



Perspectives

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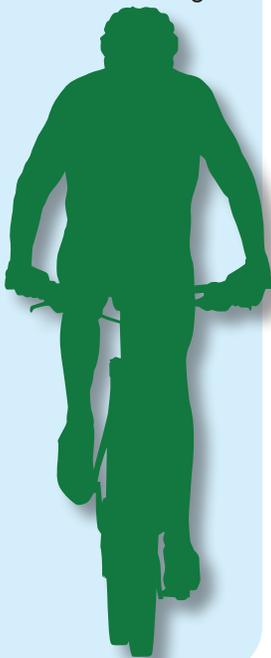
All Club Events Are on Hold

KEVIN BESSETT

COVID-19.

That arrangement of characters sums it all up. I hope that the outlook is better by the time you read this, but for now, the pandemic has forced GMBC to cancel all events until the State of Vermont gives the all clear to resume public gatherings. Watch the listserv or website for updates.

“We are all in this together.” Yes, we sure are. So please heed all guidance given by the CDC and the state. Take care of yourself, and one another. And don’t forget about the environment. It needs a lot of TLC, too, to reduce a disruption of life that will be more severe than what we are experiencing now. May good health be with you.



From the Desk of the VP

JOHN WILLIAMS

Unfortunately, due to COVID-19, until State and CDC guidelines regarding social distancing loosen up, GMBC will not be organizing group rides, including the Wednesday rides from South Burlington or the Saturday VP rides. Don’t despair! We will resume when we can. Through my Strava connections, I see that many of you are taking the opportunity for hiking, skiing, running, and riding (both virtual and actual). Solo riding may not equal group riding in terms of excitement and camaraderie. Can one have camaraderie with oneself? I think so – exercise stimulates self-positivity. Anyway, hang in there, stay safe and healthy, and see you all soon! Hopefully, by the time you read this we will be exiting this tunnel of trouble and heading toward a new and brighter future. 

Riding During the Pandemic

KEVIN BESSETT

Getting exercise is essential to your health and well-being, and even more so in times like this. So, keep those pedals moving! But keep this in mind: As of late March, cycling outside is still permissible in Vermont, but if hospitals become overrun with COVID-19 patients, a decision could be made to prohibit outdoor cycling, since it would be difficult for hospitals at full-capacity to handle injured cyclists or as another measure to stop the spread.

Regardless of why, if the state does prohibit outdoor cycling, do not go renegade. Besides being a dumb move, people are stressed, and some drivers will put you in their cross-hairs. For example, in one EU country, pros are allowed to train on the road, but one was assaulted and punched several times by a driver angered by a cyclist being on the road when so many are confined. Other pros have reported people yelling at them.

At this time, GMBC does not advocate ongoing group rides.

Be smart. You do not want this virus, nor do you want to transmit it to family or friends – it could kill you or people you know. The situation is very fluid, so please keep up to date with the latest guidance provided by the State. For Vermont, visit www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus. 

At this time, GMBC does not advocate ongoing group rides.



Thank you from a new GMBC member

from STEVE LEVINE

I have been visiting my in-laws in Essex Junction and on St. Albans Bay for over 30 years. After the passing of my father-in-law last spring, my wife and I were concerned about my mother-in-law, 89, being alone at the camp on the lake all summer. We decided to move up with her.

As an avid rider with a large team, I am used to group rides. Knowing I was going to miss most of the summer season with my team, I began to do research looking for a group like the one I belong to in the greater Philadelphia area. I found GMBC on-line and made a few contacts to learn more and eventually join. I ride weekly with my group at home and typically go out with the C+ or B groups.

I was excited to jump into a weekly training ride with my new club. I found the start in South Burlington and went out with the C group, wanting to take it easy the first time and learn any specific group ride nuances that GMBC may have. There were, in fact, a number of things that were different, but I quickly got used to them, including faster starts, more consistent pace even on hills, remaining in group form up hills, and rotation. I remember also thinking to myself, "you're not in South Jersey now."

I am a flatlander and had no idea that the hills would quickly kick my butt. I was gassed at the top of the first hill but did my best to keep up. The entire group was so supportive, dropping back to keep track of me and slowing a bit to allow me to catch up. It was amazing how nice everyone was. One gentleman even dropped the group to stay with me as I could no longer keep up on the hills. I felt bad and encouraged him to go ride with his friends. He did but not before pointing out a shortcut back to the start, for which I was very appreciative. Even with this shortcut, almost everyone was gone when I got back, but the cyclist that stayed with me and offered the shortcut waited for me to be sure I got back safe.

I wanted to say thank you from this new member to this group of friendly and supportive riders. I have joined again this year and look forward to June when I will be up and riding with GMBC again. 🚲



Social distancing...
also known as getting dropped.

VBT Bicycling Vacations by the Numbers

It all started with one Middlebury College professor who established America's first organized bicycle tours from a barn in Bristol. It wasn't long before Vermont Bicycle Touring (now known as VBT) started to offer bicycle tours in Europe, and then around the world. We're still based in our home state, working out of an office in Williston, though our team and tour offerings have grown.

- **Years in Business:**
49...and counting!
- **Tours Offered:** 57
- **Countries We Travel To:** 28
- **Bikes in Our Worldwide Fleet:**
4,769
- **Combined Mileage on All VBT Bike Routes Worldwide:** 10,368
- **Local Trip Leaders Worldwide:** 216
- **Travelers Who Say They Would Travel With Us Again**
98%
- **Travel + Leisure "World's Best Awards" Won:** 8

Learn more about us at vbt.com!



News from the Richard Tom Foundation

by JOHN WILLIAMS

The Richard Tom Foundation (RTF) along with individual donors, helped the Catamount Outdoor Family Center purchase a new SnowDog groomer, specifically designed for grooming fat bike trails. Catamount has a fun network of rolling, twisty trails. RTF provided matching funding to individual donors to help raise the \$5,000 needed to purchase the groomer. The strategy worked, with many GMBC members kicking in donations, matched by RTF. We sent a check for \$1,000 to Catamount which, along with individual contributions, met the funding goal.

I have ridden the trails many times and can verify that the groomer provides a packed, fun path through the forest. During the fund-raising effort, thoughts bubbled to the surface for RTF to partner with Catamount to host a free Fat Bike Rally. Catamount Board member Alan Cote and Catamount Executive Director Kim Stimson encouraged this, so plans were developed for a low-key, free event on Sunday, February 23. Earl's Cyclery and Fitness provided their fleet of demo bikes, while Catamount provided their rental bikes and access to the trails at no charge. One of our goals was to introduce the fun of fat bike



riding to those who hadn't tried it. The trails were in excellent shape for the RTF/Catamount Fat Bike Rally.

The weather was warmish (40's) with bright sun and good snow cover. Our event opened at 11 a.m. and concluded at 3 p.m. We had no clue whether

we would attract just a few riders or many. Well, it was many, with about 50 riders appearing throughout the morning and early afternoon. We needed more bikes and had to create a wait list. We encouraged riders to limit ride time to about 45 minutes to free up bikes for others. Thanks to Tim Post who led a group of riders through the forest trails. Special thanks to Catamount for their bikes and trails and thanks especially to Andrew Boczar of Earl's for fitting up bikes for about 50 riders throughout the day. Apologies to anyone who did not get an opportunity to ride. One highlight of the day was when Jim Watson and Todd Gray decided to see what was faster – skate skis or fat bike. At the end of their circuit, they crossed the finish line together. If I have this correct, I think the bike was faster uphill, and skis faster downhill – with both getting an intense workout.

We had a great day – RTF Board Member Chris Morrissey (“CMO”) and his wife Samantha cooked bratwurst, hamburgers, and hot dogs with sautéed onions and peppers for all, courtesy of RTF. The riding, the sunshine, the music, the food, and the camaraderie was all in the spirit of adventure that Richard Tom loved so much. 🚲

Richard's Ride 2020

JOHN WILLIAMS

The RTF Board has decided to reschedule Richard's Ride for Saturday, October 17, 2020 so that we have time for the COVID-19 pandemic to play out. For those who have already registered through BikeReg, we will honor your registration for the October date. Alternately, if you need a refund, send me a message at jbikenski@gmail.com.

