

GREENSBORO VELO CLUB

ESTABLISHED 1975

The Newsletter of

The Greensboro Velo Club

PO Box 38682, Greensboro, North Carolina 27438



SPRING! You wake up and discover that it's not pitch black outside your window. You open the front door and are greeted with a cool breeze instead of an arctic wind. There are birds in the trees singing. Can it be? Yes! Finally! Spring is here!

Your legs instantly want to get back on the bike, but it's been sitting in the garage all winter. What do you need to know about basic spring maintenance? Turns out that the spring is the perfect time of year to rehab your bike back to pristine working order, since it gives you a baseline date for yearly repairs.

First, everything on the bike needs to be cleaned and lubed, especially your chain and the pivot points on all the shifters/brakes. Spring is also a great time of year to replace your cables/housing and brake pads, making sure that your drive train and brakes can give you optimal performance. If you never got a new chain over the previous year, this may be a good time to do that as well, though a mechanic (or yourself with a basic chain checker tool) can see if it's stretched enough to make this replacement worthwhile. Take a look at the tread on the tires also, or for signs of dry rot in the rubber that may have developed, as either of these can be dangerous when riding.

What if you've been using your bike diligently on the trainer all winter? Well, hopefully you've still been staying on top of cleaning and lubing the chain and pivot points. Many people find that they sweat more profusely on a trainer than on the road, since there isn't any wind. Even with a towel, it's a good bet that your stem and headset have become a little corroded and need to be taken apart and cleaned. It's also a good idea to replace the cables and housing, since it's a yearly check list replacement for maximum performance from your bike.

In terms of equipment, it's once again time to get out the leg, arm, and knee warmers. Even if you are fine up top, if there is a chill in the air, knee warmers are a good idea at least for the first fifteen minutes of riding, since this is a very sensitive and important joint for riding health. A windbreaker is also a good idea for early morning or late afternoon rides. If you haven't taken care of your pedals or cleats in a while, guess what? This is the perfect time of year for that, also! Many pedals are rebuildable or at least serviceable. If you don't feel comfortable doing this yourself, many local bike shops would be happy to do this for you.

The last thing to keep in mind is what protects your mind: your helmet. Even if you haven't crashed, helmets must be replaced every three years due to damage caused by the UV rays to the protective material. If you can't remember the last time you bought a helmet, chances are you need a new one.

So get out and get riding, Greensboro! Spring is finally here!

Greensboro Velo Club Monthly Meeting!

Monday, April 4th

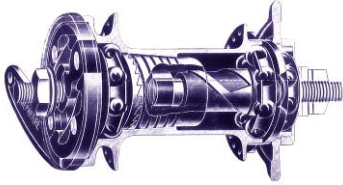
Guest speaker **Vance Ricks** will tell us about Randonneuring, the ultimate long distance riding phenomenon that has gained so much popularity.

At the **Pour House** in downtown Greensboro.

Arrive at 6 PM & get food & drink, meeting starts at **7 PM**

IN THIS ISSUE!

- **Spring is here!**
- **Recap of March meeting**
- **Dog alert!**
- **Vance Ricks and Randonneuring**
- **....and more!**



Meeting Recap

The Greensboro Velo Club

PO Box 38682,
Greensboro,
North Carolina 27438
www.greensborovelo.com

2011 OFFICERS

President

Walt Maxwell

WMaxwell@hafeleamericas.com

VP Road

Jeremy McDaniel-

jerm409@hotmail.com

VP Mountain Bike

Morgan Olsson

redneckswede@yahoo.com

VP Rec Riding

Sophie Ballo

sabazel@gmail.com

Newsletter editor

Sophie Ballo

Treasurer

Tina Luck

tinaluck.mtb@gmail.com

Community Liaison

Dale Brown

oroboyz@aol.com

On Monday the 7th, everyone gathered at The Pour House for another meeting. The turn out keeps getting better and better, and this month proved no different. After some drinks, food, and conversation, the business began.

