

JULY 2010

Mountain State Wheelers Bicycle Club

www.mountainstatewheelers.org

SPOKE NOTES

MOUNTAIN STATE WHEELER OFFICERS

▪ President	Jerry Conrad	345-1750	jconrad5@verizon.net
▪ Vice President	Charlie Nutt	755-1553	nuttcr@aol.com
▪ Secretary	Heidi Talmage	344-4983	hltalmage@aol.com
▪ Treasurer	Roger Stewart	776-7111	rste600000@aol.com
▪ Road Captain	Liz Stevens	552-7755	liz_stevens@hotmail.com
▪ Newsletter Editor	John Fleek	776-4048	fleek@suddenlink.net

HORSEY HUNDRED

This is one of the biggest rides of the year for the Wheelers so I decided to see just how well we did. There were twenty-five members riding during the two days of the Horsey and the total distance ridden by the club was 2575 miles. Dr. Norm led the club with 172 miles, the maximum number of miles possible for the weekend. Other century riders were Robert, VP Charlie, Vince, Jerry the Prez,

Harry, Larry, Ed, and Mark. Others with 100 miles for the weekend were Editor John, Tabitha, Tom, Nora, and Jennifer. Also riding were Mary, Bill, Donna, Jeannie, CD, Linda, Kelly, Craig, Dale, Andy, and Mike. Hope we didn't miss anyone. The only accident reported was to good old Dale who got a little road rash. It was a hot weekend, but quite enjoyable.

NEW WHEELER JERSEYS

We have a few select sizes of the new design jerseys available.
E-mail mbiker1055@msn.com to see if we have your size.
Sleeveless - \$52.00 Short Sleeves - \$58.00 Long Sleeves - \$65.00

A Big Thank You to Charleston Bicycle

Thanks to Bill and Dan at Charleston Bicycle for donating tire repair kits to Boy Scout Troop 31 at the Baptist Temple. I presented a bicycle safety class to the troop in June and passed out twenty-one kits. The boys and leaders were very grateful. Thanks again Charleston Bicycle. – Jerry Conrad

Thanks to Casey and Tammy Robinson

The Wheelers would like to thank the Robinson's for their hospitality on June 19. We had a wonderful picnic at their beautiful home in Quarry Creek after the hill challenge. About twenty members showed up to relax in the shade after an extremely hot morning of riding. Many members did a "Tour de France" like ride with climbs of Mt. Alpha, Fox Chase, Job Corps, Hamburger Hill, and Quarry Creek. Phew! Makes me tired just thinking of that.

Kudos to Stephen Fowler

If you see Wheeler member Steve Fowler on the street (or) on his bike, stop and thank him for his one man "lobbying" effort to get the WVDOH to patch and repair Kanawha Forest Drive and Davis Creek Road.

If you have been on these roads earlier this spring, you know that they had become borderline "impassable" and dangerous on a bicycle. Steve embarked on a letter writing

and phone campaign (1-1/2 hours on the phone) to get the holes filled and patched. While still far from perfect, they are much safer and easier to navigate after the recent repairs. Steve sent a letter to the District One Engineer expressing his thanks for their maintenance efforts and pointing out some important aspects of how cyclists are affected. Way to go Steve!!

A thank you note to VP Charlie Nutt

Thanks for taking the time to ride with me today at the slower pace and to show some new roads. I appreciated it very much. My email address is pastorgreg@cisinternet.net. Thanks again, Greg Hudson

AASHTO SURVEY

Women Share Biking Interests and Concerns in New Survey

Dangerous drivers and the need for more and wider bike lanes topped the list of concerns voiced by more than 13,000 women and girls who responded to a recent survey conducted by the Association of Pedestrian and Bicycle Professionals. Preliminary results found that the majority of women cyclists are college-educated, live in medium and large cities, and use their bikes on a daily basis. The top

concerns for the cyclists are distracted drivers, speed of vehicles, and vehicles turning right in front of them. The full survey will be released in September. Due to the overwhelming response to the survey, APDP has created an ongoing public website group called The Women Cycling Project at www.apbp.org.

Thomas G. Smith, P. E. WVDOT/DOH Central Office Phone: (304) 558-9710

THE GLYCOGEN WINDOW

Yours is open, but are you using it?

