



SPOKE 'N' WORD

THE NEWSLETTER OF THE VELOTEERS BICYCLE CLUB



“In our play we reveal what kind of people we are.” – Ovid

Happy Thanksgiving to All

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FROM THE EDITOR

GREETINGS VELOTEERS!

This is the first ‘Spoke ‘N’ Word’ under my editorship, having taken over from Denise Garland, who so ably edited and compiled this newsletter for two great years. One of the new things is this column here, which I plan to write from time to time, or until the membership demands that I get rid of it. Let me be up front about this from the beginning: It will be written from the viewpoint of a cranky old retro grouch, which I am. I mean, I believe the downward spiral in bicycle design and engineering began when they replaced downtube shifters with whatever it is they’ve replaced them with. And, the handle bar-stem combination on today’s bicycles. They look like plumbing pipe compared to the beautifully sculptured, lustrous Cinelli works of art that graced the bikes

of old – ah, the *Venus de Milo* of bars and stems.

So, maybe now I should introduce myself. I know many of you from the weekly Saturday morning rides, which I occasionally participate in when I am feeling reasonable fit enough to keep up. Others of you have undoubtedly passed me on the road (an event that is occurring with much more frequency these days) and you have, perhaps, wondered “who is that old geezer on the tank.” That would be me.

I have been riding bicycles, well, all my life actually. But, when it first became a major expense was about 30 years ago when I plucked down \$200 for a Peugeot UO10 at the Cumberland Transit. The UO10 was soon replaced by a Bianchi. After another trade up, I decided that there wasn’t much sense in selling one bike to buy another as the resale value of bicycles ranks somewhere way below that of used cars. So, from then on whenever I got a new bike, I’d just keep the old one. I now have four – three road bikes and a mountain bike for bad weather riding. The oldest one in the stable is my classic old Woodrup touring bike, now pushing 25 years and 45,000 miles. The Woodrup is a handmade frame from Leeds, England, that was imported in large numbers (relatively speaking) back in the early 1980s when the dollar was stronger against the pound. This was followed by another Bianchi from Cumberland Transit

and a retro steel Eddy Merckx that I had built up not long after The Jolly Cyclist opened for business way back when. Yes, they all have downtube shifters, Brooks saddles and Cinelli bars and stems. They are simple machines all, and I can make almost any adjustments, repairs or replacements on them in a pinch, but I’d much rather leave the mechanical work in the much capable hands of guys at Jolly.

Yes, I really do want a new bike, but I just haven’t seen one lately that’s really appealed to me. There was a really nice Waterford that was on display at Jolly last summer. I yearned over it for several months before H.A. mercifully sold it or sent it away. Maybe next season.

The bottom line is that I’m more interested in bicycles as works of art and their places in the grand tradition of our sport than I am in how light they are and how fast they’ll go. And, this is a good thing, too, because I’ve never been very fast and I’m getting slower each year. So, that’s about enough of this for now. If I’ve offended you or your bicycle, that’s fine. This is one of the purposes of this column – to generate a lively forum on all things about two wheels. Send your letters and comments to nickbiker1@aol.com and watch for them in future issues

of ‘Spoke ‘n’ Word.’ (Expletives deleted, of course). As I take over the editorship of this newsletter, I hope to continue the tradition of my predecessor and make it educational, informative, instructional, and entertaining. As always, your contributions are encouraged and invited.

Hope to see you on the road.

– NICK SULLIVAN



CYCLING AND SURFING

WRITTEN BY JENNIFER GHOLSON

I was just marveling and appreciating the internet. It was just a little over ten years ago that I first got internet at my home...it was slow...over a phone line. Now, it is hard to imagine living without it. Just about anything you want to know can be quickly answered over the internet. For example, I was watching a TV show and liked the background music. It was something I had heard before but could not place. I wanted to know the name of the song and who the artist was. Later, I got on the internet and searched for “music on TV show Private Practice” and up pops a website that tells you music on TV shows sorted by show, episode and scene. The song I was wondering about was Sergio Mendes’ Mas Que Nada. from Brasil ’66. Before, I would have never figured that out. Now, not only did I get a quick answer but I was able to listen to it and have the option to easily order that song...just that song...not the whole album, unless I want the whole album...have it instantly downloaded to my computer and iPod so I can listen to it anytime. This is just small stuff.

The truly amazing thing is how the internet has advanced communication and now folks with a common interest, like cyclists, can easily find one another, share information and coordinate plans.

