

Effective Cycling Course offered by MBC



For those of you who didn't attend Mike Munk's Effective Cycling Class in March you missed a first-class presentation cycling safety and maintenance and hands on training of bike handling skills. I have known Mike and enjoyed riding with him for about ten years now and respected him as an excellent rider. But after this class I have new appreciation of Mike not only for his commitment to cycling but as an educator. Like most of you I have been to several professionally presented training courses over the years, but I can honestly say that Mike's presentation (with Barbara's invaluable support) was as good as any I've attended. The on-the-bike practice was also excellent and I think the most enlightening. I found out just what someone with good bike handling skills could do on a bike and how much I need to practice those drills. If you have not taken this course you should definitely plan to the next time it's given. You won't be sorry. Also a special thanks to club president Frank Buckner for the MBC picking up the tab for the course. Participants only had to pay for the cost of materials, so the out of pocket cost was minimal - really a bargain.—Charles Brown

Club President Frank Buckner demonstrates bicycle fit and some of that "otherness" in cycling apparel.



The Effective Cycling course includes 2 classroom sessions and 1 day of on-bike training.

Childish drawings on wall were from a previous activity and not done by MBC members or guests.



In my opinion, we have in our very own club the best LAB (League of American Bicyclists) certified cycling instructor in the country: Mike Munk. I know of no other person from whom I would rather take a course on cycling than Mike. To say that he knows bicycles and road riding is an understatement.
—Frank Buckner

Scanning - the art of looking behind to see if something's coming without swerving into the path of whatever it is.

Prez Sez: (cont'd from pg. 1)

We do so by sponsoring weekly rides, time trials during the months of daylight savings time, and the yearly Autumn Challenge century ride on Labor Day weekend. Given the population of the area, we should be having more participation, especially on our club rides. A good way to increase that participation is by encouraging more new cyclists. And the best way to encourage them is to give them confidence to ride safely in traffic and on the county roads. Or put another way, the best way to encourage new riders is to enroll them in an Effective Cycling Course. I have spoken to Mike about the possibility of offering the course again in the fall on the beginner and intermediate level. If you know Mike, you know that he and Barbara, his wife, maintain a busy schedule during the spring, summer and fall coordinating cross-country rides for America by Bike. You would also know that he teaches the course for the Birmingham Bicycle Club once a year. The date for the fall class is not fixed - perhaps October. But in the meantime, if you know of someone who is new to cycling or is thinking about buying a road or mountain bike, tell him or her about the Club and the Effective Cycling course. We are here to help meet their needs.

The details of the Jim Glassner Memorial Autumn Challenge are falling into place. Mike Munk has mapped out a new route that, except for a brief excursion into Pike County, stays in Montgomery County. Bilee Cauley and Alice Skinner, our Century ride coordinators, have lined up sponsors and are now in need of volunteers to help with registration and to man the rest stops. Finally, the April Saturday rides will test our legs in the hills of Elmore County. They will start at 9:00 a.m. from the Emerald Mountain toll bridge. Spring is now upon us. Dust off that bicycle and get out and ride! ☺

**New to Cycling?
Gotten out of practice?
Not sure if you're up for the Saturday club ride?
Just don't want to go so freakin' far your first day?**

Believe it or not, we understand. The MBC is starting a program designed to start a new or returning cyclist in April and have them ready to ride as far as 100 miles by the end of August (which, coincidentally, happens to be the weekend of our club century ride)

It's all based on the new, unheard-of, experimental technique of *progressively increasing your distance*. And we'll be doing it every Saturday (weather permitting) between now and August. Whenever possible, we'll be starting at the same time and place as the regular club ride, but we may throw in a few changes to allow for flatter routes in the early stages. Beginning rides will be as short as 5 miles.

But be warned—you're not going to get there by riding once a week. We will discuss training tips, equipment, training during the week, hydration, nutrition—everything you need to get as far as you want. And before you know it, you'll be up there with the lead dogs, where the view sometimes changes.

Our first ride will be April 6 at 9 a.m at the Thorington Road Baptist Church. To get there, take Vaughn Rd. E. of Montgomery to Ray Thorington Road and go right. The church is on the right. We will go for about 5 miles (30-45 minutes or so) after a brief orientation. As the group takes shape, we will plan some sit-down sessions to cover training and equipment issues for all who are interested.

If you plan on coming, please contact me at gary@mgbikeclub.org or call me at 462-8176 (day) or 365-9728 (night)