From BICYCLING Magazine

For 2 hours after a ride, your body can convert carbohydrate into muscle glycogen faster than normal. (Glycogen, a type of sugar, is your main energy source when cycling above 60% of maximum heart rate.) But after this 2-hour window "shuts," the storage rate slows, and you need a full day or more to restock your muscles completely.

Here's how to make more use of this nutritional "window of opportunity".

- *Refuel as soon as possible.*

Don't spin your wheels. The sooner you eat, the faster your rate of recovery will be. Immediately after a ride, conversion from carbo to glycogen is quickest. In 2 hours the rate is roughly cut in half. During the next 2-4 hours, it returns to normal.

- *Refuel with carbo.*

The window works only with foods that are 70% carbo or higher, such as pasta or rice. This allows you to recover what you've lost and to store up some extra for the next time you ride.

- *Refuel enough.*

The optimum amount of carbo is at least 50 grams during the first 2-hour period. Some scientists have shown that eating up to 100 grams every 2 hours may increase the rate, but no one has proven this.

- *Refuel with liquids or solids.*

The 2-hour window won't do it all. To fully replenish your muscles, ingest 8-10 grams of carbo per kilogram of body weight within 24 hours. (A kilogram is about 2.2 pounds, so 150-pound cyclist would need 544-680 grams of carbo.)

Post-Ride Pigouts

HOW TO KEEP FROM GOING HOG WILD

From BICYCLING Magazine

Post-ride binges can be unsettling because you're probably careful about what you eat otherwise. We asked Nancy Clark, M.S., R.S., one of America's foremost sports nutritionists, how you can control these urges.

What causes post-ride binges?

When you get hungry your body craves quick energy, which generally means sweets. One way to prevent these binges is simply to have a bigger pre-ride meal. If you just eat a 200-calorie diet breakfast before a ride, you won't have much control when you stop at the ice cream store afterwards.

What constitutes a good pre-ride meal?

In studies, subjects who ate 400-1,200 calories of carbohydrate 1-4 hours before exercising were able to prolong their endurance. I stress high-carbohydrate, low-fat foods and give these general guidelines for when and how much to eat: 3-4 hours before (700-800 calories), 2-3 hours before (200-400 calories), 1-2 hours before (blended or liquid meal, 400 calories), less than 1 hour before (100-200 calories).

Liquids may leave the stomach sooner, but they aren't stored in the muscles any faster than solid carbo. Energy drinks do have the added benefit of hydrating the body, however, and some cyclists find them easier on the stomach. Experiment with both.

What the window won't do

And don't judge your recuperation strictly by window watching. A century puts great stress on the muscles. You may store all of your glycogen in 24 hours, but that same period may not restore your muscle function. Do yourself a favor and take a day off.

After all, you've earned it.

Will eating on the bike help avoid a post-ride binge?

Yes. If you're cycling for more than 90 minutes, you need both fluid and carbohydrate. Sports drink gives you both, but energy bars and bananas work well, too. Always drink plenty of water.

Some cyclists don't become ravenous until a few hours after a ride. Why?

When you exercise, your body temperature rises. An elevated temperature tends to kill the appetite. Your appetite comes back as soon as your body temperature returns to a normal level.

Why do some cyclists crave particular foods after a ride?

When you need quick energy, your body craves sweets. If you're in a real calorie deficit, you may also crave fat. Sometimes eating too much carbohydrate before an event will give you a protein craving afterward. A craving for salty foods means your body needs salt. Craving or chewing ice can be a sign of iron deficiency.

JULY RIDES

July 3 Brounland Road Ride

43 miles/32 miles 8:00 am
Class B/C Ride Leader: Gene

The Brounland Ride starts at Alum Creek Elementary School. Go 4.5 miles south of WalMart on Corridor G, turn left on Brounland Road and go 0.5 miles to the school on the right. Most of this ride is in Boone County south of Charleston. The route is a mixture of rollers and hills with 3 significant climbs of 0.7 - 1.3 miles. A Class C option with one significant climb turns around at 16 miles and returns. A route sheet and map is available on the web site.

