

JUNE 2009

Mountain State Wheelers Bicycle Club

www.mountainstatewheelers.org

SPOKE NOTES

42nd Most Bicycle Friendly State and Moving Up

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RIDING TIP

How to Safely Avoid Riding Off the Edge of the Road

When you suddenly find yourself riding very close to the edge of pavement which has a drop-off, be careful how you move away from the edge. Don't lean your body to the left – if your wheels go off the edge of the road causing a fall, both the bike and you will fall toward the middle of the road which is not good if traffic is coming behind you. Instead,

lean the bike to the left by pushing the handlebar to the left while keeping your body upright or slightly to the right. If your wheels go off the edge of the road and a fall occurs while you are in this position, the bike will fall to the left but you will fall to the right side of the bike near the edge of the road. Caution: Don't practice this along the edge of a road with a drop-off until you get comfortable with it – practice along the white line where a paved shoulder exists to the right. **-Gene**

SAFETY TIP

Don't Cut the Corner on Left Turns

Don't fall into the trap of cutting the corner on left turns when you can see around the corner and no

one is coming toward the intersection. This is a bad habit pattern that could lead to a really bad day if you are tired or distracted and you suddenly decide to make a left turn and find a car in your face. - **Gene**

PRESIDENT'S MESSAGE

Hello Wheeler Brothers and Sisters. Approximately thirty of our fellow Wheelers went to Georgetown, Kentucky, and participated in the 2009 Horsey

Hundred. A good time was had by all. On Saturday someone said, "What a great group of people to hang out with!" as we were dining in a

local restaurant. It was fun and I hope more of you will join us next year. We have scheduled some great rides this summer with the Bridge to Ridge this weekend and the Tour of West Virginia and the

Ride for Life in Gallipolis coming up in June, so ride safe and ride often. During the Horsey ride, there was a quote from Dave Bray, "I don't mind them passing me, it gives me comfort to know I am on the correct route." See you on the road. - Jerry

LONG RANGE TRANSPORTATION PLAN

The Regional Intergovernmental Council (RIC) is updating the Long-Range Transportation Plan for Kanawha and Putnam counties. As part of the plan, we are conducting an online survey to assist in

identifying transportation issues to be addressed in the Final Plan. Input from the survey will be used to help identify deficiencies and develop recommended projects and improvements.

The survey will be available online until August 1st. Below is the link to the survey:

http://www.surveymonkey.com/s.aspx?sm=9JDgj_2bIEdXMhfJ7ZQo5y3Q_3d_3d

Thank you in advance for your assistance in this endeavor. Any further questions should be addressed to :

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HYDRATION AND CYCLING

By Kay Covington (Professor of Exercise Physiology, University of Illinois)

When you exercise, your body loses water through sweating and evaporation. Sweat is your body's coolant. During an intense workout, your muscles generate heat, which is carried by your blood through capillaries near the surface of your skin. Your sweat glands release perspiration that evaporates, cooling the skin, and the blood just underneath. Cooled blood then flows back to cool your body's core.

Dehydration refers to an imbalance in fluid, when fluid intake does not replenish water loss. Just about any degree of dehydration impairs physiologic function and thermoregulation. A fluid loss equivalent to only 1% of body weight can bring about a detriment to performance. Dehydration can lead to overheating. Even in mild weather you can run the risk of overheating. The threat becomes more severe when the weather conditions are hot and humid (heat index). Sweat does not evaporate well in this climate, because the surrounding air is

already saturated with water. Without cooling effects of sweat evaporation, your body is unable to maintain a constant body temperature.

Signs and Symptoms of dehydration

1. muscle weakness
2. fatigue
3. regurgitation
4. disorientation
5. rapid heart rate (100 bpm at rest)
6. rapid breathing
7. cramping

Pure water is acceptable for replacing fluids, but drinking only water is not the best way to re-hydrate during and after exercise. To restore fluids that you sweat out during exercise, you should consume a beverage that contains three ingredients found in most sports or energy drinks. Glucose and electrolytes help maintain blood volume, and aid the absorption of water into your body. Electrolytes also increase thirst, which will prompt you to continue drinking.