Without the Veloteers website and email, it would be difficult to coordinate a cycling club. Also, there are so many great cycling websites available to us. Two that I have

discovered recently are www.mapmyride.com and www.exploratorium.com/cycling. In case you don’t already know about them, I wanted to share them with you:

www.mapmyride.com allows you to create maps of ride routes and plot elevation. You can then save them and share them with the world. You may also access other’s maps. This does not require GPS tracking device and is easy to use. There are many similar programs. Some work with GPS downloadable files from tracking devices. I had a similar software program that I have used for years but now this type of ability is accessible for free over the internet with the added feature of sharing with others. These still relatively new mapping sites are improving all the time. There are many available. Besides the one above, some others include: www.2wheeltch.com/biking/gmap.php, www.allsportgps.com, www.bikely.com, www.bimactive.com, www.cyclistnexus.com, www.motionbased.com, www.routeslip.com, www.toporoute.com, and www.veloroutes.com.

The Exploratorium is a science museum in San Francisco. It’s also a fun and informative web site. They have a great section on the science of cycling. They discuss the history of the bicycle, wheel design, frames and materials, drives and gears, aerodynamics and more. It includes video clips and great explanations of anything related to cycling. It simplifies and explains nearly every aspect of cycling. This site may be too elementary for some of you but I found some great bits of information and thought it was entertaining.

Now that the days are getting shorter and there is less time to cycle and more time to surf, I hope you will enjoy these sites.



FALL IS THE TIME TO WATCH LEAVES

WRITTEN BY NICK SULLIVAN

It’s autumn, the time of year many cyclists consider the best time to ride. There are many bright, crisp sunny days throughout October and November, and if we’re lucky well into December, that just invite the rider to hit the road. The weather is comfortable and predictable – a good time to knock out a century before you call it a season because you can ride all day.

Picture this scenario: It’s a beautiful, crisp, fall morning and you’re whizzing down the YMCA Extension – that long, lovely, winding downhill to the river – when you round a curve and there 20 yards ahead of you are pedestrians walking three abreast. One is pushing a baby in a stroller and another has a dog on a leash that has wandered off the side of the trail somewhere. You hit the brakes right over a patch of wet leaves, and suddenly you’re flying out of control right towards the group of pedestrians. The aftermath could be ugly, and who knows what the legal ramifications could be!

So, to enjoy great fall riding at its best, slow down and enjoy the leaves, not crash on them. On the greenways especially, make sure you have your bicycle under control at all times.

And, if you do hit a patch of leaves and have to take out some pedestrians on your way down, please try not to hit the kid in the stroller. It could be me pushing my little grandson.

Hitchhikers: Fall is a big time of year for terrapins to cross the road. Now why terrapins want to cross a road, I have no idea. But, it seems, that the greatest number of road kills one sees this time of year is squished turtle. The little critters are so slow and they seem to pull into their shells and stay where they are for

awhile after a cyclist goes by. If you're out riding and see a struggling terrapin in the road – and conditions are safe for you to do so – stop, pick the little guy up, and carry him to the other side on the road.



DANGER ZONE

With construction going hot and heavy where many of us ride, temporary hazardous areas for cyclists jump up overnight. It is the purpose of this section to alert Veloteers of new hazards when they appear, so that riders can prepare to proceed cautiously through the area or avoid it altogether. The hazard will remain in the listing until the work is complete and conditions are back to normal. If you know of a new hazard where you ride, please e-mail nickbiker1@aol.com so that it can be listed in the next newsletter.

- ***Lebanon Road bridge over Stones River going east.*** Work has begun on the new west-bound bridge across the

Stones River, and this has left the east-bound bridge in a squeeze. The Lebanon Road bike lane merges into traffic at the east-bound bridge, and the big wide shoulder that was once there is no more. Instead, you're now in the right lane traffic crossing the bridge. If you make it across the bridge, you exit immediately into the right turn lane for traffic to Central Pike. ***Extreme caution*** is advised if you're trying to pick up the bike lane on the other side of Central Pike.

- ***Dodson Chapel Road from Central Pike to Bell Road:*** Construction is now going full guns on the Brown Farm urbanization north of the I-40 overpass. Lane closures are frequent, dump trucks are in and out most of the time and there often is a bulldozer in the road. ***Avoid*** if at all possible.

- ***Old Railroad Bed Road between Mt. Juliet and 109 (E. Division St.):*** Road closed between Rutland Road and Beckwith for bridge reconstruction. ***No particular hazard*** unless you crash into the barrier. ridge work. Detour around via Rutland Road and Beckwith Road will add about a mile to your ride.



From the Editor ...

Do you have content for the Veloteers newsletter? Please continue to submit your stories, photos and items of interest as Word documents or jpg files nickbiker1@aol.com for future publication.



ORGANIZED RIDES

WE RIDE IN THE WINTER TOO

so watch your email for eComs and check out the Web site at www.veloteers.org

HAPPENINGS

More information on rides/events is available on the Event Calendar www.Veloteers.org

Weekly: Check out the club web site for ride fitness level requirements and additional ride details.