

SPOKE'N WORD

Montgomery Bicycle Club Newsletter

Vol. 1, November 2005

WELCOME BACK, NEWSLETTER!!

This is the inaugural edition of the Montgomery Bicycle Club's newsletter—the Spoke'n Word, which has been out of publication for awhile. I hope you enjoy the newsletter and that it can serve as a vital link of information for the club. For now, ignore the spacing and formatting—I don't seem to have much control over my computer. Hopefully in an issue or two I will get the hang of it and the appearance of the newsletter will improve, or at least get consistent! Please contact me by e-mail (bilkcy@msn.com) or by phone (567-7271) if you have any ideas for articles or would like to contribute something to the newsletter. Otherwise, I'll have to make things up.

Bilee Cauley, editor

THE PREZ SAYS:

As we move into the fall of the year, think about inviting someone to ride with you who can become a new club member. The fall is a great time to see the changing leaves, the hawks, the deer, and other wildlife.

Think about inviting a co-worker, a neighbor, or an acquaintance to a club ride to share your passion of cycling (particularly the Saturday Club lite ride, which generally enjoys a more relaxed pace than the regular Club ride). Think about all the health benefits your friend will enjoy by riding with a group on an organized (okay, semi-organized) ride. People are more likely to continue physical activity if they have other people encouraging them. When my wife B.B. and I started cycling about 2 ½ years ago on the spring beginner rides, we both received a lot of encouragement, and we have truly enjoyed meeting new friends through cycling. Think about the first time you rode with a group of cyclists on an organized club ride and share that feeling.

In the last two weeks we have had two new riders join the Club lite ride: Marcie Collins and Bob Guthrie.

Marcie is married to Parker Collins (they have a family membership), and she is starting her cycling career on a hybrid bike. You're looking good, Marcie! Keep riding! Bob Guthrie is a friend of Keith, Beverly, and Trevor West. He just bought a new Trek road bike, and he is really enthusiastic. He has just joined the club and says his wife will be joining us on rides very soon. It is really great to meet new friends and share our passion for riding with them. I really look forward to riding with these new members!

Think about who you can invite to ride and ask them to join us. Remember—the more friends we have to ride with the more fun the ride is. And the more members we have in the Montgomery Bicycle Club the louder our voice is in making our metropolitan area more bike friendly. Share your enthusiasm and ask someone to ride today. A membership application is included in this new letter and applications are always available on our Web site. See you on the road!

Roger Burnett

Fourth Annual Jim Glassner Century is Now in the Record Books

First and foremost—thanks to all the members of the club who volunteered their time and talents to make this annual Montgomery Bicycle Club event one of central Alabama’s premier cycling events. Special mention goes to Patty Thompson, who shakes a great paint can; Michele Goodwyn, who organized registration this year; and Angie Wilkins, who helped with just about everything. The ride just gets better each year. Final numbers are in. We had over 300 riders registered—152 preregistered. On event day, we had 279 riders on the road and not one incident. Participation was down about 20 riders from last year’s event, but given the circumstances beyond our control—the aftermath of hurricane Katrina and the gasoline shortage (real or perceived)—we were quite happy with the numbers. As you know, this year’s ride was Alice and my swan song; Alice and I are stepping down as ride coordinators after five years and Michele Goodwyn and Gary Smith and stepping up. Patty needs some competition on the themed rest stop, so I thought my talents could be better used in that regard. Alice wants to drive the route and deliver supplies. It’s time for some new ideas to keep the ride fresh and growing. But don’t worry, we’ll still have tomato sandwiches and ice cream! We know you will give the new coordinators the same support you have given us over these last five years and that next year’s ride will be even bigger and better than this year’s ride. Thanks again.

Bilee

NEW OFFICERS ELECTED

The club elected new officers in July to take office in August. The new officers are Roger Burnett, president; Mike Shenk, vice president; Alice Skinner, secretary; and Patty Thompson, treasurer. Mike Munk and Pat Fossum remain members at large on the board of directors. The next time you see them, give them a big THANKS!

Mike is Back and Itching to Teach!

Mike Munk is back in Prattville after finishing his cross-country tours for the year, and has offered to teach two classes, if there is an interest in holding them.

One would be a mechanic’s class, which Mike would teach in conjunction with Chain Reaction. This class would probably be held in January. Read the scheduled-maintenance article Mike has contributed to the newsletter below for some idea of what will be covered in the class.