Rules of fluid consumption

1. Try to replace two-thirds of fluid losses during workouts. If you try to replace more than that it can lead to bloating and GI distress. Replacing less may result in dehydration.
2. To figure out your rate of fluid loss, weigh yourself in the nude on a scale with pounds and ounces immediately before and after a typical workout. Add in the volume of fluid you consumed during the workout and subtract the amount you urinated. Divide by the number of hours you worked out. This is your rate of fluid loss in ounces per hour.
3. Use a sports drink containing electrolytes (sodium, potassium, and chloride) and 1.75 to 2 grams of carbohydrate per ounce. Water and sports drink should be consumed at a 3:1 ratio (water to sports drink). Sports drinks contain glucose, which decreases the absorption rate of fluid. Therefore, by consuming water in conjunction with the sports

- drink, the absorption rate is enhanced. The rate of absorption is slowed if you consume only sports drinks. This may lead to dehydration.
4. Drink 4 to 8 ounces every 15 minutes.
5. It is recommended that fluids be cooler than the atmosphere temperature. (59 to 72 degrees)
6. Increase your rate of fluid consumption in warmer temperatures and at higher intensity levels.
7. If you perspire heavily, you may require electrolytes in greater than normal quantities. By adding a little extra salt to foods, or drinking a quality sports beverage, you can replace some of the electrolytes that you lose through sweat.
8. Avoid caffeinated drinks and drinks containing alcohol as a replacement fluid after exercise. Caffeine and alcohol are diuretics.
9. During activity, urination is a good indicator of hydration. If you have not urinated within the last two hours of cycling, you may be showing early signs of dehydration.

Vo₂ BICYCLE TEST AT MARSHALL UNIVERSITY

At our spring business meeting, representatives from Marshall University offered us a good price for taking a Vo₂ max test. Vo₂ max is maximal oxygen uptake which indicates aerobic fitness - the ability to sustain work for prolonged periods. This is usually experienced in the abilities to walk, run, climb uphill, swim, or bike continuously for more than 15 minutes. Vo₂ max is the best way to measure the aerobic fitness of an individual. The test consists of cycling on a bicycle ergometer at increased loads for 12 to 15 minutes. The oxygen

used during the maximal effort is the maximal oxygen uptake (Vo₂ max). The higher the Vo₂ max the fitter is the individual.

If we have ten members interested, the cost will be \$35 apiece. I have had several members call already. Please let me know soon if you are interested so I can schedule with MU. Everyone does not have to take the test the same day. – John Fleek fleek@suddenlink.net or 304-776-4048

JUNE RIDE SCHEDULE

If you have volunteered to lead a ride this year and cannot make it on your assigned date, please contact someone else who can lead the ride in your place. This will keep things orderly when we meet for our Wednesday rides

June 6 9:00 am
Ride For Life, Gallipolis, Oh
Class A/B/C/D

The Ohio Valley Bicycle Club, Gallipolis, Ohio, is sponsoring the Ride for Life, a fund-raising ride for the American Cancer Society, on Saturday the sixth. The event is co-sponsored by the Holzer Center for Cancer Care. The ride from the Gallipolis City Park and has routes of 15, 35 and 62 miles. The course is rolling flat to moderately hilly roads in southern

Ohio farmland. Registration is \$12 before June 1 and \$15 after, and includes rest stops, sag support, a t-shirt and water bottle. Registration forms are online at www.ohiovalleybicycleclub.org. Contact Jon Burris at 740-446-4639 for more details contact ohiovalleybikeclub@yahoo.com

June 6

Ridge and Valley Excursion Bike Tour – A/B/C

50/70/100 miles - Class C/B

The Habitat for Humanity of Nicholas and Webster Counties hosts the 1st annual bike tour along the scenic Williams River and through the Monongahela National Forest with astounding views and breathtaking climbs.