July 5 – Memory Ride – UC

B/C – 8:00 am

July 10th “Check your Legs” ride and cookout. Aarons Fork - Allens Fork

B/C 57/32 miles
8:00 am

The ‘Wheelers are co-hosting a “check-out your legs” ride with the West Virginia Division of the National Multiple Sclerosis Society. The event is free and open to anyone interested in riding the Bike MS in September. The course will be the Aaron’s Fork / Allens Fork Ride – a basically flat ride with a few challenging hills and one of the nicest ridge roads in the area. The 32 mile route is out-and-back on Aarons Fork Road and the 57 miler continues on to Allen’s Fork and Route 34. The ride will start at the Elkview K-Mart, 8 miles north of Charleston. There are stores at miles 16 and 50, so bring plenty of food and water. Map and cue sheets are on website. For more info contact Kami Baker at the National Multiple Sclerosis Society at 304.343.5152 or <http://wvt.nationalmssociety.org>

July 17 Wheels of Hope

Lewisburg, WV
8:00 am 6/21/44/63 miles D/C/B

A bicycle fundraiser for cancer survivorship. Early registration is \$30 before July 16. Routes begin and end in historic Lewisburg and follow paved and country roads proceed benefit the Leukemia and Lymphoma society of Greenbrier Valley. <http://www.lewisburg.org/hope/> Though it is called a camping weekend, many come down for a day or utilize one of the local hotels for the weekend to more conveniently take advantage of the area restaurants. We have been having 8 to 10 people camping at Greenbrier State Forest for the weekend. Both days feature wonderful scenic but challenging rides of varying lengths. Saturday is the Wheels of Hope fundraiser with rest stops and sag support that takes you North out of Lewisburg. Sunday is a non-supported club ride that takes you South from Lewisburg into Monroe County. I encourage people to take it easy on Saturday, so they can enjoy the rides on Sunday. Both Sunday rides have the challenging climb over Muddy Creek Mountain. Check out the route maps and historical information on the clubs web page: www.mountainstatewheelers.org/camping.htm Sunday maps will NOT be provided so please print and bring them with you.

July 17 Memory Ride - UC

B/C 9:00 am

July 24 Ravenswood Ride

67, 56, 43, 33, 18 miles

All Classes

9:00 am

This ride literally has something for every level of rider – an 18 mile route for Class D riders to 67 miles for Class A/B cyclists.

All routes consist of rolling and flat paved roads through scenic southern Ohio farmland, and the last 16 miles are flat following the Ohio River. All routes will be marked, and maps and cue sheets will be provided. There is one store on the 33 and 43 mile route, and two stores on the 56 and 67 mile routes.

The ride will start at 9:00 a.m. from the Park-N-Ride in Ohio, immediately across the Ohio River from Ravenswood. To get there: (1) Take I-77 North to exit 146 / Ravenswood, (2) Turn West on WV 33; (3) At 2nd stoplight turn Right, (4) Go under the bridge and turn Right on WV 33, (4) Cross the bridge into Ohio, and (5) Turn right in to the Park-N-Ride.

July 31 Bickmore Ride

57 miles 8:00 am

Class B/C

Ride Leader: Gene

The Bickmore Ride starts at the Full Gospel Church at Queen Shoals near Clendenin. The start location has been moved to Queen Shoals to avoid the busy section of WV 4 near Clendenin. Take Exit 19 off I-79, go right on 119 South 2.6 miles, go left on WV 4 East 4 miles, and turn right across the Queen Shoals bridge to the church on the right. The route is nearly flat for the first 27 miles and the rest is hilly. There are moderate climbs of 2.3 and 6.5 miles -- the long one is mostly shaded. A Class C option starts at Elkhurst Road (mile 8.7) and goes to the end of Elkhurst Road and returns. A route sheet and map are available on the web site.

WEDNESDAY RIDE SCHEDULE

All rides begin at 6:00 pm at the UC Pharmacy School parking lot.

On July 7, the D ride will be a family ride. Bring your children and enjoy a leisurely ride around Kanawha City with other families. Contact Anne Strawn for further information. annecroz@aol.com

July 7

B ride – Kanawha State Forest/South Ruffner

C ride – Kanawha City/Lower Donnally/Mt. Alpha/Whispering Woods

D ride – Kanawha City Loop (family ride)

July 14

B ride - Coonskin Park/Airport Road

C ride – McCorkle Ave/Kanawha Terrace/Marshall Grad College

D ride – Piedmont Road/Slack Street/Barlow Drive

July 21

B ride – Eden's Fork

C ride - Cemetery Hill off Piedmont Road/Keystone/Barlow Drive

D ride – Kanawha Boulevard

July 28

B ride – Tad

C ride – Kanawha City/Lower Donnally/Mount Alpha

D ride – Kanawha City/Lower Donnally

FREE BIRD RIDES

Fridays at 8:00 a.m.

