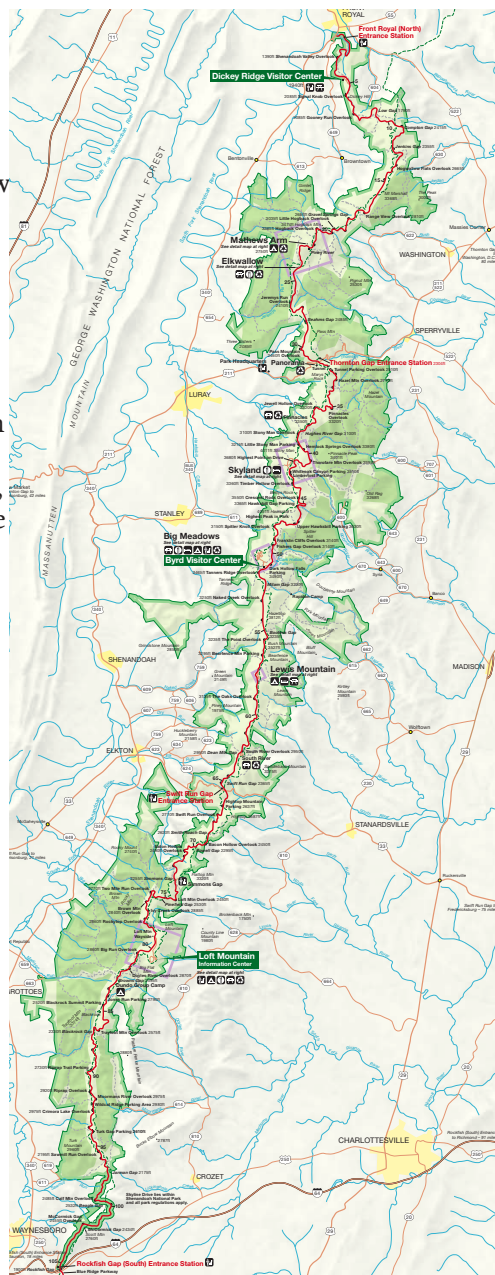
The ride was glorious, nice early spring blooms and great views of the Shenandoah Valley to the west and Piedmont mountain scenery to the east. For that early in the season the hills could be an issue, but I found it totally enjoyable riding the ups and downs from gap to gap. I climbed 5,000 feet going

from Front Royal at 660 ft elevation to top of Hogback Mountain at 3500 feet. Coming down was a blast, going 35 MPH for 5 miles at a stretch.

There were not that many cyclists, I saw about 50 for the whole time I was there and ten miles in, I was shocked to see a rollerblader! Hopefully, the National Park Service will make this an annual event.

Sheppards town is a very friendly town on the C&O Canal trail, just south of the Maryland border and north of Harpers Ferry. This is a very interesting, fun section of the 185 mile C&O bicycle trail. Be aware that the C&O is rough and not suitable for road bikes.

“The ride was glorious: nice early spring blossoms, and great views of the Shenandoah Valley to the west, and Piedmont mountain scenery to the east.”




Shenandoah National Park
- Park map
March 15, 2004 Lori

Touring season, part 2

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The weather was better for the second scheduled ride on Mary 20 when four riders with a variety of experience joined four veteran GMBCers. The group stayed together and rode for roughly two hours with each gaining something from the assistance provided. The third ride was rained out, but we hit the jackpot for the fourth and last Intro Ride when 10 riders came to the starting location. One group did 14 miles while the second did 21 with a few hills. Again, we had two "extra" GMBCers show up to help things run smoothly. My profound thanks to the folks who volunteer on these rides and help get new riders on the road.

There's a lot more to come so we hope you'll join us for the second half of the season. 

QUICK TIPS for a safe ride

Share the road
Be predictable
Use hand signals
Don't shut off the brain
Stop at stop lights/signs
Always question your visibility
Have front & rear flashers
(best to have bright pulse in rear)

2017 Touring Schedule: Second Half

by Phyl Newbeck

Guidelines

- All riders must wear helmets and obey the rules of the road. Please do not ride two abreast if there is traffic in either direction.
- For mornings with questionable weather, please call the ride leader to make sure the ride is still taking place.
- Ride leaders are obligated to go to the starting point and provide maps but may choose not to ride if the weather is miserable.
- Riders below the age of 18 must have a signed waiver from a parent.
- E indicates an easy ride, M is for moderate, and S is for strenuous.
- Rides begin promptly 15 minutes after the meeting time.
- Social Rides are more leisurely versions of the mapped ride - usually the shorter route - with longer food breaks. Always contact the social ride leader before the ride to make sure those versions of the ride are taking place. Additional local Social Rides

will be scheduled as weather permits in the Champlain Valley. Please email lightspd@comcast.net to be added to the Social Riders email contact list, which is the only guaranteed notification for these rides. Weekend Social Rides are usually announced by Thursday.