The ride will begin at Cochran's Ski Area and will include several options: 70 miles, 30 miles, family and children's rides, a gravel ride and Richard's MTB Adventure ride for experienced mountain bikers. Please register at www.bikereg.com/rtfoundation. 🚲

In the meantime, get out and ride – no drafting for a while!



**Richard Tom
FOUNDATION**

Destination bicycle touring: A great way to see the world from the seat of a bike.

photos and story by DONNA LEBAN, GMBC SOCIAL RIDE LEADER AND TOUR ORGANIZER • lightspd@comcast.net

Being cooped up at home for any period of time motivates me to search for a great bicycle adventure to enjoy with friends old and new. Having organized a group of mostly local riders every year for tours in Canada, Europe and North America for the past seven years, I can attest to being hooked on the experience. At this time of year I'm on the lookout for the next great place to visit en bicyclette. While excellent, fully planned and supported adventures are popular, a more budget-minded approach is the self-guided tour.

Not having a trust fund or an inheritance to spend need not discourage you if you are a reasonably experienced traveler and accustomed to pulling your own weight. Low-budget bike tourists can carry everything on their bikes without support and save a lot of money, but I'll admit that I gave that up by the time I reached the age of 35. Now, all of the tours I've organized have been self-guided and supported by experienced companies that provide good quality light-weight bikes, well-researched and tested scenic cycling routes, and baggage transport from one very nice inn, B&B, or castle to the next. There is typically no sag wagon, although our next tour to Costa Rica (January 2021) has a 12-person transport van for a more varied multi-sport tour. See Randonneetours.com for more info and some cool video segments of tours in exotic places, and ask me about future planned tour dates.

So far, we've road cruised our way through Haute Provence in France, Slovenia, Tuscany, Canada's Niagara peninsula, the Dalmatian Coast of Croatia, Austria and the Czech Republic, and the Alenteja region of Portugal. Twelve of us are hoping



a tour of the Vancouver Islands will happen this summer or fall, and next January- Costa Rica! All inquiries are welcome from experienced cyclists at any level. E-bikes are increasingly an option on these tours, and can make challenging rides more enjoyable for riders who aren't in as great shape as we used to be.

Great biking destinations must not only have good, low-traffic roads, but also great scenery, inviting cuisine, and interesting historical and/or cultural significance. Our 2019 trek to the agricultural interior of Portugal featured all of these along with people who were as pleasant and inviting as any we've experienced, although the Dalmatian Coast of Croatia was also notable for friendliness. In my experience, cultures that have recently seen hard times seem to be the friendliest to visitors, whether or not we share a common language. It may surprise many Americans that younger Europeans often speak good English, and those in smaller European and Eastern European

countries are happy to do so. Interestingly, the Portuguese (who speak Portuguese, not Spanish) prefer visitors to speak English rather than Spanish "with an American accent," as one waiter explained.

Our ride's starting point was more than a three-hour bus ride east from Lisbon, so everyone made plans to spend a few nights in this delightful city to get to know more about Portugal and warm our appetites to some of its best cuisine. Egg-custard filled, personal-sized Pastel de Nadas and many varieties of fish and pork dishes were ubiquitous and delicious. In two weeks, we had been in Portugal long enough to each eat many different dishes made with salt cod which is a staple for this ocean-hugging country.

The official tour starts where you begin to ride, which is away from the busy cities and traffic, but always a place with historical and cultural significance and lots to see and learn. In this case, Evora is a college town



with ancient roots and a reconstructed Roman temple at its highest point.

The old city is completely surrounded by walls with sections dating back as far as the 11th century and stone aqueducts that still bring water from springs 10 km away. Our first ride took us northwest following the aqueduct to a small but colorful town with a decorative wool dyeing and tapestry industry and a lively central public plaza. Cork trees from which the bark is harvested once every nine years lined many of the roads. The Portuguese are industrious and hardworking people who maintain many traditional industries scaled up to suit modern tastes. Along with cork, many regions of Portugal produce lots of wine that is decent and inexpensive.

Riding through Alenteja's dry, rolling, boulder-strewn fields with the occasional Stone Age monolith thrown in was more than memorable. It can get hot in central Portugal in early October, and it's sunny almost every day. Heading northeast toward the walled city of Estramoz, we enjoyed beautiful sunshine that gradually brought the road surface temperatures to over 100 degrees Fahrenheit. There were a couple of really good hills to further tax our internal cooling systems. Our destination was, of course, the castle/hotel (called a pousada) at the very top of the cobblestone streets of the small city. It had a great view from the castellated castle tower, a very nice pool, large elegant rooms, and the most elegant dining room I've ever enjoyed breakfast in. Breakfasts were ample buffet style affairs. We all recovered nicely.

Fortunately, it cooled off the next day and never got as unbearably hot again during our tour. Familiar-seeming scenes of marble quarries combined with impressive cork forests, vineyards, and hill towns of neat whitewashed houses lined the



Tree lined road leading to Marva

It's part of the fun that also keeps riders without good wayfinding skills from being overly independent.

Some of the most memorable sights along our rides were the Stone Age monoliths that dotted the countryside, not protected or otherwise highlighted with historical markers, but poking out of cow and sheep pastures. I found myself daydreaming of woolly mammoths and saber tooth tigers as miles rolled by. There were almost no houses or other buildings between towns to destroy the dreamscape.



Monolith near Flor de Rosa

Did I mention that this is dry country? We crossed exactly one smallish flowing river during our six days and 260+/- miles of riding, and on our last day rode around a reservoir, passing a camping facility and fighting an intense headwind before stopping for lunch in a lovely hill town called Castel de Vida. A spa town? Drink the elixir! Get ready for your next big climb to the famous mountain-top city called Marvao and the end of our tour within sight of the Spanish border. The gardens and castle of Marvao have magically appeared on my Microsoft startup sequence this week, as if to say "aren't you glad you know exactly what it feels like to be there?" Yes I am. 🚲

next day's ride. Although there is no such thing as a convenience store in Portugal, the local bars have a variety of pastries and ice cream treats along with 1.5 liter bottles of water. We went through many of these. Larger towns often had a café or restaurant where we would enjoy lunch, sometimes not knowing what we were ordering, and often trusting the waiters to pick out the right amount of Euro coins in payment. Our written ride directions left us searching for these little gems with such notes as "look for the blue sign for a nice patio restaurant."

There is definitely an element of riddle solving in following both directions and maps as well as GPS coordinates, which sometimes were not consistent.



Leaving Estramoz through castle gate



2020 GMBC Day Touring Rides

Please note that rides will not take place until restrictions related to COVID-19 have been lifted.

- 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.

Although we have included rides from April to October, there may be some changes in the August/September rides and those will be listed again in the summer newsletter. This year we are featuring seven gravel rides, six of which will take place on Saturdays.

Early Season Unofficial, Leaderless Rides

April 5 - Meet at 10:00 at the Wheeler lot at Veterans Memorial Park in South Burlington for an informal ride. Route and distance will be determined by those who show up.

April 12 - Meet at 10:00 at Jasper Mine Road for an informal ride. Route and distance will be determined by those who show up.

April 19 - Meet at 10:00 at Williston Central School for an informal ride. Route and distance will be determined by those who show up.

April 26 - Meet at 10:00 at Jericho Elementary School for an informal ride. Route and distance will be determined by those who show up.

Beginner and Intermediate Rides for New Riders

Date: Saturday, May 9
Ride: Introductory Ride for new riders. We will go 12-20 miles at a leisurely pace. Our goal is to teach new cyclists the rules of the road and how to ride in a group.