For those of you who have Fridays free, this will provide a ride option for those who have a conflict with the Wednesday evening ride or the scheduled Saturday morning ride. We will do the Alum Creek/Griffithsville Loop

which is a 45 mile Class B ride with a 25 mile Class C option. A route sheet is on the Club web site. The start is at the intersection of Alum Creek Rd. and Rt. 214 about 0.25 miles past Wally's house. Gene Teaney 746-4062

RECOVERY AND NO ONE LEFT BEHIND RIDES

Sundays at 7:30 a.m.

If you want to recover after a hard Saturday ride, Gallie Ward will lead a ride from the St. Albans loop. Contact Gallie at gallieward@gmail.com

FLATWOODS RIDE – AUGUST 14 & 15

(IMPORTANT: Deadline for Dinner Reservations Aug 12 at Noon)

LODGING

If you plan to stay at the Days Hotel on Aug 14, you must call 304-765-5055 to make your room reservation ASAP. There are some rooms blocked off for us so you can mention you are with the biking group (under Nora Miller's name). The rate is \$75.00 (plus 6% tax plus 3% occupancy tax) for two people in a double and includes the hot breakfast buffet on Sunday for both.

For those who would like to stay at the Café Cimino Country Inn, call 877 924 6466 to make a reservation or go online

www.cafeciminocountryinn.com This is an awesome choice for those who would like a less commercial overnight.

Note from Melody at Café Cimino: Remember, we have 10 guest rooms available for your friends, if anyone would like to stay here. The fire pit is pretty cool as it gets dark, outdoor seating available all over the grounds and porches and patio, for relaxing and hanging out with friends, and, let's not forget the 3 course breakfast that goes with the room!

RIDES

There will be two mileage options for both Saturday and Sunday.

If you do not wish to ride both days or stay overnight, please join us to ride either or both of the days.

DINNER SATURDAY EVENING

For those who wish to join us at the Café Cimino, dinner is set for 6. Plan to arrive early to hang out at the bar down by the river. We would love to have those who do not plan to stay overnight to join us for dinner before traveling home. You may invite your spouse or friend as well.

Note from Melody regarding dinner: We will serve our Classic Cimino Italian Dinner again this year on the patio for your group. The dinner includes some olives, hot homemade breads, butter, olive oil for dipping, our Classic Cimino House Salad with our Balsamic Vinaigrette dressing, a deep dish 3 Cheese Baked Penne Rigate Pasta with Red

Sauce, Chef Tim's Garlic Parmesan Chicken, Creamy Cheesecake with a dollop of whipped cream, coffee, tea or any other soda, iced tea. This is offered for 30.00 per guest (food, beverage, tax, and service included), and we will be happy to do separate checks. We will, again, have the bar available for drinks, wine and beer on a "cash bar" basis. You may come as early as 4 pm for cocktails, relaxing in the bar area and enjoying the river! Please confirm the number of guests by Thursday, August 12 at Noon.

Give Nora your name for dinner by calling or e-mailing her at Nora's Cell 304 552 2266 or email tora6231@me.com.

HILLS OF CHARLESTON

I have completed the first twenty hills on my list with six to go. I am going to have to take a break since I haven't ridden up those last hills yet to get the information needed. Until I do so, here is the breakdown on the first twenty.

