



Perspectives

Volume 35 • Issue 1 Spring 2023

From the Desk of the VP

by JOHN WILLIAMS

Following Strava throughout the winter illustrates the level of activity maintained by GMBC members. Whether alpine skiing, XC skiing, indoor riding, outdoor riding, running, or other workouts, I can see that many of you have maintained a high level of fitness throughout the winter months. My riding for the winter was pretty much limited to weekly night-time fat bike rides at Catamount Outdoor Family Center or Saxon Hill. There is something I love about the peaceful silence of riding on snow-covered trails at night illuminated by my helmet and handlebar lights. Our president, Kevin Bessett, joined me on several of the night rides. When I turn a bend and beautiful deer stare back at me, this becomes a “wow” moment. While skiing and teaching skiing (at Smuggs) is a strong love for me, I look forward to warming temperatures, drying roads, and the opportunities to reunite with my many GMBC friends.

Our GMBC Wednesday and Saturday Rides:

Wednesday Ride:

Riders will meet at the South Burlington Wheeler Lot (corner of Swift and Dorset), with a ride start time of 6 p.m. (earlier as daylight shortens in the fall). While some familiarity with group riding is encouraged, this can be a place where new riders can develop skills and become strong group riders. We typically have three to four groups rolling out in order of predicted ride speed. Safety in riding is of utmost importance. Group riding requires a high level of focus and cooperation throughout the ride. Considerations for rider etiquette, obstacles, vehicular traffic, and stop signs/lights must be incorporated into every ride. These rides are the most safe and fun when riders work together as a team. We are hoping to begin the Wednesday rides on April 12. We will have a simple sign-up form available on-line. While not mandatory, the list of riders allows me to gain insights into how many will be attending and to identify and welcome new riders into the group. Through in-depth statistical analysis, I find that the sign-up rate is about 50% of the usual number participating on any night.



Saturday VP Ride:

This ride typically attracts a group of strong riders who seek a longer training ride, often incorporating significant climbs and descents. The routes vary week to week and are typically announced on Thursdays. In my introduction to each of the Saturday rides, we review the route and point out areas where traffic or busy intersections require special attention. We usually break up into two groups (A & B) on the road. Another point that I offer up is that my speed over ground may not be as fast as many. I always admonish: “Don’t wait for me.” (However, some do, and I appreciate that). Most importantly, I want every rider to find a pace that is comfortable and compatible with other riders in the group. If you have a favorite route that you would like to include in season, please feel free to suggest! Weather dependent, we will begin the VP (for Vice President) Rides on April 15. A sign-up form will also be available for the Saturday rides. Thank you, Dorothy Pumo, for creating this simple format for signing up.

On June 17, the VP ride will be the annual Bike for the Lake Century (or shorter alternative) ride. This is a great ride, incorporating relatively flat terrain, a ferry ride over to NY and return. Early bird registration (\$5) is open until April 1. Here is a link to registration:

Bike for the Lake 2023 | FnIc
friendsofnorthernlakechamplain.org



News from the Richard Tom Foundation

by JOHN WILLIAMS

Upcoming Event: Richard's Ride Join us May 20!



Group start for Richard's Ride at Cochran's.



Family Friendly River Trail Ride.

Our **8th Annual Richard's Ride** is scheduled for Saturday, May 20, hosted from our favorite location – Cochran's Ski Area. We will offer rides for every age and ability with road closures for the for the five-mile out-and-back children's ride on Cochran Road or on the River Trail (free for children). The 14-mile ride will include the scenic Duxbury Road along the Winooski River. For roadies, we offer a 30-mile route and our challenging and scenic Richard's 70

including Richard's Surprise. For those preferring quieter roads, our 40-50 mile mostly gravel routes offer stunning scenery and plenty of vertical. And finally, for those who prefer singletrack, we will offer a technical mountain bike route or simply time to explore Cochran's popular trails. Registration on BikeReg is open at www.bikereg.com/rtfoundation. A Velo Village will be supported by many local businesses and post-ride refueling from Dakin Farms, Sugar Snap, and Stone Corral Brewery will be included in the registration. A special gift will be provided to the first 180 registered cyclists. Thank you to our many sponsors, especially our Title Sponsor, Vermont Bicycle Tours (VBT). With your support, through many years now, we have been able to expand our reach and support healthy lifestyles through cycling.

3rd Annual Fat Bike Rally – Thanks for making this a fun and successful winter event!



Fat Bikers keeping warm at the Catamount Outdoor Family Center.

The leadup to our **3rd Annual Fat Bike Rally** was frightening. With a scheduled date of Sunday, February 5, predicted plummeting of temperatures for the days prior had us worried. The forecast turned out to be accurate, with temperatures bottoming out to minus 20 on Friday and rising to near zero on Saturday. Would it warm sufficiently to offer up a comfortable day for fat biking on Sunday? Well, yes! With temperatures quickly rising to the 20s and low 30s the weather was perfect for a day on a bike in the woods. Whew! Once again, Richard smiled upon us.

The Richard Tom Foundation partnered with the Catamount Outdoor Family Center (COFC) to host



what has become an annual event. Amanda Preston of COFC was especially helpful in the planning and implementation of this event. Many thanks to Amanda (Program and Event Coordinator at COFC) and John Atkinson (Director of COFC) for offering trails, bikes, and excellent grooming for this event. RTF provided additional bikes and food thanks to Chris Morrissey (aka "CMO") and his wife Samantha of Cool Motion Outdoor Sports in Bristol. All of this was offered at no charge, with donations accepted and split between COFC and RTF. Thank you to the many who generously donated!