The other class is Road I, an effective cycling class, which focuses on the rules of the road and bike-handling skills. Bike fit and selection are also covered. Mike is a certified League of American Bicyclists teacher, and the class is beneficial to both the novice and the experienced cyclist. The club is planning on sponsoring the effective cycling class in early March, if there are enough participants. The class is a mix of classroom instruction and on-the-road work. Cost is minimal. If you think you may be interested, please contact Mike at bamacyclist@aol.com, subject: bike calss 'o6. He’s keeping a list (and checking it twice).

Test Ride a Cannondale at Cannondale Demo Day!

If you have been dreaming of a new ride, now is your opportunity to ride the newest Cannondale has to offer—both road and mountain bikes. Chain Reaction is sponsoring a Cannondale Demo Day at Swayback Bridge Trail in Wetumpka on **Sunday, December 4, 12 noon**. If you plan to do more than just look, please bring your cycling shoes, a helmet, and a photo ID.

SUPPORT YOUR LOCAL BIKE SHOPS

The Montgomery/Prattville area is lucky to have two great bike shops in our area, and both offer discounts to members of the Montgomery Bicycle Club. **Chain Reaction**, located on McQueen Smith Road off Highway 14 in Prattville, gives club members a 15% discount on accessories and a 10% discount on bikes. If you take this copy of the newsletter with you when you go Christmas shopping, Chain Reaction will give you a 20% discount on accessories. **Cycle Escape** is located in Montgomery on the Atlanta Highway. It gives club members a 10% discount on accessories. If you present this newsletter between now and the end of the year, however, you'll get a 15% discount on accessories and a 10% discount on a new bike. Watch for other specials from both shops in future editions of the newsletter.

Jingle Your Bells at the December Club Meeting

The Montgomery Bicycle Club's annual Christmas party will be December 20 at Bilee and Wendell Cauley's house from 6:30 to 8:30. As usual, the Club will purchase the meat and drinks, and everyone is asked to bring a covered dish. Plan to attend—it's a good opportunity for fellowship sans spandex. Invitations will be going out and we'll need a head count to determine how much come share the holiday spirit.

Goodbye time trials—see you in April

Time trials are over for the year. They will resume the first Wednesday after Daylight Savings Time begins. To find out who did what this past year, check out the Web site—results are posted, thanks to Bob Delker. Also, thanks to Deer Creek subdivision, where the time trials are held. The residents bear with us from April to October (I think some of them actually like

it!), and we appreciate it. As a way of thanking them, we hold a bike rodeo in Deer Creek each August, and have written bicycling articles for their newsletter.

MOUNTAIN BIKING NEWS

The Club will be trying something new next year, thanks to Ed Hamilton. Ed wants to try mountain biking time trials at Swayback Bridge Trail, beginning, as do the time trials at Deer Creek, when Daylight Savings Time resumes. Plans are in the works to hold the time trials every other Thursday, with officials, guestimates, and prizes.

Representative of LAB bike-friendly city speaks at November meeting

Alison Hall, an employee of the Auburn Parks and Recreation Department, was the featured speaker at the club's November meeting. Alison has been very involved in Auburn's efforts to promote cycling, which have resulted, among other things, in the League of American Bicyclists' naming Auburn as a bicycle-friendly community—the only city in Alabama to be so named. She explained the city's progress in getting bike lanes and bike paths on critical arteries and about special events the community holds to promote cycling. Two such events are the Bike Bash—a family friendly ride held in the spring every year—and "recycle a bicycle"—a program in which members of the Parks and Recreation Board get old bikes, rehab them with the help of some needy children, and then give the bikes (and helmets) to the children. The Board holds about three or four of these recycling programs a year. It was a wonderful, informative program, leaving one to ask, If

Auburn can do so well, why not Montgomery? But that's another subject for another newsletter. Stay tuned.

Want ads

If you would like to buy or sell a cycling-related item, please get in touch with the editor. We would like to have a classified ads section.

Surely we all have some cycling "stuff" that needs a new home. No charge to club members. Mike Munk has the following items for sale; most of the components were on his time-trial bike that he only rode a couple times a year. Great savings over new components, and a lot of life left in them:

- 10-spd Ultegra bottom bracket bearing cups-\$25 (\$40 new)
- 10-spd Ultegra triple crankset, 172.5-\$150 (\$254 new)
- 9-spd DuraAce sti shifters (like new)-\$250
- 9/10-spd DuraAce crankset, 170-\$120
- 9/10-spd Ultegra crankset, 172.5-\$100
- 9-spd. cassettes, 12-23 Ultegra-\$35
- 9-spd cassettes, 12-23, 11-21 DuraAce (new)-\$70
- Ultegra brakes, front & rear (like new)-\$35 each
- 9-spd clamp-on front derailleur (like new)-\$35
- 9-spd rear derailleur (like new)-\$55
- Deda ergo handlebars, 26.0 clamp, 42 cm-\$20
- Salsa ergo handlebars, 26.0 clamp, 42 cm-\$15
- 2 Giro Boreas helmets, medium, orange-yellow-\$30/ea.