Meeting Time: 10:00
Meeting Place: Veterans Memorial Park, South Burlington, Wheeler lot
Leader: Brian Howard - 505-1148 / bjhowd@gmail.com
Co-Leader: Matt Kuivinen - 881-9045 / mattkui@earthlink.net

Date: Saturday, May 30
Ride: Introductory Ride for new riders. We will go 12-20 miles at a leisurely pace. Our goal is to teach new cyclists the rules of the road and how to ride in a group.
Meeting Time: 10:00
Meeting Place: Veterans Memorial Park, South Burlington, Wheeler lot
Leader: John Bertelsen - 864-0101 /

jo.bertel@gmail.com
Co-leader: Amy Otten - 878-4070 / amyotten@netscape.com

Date: Saturday, June 13
Ride: Introductory Ride for new riders. We will go 12-20 miles at a leisurely pace. Our goal is to teach new cyclists the rules of the road and how to ride in a group.

Meeting Time: 10:00
Meeting Place: Veterans Memorial Park, South Burlington, Wheeler lot
Leader: Dorothy Pumo - 829-8729 / dpumo5@gmail.com
Co-Leader: Donna Leban - 862-1901 / lightspd@comcast.net

Date: Saturday, June 27
Ride: Introductory Ride for new riders. We will go 12-20 miles at a leisurely pace. Our goal is to teach new cyclists the rules of the road and how to ride in a group.

Meeting Time: 10:00
Meeting Place: Veterans Memorial Park, South Burlington, Wheeler lot
Leader: Kerry Crosby - 578-3249 / crosbykn@comcast.net
Co-Leader: Holly Creeks - 233-9013 / creeksh@yahoo.com

Day Touring Rides for May, June and July

Date: Saturday, May 2
Gravel Ride: Almost in Canada Mostly Unpaved - 25 miles (M) with over 1,300 feet of climbing on dirt and gravel back roads in Sheldon and Franklin, past many small farms, with great views of Jay Peak and Mt. Mansfield. There are some quiet sections of pavement and short sections on the Missisquoi Valley Rail Trail and the rail bed that will be part of the Lamoille Valley Rail Trail when that trail is completed. Hammerheads can add a leaderless self-guided loop to the far end that would make their ride 47 miles with 2,851 feet of climbing.
Meeting Time: 9:45
Meeting Place: Missisquoi Valley Rail



Trail kiosk/parking behind Bourdeau Brothers Feed and Fertilizer off Route 105 at 25 Severance Road, Sheldon

Leader: Russ Ford – 777-9664 / russell.f.ford@gmail.com

Co-Leader: Phil Littler - 309-2464 / phil.littler@me.com

Date: Sunday, May 3

Ride: Covered Bridges of Chittenden County – 23 (E), 30 (E/M) and 36 (M) mile options of rolling hills through Shelburne and Charlotte with the longer ride going through Ferrisburgh. Possible food stops include the Old Brick Store in Charlotte or a convenience store in Ferrisburgh for the long ride. Visit up to four of the five covered bridges in Chittenden County - the Shelburne Covered Bridge and the Holmes, Sequin and Quinlin bridges in Charlotte.

Meeting Time: 9:45

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

Leader: Dorothy Pumo – 829-8729 / dpumo5@gmail.com

Co-Leader: Kerry Crosby – 578-3249 / crosbykn@comcast.net

Social Ride Leader: Donna Leban – 862-1901 / lightspd@comcast.net

Date: Saturday, May 9

Gravel Ride: Stone Walls and Solar Panels – This scenic 30-mile (M) ride goes from Underhill to Cambridge on mostly dirt and gravel roads past a myriad of old stone walls and not so old solar panels. Our midway point is the store at the end of Upper Pleasant Valley Road in Cambridge. If there is sufficient interest, at the end of the ride we can add an extra seven miles roundtrip to Poorhouse Pies in Underhill to share a delicious treat.

Meeting Time: 9:15

Meeting Place: St. Thomas Church of Underhill, 6 Green Street

Leader: Phyl Newbeck - 899-2908 / phyl@together.net

Co-Leader: Phil Littler - 309-2464 / phil.littler@me.com

Date: Sunday, May 10

Ride: Kingsland Bay – The 35-mile (E/M) ride rolls from Shelburne through Charlotte to Kingsland Bay Park and returns. The 51-mile (M) ride heads towards Vergennes and climbs to Monkton Ridge, returning through Hinesburg and a 65 (M/S) option heads into Huntington.

Meeting Time: 9:45

Meeting Place: Shelburne Village Shopping Center

Leader: Amy Otten - 878-4070 / amyotten@netscape.com

Co-Leader: Ralph Kilmoyer – 878-4070 / ralphkilmoyer@comcast.net

Social Ride Leader: Donna Leban – 862-1901 / lightspd@comcast.net

Date: Sunday, May 17

Ride: Vergennes Voyager – 26-mile rolling (E) or 39-mile flat to rolling (E/M) rural ride running along Otter Creek to Middlebury for a bakery stop. The longer ride heads toward Kingsland Bay State Park before heading south to Middlebury.

Meeting Time: 9:45

Meeting Place: Vergennes Union High School, Monkton Road, east parking lot

Leader: John Bertelsen - 864-0101 / jo.bertel@gmail.com

Co-leader/Social Ride Leader:

Karla Ferrelli - 864-0101 / karla.ferrelli@gmail.com

Date: Saturday, May 23

Ride: St. Albans Explorer – Light, rolling hills with beautiful views by the lake. The 35-mile (E/M) route goes out to Kill Kare State Park and returns while the 50-mile (M) route continues on to Swanton and back. Both rides can break for food at St. Albans Bay.

Meeting Time: 9:45

Meeting Place: Georgia Park and Ride - For those coming from the Burlington area, we suggest carpooling at the Colchester Park and Ride at Exit 17 off I-89 or perhaps meeting at UVM or Veterans Memorial Park in South Burlington.

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

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

Social Ride Leader: Donna Leban – 862-1901 / lightspd@comcast.net

Date: Sunday, May 31

Ride: Grand Isles Flats – One of the flattest rides of the season. The 28-mile ride (E/M) circles Grand Isle and includes some dirt. Riders on the 60-mile (M) ride can visit St. Anne's Shrine (bathrooms and picnic tables but no food) and a fossil bed with a food break at Hero's Welcome in North Hero.

Meeting Time: 9:15

Meeting Place: Folsom School, South Street in South Hero. Those coming from the Burlington area may consider carpooling.

Leader: Phyl Newbeck – 899-2908 / phyl@together.net

Co-Leader: Kerry Crosby – 578-3249 / crosbykn@comcast.net

Social Ride Leader: Donna Leban – 862-1901 / lightspd@comcast.net

Date: Sunday, June 7

Ride: Hinesburg Hollow - This route travels south through Huntington via the beautiful Hinesburg Hollow Road. The short route is 25 miles (M) and returns to Williston via North Road (and a little bit of dirt) while the long route is 47 miles (M/S) and continues through North Ferrisburgh to the lake and back through Hinesburg.

Meeting Time: 9:15

Meeting Place: Williston Central School (by the tennis courts)

Leader: Tom Kennedy – 735-5359 / etomkennedy@gmail.com

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

Social Ride Leader: Donna Leban – 862-1901 / lightspd@comcast.net

2020 GMBC Day Touring Rides

Date: Sunday, June 14

Ride: Rouse's Point Rouser – The mostly flat 60-mile (M) loop heads up from Grand Isle over the Rouse's Point Bridge and down through scenic, low-traffic, lakeside roads in New York and returns via the Grand Isle Ferry. The short ride (50 miles – E/M) circles Isle LaMotte and returns on the Vermont side. The Social Ride will also be the long loop but at a slower pace.

Meeting Time: 9:15

Meeting Place: Grand Isle Ferry Parking Lot. Those coming from the Burlington area may consider carpooling.

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

Co-Leader: Amy Otten - 878-4070 / amyotten@netscape.com

Social Ride Leader: Donna Leban – 862-1901 / lightspd@comcast.net

Date: Sunday, June 21

Ride: Bound for Bristol Bakery – This 40-mile (M) ride takes low traffic roads from Hinesburg to Bristol. Those doing the short loop (27 miles) can stop at the Bristol Bakery for an out and back but those on the longer loop will add a loop through New Haven and Bristol before earning their pastries.