Trail conditions matched the perfect weather thanks to the work of COFC and their snow-dog groomer which was purchased with the help of RTF and many GMBC members. Our Velo Village was occupied by RTF, Vermont Mountain Bike Association (VMBA), Bivo bottles, and Pride Rides. Pride Rides and Tim Post (of COFC) lead group rides for experienced and new-to-fat biking riders. Others, who had personally owned bikes, explored the beautiful Catamount twisty trails on their own or with friends. We had a great day with about 75 participants.

This year we introduced a "Sprint Race" whereby pairs of riders or rider versus skier competed head-to-head in a short out and back course. I lost my race! Although only a few pairs raced, the excitement for each race was palpable. We hope to build on this for the 2024 edition of our Fat Bike Rally.

Thanks to everyone who attended our Fat Bike Rally!

Bikes for Friends (BFF Program) Community Support



With the arrival of Spring, we will be seeking quality road or mountain bikes for our **Bikes for Friends (BFF)** program. Through this RTF Program we provide a professionally reconditioned bike and new helmet, free of charge to area children or adults who, for whatever circumstances, have not been able to own a bike and experience the joy and freedom associated with riding. If you have a bike, especially a child-sized bike, that you would like to donate to RTF, please contact me at jbikenski@gmail.com. We have partnered with area shops to help with the reconditioning and distribution of bikes. Our partners for this program include Cool Motion Outdoor Sports, Bootlegger Bike, Cambridge Area Rotary, and Old Spokes Home. RTF's role is to provide the funding for parts and labor to these shops so that a like-new bike and a brand-new helmet can be transferred to a new owner.

Camp Scholarships and Junior Racer support

Through this program, RTF provides funding, in the form of a scholarship, to send kids to mountain bike camp either through the Catamount Outdoor Family Center or through Little Bellas Camps for girls. If you know of a child who can benefit from this program, please contact me soon because available slots can fill up quickly.

Most years we provide support to one or two junior racers, who may be associated with our partner, Jackalope Northeast Cycling through their Junior Development Program. Richard Tom was an ardent supporter of local racers, and we aim to carry forth his love of bike racing to help them develop the skills needed for racing and to soften the associated expenses. If you know of, or you are, a rider needing support for race registration fees or other expenses, please contact me or richardtomfoundation@gmail.com and we will evaluate the need and hopefully extend helpful support.

See you on the road soon! 🚲



Put the Spotlight on You!

by KEVIN BESSETT

“I didn’t see ‘em.” A statement too commonly said by drivers after a collision with another vehicle, pedestrian, or cyclist.

One of GMBC’s missions is promote bicycle safety, and the #1 must-do to protect yourself is to alert every driver that you are there in front of them, and as soon as possible. The reason for the early alerting is simple: You are providing extra time for the driver to see you (think distracted drivers looking at their phones, looking at the road, looking at the phone, and so on).

Wearing a bright top helps increase your visibility and is a much better choice than a dark top, but the surest way to gain attention quickly, and from a much greater distance, is to use a flashing light with a *bright* (i.e., strong) pulse in the flashing pattern. It is the clear winner because a flashing light quickly draws eyes to it. They are attention grabbing. How bright is bright? When looking at it at arm’s length it’s blinding and hurts your eyes. In other words, a minimum flash of 65 lumens, which isn’t bright, but worthy flashers concentrate the beam, and that makes it bright.

Note: When riding at dusk or at night, *do not* use a flashing light because it can blind drivers approaching you.

Quality front and rear flashers are generally \$30 and up, and of the two, I feel that a rear flasher is more important because it alerts vehicles approaching you from behind, which are much more difficult to see than vehicles approaching you from the front.

If you have a flasher, make sure it is up to the job by performing the test above. If the brightest pulse is not blinding, consider a new one. This is especially important for rear flashers because you want to warn drivers behind you as far back as possible, which is

only accomplished with a strong, blinding pulse.

A flasher’s effectiveness is only as good as its placement. The optimal position is to have the unit placed in such a way that the flash is pointed in the direction of the driver’s line of sight. Many flashers lose effectiveness when pointed up, down, or to the side. And a best practice before and during rides is verifying that it is still positioned correctly. Another best practice is making sure there is enough charge or battery life left before your next ride, too!



Flashers make a world of difference on the road, and I hope that you consider mounting one (or two) on your bike. Some Burlington area bike shops offer club members discounts. Be sure to ask. 🚲



Please send us photos of your rides! We need hi resolution digital files, at least 2MB is ideal. Along with your photos, please send a caption and identify who took the photo. Email photos to Phyl Newbeck at phyl@together.net



What are we looking for as Bicyclists?

by PHIL LITTLER

It is probably not much of a surprise that we get slower as we get older. This is much less of a surprise to those over 40. It was a massive surprise in the cycling world when Joep Zoetemelk won the World Championship in 1985 at age 38 instead of Greg Lemond at age 24; a consequence of being either overlooked or underestimated by others.



One of the reasons older riders are slower is that their VO2 max inexorably gets lower. VO2 max is a measure of how quickly the body is able to process oxygen. We can think of it as a measure of an athlete's fitness and endurance capacity — the size of their “engine”.

In Joe Friel's book *Fast after Fifty* he writes that a fit male rider may have a VO2 max near 70 in their twenties, 65 in their forties, 44 in their sixties, and 37 in their seventies. The same book compares VO2 max in non-athletic males and females and finds that females are approximately 20% less than males of the same age. By comparison, Joep and Greg probably had VO2 maxes over 80 (and one report had Greg, in his prime, at near 90).

So, what is an older rider supposed to do? Train smarter, eat better, buy lighter (and more expensive) bikes, and race strategically. The best of us will, and they are very impressive in doing that. What are younger riders supposed to do? They really should be impressed by the dedication of their older colleagues and the fact that they can still be fast and fit despite their age. We should all strive to be as fast or as fit when we are older.