First, Walt went over some events that are being promoted by the Velo Club. **The Rothar Turas (or St. Paddy's Day Ride)** started at cycles de ORO at 10am on Saturday, March 19th. 200 riders showed up! All proceeds went to the Down Syndrome Network of Greater Greensboro. It was a fantastic ride!

Next **the Rites of Spring** will be held on Sunday, April 10th, leaving from Bur Mill Park. All riders leave at 10am, registration opens at 9am. There will be three road ride distances (21, 40, and 64), as well as a mountain bike ride. This is a free ride, mountain bikes and road bikes are welcome, so come on out and welcome in the fantastic new season of riding in Greensboro! Stick around for a lovely lunch with friends afterwards!

Finally, **the Up2Speed series** is under way with organization. For those members who aren't familiar with Up2Speed, it is an organized series of rides that start around 10 miles and work their way up to 35, giving beginners a chance to familiarize themselves with group riding on the road in a safe, manageable, fun environment. To that end, we are asking our more experienced riders to come out and help out both as leaders, sweepers, and middle men to keep the groups together on some of the longer distances. If you would like to volunteer, or would just like more information about the rides, please email Sophie Ballo at [sa-bazel@gmail.com](mailto:sabazel@gmail.com)

After the business was taken care of, Sophie Ballo gave a slide show presentation of her and Dale's pictures taken from **the North American Handmade Bike Show in Austin, TX**. Sophie volunteered at the show as the Media Director Assistant and as a blogger, while Dale was once again head judge for the event. The pictures showed details of the amazing lug and fillet braze work of these craftsmen, as well as some of the more show stopping bikes, aptly called Show Bikes. While these bikes can be ridden, their main purpose is to showcase the builders imagination, artistry, and skill. If you would like to go and see more pictures, or more information about the NAHBS, please go to www.nahbs.com.

The **next meeting** will be held on **Monday, April 4th**, once again at the Pour House. Meet for food and conversation at 6:30, the meeting will kick off at 7:30. **Vance Ricks** will be there with some of his Randonneuring friends to share more about this exciting branch of cycling competition. For some preliminary information, check out the interview with Vance in this newsletter.

If you have any concerns, requests, or ideas for the club, please come on out and share! We want as much involvement from our members as possible, so don't be shy!

Sophie Ballo, editor

We've all been there. You're out on the open road, minding your own business, engaged in a fantastic ride on the open road, when you hear it. Just in the distance. A bark. You scan around for the source, hoping that there is a fence or that the dog will just be one that stands in the yard and barks from a distance. No such luck. It comes tearing across the lawn right as you approach the house, and it looks like it's going to go into the road, maybe even right in front of your bike.



What do you do?

First off, don't try to swerve out of the way by entering the other lane of traffic, as there could be an oncoming car that won't have a chance to swerve out of the way in time. One way is to sharply yell at the dog as if you were the owner, either "No!" or "Stay!" If the dog is still approaching, another option is to grab your water bottle and squirt it. This sometimes will spook the dog or cause it to second guess whether you're worth it. There are also products, such as Halt! (check your local bike shop), that will cause the animal temporary pain if sprayed in the eyes. Sometimes this is enough to deter the dog in the future as well. If worse comes to worse and you do have to stop, make sure you keep the bike between you and the dog and try to calmly walk away.

What are your rights? Unfortunately, cyclists have a very hard time in the Triad area dealing with this problem. Though North Carolina has a law saying "dangerous" dogs must be kept on owner's property, defining this term remains difficult. Each county has their own separate leash laws and attitudes towards loose animals. Guilford and Randolph counties are two of the best, while Rockingham generally has lots of loose dogs that like to chase cyclists.

One thing you can do is be aware of where these dogs are, and attempt to limit your time riding in those areas or on those roads. At the very least, don't ride by yourself past any of these places, since dogs are sometimes backed off by a pack of cyclists.