Meeting Time: 9:15

Meeting Place: Clifford Lumber, Route 116

Leader: Kerry Crosby – 578-3249 / crosbykn@comcast.net

Co-Leader: Tom Kennedy – 735-5359 / etomkennedy@gmail.com

Date: Saturday, June 27

Gravel Ride: Royalton Rocky

Rag - This is a 36-mile ride (M/S) starting in South Royalton on mostly gravel roads with wonderful views and very low traffic, along with some significant climbs through Pomfret and Barnard. Bring all the water and food you need, as there are no stores on the route. Also, Pat and Tom are planning another unofficial gravel ride on the 28th - let them know if you are

interested. You can camp on their property or stay locally (email for suggestions), if you want to make a weekend of it.

Meeting Time: 9:15

Meeting Place: North side of the South Royalton Green

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

Co-Leader: Bryan Harrington – 282-7647 / alpinefogman@yahoo.com

Date: Sunday, June 28

Ride: Jaunt from Jasper Mine – This rolling hill ride (60 M/S) passes through Georgia and Milton before heading to St. Albans Bay for a break by the bay and over to Swanton. The shorter version (40 M) turns around after the break stop. This ride has a short stretch along the shore of the Lamoille River and a longer stretch along Lake Champlain. There is only one store on the ride and it is at the point where the two rides separate.

Meeting Time: 9:15

Meeting Place: Jasper Mine Road, off Route 2 heading towards Grand Isle

Leader: Dorothy Pumo – 829-8729 / dpumo5@gmail.com

Co-Leader: Phyl Newbeck – 899-2908 / phyl@together.net

Date: Saturday, July 4

Ride: Upper Valley Weekend - Horse Country Ride - All three rides start in South Royalton. The short ride (26 M) will travel north to Chelsea and return; the medium (40 M/S) continues up Route 110 to the top of the hill in Washington and back; and the long ride (51 S) goes to Chelsea, up to the Vershire Heights, then down into the Connecticut River valley, back through Strafford and Sharon. There is a country stores in Chelsea, and additional ones in West Fairlee and Strafford on the long ride.

Meeting Time: 9:15

Meeting Place: North side of the South Royalton Green

Leader: Pat Stabler - 781-929-9085 / everstab@verizon.net

Co-Leader: Tom Evers - 617-605-

0928 / everstab@verizon.net

After the ride, cyclists can camp out in South Royalton, stay at an area hotel, or return home. There is a \$10 fee for camping, part of which might be refunded. Talk to Pat and Tom to get more info about the camping.

Date: Sunday, July 5

Upper Valley Weekend – Pomfret Pedaling – This 50-mile ride (M/S) travels along the White River before heading through Pomfret and into Barnard with a stop at the excellent general store by lovely Silver Lake. North Road provides you with some lovely views to the west, then back 107 to 14 to the Royalton green.

Meeting Time: 9:00

Meeting Place: North side of the South Royalton Green

Leader: Bryan Harrington – 282-7647 / alpinefogman@yahoo.com

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

Date: Saturday, July 11

Gravel Ride: Presidential Pedaling – 37 (M/S) with almost 3,000 feet of climbing. Ride past the birthplace of President Chester Arthur on a rolling loop through Fairfield and Bakersfield on gravel and quiet paved roads.

Meeting Time: 9:15

Meeting Place: Chester's Bakery on Route 16 in Fairfield

Leader: Russ Ford – 777-9664 / russell.f.ford@gmail.com

Co-Leader: Phil Littler - 309-2464 / phil.littler@me.com

Date: Sunday, July 12

Ride: Willsboro Wanderer – 40 (E/M) and 55 (M/S) options of hilly terrain on low-traffic roads in New York. There are two potential stops for ice cream. Bring money for the ferry and food stops. The shorter version of this ride skips the big hill out of Willsboro.

Meeting Time: 8:30 for the 9:00 ferry

Meeting Place: Old Champlain Flyer parking lot, Ferry Road, Charlotte,



NOT the ferry parking lot

Leader: John Bertelsen - 864-0101 / jo.bertel@gmail.com

Co-leader/Social Ride Leader: Karla Ferrelli - 864-0101 / karla.ferrelli@gmail.com

Date: Sunday, July 19

Ride: Double Ferry South – 41 (M/S) miles heading from Burlington down to Charlotte where we'll take the ferry to New York. Roads there offer some beautiful views of the lake which will be followed by the ferry from Port Kent to Burlington. Bring money for the ferries.

Meeting Time: 8:45

Meeting Place: Curtis Lumber, Pine St.

Leader: Kevin Batson – 825-2618 / kevbvt@gmail.com

There ride currently has no co-leader.

Date: Sunday, July 26

Ride: Not Quite Quebec – 51 (M) and 64 (M/S) rides on low traffic roads near the Canadian border. The route crosses the Missisquoi River twice and travels along the shore of Lake Carmi.

Meeting Time: 8:45

Meeting Place: Tractor Supply Company at exit 20 off I-89

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

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

Date: Sunday, August 2

Ride: Northeast Kingdom Adventure – This 54-mile (M/S) ride explores the southeast corner of the Northeast Kingdom, an area in transition from dairy farms to its next chapter. Interesting attractions include Currier's Market in Glover (mile 34) with its impressive taxidermy collection and the Museum of Every Day Life and its new exhibit, "Knots" (mile 40). If you'd like to stop for tea at Perennial Pleasures (mile 49.6), reservations should be made in advance. There are stores available in Greensboro,

Craftsbury (mile 8), Barton (mile 31), Glover (mile 34), and Greensboro Bend (mile 46).

Meeting Time: 8:45

Meeting Place: Caspian Lake Public Beach, Beach Road, Greensboro. Be sure to leave plenty of room for beachgoers and the fishing public.

Leader: Hilary Frost Warner – 603-223-9940 / hilaryfrostwarner@gmail.com

Co-Leader: Jeff Warner – 603-717-6647 / mtnaudax@yahoo.com

Date: Saturday, August 8

Gravel Ride: Dirt Road Version of the Covered Bridges of Chittenden County – 38 (M) miles. Visit up to four of the five covered bridges in Chittenden County - the Shelburne Covered Bridge and the Holmes, Sequin and Quinlin bridges in Charlotte using mostly dirt roads.

Meeting Time: 8:45

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

Leader: John Bertelsen - 864-0101 / jo.bertel@gmail.com

This ride currently has no co-leader.

Date: Sunday, August 9

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, August 16

Ride: Covered Bridges of Franklin and Lamoille County – The hilly 41-mile loop (M) goes through Eden and Johnson, while the 55-mile ride (M/S) passes more covered bridges in Montgomery Center, returning

through Bakersfield. The Blue Bike Café in Montgomery is a great stop for espresso and pastries.

Meeting Time: 8:45

Meeting Place: Jeffersonville Fish and Wildlife Access (3/10th mile north of Route 15 and Route 108 intersection, across the bridge).

Leader: Phyl Newbeck – 899-2908 / phyl@together.net

Co-Leader: Phil Littler / 309-2464 / phil.littler@me.com

Social Ride Leader: Donna Leban – 862-1901 / lightspd@comcast.net

Date: Sunday, August 23

Ride: Waitsfield and Waterfalls - Enjoy a scenic tour through the countryside of Waitsfield and Warren with a visit to Moss Glen Falls south of Warren (not the one in Stowe). Turn around at the falls for a 35 mile (M) ride or continue up Middlebury Gap with a stop at Texas Falls for a 60 mile (M/S) ride. A visit to the Warren Store is always popular and the general store in Hancock provides an additional respite for those on the long ride.

Meeting Time: 8:45

Meeting Place: Waitsfield Elementary School (on the left traveling south on Route 100). For those coming from the Burlington area, we suggest carpooling at the Richmond Park and Ride at Exit 11 off I-89.

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

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

Social Ride Leader: Donna Leban – 862-1901 / lightspd@comcast.net Call for information on alternate starting point in Warren, VT for ride to Rochester, VT and back.



2020 GMBC Day Touring Rides

Date: Saturday, August 29

Ride: NEK weekend – Exact Route to be determined.

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

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/or potluck BBQ for anyone who is interested on Saturday afternoon/evening. There is also the Tiki Bar in East Burke which is not to be missed.