What does this have to do with the GMBC? I would hope that all of us would have the generosity of spirit to appreciate older cyclists and realize that we too will be in their shoes. It is not just age. I remember going

to a GMBC ride probably twenty-five years ago, led by a gracious rider named Amy, who was encouraging, patiently waiting at strategic corners, and being everything a ride leader should be, but could not make me faster since my priorities were job and family first, and training to

keep up with the GMBC riders a much lower priority. I vowed to get more training under my belt before I would venture out with the club again - and it took a while.

But it is not just decreasing VO2 max that is of concern. In addition to the issues listed above, a person might be slower because of health, level of training, even the foods they eat. Many people take life-saving drugs that block the effect of norepinephrine and epinephrine (adrenaline). What is a person to do? All of us enjoy exploring new places, being on the bike on a warm sunny day, and enjoying the collegiality that comes with being in the club. But if we can't keep up, most of us will quit the club and/or bicycle on our own.

Although few of us will ever be associated with the European peloton, almost all of us will face the inexorable decline in performance that comes with age. But there are solutions! We could initiate a handicap system. They do that in horse races, certainly they could do that with cyclists. Just a modest proposal, but perhaps that's a bit too Swiftian. Rather than burden the strong, perhaps those that feel they need to, could simply buy an electric bike. That way they could enjoy all the great things that brought us to the club in the first place and not slow down those unencumbered by modern technology.

From now on I will embrace those with an electric bike, knowing that the cyclist made that extra effort to enjoy what we all enjoy in cycling. And it certainly makes for a more interesting discussion rather than talking about tire widths, gear ratios, or the advantages of Dura-Ace Di2. 🚲



2023 Time Trial Series

by KEVIN BESSETT

Another winter is in the books--albeit a weird one weatherwise--and the first TT of the season is right around the corner!

You may remember me stating that the average attendance per season has been decreasing since 2014ish. Last year it was nine people, and at some TTs only a few showed up. So, I want to try a few things to boost attendance. One or two more gravel routes will be introduced and there *may* be a TT that is road-bike only (no TT bikes) and a team time trial (limited to two-person only). There are some wheels still in motion on all of these, so you'll see three TBDs on the calendar for courses. Stay tuned for updates, which will be posted on the Listserv. The online calendar will be updated too.

The new schedule is in this newsletter. If you rode three or more TTs last year, please check for your name in the Timers/Notes column. Let me know if date you've been assigned doesn't work for you or try to trade with someone and let me know if you make the trade. There is no cost to enter a TT. All that is asked is that you help time at an event the following season if you ride three or more events, hence the note above on checking the calendar for your name. Timing a TT is easy work.

The series consists of courses spread out over three counties, ranging from six to over 16 miles, and range from "Vermont flat" to hill climbs. We're all pretty laid back and it's a fun series. It is about challenging yourself more than it is about competing against others.

I hope to see you at a TT this season. If you have any questions, don't hesitate to reach out to me.

Subject to change. Stay up to date via the Listserv or visit www.thegmbc.com.

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

Date	Course Name	Timers* / Notes
May	4 Jonesville (short course)	K Bessett
	11 TBD	K Bessett
	18 Jonesville	J Brannen
	25 Huntington	S Berry
Jun	1 TBD	K Bessett
	8 Jonesville	G Van Den Noort
	15 South Greenbush	B Dillon, S Dupuis
	22 Huntington	M Hammond
	29 South Greenbush	K Bessett, B Conchieri
Jul	6 Duxbury (gravel)	M Meredyth
	13 Huntington	J Bertelsen
	20 Dunsmore	K Bessett
	27 Bolton Hill Climb	R Phillips
Aug	3 Jeffersonville North	M & W Clifton
	10 Jonesville	K Bessett
	17 TBD	B Anderson
	24 South Greenbush	K Bessett

* Timing assignments determined by rider participation last year.

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

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 right 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.



2023 Time Trial Schedule

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 building. Turn and head back to the start area. **Caution:** Look for traffic when making U-turn.

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.

Upper Pleasant Valley: 15.07 mi. **Parking:** At church across the road from Smuggler's Notch Inn. **Start:** At intersection of Jeff Heights Road with Upper Pleasant Valley. Head south on Upper Pleasant Valley, the course rolls for next 3 miles into a fast descent to the intersection of Lower Pleasant Valley Road (now you are on Pleasant Valley Road). Continue for approx. 3.5 miles. Turn and head back to the start area (turnaround is at Moose Run Road, about 1/4 mile after top of long steep climb). **Caution:** Look for traffic when making U-turn.

Instructions for Timers

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

Timing gear & instructions: Provided by organizer. Besides running the stop watches and recording finish times, please do the following:

- Enforce **helmet usage** and sharing the road.
- Make each rider **reads the rider responsibilities** 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** just before each crosses the finish line.

Instructions for Riders

Riding a bicycle on the road has inherent risks. All courses use open roads, and you are riding at your own risk. You must obey all VT laws to bicycles. 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 always mandatory, 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).
- Listen and 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.
- Start interval is 1-minute.
- **Yell your start number** just before crossing finish line.



2023 GMBC Touring Schedule

TOURING RIDE CLASSIFICATIONS/ KEY TO RIDE DESIGNATIONS

Social Ride: 10-14 mph average (depending on route), no one is dropped, a very casual ride, typically longer food breaks. Always contact the social ride leader before the ride to be sure that these versions of the ride are taking place. More social ride leaders are needed! If you are interested in these rides and are willing to help lead, please email Donna, to be added to the Social Riders email contact list, which is the only guaranteed notification for these rides.

E: Easy, average under 10 mph, not necessarily flat (this is Vermont, after all) but close

EM: Moderately easy, up to 50 miles, average under 12 mph, some hills

M: Experienced riders, average usually 16 mph or less, expect varied terrain with hills.