Hill Climbs	Miles	Climb	Top Gr	Ave Gr
South Park (south to KSF)	0.52	304	16%	11.1%
South Ruffner	0.62	334	15%	10.2%
Cemetery Hill (from Barlow)	0.59	305	12%	9.8%
Cloverlick (from Rutledge Rd)	0.44	224	11%	9.6%
Cemetery Hill (from Piedmnt)	0.68	298	10%	8.3%
Cloverlick (from Cmpbell Cr)	0.76	306	10%	7.6%
Walnut Gap (Hamburger)	1.11	444	15%	7.6%
Tad	1.05	418	15%	7.5%
Wertz Ave.	0.76	302	13%	7.5%
Job Corps	1.34	518	11%	7.3%
Smith Road	1.02	373	9%	6.9%
Clark Road	0.83	295	13%	6.7%
Airport Road to AP	0.93	328	10%	6.7%
Greenbrier Rd. South to City	0.66	224	8%	6.4%
Connell Road	1.26	410	9%	6.2%
Mt. Alpha	1.07	345	9%	6.1%
Airport Road & Eagle Mtn Rd	1.13	346	8%	5.8%
Greenbrier Rd. North to AP	0.90	274	10%	5.8%
Oakwood Road	0.99	284	6%	5.4%
Kanawha St. Forest	1.03	282	7%	5.2%

SPOKES FOR FOLKS

By Kate Dobson katedobson@ymail.com

I worked on bikes this morning with "Spokes for Folks," an organization that gives people the opportunity to own a bike by putting in the hours to fix up an old one! I thought we could expand our community service by doing a drive for them. Here are some of the items they could use: tire pump, plastic bins for parts, scrap wood (shelves), pry bar, books/posters, cleaners, patch kit, bike lights, buckets, first aid kit, bike cables/housing, tubes, brake pads, mini fridge/microwave, plastic mats for floor, and tools. These items can be old or new.

I thought some of the Wheelers might have these things lying around and that they could drop them off to me at CVS and I could take them down to the shop. CVS is at 4205 MacCorkle Avenue, Kanawha City. Thanks. - Kate

BIKE WANT ADS

For Sale by Jerry Levine

RANS V-Rex Recumbent: Good condition: Sram 9.0 Rear Derailleur, handlebar shifters, Triple, Shimano 105 Front Derailleur and Crankset. Paid \$500.00, used and I used one season because of rotator cuff injury. Added rear carrying rack, odometer, and toe clip pedals. Asking \$400.00

1. Jamis Sport Series: Excellent condition: Red, 50 cm, Shimano Tiagra front and rear derailleurs, Index shifters, 27 speed. Added Shimano off road pedals and shoes with cleats (10.5, 45) Bought used \$400.00. Ridden twice. Asking \$400.00

Contact Jerry at levineje2@gmail.com

For Sale by Ken Cooper

Bontrager Race Lite Wheels Good condition. \$200.00
Call 304-552-1635 or kcooper@prayconstruction.com

For Sale by Thomas Smith

I'd like to sell my 1988 Cannondale Criterium for 150.00 OBO. It has all Shimano 105 components. Call 304-558-9710 or tommotorcyclejunkie@gmail.com

For Sale by Don Kingery

Kreitler Rollers (all accessories)

Two (2) Tommasini Road Bikes

"Cheap" to a good home!

Call or e-mail Don Kingery for details - (304)389-1690 kingery@suddenlink.net

For Sale by Leonard Gilkerson

lrg@suddenlink.net 304-525-5864

AERO BONTRAGER RACE X LITE 700c wheelset, The set retails new for \$1125.00. A used set on eBay has a starting bid of \$400.00 and they were used for 2 seasons... My set came on my Trek Team TT bike and has never been raced, as I have a set of Zipp's for racing....I will take \$350.00 if anyone is interested.

2. BONTRAGER XXX RACE LITE VR HANDLEBARS 31.8...44cm...LIKE NEW
 3. BONTRAGER X RACE LITE HANDLEBARS 31.8...42cm.. LIKE NEW
 4. Several stems and road saddles... they were used in setting up bikes for racing, and most are like new.
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For Sale by Dennis and Anne Strawn at 304-343-5241
Commuter/City Bike (lights, odometer, tool pouch included) \$150.00

For Sale by Rob Casto
2008 Jamis Ventura Sport
<100 miles ridden Frame size: 62 cm Pearl Blue
For complete specs: http://www.jamisbikes.com/usa/archives/2008/08_venturasport_archive.html
Price: \$330.00 Contact Rob at 343-4051 or 561-5988

For Sale by Norm Montalto

52 cm Fuji Team frame in box, brand new
\$1,000.00 - includes fork
If you have the components, this is a nice frame at a great price
Contact Norman @ 304-549-3898 or email drnmontalto@live.com