Schedule

Date: Sunday, August 27

Ride: Buck Hollow and Beyond – The 40-mile (M) route goes north to Fairfax, through Buck Hollow into Fairfield, returning via St. Albans. The longer loop (58 M/S) continues into Sheldon. There are potential food stops in St. Albans, Georgia and Fairfax.

Meeting Time: 8:45

Meeting Place: Milton High School

Leader: Joyce McCutcheon – 893-1690 / mellowmiti@aol.com

Co-Leader: Dave Merchant – 825-3808 / dpierchand@comcast.net

Date: Sunday, September 3

Ride: Awesome Ausable River Ride – A great, challenging ride in New York State. Follow the Ausable River from Port Kent to Lake Placid for the 80-mile

(S) option or turn around prior to Lake Placid for the 64-mile (M/S) version. It's all downhill (or flat) on the way back. Food stops include Keeseville, Ausable Forks and Lake Placid. Bring money for the ferry.

Meeting Time: 7:45 for the 8:10 ferry

Meeting Place: Burlington Ferry Dock

Leader: Brian Howard – 505-1148 /

bjhowd@gmail.com

Co-Leader: Matt Kuivinen - 881-9045 /

mattkui@earthlink.net

Date: Saturday, September 9

Ride: NEK Weekend - Moose Country Meandering – 67 (S) loop up through Norton and Canaan on routes 114, 102 and 105 with (hopefully) more moose than cars (one year we biked 22 miles without being passed by a single motor vehicle).

Meeting Time: 9:30

Meeting Place: Island Pond fishing access or along Route 105 in front of the Irving store

Leaders: Pat Stabler and Tom Evers - 781-929-9085 / everstab@verizon.net

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Touring schedule

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Camping is available at Pat and Tom's house just outside East Burke; early birds get beds or floor space in the house. BYOB drinks and potluck BBQ for anyone who is interested on Saturday evening. You can also visit the famed Tiki Bar in East Burke.

Date: Sunday, September 10

Ride: NEK Weekend - Willoughby Wanderings – 47-mile (M/S) ride up through Sutton and Barton, along the shore of Lake Willoughby and through part of Willoughby State Forest. A 30-mile (M) version of the ride returns to Burke via Route 5.

Meeting Time: 9:15

Meeting Place: Kingdom Trails parking area

Leaders: Pat Stabler and Tom Evers - 781-929-9085 / everstab@verizon.net

Date: Sunday, September 10

Ride: Jericho Jubilee – This hilly ride starts out on scenic Pleasant Valley Road with a food break at The Cupboard in Jeffersonville. A 45-mile (M) option returns via Route 104 and 128, while the 65-mile (S) option heads north to Bakersfield and then to Fairfield, Fletcher and Fairfax before returning through Westford and Essex.

Meeting Time: 9:15

Meeting Place: Mt. Mansfield Union High School, Jericho

Leader: Dave Merchant – 825-3808 / dpierchand@comcast.net

Co-Leader: Joyce McCutcheon – 893-1690 / mellowmiti@aol.com

Date: Sunday, September 17

Ride: Century Day – Three rides, all following the same route for the first 25 miles with a food stop in Bristol. The Metric Century is 62 miles (M) via Bristol and Vergennes. The full Century is 100 miles (S) traveling down to the Crown Point Bridge and returning through the Champlain Valley. Those looking for an extra challenge can do the Double Gap Century which is 113 miles and includes the Middlebury and Appalachian Gaps.

Meeting Time: 7:30

Meeting Place: Wheeler lot, Veterans Memorial Park, South Burlington

Leader: Kevin Batson – 825-5816 / kevbvt@gmail.com

Metric Century Leader: Lou Bresee – 658-0597 / lakelou@comcast.net

Date: Sunday, September 24

Ride: East of Eden – Ride 50 or 60 (M/S) miles through the rolling hills around Eden with your choice of a long, gradual climb up Route 105 or a shorter, steeper route on Route 242 up to Jay Peak. This year the route will be done backwards to avoid the traffic we have encountered on Route 100 in the past, as well as the thumpa-thumpa on the Route 105 downhill for those the long ride.

Meeting Time: 9:45


Meeting Place: Eden Elementary School on Route 100, about ½ mile south of Route 118

Leader: Brian Howard – 505-1148 / bjhowd@gmail.com

Co-Leader: Matt Kuivinen - 881-9045 / mattkui@earthlink.net

October 1 and 22 – Meet at 10:00 at Williston Central School for informal rides. Route and distance will be determined by those who show up.

October 8 and 29 - Meet at 10:00 at Wheeler lot, Dorset Park in South Burlington for informal rides. Route and distance will be determined by those who show up.

October 15 - Meet at 10:00 at Jericho Elementary School for informal ride. Route and distance will be determined by those who show up. 

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Thanks for your support!