S: Strong riders, no limits, any terrain possible including mountainous

Early Season Unofficial, Leaderless Rides

April 9– Meet at 10:00 at the Folsom School, Grand Isle for an informal ride. Route and distance will be determined by those who show up.

April 16– Meet at 10:00 at Wheeler Lot on Dorset Street for an informal ride. Route and distance will be determined by those who show up.

April 23 – Meet at 9:30 Charlotte Central School for an informal ride. Route and distance will be determined by those who show up.

April 30 – Meet at 9:30 at Jasper Mine Road 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 6

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 – (802) 557-4633 / jo.bertel@gmail.com

Co-leader: Dawn Fragola – (802) 238-8752
dfragola1127@gmail.com

Date: Saturday, May 20

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: Tim Pearson – (443) 745-0605 / pearson.tim.j@gmail.com

Co-leader: (802) 233-9013 / creeksh@yahoo.com

Date: Saturday, June 17

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: Amy Otten Amy Otten – (802) 878-4070 / amyotten@netscape.com & Ralph Kilmoyer – (802) 878-4070 / ralphkilmoyer@comcast.net

Co-leader: Dorothy Pumo – (802) 829-8729 / dpumo5@gmail.com

Date: Saturday, June 24

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 – (802) 557-4633 / jo.bertel@gmail.com

Co-leader: Dawn Fragola – (802) 238-8752
dfragola1127@gmail.com

Regular Touring Rides

Date: Sunday, May 7

Ride: Kingsland Bay – The 35-mile (E/M) ride rolls from Shelburne through Charlotte to Kingsland Bay Park and back. The 51-mile (M) ride heads towards Vergennes and climbs to Monkton Ridge, returning through Hinesburg and a 65-mile (M/S) option heads into Huntington but will not have a leader. Contact Donna Leban at donna.leban@gmail.com for social ride sign-ups.

Meeting Time: 9:15

Meeting Place: Shelburne Shopping Park, left hand side of the parking area.

Leader: Brian Howard – (802) 304-0610 / bjhowd@gmail.com

Co-Leader: Amy Otten – (802) 878-4070 / amyotten@netscape.com & Ralph Kilmoyer – (802) 878-4070 / ralphkilmoyer@comcast.net

Social Ride Option: Donna Leban (802) 862-1901/
donna.leban@gmail.com

Date: Sunday, May 14

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. Contact Donna Leban at donna.leban@gmail.com for social ride sign-ups.

Meeting Time: 9:15

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

Leader: Diane Meyerhoff – (802) 495-8883 / diane@thirdsectorassociates.com

Co-Leader: Josh Simonds – (802) 355-4352 / jsimonds9@gmail.com

Social Ride Option: Donna Leban - (802) 862-1901/ donna.leban@gmail.com

Date: Sunday, May 21

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 Quinlan bridges in Charlotte. Contact Donna Leban at donna.leban@gmail.com for social ride sign-ups.

Meeting Time: 9:15

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



2023 GMBC Touring Schedule

Leader: Dorothy Pumo – (802) 829-8729 / dpumo5@gmail.com
Co-Leader: Brian Howard – (802) 304-0610 / bjhowd@gmail.com
Social Ride Option: Donna Leban – (802) 962-1901 / donna.leban@gmail.com

Date: Saturday, May 27

Gravel Ride: Hinesburg-Buck-Gilman-Baldwin. This mostly gravel 20-mile ride traverses the back roads of Hinesburg with 1,604 feet vertical gain.

Meeting Time: 9:15

Meeting Place: Hinesburg Elementary School off RT 116

Leader: Brian Howard – (802) 304-0610 / bjhowd@gmail.com

Co-Leader: Holly Creeks – (802) 233-9013 / creeksh@yahoo.com

Date: Sunday May 28

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: 9:15

Meeting Place: Georgia Park and Ride. Exit 18 off of I-89. Those coming from the Burlington area may consider carpooling.

Leader: John Bertelsen- (802) 557-4633 / jo.bertel@gmail.com

Co-Leader: Karla Ferrelli – (802) 864-0101 /

karla.ferrelli@gmail.com

Social Ride Option: with Karla and Donna

Date: Sunday, June 4

Ride: Champlain Bridge Ride – This ride heads out Lake Road and across the bicycle-friendly Champlain Bridge. The 43-mile route (M) stops at Crown Point while the 55-mile route (M) makes a loop on the New York side through Port Henry. Contact Donna Leban at donna.leban@gmail.com for social ride sign-ups.

Meeting Time: 8:45

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

Leader: Karl Garen – (802) 318-0116 / kgaren@gmail.com

Co-Leader: Allan Kunigis – (802) 324-9958 / akunigis@gmail.com

Social Ride Leader: Donna Leban – (802) 862-1901

donna.leban@gmail.com

Date: Saturday, June 10

Gravel Ride: Hinesburg Monkton Gravel Grinder. Start at the Park 'n Ride in Hinesburg and head south on rolling gravel hills. These are mainly very quiet roads with little traffic. To cut the ride short, there is an easy mid-point turn around in Charlotte Post-ride food is aplenty in this part of Hinesburg and you can stop at Frost Brewery for a cold can of apres. 41.3 mi (S) ride with a 22.8 mi (M) shorter ride.

Meeting Time: 9:15

Meeting Place: Hinesburg Park and Ride

Leader: Brian Howard – (802) 304-0610 / bjhowd@gmail.com

Co-Leader: Jim Burns – (802) 338-1555 / jjburns10@aol.com

Date: Sunday, June 11

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: 8:45

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

Grand Isle

Leader: Dave Merchant – (802) 825-3808 /

merchand59@gmail.com

Co-leader: Joyce McCutcheon – (802) 734-4999 /

mellowmitti@aol.com

Date: Saturday, June 17

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.