Date: Sunday, August 30

Ride: NEK weekend – Exact Route to be determined

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

Date: Sunday, August 30

Gravel Ride: Lamoille Valley Rail Trail - Jeffersonville to Morristown. The 40-mile (E) ride is completely flat with a packed stone surface. The return trip will stop at Black Cap Coffee and Beer in Morrisville.

Meeting Time: 8:45

Meeting Place: LVRT Trailhead in Jeffersonville, east of the traffic circle on Route 15 or at Smugglers' Notch Distillery, west of the traffic circle

Leader: Phil Littler / 309-2464 / phil.littler@me.com

There is currently no co-leader for this ride.

Date: Saturday, September 5

Gravel Ride: East Montpelier-Calais Country Ride - Enjoy a scenic 54-mile (S) tour with over 3,400 feet of climbing through East Montpelier and Calais as we explore lovely, fun, and HILLY gravel roads in the area. Maple Corner Community Store is at mile 24 and the Adamant Coop at mile 29. The route is a figure eight so it is possible to do a 20-mile ride that is also lovely, hilly, and passes both stores. The leaders will be riding retired mountain bikes with low tread tires and will both do the long loop.

Meeting Time: 8:45

Meeting Place: East Montpelier Park and Ride on Route 14 North near the junction of Route 2 (across from Washington Electric Coop).

Leader: Hilary Frost Warner – 603-223-9940 / hilaryfrostwarner@gmail.com

Co-Leader: Jeff Warner – 603-717-6647 / mtnaudax@yahoo.com

Date: Sunday, September 6

Ride: Pleasant Valley Pedaling -This hilly ride starts out on scenic Pleasant Valley Road with a rest stop 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

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

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

Date: Sunday, September 13

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 – 825-2618 / kevbvt@gmail.com

There is currently no co-leader for this ride.

Date: Sunday, September 20

Ride: Venice en Quebec – Ride 40 (E/M) miles from Alburgh across the border through farmland to Venice

en Quebec, a summer resort on Missisquoi Bay. We will stop for lunch in Venice. There are stores and restaurants or you can bring your own lunch. The return is through Alburgh Springs border crossing. **Bring your passport or the required customs documents.**

Meeting Time: 9:45

Meeting Place: Alburgh Community Education Center

Leader: John Bertelsen - 864-0101/ jo.bertel@gmail.com

Co-Leader: Karla Ferrelli - 864-0101/ karla.ferrelli@gmail.com

Date: Sunday, September 27

This route for this ride has not yet been determined.

Late Season Unofficial, Leaderless Rides

October 4 – Meet at 10:00 at Jericho Elementary School for an informal ride. Route and distance will be determined by those who show up.

October 11 - Meet at 10:00 at Williston Central School for an informal ride. Route and distance will be determined by those who show up.

October 18 – Meet at 10:00 at Jasper Mine Road for an informal ride. Route and distance will be determined by those who show up.

October 25 - Meet at 10:00 at the Wheeler lot at Veterans Memorial Park in South Burlington for an informal ride. Route and distance will be determined by those who show up. 🚲

Photo Ops



JONATHAN MILLER



GERRY MALAVENDA



GERRY MALAVENDA



GERRY MALAVENDA



GERRY MALAVENDA



GERRY MALAVENDA

2020 Time Trial Series

by **KEVIN BESSETT**

The season is not getting off to a positive start, and given where things currently stand with the virus (as of late March), I wonder if there will be any events in May or even June. With that, I have created the time trial schedule, but be aware that there could be a reshuffling of events, as I have not yet obtained approval for some locations. Gaining approval is usually not a problem, but times have changed. Updates will be posted on the listserv and website.

Due to this uncertainty, the Championship Series may be in jeopardy or modified this season. Stay tuned for details. If you are not familiar with the series, see the bottom of the schedule for information on it.

Please check for your name in the "Timers" column in the schedule. If you cannot make the date, please try to switch with someone by sending out a request on the listserv or asking around at events, but keep me in the loop. And speaking of assigning timers, here is how that works: We need a volunteer or two at each event so it can take place. Since there is no fee to enter a time trial, all we ask is that if you ride three or more during the course of a season, you help time an event the following season. Prior to the start of the season, I assign timers to courses based on last year's participation. The courses are randomly chosen, but I try to put people on a course that is somewhat close to where they live. That's it for now. If you have any questions, please reach out to me.

Stay safe and healthy!

2020 GMBC Time Trial Schedule

NOTE: Events are on hold until VT allows public gatherings to resume

Watch the Listserv or visit www.thegmbc.com for the latest updates

NOTE: All events start at 6:30 pm on Thursdays

Date	Course Name	Timers* / Notes	
May	7	Jonesville Short	D Barbic, K Bessett
	14	South Greenbush***	S Berry, K Bessett
	21	Jonesville***	K Bessett
	28	Huntington***	K Bessett
Jun	4	Smuggler's Notch	M & W Clifton, S Messier
	11	Jonesville***	J Willsey
	28	South Greenbush***	B Keats, D White
	25	Duxbury (gravel)	M Meredyth
Jul	2	Huntington***	D Rath
	9	Dunsmore	S Dupuis, G Van Den Noort
	16	South Greenbush***	J Bertelsen, T Dworshak
	23	Jonesville***	J Witmer
	30	Huntington***	J Williams
Aug	6	Jeffersonville North	S Messier
	13	Jonesville***	K Bessett
	20	Bolton Hill Climb	R Phillips
	27	<No Event-GMSR>	

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, Huntington, and South Greenbush courses are averaged to determine an overall average. Those who post the fastest overall average speed in their age group will win a plaque. The overall fastest male and female will each receive a trophy to keep for one year. Anyone can ride a championship course, but only GMBC members are eligible to compete.

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

**For info contact Kevin Bessett
at kevinbessett@gmavt.net**

These events are FREE and open to all



Time Trial Course Descriptions

(see website for detailed information)

Bolton Hill Climb: 6.86 mi.

PARKING: At rest area on Rt. 2 in Bolton (about 2-miles east intersection of Bolton Valley Rd. on Rt. 2).

START: At parking area, head west on Rt. 2. Take right on to Bolton access road and finish at top.

CAUTION: It's a very fast descent off the mountain with a few sharp corners. At top, keep voices down so not to bother residents!

Dunsmore: 9.35 mi.

PARKING: St. Albans Bay Park parking lot.

START: At opposite side of Route 36 from parking lot, and head north on 36. Right onto Newton Road and ride for several miles, then right onto Dunsmore Road. Finish on Dunsmore about 1/4 mile before route 36. Return to the parking area immediately after finishing the race

Duxbury (gravel): 8.35 mi.

This is a gravel road TT.

PARKING: Areas around intersection of Duxbury and Camel's Hump roads.

START: At bridge just east of this intersection, head to Waterbury (road will change to pavement), turn ride West (changes back to dirt), past the start area and the Camel's Hump road, to where the dirt changes back to pavement.

CAUTION: Look for traffic when making U-turn.

Huntington: 12.71 mi.

PARKING: Brewster Pierce school in Huntington Ctr.

START: Small bridge just north of the village. Head south on Huntington Rd. to junction of Rt. 17. Turn around and head back to start area. Caution: Look for traffic when making U-turn.

Jeffersonville North: 16.59 mi.

PARKING: As Jeffersonville fishing access/pull-off on Rt. 108, just north of the rotary.

START: End of guardrail on south side of parking area. Head north on Rt. 108 for 8.3 miles. The turnaround is at the top of the second steep climb. Head back to the start area. **CAUTION:** Look for traffic when making U-turn.

Jonesville: 16.15 mi.

PARKING: Along Rt. 2 on east-bound lane (all wheels MUST be off the pavement so more space for passing bicycles and cars).

START: On Rt. 2 (1/5 mile west of Golf Course Road), head east for 8 mi. to the entrance to the entrance to Sun Common building. Turn and head back to the start area.

CAUTION: Look for traffic when making U-turn.

Jonesville (Short Course): 11.3 mi.