The Green Mountain Bicycle Club 2017 Club Membership Application

Today's Date: _____

- ➔ Select type of membership: ☐ Single - Under 18 \$10
☐ Single - Adult \$25
☐ Family \$30
- ➔ Have you been a GMBC member in the past? ☐ Yes ☐ No
- ➔ Are you a League of American Bicyclist member? ☐ Yes ☐ No
- ➔ We infrequently get requests from third parties to send our members info. Do you wish to receive these items? ☐ Yes ☐ No
- ➔ Would you like a GMBC window sticker? ☐ Yes ☐ No

Would you like to donate to the Jr. development program that helps junior racers w/equip., clothing & more?

☐ \$10 ☐ \$15 ☐ \$20

Other _____

Please fill out the following for yourself (you will be the primary member):

Name	
Address	
City, State Zip	
Home Phone	
Email Address	

Name of Member	Year of Birth	Sex	USCF Category (if applicable)	NORBA Category (if applicable)
< yourself - the one filling this out >				

- ➔ List emergency contacts (this data will appear on all of your ID cards): ☐ Check here to use last year's data

	<u>Name</u>	<u>Relation</u> (optional)	<u>Phone</u>
First:	_____	_____	_____
Second:	_____	_____	_____

Please answer the following to help us determine activities the club should pursue:

- ➔ What are your interests? Check all that apply: ☐ Touring ☐ Fitness ☐ Mtn. Biking
☐ Commuting ☐ Bike Advocacy
☐ Road Racing ☐ Time Trials ☐ Criteriums
- ➔ Would you like to serve on any of the following committees? If so, select the appropriate boxes: ☐ Touring ☐ Newsletter
☐ Practice Criterium ☐ Time Trial
☐ Mountain Bike ☐ Public Service
☐ Green Mountain Stage Race
- ➔ Would you be willing to volunteer a few hours at the downtown Burlington Criterium on Labor Day? We need your help with putting on this popular and long-standing race. ☐ Yes ☐ No



Please make check payable to GMBC and send to:
(Allow 4-6 weeks for processing)

GMBC, PO Box 492
Williston, VT 05495

Why Time Trials?

by Sandy Dupuis


We are fortunate to have a Club President who has for decades put on the Time Trial series. There are the two or three championship courses and many other great TT courses, including flat ones and climbing ones. Certainly something in there for everyone!

I try to do many of the time trials during the season. Why? Well, because I am not very good as TTs, so I figure if I just keep practicing and training, someday I'll get better. TTs are a great training tool, so different from a group ride. TTs are called the ride of truth. No peloton to pull you, no big guy to tuck behind. It's just you, your bike and the clock.

TTs give you a chance to go as fast as you can. There are other benefits as well. I enjoy watching the junior 1K2GO racers, especially the ones that are barely teenagers. They bring such enthusiasm to the events. It's fun to see their progress as they get stronger. It's also great to see the veterans that are in their 60s and 70s. Hey: *Wait a minute!* That puts me in the veterans category! The racer dudes and triathletes come too. Fun to watch the guys on the TT bikes with the disc wheels go oh so fast. There's a spirit of camaraderie and support.

I first started riding regularly back in the days of VP Larry Coletti. I did a few Saturday VP rides with Larry. At one point he suggested I try some of the TTs. I was skeptical at first. Then once after a Wednesday night group ride I mentioned to Craig Schneider that I planned to go to the TT the next day to watch. "*Watch? You should just do it!*" he said. So, without any aero bars, TT helmet or TT bike, I just showed up with my road bike and did my first TT. How did I do? Well for me, ok. And then Larry explained another reason why he encouraged me to participate. He said he didn't want to always be last. But even if I was last, what I learned was I can go hard all by myself for several miles. And guess what else – I got faster too.

The number of participants is a bit lower compared to a few years ago. The number of female participants is

also less. The weather so far this season has not been very consistent. Far too much rain! But remember... unless it is dangerous, rain doesn't cancel a TT! And the cost of a TT? *Free!* Not many things in life are free. No more excuses. If you've even been thinking about trying a TT, I encourage you to just show up and do it. You might just surprise yourself and find some dormant power propelling you fast! 

“TTs are called the ride of truth. No peloton to pull you, no big guy to tuck behind.”

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EMAIL

kevinbessett@gmavt.net
ww5@myfairpoint.net
jo.bertel@gmail.com
vtcdef@gmail.com
phyl@together.net
kevinbessett@gmavt.net
rmbaileyjr@gmail.com
shoar@dinse.com
andre.sturm@earthlink.net
phyl@together.net
jane.dunbar@gmail.com
grn.mtn.bike@gmail.com

Schedule of Publications and Deadlines

Issue

Summer 2017
Fall 2017
Spring 2018

Deadline

June 25, 2017
November 15, 2017
March 25, 2018

Approx. Drop Date

July 25, 2017
December 15, 2017
April 25, 2018



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Coming Soon? Let us know what you think ...



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