2001 KHS Tamdemania Roma
Very good shape-great entry level tandem-20/16
Frame: 6061 Alum Fork: Threadless Cromoly
Rims: Sun Rims CRT 16II Handlebars (fr & Rear): Modolo 2093 Brevettato (fully adjustable)
Rear derailleur: Shimano XT Front Derailleur: Shimano 105
Brake/Shift levers: Shimano Ultegra STI Front/Rear Brakes: Shimano LX V-Brakes
Crank: Sugino RD5000 Triple 52/42/32 Saddles: Selle Italia Trans Am Max
Rear Seatpost: Post Modern w/shock Pedals: Wellgo SPD style Road pedals
Asking: \$1200 including bike rack -OBO Contact Norman @ 304-549-3898 or email
drnmontalto@live.com

WANTED ITEMS

A friend is looking to get into road biking needs an "entry level" road bicycle 56-58cm.
Contact Dave Santrock at drdavewv1@gmail.com

Used 8 or 9-speed Dura Ace or Ultegra components. 9 speed Campy ergo shifters.
Call Rusty at 744-1769

Ksyrium ES front wheel & Campy 9 speed ergo shifters & rear derailleurs.
Contact Bill Perrine at 342-0316

Looking for a men's medium or women's large mountain bike frame. (I am 5'9 in height)
Contact **Liz Stevens** at lizstevens@hotmail.com or 304-552-7755

Could you please help me? My youngest son (5'10", 17 yrs.) just graduated from high school and loves to mountain bike. I promised to get him a quality bike (probably used), but I'm not sure how to find one that I can afford. Can you offer some suggestions? I hope someday I can ride with you again (without worrying anybody). Note: Based on his 5'10" height, he would probably need a 17.5" - 19" frame size. Contact **Robin Weiner** at robinlrew@yahoo.com

2010 Membership Application

www.mountainstatewheelers.org

Fill out the form completely and mail with check in the appropriate amount to:

Mountain State Wheelers
Membership Application
P.O. Box 8161
South Charleston, WV 25303

Today's Date: _____

Membership: New _____ Renewal _____

Type of Rider: Road _____ Mountain _____ Both _____

Preferred Road Bole Ride Category: A B C D _____

Preferred Mt. Bike Ride Category: A B C D _____
(See below for an explanation of ride categories)

--Select Membership Type--
Individual \$15.00: _____ Family \$18.00: _____
(Memberships are from January 1 through December 31 and memberships received after September 1 are half-price)
Names and dates of births (month/day/year) for all Individuals or Family Members joining or renewing: (Individual Members must be at least 18 years old)

Contact Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail Address: _____

* Our monthly newsletter, SpokeNotes, is distributed exclusively through email and on our web site. You may choose to receive it through US mail, but you will not receive our weekly emails highlighting upcoming rides and other last-minute information.

_____ Check here if you choose to have the Spoke Notes mailed to you and decline to receive all emails from the MSWBC.

* The Mountain State Wheelers Bicycle Club does not share or sell its membership list with any outside individuals or organizations. Our membership roster is available only to club members and may be used only for club-related purposes.

_____ Check here if you choose to have your information NOT appear on the roster available to MSWBC members.

* The Wheelers sponsor road and mountain bike rides on nearly every Saturday throughout the year. We have a significant need for ride leaders and routes, especially Class C rides. If you would like to volunteer as a ride leader complete the information below:

_____ Check here if you would like to lead the following types of bicycle rides (circle any or all): ROAD MOUNTAIN

_____ Check here if you would like to lead the following classes of bicycle rides (circle any or all): A B C D

Ride Categories for Road and Mountain Bike Rides

Class A: For strong, experienced, conditioned cyclists; expect long, steep hills; 45-100 miles; average 16-20+ mph.

Class B: For riders in good cycling shape; expect routine to hard riding; challenging terrain; 25-75 miles; average 14-18 mph.

Class C: For average riders who ride regularly; 15 to 35 miles over moderate terrain; no long steep hills; average 10-14 mph.

Class D: For almost all riders; 5 to 20 miles on any type of bicycle with gentle terrain; average 6-10 mph.

Memory Ride: A ride without a designated leader; the route and length up to those who show up.

www.mountainstatewheelers.org