PARKING: Smiley School.

START: On Rt. 2 (1/5 mile east of Bolton Access Road), head east for 6 mi. to the entrance to Sun Common build-

ing. Turn and head back to the start area.

CAUTION: Look for traffic when making U-turn.

Smuggler's Notch: 6.13 mi.

(first 3.2 miles is flat to rolling).

PARKING: Along Stebbins Road. Please keep the road clear.

START: On Rt. 108 near intersection of Stebbins Road. Ride south on to finish just before large parking area at the top. **CAUTION:** It is a very fast descent off the mountain with a few sharp corners.

South Greenbush: 8.32 mi.

PARKING: Off Thompson's Point Rd, in field on left just before the railroad track (about 200 meters west of intersection with Greenbush Rd).

START: 1/5 mile south of intersection and ride south on Greenbush to junction of Rt. 7, turn around and head back to start area.

CAUTION: Look for traffic when making U-turn.

Instructions for Timers

When to arrive: 1/2 hour before start-time.

Timing gear & instruction: Provided by organizer.

Know the course and rules, and please:

- Enforce helmet usage and sharing the road.
- Make each rider reads the guidance prior to signing-up.
- Inform riders to be discreet if nature calls.
- Keep riders on grass-side of orange cones at start area.
- Remind riders to yell start position 10 meters before finish.

Instructions for Riders

Riding a bicycle on the road has inherent risks. All courses use open roads and you will be riding at your own risk. You must obey all traffic laws. GMBC assumes no liability.

- Use a bathroom prior to arriving – if nature calls, be discreet or be disqualified.
- Know the course, turns, intersections, and danger spots.
- A helmet is mandatory at all times -- eye protection recommended.
- **NO RIDING TWO ABREAST.**
- Always ride on the right side of the travel lane unless in areas where riding in the lane is safest (such as on fast descents).
- Look behind you before passing or turning around.
- If you are held up by traffic at the turnaround point, let timers know -- your time will be adjusted.
- Your start position is the number of minutes you start after the event starts.
- A rider starts every 1-minute.

Yell your start number 10 meters before finishing. 

Talking Time Trials with SANDY DUPUIS

The GMBC has been hosting weekly time trial races since the 1970's. From May to September, cyclists convene every Thursday at 6:30 pm at set locations in Chittenden, Addison and Lamoille Counties to race against the clock, starting one at a time, at one-minute intervals. Club President, Kevin Bessett has been in charge of these races since 1994, but each time trial also requires two volunteers who act as starters and time-keepers. Some courses are relatively flat while others are almost entirely uphill. Three of the courses are raced more than once in a season and the cyclists with the best times in their age categories on those routes win a plaque. Sandy Dupuis won her age group every year from 2010 to 2019. We sat down with her to talk about time trials.

How long have you been doing the GMBC time trials?

I did my first time trial in 2008. It was one of the last time trials of the season – Oak Hill. I had mentioned to Craig Schneider that I thought I would go to time trial and watch how they were done. “Why watch?” he said. “Just do it. Line up and ride as hard as you can for the course. Simple.” So instead of watching, I arrived with my road bike; no aero helmet, no aero bars, just me and my road bike. I rode hard and certainly found the rolling hills of the Oak Hill course to be a challenge. After that first race, I decided that the next year I would certainly plan to do more than one time trial.

What makes them so enjoyable?

Hmmmm...enjoyable? For me, doing the time trial is more of a challenge than an “enjoyable” experience, but I can describe what I like about them. I like the feeling of accomplishment as you complete them and try to yell out your number at the finish line. I noticed that after these shorter than group rides, but rather intense efforts,

my fitness level started to improve. I like the fact that a time trial forces me outside my comfort zone.

Do you like to be one of the first to hit the course or do you prefer to wait until others have started?

After doing a few time trials and observing what experienced and fast cyclists do, I did try at times to use position on the course as a strategy. I certainly do not like being one of the first to hit the course. If possible, I try to position myself where with motivation and solid effort, I have a chance of catching and passing someone who is in front of me. That isn't easy for me



Dunsmore Time Trial 2019 – a rainy and very windy one! PHOTO COMPLIMENTS OF STEVE MESSIER

since I am one of the slower people who participate in the time trials, but there have been times when that actually did happen. The other strategy is I try my best to minimize the number of people that pass me!

Is there a rush when you pass someone?

Passing someone certainly is an adrenalin rush and a motivator.

Do you have a particular strategy for the races?

There are a few factors that play into my strategy – assuming I have one!! The course (flat, rolling hills or a climb), the wind, and the weather to name a few. But after talking with people with experience, like Andre Sturm, I try to break the time trial

up into four pieces. At the start, go comfortably hard. For the second part, increase the effort. For the third, push to just under the “red line.” For the last section, go as hard as you can and try to not blow up before the finish.

What is your favorite course?

Probably Huntington. Now that it has been re-paved, I hope Kevin will be able to add it back into the series. Huntington is hard, especially the return after the hills going out. Those hills are certainly a challenge, but not ridiculously hard like Bolton. The return is hard because that is when people will blow past me since I just do not seem to generate enough power to go fast on the downhill parts and descending is certainly something I need to work on. Also, there are still a few small uphill sections on the return and by that point my legs are thoroughly cooked.

Is there a course no longer being used that you miss?

There are a couple that have not been a part of the series recently that I liked. One is Little Chicago. That was a great course, especially early

in the season when I was not ready to tackle something that was a climb or had steep sections. There are hills on Little Chicago, but it was certainly a great course for the first half of the time trial season. Another good one is Cochran Road Extension. The extension part has hills and there are hills along the way for the other portions, making it a great course.

Do you have any comments for other cyclists thinking about participating in the time trials?

Yes. I have also found that those who participate are very encouraging and supportive to all. Kevin puts on a great series and the price is right - \$\$\$ free! 🚲



GMBC Sponsors & Friends



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Thanks for your support!

GMBC Club Membership

A single adult membership is \$25 and a family membership is \$30. Cyclists who are age 17 and under can join for just \$10.

The membership year runs from January 1st to December 31st, with lots of great benefits.

Members, encourage your friends to join!

For more information and the membership form visit

<https://thegmbc.com/membership/>

GMBC Officers

Position	Name	Email
President for Life	Kevin Bessett.....	kevinbessett@gmavt.net
Vice President	John Williams.....	jww5@myfairpoint.net
Treasurer	John Bertelsen.....	jo.bertel@gmail.com
Secretary	Chris Johnson.....	cajohnson42@gmail.com
Touring Chair	Phyl Newbeck	phyl@together.net
Time Trial (TT) Chair	Kevin Bessett.....	kevinbessett@gmavt.net
Race Team Chairs	Jared Katz	jdkatzvt@mac.com
	Joshua Saxe	saxejoshua@gmail.com
Burlington Crit Co-chair	Tom Moody	tmoody@drm.com
Practice Crit Chair	Andre Sturm.....	andre.sturm@earthlink.net
Advocacy Chair	Vacant	
Newsletter Production	Sue Storey	sstorey@gmavt.net
Webmaster	Dorothy Pumo.....	grn.mtn.bike@gmail.com



GMBC website - thegmbc.com



facebook.com/GreenMountainBikeClub

Watertown Crits

by DOUG COKER

As a new bike racer, I learned a few things quickly last year. Bikes are expensive. Races are expensive and dangerous. To race your bike, you have to cross at least two state lines. Fortunately, one of those three turned out to be false. And yeah, bikes are way too expensive.

I have been a member of the GMBC for a couple of years and got into cycling as a way to rehab an ACL surgery from a not-so-friendly pickup basketball game. I hadn't thought too much about bikes for over 10 years before that. I've always been a professional cycling fan and tried to get into the sport myself as a teen, but after an unfortunate incident with clipless pedals that involved a high level of very public embarrassment, I swore off the sport then and there. I took up running, a sport where you can't fall over at slow speed at a stop sign.