June 13 8:00 am

Paint Creek Road Ride

51/25 miles – B/C

Ride Leader – Heidi Talmadge

The Paint Creek Ride is a basically flat, class B out-n-back or an entirely flat 25-mile Class C road ride from the intersection of WV Rt. 61 and Paint Creek Road, which is in Hansford, a small town along the Kanawha River between Chelyan and Montgomery. The course shadows the West Virginia Turnpike. The Class C route will go out 12.5 miles and then turn around and there will be no stores along the

June 13-15

Tour of WV

A/B

It's exactly one month until the start of this year's TOWV. If you're still looking to up your mileage, or lose that last five pounds, now is the time! This year's tour has something for everyone, everyone that rides a bike and loves gorgeous scenery that is. This tour will have one of the most challenging second days, while simultaneously offering shorter days and more gentle terrain for riders wanting a more relaxed ride. If you haven't already done so, make your reservations immediately. The block we have on rooms will be removed in a few days. Stop

June 20

Big Walker Century

100, 62, 25 miles - B/C

The Big Walker Century Ride, which is a fund raiser for Wytheville, VA's HOPE Ministry Center, starts in downtown Wytheville. The ride is very

Three routes will be offered, so even the beginning cyclist or the most avid cyclist will be challenged. Course will be well marked for directions and hazards. All cyclists begin and end at Camp Caesar 4-H Camp on Rt. 20 located between Upper Glade and Bolair, WV. For more information, go to:

www.iplayoutside.com/Events/?eid=2009/06/11755.html.

route. The Class B group will refuel and turn around at the Exxon at Mossy.

To get to Hansford, take the WV Turnpike (I-64/I-77) to the Chelyan exit, then follow WV Rt. 61 South (turn Left after the bridge) about 5 miles to Hansford. We'll meet at a gravel lot along Rt. 61 at the mouth of Paint Creek.

by Charleston Bicycle Center for your registration. (\$40.00 for all 3 days). You can contact the Hermitage Motel at 1-888-456-4808. **Be sure to tell them you're with the Tour of WV, for your special rate.** Don't miss this great ride. Interest is at an all time high. Remember, if you're not there we'll talk about you. If you have any questions you can reach me, Dan Neal, at 304-925-8348 or at spinmandan@verizon.net . You can also check out the accommodations at www.hermitagemotel.com

challenging and features several mountain climbs. Full details, including the registration form, are online at <http://www.bigwalkercenturyride.com>

June 20 8:00 am

Old Regatta Ride

32 mile – B/C

Ride Leaders - Bill & Mary Shultz

The old Charleston Regatta 32 mile route starts from the Capitol. We go down Washington Street to the 35th Street Bridge then do a loop on the Kanawha City Bike Path and merge with MacCorkle Ave past UC to Patrick Street Bridge. Over the bridge, over the RR tracks then left onto 7th Avenue. Turn right then left onto Washington Street (in front of U-haul). Turn right onto Woodward Drive. After about a mile, start up hill leaving Charleston at the top. At next intersection take a right onto Casdorff Road. At intersection with Route 21 merge right on RT21 then take an immediate left onto old Kanawha Two Mile Road. Next intersection turn left onto I-77 access road. Before Edens Fork interchange is a store. Continue under interstate veering to the right staying on

Kanawha Two Mile Road. After about 2 miles, start up hill (steep but short). After descent take the first right up Crestview Road. (don't go fast or you will pass it.) If you turned up Crestview Road you will go over the mountain staying on the blacktop road. You will travel over I-79 and go downhill to US119. (Downhill is curvy and narrow, be prepared to stop at bottom of hill). Turn right and head to Charleston.