Meeting Time: 9:15

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

Leader: John Stuart – (802) 734-9805 / jhstuartsgn@gmail.com

Co-Leader: Karl Garen – (802) 318-011 / kgaren@gmail.com

Date: Sunday, June 18

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. Contact Donna Leban at donna.leban@gmail.com for social ride sign-ups.

Meeting Time: 8:45

Meeting Place: Williston Central School by the tennis courts

Leader: Tom Kennedy – (802) 735-5359 / etomkennedy@gmail.com

Co-Leaders: Amy Otten – (802) 878-4070 /

amyotten@netscape.com & Ralph Kilmoyer – (802) 878-4070 /

ralphkilmoyer@comcast.net

Social Ride Option: Donna Leban – (802) 862-1901 /

donna.leban@gmail.com

Date: Saturday, June 24

Mostly Unpaved Ride: MUP Ride #2 - 20 miles on the scenic and less travelled roads through the farmlands of Charlotte including Guinea and Roscoe Roads.

Meeting Time: 9:15

Meeting Place: Charlotte Central School, Hinesburg Road

Leader: Brian Howard – (802) 304-0610 / bjhowd@gmail.com

Co-Leader: William Regan (571) 730-8160 /

william.regan.802@gmail.com

Date: Sunday, June 25

Ride: Way to Weybridge – 64 mile (M) rolling hills from Shelburne through Vergennes and on to Weybridge. There are a number of food options in Vergennes for either the outgoing or return trip or both.

Meeting Time: 8:45

Meeting Place: Shelburne Village Shopping Center

Leader: Allan Kunigis – (802) 324-9958 / akunigis@gmail.com

Co-leader: Dawn Fragola – (802) 238-8752

dfragola1127@gmail.com

Date: Saturday, July 1

Gravel Ride: Texas Hill Double D – 43-mile route through Texas Hill, Dugway, and Duxbury loop. The ride starts with a fairly big climb and then a downhill out to Duxbury and North Road out to Waterbury.

Meeting Time: 9:15

Meeting Place: North Rd turn-around or possibly Iroquois Trucking on Mechanicsville Road.

Leader: Brian Howard – (802) 304-0610 / bjhowd@gmail.com

Co-Leader: Karl Garen- (802) 318-0116 / kgaren@gmail.com



2023 GMBC Touring Schedule

Date: Sunday, July 2

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. Bring money for the ferry. Contact Donna Leban at donna.leban@gmail.com for social ride sign-ups.

Meeting Time: 8:45

Meeting Place: Grand Isle Ferry Parking Lot. Go to the gate and let the toll takers know that you will be returning on the ferry. Those coming from the Burlington area may consider carpooling.

Leader: Phyl Newbeck – (802) 734-5166 / vtphy172@gmail.com

Co-Leader: Tim Pearson – (443) 745-0605 / pearson.tim.j@gmail.com

Social Ride Option: Donna Leban – (802) 962-1901 / donna.leban@gmail.com

Date: Tuesday, July 4

Ride: Salisbury Ice Cream Social – This 28-mile (E/M) ride has gentle rolling terrain. After passing Shard Villa and crossing Route 7, we circle Lake Dunmore, returning to Salisbury to take advantage of the Ice Cream Social being hosted at the Salisbury Congregational Church on Maple St in Salisbury. This is a very laid-back no drop ride.

Meeting Time: 11:30

Meeting Place: A small dirt lot on the left side of Three Mile Bridge Rd. about 100 yards after turning off Rt. 7 in East Middlebury. There is a convenience store about 1/4 mile north with a huge parking lot. The Ice Cream Social starts at 2:00PM.

Leader: John Bertelsen – (802) 557-4633 / jo.bertel@gmail.com

Co-Leader and Social Ride Option: Karla Ferrelli – (802) 864-0101 / karla.ferrelli@gmail.com

Date: Saturday, July 8

Mostly Unpaved Ride: MUP #1- 20 miles on gravel and dirt roads in Hinesburg and Charlotte including Guinea, Bingham Brook, and Garen Roads.

Meeting Time: 9:15

Meeting Place: Charlotte Central School, Charlotte, VT

Leader: Brian Howard – (802) 304-0610 / bjhowd@gmail.com

Co-Leader: John Bertelsen – (802) 864-0101 / jo.bertel@gmail.com

Date: Sunday, July 9

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. Contact Donna Leban at donna.leban@gmail.com for social ride sign-ups.

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: Jim Burns – (802) 338-1555 / jjburns10@aol.com

Co-Leader: William Regan – (571) 730-8160 / william.regan.802@gmail.com

Social Ride Option: Donna Leban – (802) 962-1901 / donna.leban@gmail.com

Date: Sunday, July 16

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 – (802) 825-3808 / merchand59@gmail.com

Co-Leader: Joyce McCutcheon – (802) 734-4999 / mellowmiti@aol.com

Date: Saturday, July 22

Gravel Ride: Waitsfield Lawson Ride – Waitsfield Common and into East Warren Area. Gravel roads that traverse the Waitsfield and East Warren town areas of Washington County.

Meeting Time: 9:15

Meeting Place: Waitsfield Elementary School, Route 100

Leader: Brian Howard – (802) 304-0610 / bjhowd@gmail.com

Co-Leader: William Regan – (571) 730-8160 / william.regan.802@gmail.com

Date: Sunday, July 23

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: 8:45

Meeting Place: Cota Field, State Prison Hollow Road

Leader Needed:

Co-Leader: William Regan – (571) 730-8160 / william.regan.802@gmail.com

Date: Saturday, July 29

Mostly Unpaved Ride: Covered Bridges of Chittenden County – Gravel Version. 34 miles (M/S) of rolling hills through Shelburne and Charlotte with the longer ride going through Ferrisburgh. Two thirds of the route is unpaved with two sections of farm track and roughly 2,000 feet of elevation gain. 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 Quinlan bridges in Charlotte. 41mi. (M/S) ride.