If you know of any dogs, please contact the board of the Greensboro Velo Club, as we are attempting to catalogue them and post them so everyone is aware and can stay safe this riding season. Thanks in advance!

Hello Everyone!

And welcome to Spring! Well...almost. We've had a few nice weekends here in late February and early March, so I trust many of you have had the chance to get out and ride. To date, our club has already hosted two well-attended rides: the Polar Bear and the Valentine's Day ride, and we are looking forward to a full schedule of riding opportunities catering to all of our membership.

This year, 2011, will prove to be a very exciting year for our club. Our club sponsor, Cycles De Oro and Community Liaison, Dale Brown have been hard at work over the past few months organizing our new website and working behind the scenes to provide some great club rides and races for the 2011 season.

Additionally, we have a new Board of elected officers who represent the varying interests of our club, and who are dedicated to ensuring our club provides riding opportunities for all of our members, regardless of experience.

Continually, we are gaining momentum at our monthly club meetings, and the Pour House has proven to be a gracious host and valuable community gathering place. If you have never attended a club meeting, we invite you to join us on the first Monday of each month at the Pour House in downtown Greensboro. We typically start gathering around 6:30 PM, share some dinner and riding stories, and begin our club meeting around 7:30. Every month brings a new presentation: from equipment vendors, to health professionals to club members sharing a unique riding experience. Our meetings are always about sharing our passion for riding, and we invite everyone to gather with us and help us build our riding community.

Finally, I wanted to invite all of you to not only participate in our club rides, but to consider volunteering in support of some of our club activities. We know everyone has busy schedules and limited time to ride, but we also know that it takes several pairs of hands to organize and manage a club ride or event. We invite you, your spouse, or your friends to come ride with us and help our club support our cycling community.

I hope that all of you will enjoy this "new" newsletter and feel free to contribute articles of interest or personal experiences. After all, this is your club: your cycling community. I look forward to seeing you all down the road.

Most Sincerely, Walt Maxwell, President, Greensboro Velo Club

What is Randonneuring?

"**Randonneuring** comes from a French word that means rambling. Briefly, it's a series of long distance, unsupported, timed rides. They follow fixed routes that have specific checkpoints along the way. There is no first second third, but there is an allotted time riders have to complete the route. Results are listed in alphabet order."

"You are considered to be on your "own ride" but you are allowed to ride with other folks. Since it's not a race, there is a lot of camaraderie amongst people. Sometimes people hang back to go with slower riders, sometimes people go up front. Also, it is expected that you will help other people if they have mechanicals, since nobody is in a real race."

"Another large aspect of Randonneuring is the "unsupported" part. Most of the checkpoints are gas stations or general stores, but it is expected that the rider will carry with them everything needed to complete the route."

So, just how long is long?

"The Grandfather of Randonneuring is the Paris Bret Paris race, which occurs every four years. This grand distance is 1200 KM (745.65 miles!). There are four standard distances: 200km (125 miles), 300km (187 miles), 400km (248 miles), and 600km (373 miles). There are time limits of 13.5, 20, 27, and 40 hours respectively. This time includes sleeping and eating, so one isn't required to ride the entire distance straight through. The rides are designed to be ridden at a minimum 15 kph average pace."

When do the events occur?

"While there are events just about every weekend all over the country, the routes are "owned" by Brevet Administrators. They tell you which dates the route will be available to ride, as well as the checkpoints along the way. The distances are staggered throughout the year, and usually build up over the season, so the shorter distances are towards the beginning of the year, and the more challenging ones towards the end, culminating in several 1200km events held in the US."

How many events does a Randonneur complete a month?

"Some people do one per month, most people try to do at least 200K once a month, if not at an event than for training. If you complete one, 200km, 300km, 400km, and 600km in the same year, you have completed a Super Randonneur Series, which qualifies you for one of the 1200km events. You must do this for safety as much as anything else, as only extremely experienced Randonneurs can ride for 745 miles in one stretch."