If you are interested, you can contact Mike at bamacyclist@aol.com.

Suggested Maintenance Schedule for Your Road Bike, by Mike Munk, UBI certified mechanic

Everyone understands the importance of regular preventive maintenance on an automobile, but many people ignore this

concept when it comes to the bicycle. A bicycle is a big investment and it's important to keep it in sound working order, not only for top performance, but also for the safety of the rider. You might say you should get in the habit of caring for your bike as if your life depended on it—it does! Besides, it's much more fun to be riding on a pretty day rather than being broken down on the side of the road or worse yet, having a catastrophic failure of a component, like your brakes, while riding in traffic—get the picture?

Commit yourself and your bike to a regular maintenance/inspection schedule for your peace of mind and your bike's performance. You should tend to each item on this schedule to ensure that your bike stays in top running condition, but as with any maintenance schedule, you should do it more frequently if you ride in adverse conditions on a regular basis. Keep your bicycle well maintained and it will benefit you in many ways: It will ride more smoothly, it will last longer, and it will be a much safer vehicle to operate. Remember, "A clean bike is a happy bike." But I like to say, "A well-maintained bike is ecstatic!"

BEFORE EACH RIDE

Note: These procedures are necessary to ensure your personal safety. Failure to perform these checks could result in serious injury. I borrowed an acronym from the League of American Bicyclists and added a slight variation to help you with your daily safety check. Don't overlook it—it's important!

A=Air. Ensure proper tire inflation and check for tire wear.

B=Brakes. Check proper function—proper cable tension and pad alignment.

C=Chain & cables. Check for tight links and fraying cables. Wheel= Check wheels for trueness and spoke tension/damage.

Wheel=Check wheels for trueness and spoke tension/damage.

Quick = Quick release. Ensure the Qrs are fully seated, their open ends facing the rear of the bike. Do not close the Qrs against the fork, seatstay, or chainstay as this may prevent full seating.

MONTHLY

Note: These procedures will maximize your riding enjoyment and minimize future costly repairs.

*Clean, lubricate, and inspect the drivetrain (cassette, chain (replace every 2,000-2,500 miles), chainrings, and derailleurs).

*Check wheel bearing adjustment. While wheel is on bike, try to move wheel from side to side. If you feel play, adjustment is necessary.

*Check headset and bottom bracket adjustment. Pick up front of bike and steer the handlebars from side to side. Movement should be smooth and easy.

Adjust if tight or "indexed." Then with the front wheel on the ground, move bike forward and backward while you squeeze the front brake lever. If you feel play in the headset, it needs adjustment. For the bottom bracket, try to move the crankarms from side to side. If you feel play, the bottom bracket adjustment cup may be loose. Also check crankarm bolts for proper tightness.

*Check for loose nuts and bolts in headset, seatpost, water bottle cages, handlebar, crankarm, chainring, stem bolts, and pedals, and any loose mounting screws.

*Clean frame and working components and check for wear and breakage.

*Lubricate brake, shifter, and pedal pivot points.

*Inspect tires for wear and replace if necessary.

*Don't forget to check the rim tape to ensure that all spoke holes are completely covered and tape is not deteriorating.

*Inspect shoe cleats for wear; tighten or replace if necessary.

QUARTERLY

*Thoroughly check brake function, inspecting pad wear, pad alignment, and cable tension.

*Clean and wax frame, and inspect for damage/hairline cracks on frame, hubs, and rims.

*Check your tool kit to ensure that you have the needed tools to make minor repairs on the road and to ensure that your spare tube and patch kit are in good working order and not dry rotted.

*Thoroughly clean drivetrain.

SEMI-ANNUALLY

*Lube seatpost and quill stem. (Do not lube carbon fiber seatposts or seat tubes.)

*Inspect handlebar tape; replace if necessary

ANNUALLY

*All of the above and overhaul bottom bracket, wheel bearings, headset, and pedals. Check derailleur hanger alignment. Replace worn or corroded cables and cable housing.

Note: Overhaul means to completely disassemble, clean, lube, and adjust for proper function. If this is beyond your expertise, have your mechanic do it. Everything on your bike that has threads should be lubed with grease at least annually.

*Don't forget to lube both your frame pump and your floor pump! You may need them.

DEADLINE FOR ARTICLES FOR
NEXT NEWSLETTER

Plans are for the next newsletter to come out in late February or early March. Please have articles, ideas for articles, or items for the classifieds to me by February 10.