Meeting Time: 9:15

Meeting Place: Shelburne Community School

Leader: Brian Howard – (802) 304-0610 / bjhowd@gmail.com

Co-Leader: John Bertelsen – (802) 557-4633 / jo.bertel@gmail.com

Date: Sunday, July 30

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. Contact Donna Leban at donna.leban@gmail.com for social ride sign-ups.

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: Allan Kunigis – (802) 324-9958 / akunigis@gmail.com

Co-Leader: Brian Howard – (802) 304-0610 / bjhowd@gmail.com

Social Ride Option from Warren: Donna Leban – (802) 862-1901 / donna.leban@gmail.com



2023 GMBC Touring Schedule

Date: Sunday, August 6

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) has more hills and passes more covered bridges in Montgomery Center, returning through Bakersfield.

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 – (802) 734-5166 / vtphy172@gmail.com

Co-Leader: Dorothy Pumo – (802) 829-8729 / dpumo5@gmail.com

Date: Saturday, August 12

Gravel Grinder Ride: Hollows, Ponds, and Falls. The route 41-mile route with lots of dirt and very little traffic travels on Sherman Hollow, Gilman, State Prison, and Big Hollow Roads. There are some falls on State Prison Road. The ride goes through Richmond, Huntington, Hinesburg, Monkton, and Starksboro.

Meeting Time: 9:15

Meeting Place: Richmond Round Church area- field below the Church across the street from Richmond town park.

Leader: John Stuart – (802) 734-9805 / jhstuartsqn@gmail.com

Co-leader: Karl Garen – (802) 318-0116 / kgaren@gmail.com

Date: Sunday, August 13

Ride: Buck Hollow and Beyond – The 40-mile (M) route goes north to Fairfax, through Buck Hollow into Fairfield, returning via St. Albans. The 58-mile loop (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 – (802) 734-4999 / mellowmiti@aol.com

Co-Leader: Dave Merchant – (802) 825-3808 / merchand59@gmail.com

Date: Saturday, August 19

Gravel Ride: Pomfret Gravel – 30 miles (M) going from Woodstock through the Pomfret area and Upper Valley areas of Vermont with 3,556 vertical feet of vertical gain.

Meeting Time: 9:15

Meeting Place: Overflow lot at Billings Farm, Woodstock VT.

Leader: Bryan Harrington - (802) 282-7647 / alpinefogman@yahoo.com

Co-Leader: Suzie Ridzon – (802) 734-4429 / nozdirs@gmail.com

Date: Sunday, August 20

Ride: Grand Isles Flats – One of the flattest rides of the season, this is longer than previous years in an attempt to stay off Route 2 as much as possible. The 28-mile ride (E/M) circles Grand Isle and a 45-mile option (M) stops at the end of North Hero. Riders on the 73-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: 8:45

Meeting Place: Folsom School, South Street in South Hero.

Those coming from Burlington area may want to carpool.

Leader: Phyl Newbeck – (802) 734-5166 / vtphy172@gmail.com

Co-Leader: Jim Burns - (802) 338-1555 / jjburns10@aol.com

Date: Sunday, August 27

Ride: Addison Ambler - This route travels south from Vergennes to Weybridge via Route 125 and then west to Bridport and West Addison and back to Vergennes on quiet roads. The short ride is 45 miles (M) and the long is 60 miles (S) with roughly two miles of dirt.

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

Meeting Time: 9:15

Leader Needed:

Co-Leader Needed:

Date: Sunday, Sept 3

Ride: Pleasant Valley Pedaling – The 50-mile hilly route (M/S) travels through Jericho into Underhill and then via Pleasant Valley Road into Cambridge.

Meeting Place: Jericho Elementary School, Route 15

Meeting Time: 9:15

Leader Needed:

Co-Leader Needed:

Date: Sunday, September 10

We are considering making this an unofficial, leaderless ride since it is the weekend of the Kelly Brush Ride.

Date: Sunday, September 17

Ride: Venise En Quebec – Ride 40 (E/M) miles from Alburgh across the border through farmland to Venise 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 – (802) 557-4633 / jo.bertel@gmail.com

Co-Leader: Karla Ferrelli – (802) 864-0101 / karla.ferrelli@gmail.com

Date: Sunday, September 24

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 Needed:

Metric Leader: Brian Howard- (802) 304-0610 / bjhowd@gmail.com

Late Season Unofficial, Leaderless Rides

October 1 – Meet at 9:30 at Folsom School in Grand Isle for an informal ride. Route and distance will be determined by those who show up.

October 8 - Meet at 9:30 at Williston Central School for an informal ride. Route and distance will be determined by those who show up.

October 15 - Meet at 9:30 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.

October 22 – Meet at 9:30 at Jasper Mine Road for an informal ride. Route and distance will be determined by those who show up.



The GAP and C&O Canal trails

Photos and Story by ANDRE STURM



Start at Point Park in Pittsburgh where the Allegheny River and the Monongahela River converge and form the Ohio River.



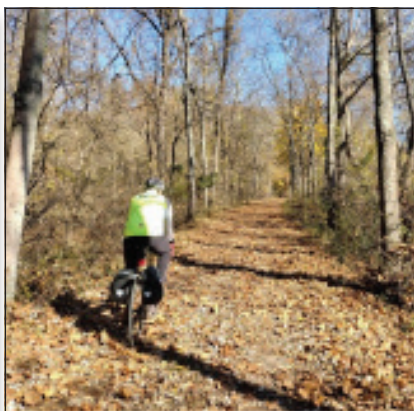
The photo does barely justice to how high this bridge really was.