What sort of training do you have to do?

"Basically, just spending a lot of time in the saddle. Mostly that's because with the main distance being 200km, it just takes time to figure out posture, fit, and seat comfort. There is a big difference of even 80 to 135 miles, so cyclists that can ride centuries ok on their standard geometry bikes may find themselves suffering if they attempted a Randonneur event."

What are the differences in fit and posture of a Randonneur bike?

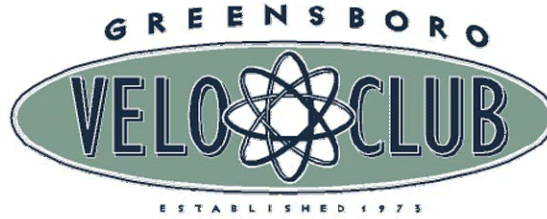
"You are placed in a more upright posture, and never really ride in the drops. Also, many riders prefer wider tires (28c min, 35c max), more trail to the fork, longer stays, fenders, and rack mounts. Sometimes you will want a generator for a light, as you will most likely be riding in the dark. In fact, under the official rules, riders are required to have a headlight, taillight, and reflective sash. I myself have a front generator, and both a handle and saddle bag. It's always a balance of what you need versus what you think you need. You're carrying it all around with you!"

What is the official organization?

"Randonneurs USA. It costs \$20 a year to join, and this lets you get official credit for your rides, as well as qualify for special awards. For example, the R-12 Awards means that you have ridden one 200K a month for 12 consecutive months. Since Randonneuring is very much a personal competition, it's nice to receive credit for the accomplishments of riding such distances, which are not easy to do!"

Vance will be speaking at the April 4th GVC Meeting at The Pour House in downtown Greensboro

ricksva@gmail.com



For over 30 years, the **Greensboro Velo Club** has been one of North Carolina's most active all round bike clubs, centered on racing, touring, recreational riding of all sorts.

SPONSORS

MOSES CONE HEALTH SYSTEM	GREENSBORO ORTHOPAEDIC	cycles de ORO Bike Shop Founding sponsor
GREENSBORO CARDIOLOGY ASSOC.	Locke Management	Kirkpatrick Stockton LLC
SpinPOWER		Green Creation

Upcoming events

See all GVC events on our new web site's Google calendar www.greensborovelo.com

rites of SPRING

Sunday April 10th

BurMil Park, Greensboro, North Carolina
Road 21, 40 or 64 miles or MTB trail ride.

Meet area bicyclists! Scenic routes! Sag wagon support! After-ride food, drink & fun!

Advanced entry fee **\$20/**

\$15 GVC Members

(You can join that day & save \$!)

Advanced entry includes early registration discount
(day-of-the-event fees \$25/\$20 GVC)

Sat April 16 Mutt Strut & Bike Martinsville, VA

Sat April 23 Memorial Ride Archdale

Sat April 30 Parkinson Ride Jamestown

Wed May 18 Ride of Silence Downtown

Wed May 18 #1 MTB Training races Country Park

Sat May 21 Tour de LIONS Climax

Sun May 22 Tour de Guilford & Swap/Show Gboro

Sun May 22 Classic Rendezvous Swap & Show "

Sat June 11 Tour de Family Pleasant Gardens

GREENSBORO VELO CLUB MEMBERSHIP FORM

Name _____ date _____

Street _____

City _____ State _____ ZIP _____

E-mail address _____

Annual Dues New member OR Renewal \$20.00 Member with jersey \$75.00

Jersey size: XS S M L XL 2XL 3XL

Jerseys are ordered twice annually and may not be available immediately at time of joining. Other garments are available instead of jerseys for renewing members. Please inquiry about racing program and sponsorship qualifications.
Mail this form with a check payable to "GVC-membership" to: **GVC, PO Box 38682, Greensboro, North Carolina 27438**