Fast forward 10+ years of running, basketball, skiing, and a ripped ACL, and I got back to biking. I went more modest this time around, picking up a cheap aluminum bike from some off-brand discount website and some flats (can't fall over with those!). But I couldn't get the need for speed out of my head. This brings me back to my first point; bike racing isn't very accessible for the new cyclist. I was a college runner, I had the fitness to

hang in races, but I was surprised at the lack of the local races.

After searching online and finding a few, I drove down to New Hampshire to race a sanctioned crit. That was also an interesting experience with team vans everywhere and guys with shaved legs in small groups wearing the same kit and all riding what appeared to be \$5k+ bikes, while I had my hairy legs and \$550 bike (at least I had put clipless pedals on at this point). Thing was, I had a blast. The skinny shaved guys weren't nearly as mean as I had thought, and though I finished near the back, I even got a "good job, man" or two thrown my way at the end. I was hooked.

But it was a long way to drive for 45 minutes of racing. Then, reading the GMBC website, I came across the Watertown crit series put on by Andre Strum and many other GMBC volunteers.

What? Racing in Vermont, literally right outside of my office? This was an awesome development. It was also so affordable, and there was the opportunity to do a couple of races in one night. So I signed up and waited. The day of, everyone was so much friendlier and more approachable than my first race experience. There was a certain sense of community that I felt at our local series that put it above and

beyond. Someone even helped me on pin my number. I don't remember who it was, but thank you!

And once the racing started, the community feel was still there. One of the things that Andre and the organizers of this crit series do is give new racers a few "guided" laps where a moderate pace is enforced and experienced racers give the new ones some tips. This was awesome for me, since I certainly needed all the tips I could get. Even as the racing heated up, and I got smashed at the finish by someone almost twice my age (which was encouraging - I have a lot of years to keep learning!) there was not even a hint of aggression, just lots of fun and team spirit.

Needless to say, I came back for the next race, and the next one too. They were some of the most fun I had all year in my first year racing a bike. They also shattered the perception that bike racing has to be elitist, expensive, and inaccessible. Huge thanks to Andre, Dorothy Pumo for officiating, and all the other volunteers who make this thing go.

The only issue was, there weren't quite enough people there! If you are thinking about racing a bike and, like me, don't know where to start, I'd say start right here in your community. I can guarantee you that no one cares what kind of bike you ride, what your fitness level is, or how much you know about racing. All you need is a willingness to go fast on a bike and challenge yourself. I hope to see you all out there soon. 🚲

That was also an interesting experience with team vans everywhere and guys with shaved legs in small groups wearing the same kit and all riding what appeared to be \$5k+ bikes, while I had my hairy legs and \$550 bike

One of the things that Andre and the organizers of this crit series do is give new racers a few "guided" laps where a moderate pace is enforced and experienced racers give the new ones some tips.

What? Racing in Vermont, literally right outside of my office? This was an awesome development.



2020 GMBC Practice Criterium Series Preview

by ANDRE STURM

Ahh, bike racing. Already during the afternoon, sitting at my desk at work, I could feel the adrenalin rising just thinking about the upcoming race later in the evening. Then the growing anticipation while driving or riding to the course. Greeting other riders at registration. Putting on the number, getting kitted. Starting to get focused during warmup, playing possible scenarios in your head. Checking out the other riders. Then the start, heart rate elevated, just waiting for the go. And then you go. After two minutes, gasping for air, thinking "I am never going to make it to the finish". Then reasoning sets in - everyone else is hurting just as much as you. You embrace the pain; it is starting to get bearable. You enjoy the race, follow attacks, maybe dish out some of your own. Five minutes to go, adrenalin rising again, anticipation for the finish. Looking for a good wheel to follow. The super-fast last lap. The sprint. The finish. The mental and physical relief. On the cool down lap, chatting with fellow racers, "good race." Shooting the breeze in the parking lot, maybe watching the next race.

Did you ever want to experience this yourself? The GMBC Practice Crit Series is your chance! For 2020, we have seven events planned, in an almost biweekly rhythm. Let's see how many we can hold in times of Covid19.

2020 Green Mountain Bike Club • PRACTICE CRITERIUM SERIES USA Cycling Event Permit: 2020-1479

Date	Course	6:05pm	6:30pm	7:05pm
		C-Race 20 min.	B-Race 30 min.	A-Race 40 min.
May 19	Water Tower Hill Colchester	C	B	A
June 2	Water Tower Hill Colchester	C	B	A
June 16	Water Tower Hill Colchester	C	B	A
June 30	Water Tower Hill Colchester	C	B	A
July 14	Water Tower Hill Colchester	C	B	A
August 4	Water Tower Hill Colchester	C	B	A
August 18	Water Tower Hill Colchester	C	B	A

- C race: Cat.5 men, cat 4 women, all one day racers. (a true introduction to criterium racing).
 - B race: all Cat.4 men, cat 3 women.
 - A race: cat 1-3 men, women
 - Juniors race their category.
- Fields may be combined to make a minimum field at the discretion of the promoter and chief referee.

Important Information:

- A and B race entries are \$10 per race, C race, Junior and full-time student entries are \$5 per race which includes a \$4.75 USAC surcharge. USAC Standard entry forms are used.
- Numbers will be issued at the beginning of the series and used

- throughout the training series.
- Non-USA Cycling licensed riders may purchase a one-day license for \$10 (Cat 5, juniors only; \$25 for Cat 1-4) or buy an annual license (\$80/adult, \$40/junior) on site. Licensed riders must present license at registration. You may apply the cost of a one-day trial competitive license (\$10) to the cost of your annual adult membership (\$80).
- All USA Cycling rules of racing apply.
- Registration opens at 5:30 pm and closes 10 minutes before each race begins.
- Races will be cancelled if conditions do not permit safe racing.
- The course has one corner, is sloping and about 500 yards long.

- Helmets must be worn at all times at the race site; infractions will be subject to fines.
- Riders may NOT warm-up and cool down on the race course unless given permission by the chief referee. Please be courteous to traffic when warming up. It's rush hour! Also no warming up on course during races!!
- Participants **will be asked** to help out at future races; please remember that without volunteers to help marshal, this series cannot and will not take place!! 🚲

**Race course is located at Water Tower Circle, Colchester.
For more information contact Andre Sturm at (802) 872-9125**

2019 GMBC Practice Criterium Series Recap

by ANDRE STURM

2019 saw the end of an era and possibly the beginning of a new one. After dominating the A-races for more than 10 years, Bobby Bailey moved out of state. Bobby revived and immensely enriched the local race scene. We are very grateful for the impact he made!

On the other side, we saw the arrival of 11-year-old June Yates-Rush at the C-races. She turned out to be a participant and superfan who did not miss a single minute of all the events. Showing up for the first race in sneakers and a neutral outfit, a week later she was fully kitted in 1K2GO (a gift from the team), bike shoes and cleat pedals! Let's hope she will continue the legacy left by former juniors like Jamie Driscoll, Cooper Wilsey and Sam Noel, who started around that age in the local mountain bike and practice crit scene and went on to racing world championships as part of the US National team. No pressure, June!

Due to frequent travel of the organizers and referee, we held only three events in 2019. I would like to take this opportunity to thank all of our marshals, as well as Dorothy Pumo, our ever-reliable referee.

The trend of previous year continued in that the numbers on each single race day left something to be desired, but the summary at the end of the season showed there were about 50 unique racers attending one or multiple events.

For lack of bigger numbers, on the second race day we actually combined the B and A race for one 50-minute race with separate scoring. It became apparent that most of the B-racers got badly clobbered and lapped multiple times. Many abandoned the race so we will likely not repeat that experiment.

For 2020 we have seven events planned and hopefully some of them

will happen despite Covid-19. Hope to see you in 2020, either as a racer, a marshal or a spectator!

In the tables below, 6 to 1 points were assigned for 1st to 6th place, x means participated.