And multiple aqueducts where the canal crossed over the river contributories.



Trail maintenance on the GAP was great, for many miles the leaves had been swept off the trail.



The C&O trail is a bit less maintained.



75 locks from Cumberland to Georgetown.

Last November, my daughter Sarah and I went on a bike trip on the GAP and C&O Canal trails from Pittsburgh, PA to Washington, DC. The **Great Allegheny Passage®**, or GAP, is 150 miles of non-motorized trail travel from Pittsburgh to Cumberland, Maryland. The nearly-level, crushed limestone path soars over valleys and snakes alongside rivers in Pennsylvania's Laurel Highlands. <https://gaptrail.org/map/>

Eastward from Cumberland, the GAP connects to Washington, D.C. by another trail, the C&O Canal Towpath. The towpath is a dirt and stone path that runs 184.5 miles along the C&O Canal. It was originally built for the canal mules to walk beside the canal as they "towed" the canal boats through the waterway. Today, it is a popular recreational trail.

Originally, we had planned to do this in mid-October, but due to scheduling conflicts it turned into the first week of November. We also had thought of going from Washington

to Pittsburgh, but that would have added a full day train ride back to DC.

While both trails are open year-round, the bike trail season officially ends on the last weekend of October. While we had no trouble finding accommodations, it also meant that almost everything else was closed along the way, at least during the week.

The webpage is an excellent guide for planning the trip, with many helpful tips. We chose to go with a six-day recommendation <https://gaptrail.org/things-to-do/recommended-trips/ride-of-your-life/>, adding a butt rest day at Harper's Ferry. That left us with four 60+ mile and two 45-mile days. We opted to stay in B&Bs and hotels, but especially along the C&O there are many tent areas right off the trail, with a water pump and porta-let for about a dozen tents each.

The GAP trail as a former rail trail is an absolute dream, mostly running through woods and along rivers. It is wide





The butt rest day. Spectacular view from Maryland Heights Overlook onto Harper's Ferry. Potomac coming from the right, Shenandoah from the top left.



For two and a half days and over 125 miles we basically went continuously uphill, from 700 feet of elevation in Pittsburgh to the 2,392 feet here at the Eastern Continental Divide. We very much enjoyed the ensuing 20+ miles downhill all the way to Cumberland.



Mile marker 0 of the C&O canal, which is very well hidden and required some searching.



There are whole hillsides of rhododendron bushes which must be spectacular in spring.



Canal on the left, Potomac River on the right.

and smooth, and they had brushed the leaves off the trail for many miles. It was very doable on a road bike with 25mm tires. When you start from Pittsburgh, you are heading up toward the Eastern Continental Divide, so it is basically 125 miles uphill. It's not steep, but there is also no coasting. Then you finish with a 25-mile downhill to Cumberland. Along the trail are plenty of sights inviting for a stop and to explore, both natural and manmade. For many miles on day 2 and 3 the hillsides were covered in rhododendrons, which must be stunning when in full bloom. And the various bridges and tunnels are a true experience.

The C&O towpath was a different story, much narrower and rougher, with a thick cover of leaves for many miles. Maybe 60 of the 185 miles are suitable for road bikes, but I will say you definitely need a sturdier bike with at least 32mm tires. On the first day of the C&O we had seven flats, mostly pinch flats from almost invisible rocks on the path. Fortunately, the next day we were able to swap Sarah's road bike for a city bike, and finished the whole tour with just one more flat. There are 75 locks from Cumberland to Georgetown, and multiple aqueducts, which makes for a nice countdown.

My wife joined us for the butt rest day at Harper's Ferry, and we did a nice four-hour hike up and down the mountains along many civil war memorials which made one of Sarah's friends comment on the apparently different German definition of rest day.

We started on a Sunday in Pittsburgh with frost on the car window and 30F, endured two days of rain and fog, but ended with 70F in shorts and short sleeve jerseys in Georgetown.

Overall, a very nice experience. If you plan on staying in B&B you probably need to plan many months ahead. Otherwise, camping options for bike packing are plentiful.



Spectacular tunnels.

2023 GMBC Practice Criterium Series

by **ANDRE STURM**

For 2023, we have planned six events at the Colchester's Watertower Hill location (permit process still ongoing). The C race will remain the introductory beginner's race of 10 minutes fast-paced group ride and 10 minutes race with finish sprint. Dorothy Pumo will be our referee again, so thanks Dorothy!

Unfortunately, USA Cycling keeps increasing the fees for these grassroots events. Annual Race Membership went from \$99 to \$110, Junior license fees went from 0 to \$40, Beginner One-day Race/Ride licenses went from \$10 to \$15, and Experienced One-day Race licenses went from \$25 to \$35. Beginner one-day race licenses are valid only in the Men's and Women's category 5. Any former member with a racing category excluded by the Beginner One-day Race license is eligible to purchase an Experienced One-day Race license once per year. Insurance Rider Per Day Surcharge went from \$5.05 to \$5.30 per rider, per day.

However, GMBC will keep the entry fee at \$10 per race day with Junior and full-time student entries at \$5 per day. 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.

Since we have a nice number of events across the whole season planned, we will have a ranking with some prizes at the end of the season. Rankings will be based on participation and race results.

Please remember that without volunteers to help marshal, this series cannot and will not take place!!

For more information contact Andre Sturm at (802) 448-4955.