For an alternate continue straight, road is now called Mile Fork Road to Big Chimney interchange of I-79. Continue straight to intersection with US119 turning right on US119 south. Small town with store and fast food here. Follow US119 south to Charleston. Once in Charleston US119 is called Bigley Avenue. Turn right at 2nd stop light onto Spring Street. Go over Elk River. Turn right on Bullitt Street. Turn left on Piedmont Road. Continue on Piedmont Road until reaching the Capitol.

June 27

“Check your legs” Elkview K-mart/cookout- MS A/B/C

Aarons Fork - Allens Fork

32 mile C ride starts at 9:00 am

57 mile B ride starts at 8:30 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 (with a few small hills) 32 mile route that is out-and-back on Aarons Fork Road, and a 57 miler that features a little of everything – flat roads, short hills and ridge roads. The ride will start at the Elkview K-Mart, 8 miles north of Charleston. For more info contact Kami Baker at the National Multiple Sclerosis Society at 304.343.5152 or <http://wvt.nationalmssociety.org>.

WEDNESDAY RIDES

Wednesday rides will begin at 6:00 pm and will meet at the pharmacy building parking lot on the campus of the University of Charleston. The D ride on June 4 will be a family ride led by Anne Strawn. See the June ride calendar for specifics.

FRIDAY RIDES

Memory Rides on Alum Creek at 9:00 am.

SUNDAY RIDES

Memory Rides from the St. Albans loop at 8:30 am.

MULTI-DAY EVENTS THIS YEAR

By Dale Porter

Now that you have been on your bike for awhile, have you thought about a multi-day outing? In addition to the weekday and Saturday rides, the club offers four multi-day outings again this year. These multi-day events are a great way to explore new routes, and get to know fellow cyclists off the bike. The Tour has even been revised to make it more appealing to riders who like the half century distances. There are two camping events and two that feature motel accommodation.

The first of these is the annual “**Tour of West Virginia**” organized by Dan Neal. This year will again be a three day event beginning on Saturday June 13 in Lewisburg. The Tour will have a little twist this year. It will still have 3 days of some of the most challenging, yet scenic, riding anywhere. The new twist this year will be the optional starting location. Each day there will be an optional ride of 55 mi. or less, with more gentle terrain. This will afford the opportunity for more riders that may have been intimidated in the past to join in on one of the best rides of the year. The registration fee will be \$40.00 for all 3 days, or \$15.00 per day. This will cover SAG, transportation of your bag, and lunch, in route, each day. We will stay at the charming Hermitage Motel in beautiful Bartow, WV. The motel is located alongside the picturesque Greenbrier River. Registration forms may be picked up at Charleston Bicycle Center.

The Rides

June 13 - Lewisburg to Bartow 78/53

June 14 - Bartow Loop in VA 92/50

June 15 - Bartow to Lewisburg 80/55

The second outing is the **Lewisburg camping weekend** of Friday July 17th to Sunday July 19th. On Friday we set up camp at Greenbrier State Forest between Lewisburg and White Sulphur Springs. On Saturday, we participate in the Wheels of Hope Ride. www.lewisburg.org/hope benefitting the Leukemia and Lymphoma Society

with fully supported routes of 21, 56, and 86 miles. The 56 and 86 mile routes are around the Williamsburg area northwest of Lewisburg and feature beautiful rides through farm country. Sunday features 50+ or 37 mile loops heading south from Lewisburg thru Alderson, Have you been to Gap Mills, Sinks Grove, Wolfcreek or Blue Sulphur Springs? Here is your chance. Greenbrier State Forest campground has hot showers. For non campers, there are motel accommodations and you might see if one of the cabins in the forest is available.

The third outing is Tom and Nora Miller’s annual **River Cities Tour** on August 1-2 that goes from St. Mary’s to Sistersville and back. This is a supported ride with a small fee to cover the cost of support sags and food. Though the two towns are not that far apart as the crow flies, the routes each day cover 55 or 70 miles. Though you think of this ride being in a flatter part of the state, there are plenty of rolling hills on the route. The 70 mile route on day one has 4,154 ft of climbing with a maximum grade of 11% and day two has 4,262 feet of climbing and a maximum grade of 14%. This ride always has a loyal following of repeat riders, so find out what they enjoy about this ride. The only complaint you will hear is about the August heat. Accommodations will again be at the Sistersville Inn. A great way to see this area of the State.