#	A - Group	Overall	7/9/2019	7/16/2019	8/13/2019
1	730 Bobby Bailey	12	6	6	
2	726 Jared Katz	10	5	5	
3	758 Jason Frank	8	4	4	
4	778 Cooper Wilsey	6			6
5	770 Zachary Levy	5		x	5
6	776 Matthew Owens	4			4
7	731 John McGill	3	3	x	
8	750 Alain Boisjoli	3	2	x	1
9	771 Sam Noel	3			3
10	764 Patrick Murphy	3		3	
11	768 Timothy Putnam	2		2	
12	759 Rob Montgomery	2		x	2
13	668 Jacon Steinfeld	1	1		
14	710 Willem Jewett	0	x		
15	718 Zechariah Brewton	0	x	x	
16	761 Tor Dworshak	0		x	
17	762 James Oakley	0		x	
18	772 Mauricio Rosales	0			x
19	777 Michael Owens	0			x
20	763 Charles McCarthy	0		x	
21	773 James Walker	0			x
22	660 Chad Phillips	0			x
23	774 Scott Lawrence	0			x
24	775 William McGreevy	0			x
25	779 Alan Cote	0			x



Scene from a B-race



#	B- Group	Overall	7/9/2019	7/16/2019	8/13/2019
1	603 Tor Dworshak	6			6
2	656 Steve May	6	6		
3	659 Mauricio Rosales	5	5	x	
4	664 Nicholas Seleni	5			5
5	665 Jamie Willsey	4			4
6	655 Loren Voyer	4	4		
7	670 Douglas Coker	3		x	3
8	350 Doug Coker	3	3		
9	653 Scott Lawrence	2	2		
10	668 Jacon Steinfeld	2	1		1
11	779 Alan Cote	2			2
12	654 Marc Hammond	1	x	x	1
13	660 Chad Phillips	0	x		
14	699 David White	0			x
15	657 Noah Chabot	0	x		
16	653 Brook Anderson	0			x
17	666 Brian Littlefield	0		x	x
18	667 Brad Gordon	0			x
19	661 Nick Beltran	0		x	

#	C- Group	Overall	7/9/2019	7/16/2019	8/13/2019
1	384 Ian McCray	6	2	4	
2	350 Douglas Coker	6	6		
3	87 Isaac Padberg	6		6	
4	89 Michael Skinner	6			6
5	383 Andrew Littlefield	5	5		
6	386 June Yates-Rusch	5	x	2	3
7	88 Brad Gordon	5		5	
8	91 Anthony Kargle	5			5
9	325 Hethba Fatnassi	4			4
10	385 Christopher Snyder	4	4		
11	86 Dee Barbic	3		3	
12	387 Adam Slaman	3	3		
13	382 Andrew Getz	1	1		



Our referee, Dorothy Pumo, in action



Friendly volunteers – essential to running the series!



11 year old June Yates-Rutsch in the C-race, surrounded by friendly mentors

GMBC Clothing

by JOHN WITMER

GMBC's clothing for 2020 continues the popular vibrant colors introduced in 2017. It features blue and bright green, while retaining the same GMBC logo and most of the sponsor logos from previous years. You can see some images on the GMBC website so take a look. The Richard Tom Foundation logo was added in 2017.

GMBC places 2 orders each year. The first order was placed in early March, and the second order will be placed in late May.



To order clothing, use the inventory order form on the GMBC website. The web order form reflects the current inventory. Alternatively, you may use the order form below. Mail it to the address below along with a check made out to GMBC. The clothing is made by Voler.

Add payment for shipping if you want your items mailed to you. This is generally recommended for those who don't regularly see me during the week.

Note on sizing: vests, jackets, and arm warmers are in men's sizes only. Women's sizes run about one size smaller than men's. For example, if you want women's size medium, order men's size small. Please consult Voler's sizing chart for more details. Most folks think their chart is accurate. The short sleeve jerseys are sized to fit fairly snug.

Voler's sizing chart:
www.voler.com/help/#HelpSizingCharts

Clothing Order Total

Clothing Total: \$ _____

1 item - \$4.00

2 items - 7.50

3 or more - \$9.00

Shipping: _____

Grand Total: \$ _____

Name: _____

Address: _____

Phone: _____

Email: _____

Write checks to: GMBC

**Mail to: John Witmer
147 Lamplite Lane
Williston, VT 05495**

**Questions: 864-5897 or
witmerjohn@yahoo.com**



GMBC Clothing Order Form

Size	Quan	Price	Total	Year/Item
		\$53		2018 Short Sleeve Jersey w/full length hidden zipper (GMBC/Synergy) (M,L)
		\$60		2018 Shorts (GMBC/Synergy) (M)
		\$53		2017 Short Sleeve Jersey w/full length hidden zipper (GMBC/Synergy) (M,L)
		\$59		2017 Shorts (GMBC/Synergy) (M,L)
		\$17		2017 Arm Warmers (GMBC/Synergy) (M,L)
		\$17		2017 Gloves (GMBC) (M)
		\$47		2016 Short Sleeve Jersey with ¾ length hidden zipper (GMBC/Synergy) (M)
		\$50		2016 Short Sleeve Jersey w/full length hidden zipper (GMBC/Synergy) (XL)
		\$50		2016 Shorts (GMBC/Synergy) (M)
		\$52		2016 Bib Shorts (GMBC/Synergy) (L)
		\$47		2015 Short Sleeve Jersey with ¾ length hidden zipper (GMBC/Synergy) (S,M)
		\$50		2015 Short Sleeve Jersey w/full length hidden zipper (GMBC/Synergy) (M)
		\$50		2015 Shorts (GMBC/Synergy) (S)
		\$52		2015 Bib Shorts (GMBC/Synergy) (S,L,XL)
		\$20		2015 Aero Shoe Covers (GMBC/Synergy) (L)
		\$15		2015 Gloves (GMBC) (L)
		\$47		2014 Short Sleeve Jersey with ¾ length hidden zipper (GMBC/Synergy) (M)
		\$52		2014 Long Sleeve Jersey w/full length zipper (GMBC/Synergy) (M)
		\$50		2014 Shorts (GMBC/Synergy) (M)
		\$47		2013 Short Sleeve Jersey with ¾ length hidden zipper (GMBC/Synergy) (XL)
		\$52		2013 Long Sleeve Jersey w/full length zipper (GMBC/Synergy) (L)
		\$50		2013 Shorts (GMBC/Synergy) (M)
		\$52		2013 Bib Shorts (GMBC/Synergy) (XL)
		\$20		2013 Arm Warmers (GMBC/Synergy) (L)
		\$37		2012 Short Sleeve Jersey w/full-length zipper (GMBC/Synergy) (S,M,XL)
		\$35		2012 Shorts (GMBC/Synergy) (S,XL)
		\$ 7		2012 Arm Warmers (GMBC/Synergy) (S-L)
		\$ 5		2012 Gloves (GMBC) (S)
		\$10		2012 Aero Shoe Covers (GMBC) (M)
		\$35		2011 Short Sleeve Jersey w/hidden zip (GMBC/Synergy) (XL)
		\$ 7		2011 Arm Warmers (GMBC/Synergy) (M,L)
		\$35		2011 Wind Shell Jacket (GMBC/Synergy) (L)
		\$5		2011 Gloves (GMBC) (S)
		\$35		2010 Short Sleeve Jersey w/hidden zipper (GMBC/Synergy) (S)
		\$37		2010 Short Sleeve Jersey w/full-length zipper (GMBC/Synergy) (S)
		\$35		2010 Shorts (GMBC/Synergy) (XL)
		\$37		2010 Bib Shorts (GMBC/Synergy) (S)
		\$ 7		2010 Arm Warmers (GMBC/Synergy) (M-XL)
		\$40		2009 Long Sleeve Jersey w/full-length zipper (GMBC/Flatbread) (M)
		\$35		2009 Shorts (GMBC/Flatbread) (XL)
		\$ 7		2009 Arm Warmers (GMBC) (L)
		\$5		2009 Gloves (GMBC) (S-L)
		\$15		2003 Short Sleeve Jersey (Invensys) (S)
		\$12		2002 Short Sleeve Jersey (Invensys) (WM,WL)
		\$ 2		2002 Shorts (FourStar) (S)
		\$ 2		2001 Short Sleeve Jersey (Excite/SmartFuel) (S)





Perspectives

c/o GMBC
PO Box 492
Williston, VT 05495

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