Date	Course	6:05pm	6:30pm	7:05pm
		C-Race	B-Race	A-Race
		20 min	30 min	40 min
May 9	Water Tower Hill, Colchester	C	B	A
May 23	Water Tower Hill, Colchester	C	B	A
July 11	Water Tower Hill, Colchester	C	B	A
July 25	Water Tower Hill, Colchester	C	B	A
August 8	Water Tower Hill, Colchester	C	B	A
August 22	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.



GMBC Sponsors & Friends



**Richard Tom
FOUNDATION**



**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	Kevin Bessett	kevinbessett@gmavt.net
Vice President	John Williams	jbikenski@gmail.com
Treasurer	John Bertelsen	jo.bertel@gmail.com
Secretary	Chris Johnson	cajohnson42@gmail.com
Touring Chair	Brian Howard	bjhowd@gmail.com
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	Vacant	
Practice Crit Chair	Andre Sturm	andre.sturm@earthlink.net
Advocacy Chair	Vacant	
Newsletter Editor	Phyl Newbeck	phyl@together.net
Newsletter Production	Sue Storey	sstorey@gmavt.net
Webmaster	Dorothy Pumo	grn.mtn.bike@gmail.com

**For information on GMBC clothing, visit
<https://thegmbc.com/club-clothing/>**



GMBC website - thegmbc.com



facebook.com/GreenMountainBikeClub

GMBC Clothing Inventory

by JOHN WITMER

GMBC's clothing started a new design in 2021, and it remains unchanged through 2023. The provider is BioRacer. There are some images on the GMBC website. BioRacer clothing fits really snug. Be sure to consult their sizing chart and expect a super snug fit. Many GMBC members sized up and still had snug fits.

GMBC is placing two orders in 2023. The first order had a due date of March 20. The second order will likely be placed in late May or early June.

To order inventory 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. Inventory clothing prior to 2021 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 Voler sizing: 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.

BioRacer's sizing chart:

www.bioracer.com/en/team-clothing/size-chart-bioracer

Voler's sizing chart:

www.voler.com/fitguide



Inventory Clothing Order Total

Clothing Total: \$ _____

Shipping: 1 item - \$6

2 items - \$9

3 or more - \$10

Shipping: \$ _____

Grand Total: \$ _____

Name: _____

Address: _____

Phone: _____

Email: _____

Write checks to: GMBC

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

**Questions: 802-864-5897 or
witmerjohn@yahoo.com**

GMBC Inventory Clothing Order Form

Price	Item	Size	Quantity
\$60	2022 Short Sleeve Jersey BioRacer Icon (GMBC) (M,L)		
\$82	2022 Shorts BioRacer Icon (GMBC) (S-XL)		
\$26	2022 Team Speedsock Epic Low BioRacer Socks (GMBC) (L (42-44), XL (45-47))		
\$53	2021 Short Sleeve Jersey BioRacer Prof (GMBC) (S,L,XL)		
\$71	2021 Bib Shorts BioRacer Prof (GMBC) (S,L,XL)		
\$50	2018 Short Sleeve Jersey w/full length hidden zipper (GMBC/Synergy) (M)		
\$57	2018 Shorts (GMBC/Synergy) (M)		
\$50	2017 Short Sleeve Jersey w/full length hidden zipper (GMBC/Synergy) (M)		
\$55	2017 Shorts (GMBC/Synergy) (M)		
\$15	2017 Arm Warmers (GMBC/Synergy) (M)		
\$45	2016 Short Sleeve Jersey with ¾ length hidden zipper (GMBC/Synergy) (M)		
\$47	2016 Shorts (GMBC/Synergy) (M)		
\$50	2016 Bib Shorts (GMBC/Synergy) (L)		
\$45	2015 Short Sleeve Jersey with ¾ length hidden zipper (GMBC/Synergy) (M)		
\$47	2015 Short Sleeve Jersey w/full length hidden zipper (GMBC/Synergy) (M)		
\$50	2015 Bib Shorts (GMBC/Synergy) (S,L,XL)		
\$17	2015 Aero Shoe Covers (GMBC/Synergy) (L)		
\$45	2014 Short Sleeve Jersey with ¾ length hidden zipper (GMBC/Synergy) (M)		
\$50	2014 Long Sleeve Jersey w/full length zipper (GMBC/Synergy) (M)		
\$47	2014 Shorts (GMBC/Synergy) (M)		
\$50	2013 Long Sleeve Jersey w/full length zipper (GMBC/Synergy) (L)		
\$50	2013 Bib Shorts (GMBC/Synergy) (XL)		
\$17	2013 Arm Warmers (GMBC/Synergy) (L)		
\$35	2012 Short Sleeve Jersey w/full-length zipper (GMBC/Synergy) (S,M,XL)		
\$32	2012 Shorts (GMBC/Synergy) (S)		
\$ 5	2012 Arm Warmers (GMBC/Synergy) (M,L)		
\$ 5	2011 Arm Warmers (GMBC/Synergy) (M)		
\$32	2011 Wind Shell Jacket (GMBC/Synergy) (L)		
\$ 5	2011 Gloves (GMBC) (S)		
\$32	2010 Short Sleeve Jersey w/hidden zipper (GMBC/Synergy) (S)		
\$35	2010 Short Sleeve Jersey w/full-length zipper (GMBC/Synergy) (S)		
\$35	2010 Bib Shorts (GMBC/Synergy) (S)		
\$ 5	2010 Arm Warmers (GMBC/Synergy) (M,L)		
\$32	2010 Wind Shell Jacket (GMBC/Synergy) (XS)		
\$37	2009 Long Sleeve Jersey w/full-length zipper (GMBC/Flatbread) (M)		
\$ 5	2009 Gloves (GMBC) (S-L)		
\$10	2002 Short Sleeve Jersey (Invensys) (WM,WL)		





Perspectives

c/o GMBC
PO Box 492
Williston, VT 05495

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