The final outing is the annual **Fall camping weekend** at Watoga State Park October 2-4. This weekend features rides of various length and difficulty in beautiful Pocahontas County just as the leaves are starting to turn. Find out more about the routes on the “Camping” page of the club website: <http://www.mswbc.com/camping.htm> Get in that last outing for the year and sit around the campfire and enjoy a laugh or two. Occasionally, some participants take advantage of the cabins in the park, rather than enjoy the camping experience. If you have questions concerning these events, ask the organizers or one of the previous participants.

THE HILLS OF CHARLESTON

No. 7 Airport Hill. The Smoothie

At the bottom of Greenbrier Hill follow the sign to the left for Airport Road. The ride begins at the SL 40 sign at the FiberNet building entrance. There are two endings to the ride; one to the airport and one to Eagle Aviation. The latter seems to be the choice of most members because there is less traffic. Airport Hill is one of our favorite rides because it gives you a good workout without breaking your back. I have designated the second entrance to the DOT FAA building on the right as the end. It continues to climb after that, but there isn't much grade. From the beginning to that point is 1.13 miles with a climb of 346 feet for an average of 5.8% with a maximum grade of 8%. The ride starts with a steady 5-8% climb till you get near the Eagle Mountain Road turn. It drops to 3-4% on either side of the turn. After the turn the slope is 3-6% to the top. The road is very good all the way. The berm is

narrow, but there are long lines-of-sight for traffic which usually is not too heavy.

The second route goes to the airport. I have designated the big stone statue on the right as the end. The climb from Eagle Mountain Road to the top is 6-10% with the toughest part of either climb occurring as you make the right turn to go into the airport area. This route is 0.93 miles with a climb of 328 Feet for a grade of 6.7%. The return down the hill can be very exhilarating. It's a good, smooth road with long straight stretches, but you will need to pedal hard at the beginning to get up a good head of steam. This is one of the safest hills to build up speed on.

If you are coming down from Eagle Mountain Road, be sure to slow in the turn and watch for traffic before entering the road. It's a good idea to post the first one down to the right of the intersection to signal the following riders that it is safe to enter the main road.

SUMMARY OF HILLS DESCRIBED SO FAR

	Length	El. Change	Ave. Grade	Max. Grade
Cemetery Hill (Barlow)	0.59 mi	305 ft.	9.8%	12%
Cemetery Hill (Piedmont)	0.68 mi	298 ft.	8.3%	10%
Wertz Avenue	0.76 mi	302 ft.	7.5%	13%
Job Corp Hill	1.34 mi	518 ft.	7.3%	11%
Airport Hill (Terminal)	0.93 mi	328 ft	6.7%	10%
Mount Alpha	1.07 mi	345 ft.	6.1%	9%
Airport Hill (Eagle Mtn.)	1.13 mi	346 ft.	5.8%	8%
Kanawha State Forest	1.03 mi	282 ft.	5.2%	7%

BIKER TERMS

How did you do with last month's vocabulary?

Do you feel stronger already just knowing these new words? If you didn't know them and didn't look up the meanings, here they are:

1. Dab – Top put a foot down to prevent a fall

2. Crankset - mechanism consisting of the pedals, crankarms, chainwheels, and axle, located at the bottom bracket.

3. Crankarm - the metal arms to which the pedals attach and revolve around the bottom bracket to turn the crankset.

4. Endo – Going over the handlebars

5. Foot Fault - when a rider can't disengage his cleats from the pedal before falling over.

Now let's look at this month's five words.

1. First Blood

2. Giblets

3. Low Gear

4. Pokes

5. Development

FOR SALE

By Chris Gress at Chervajol@Verizon.net or 304-586-9017

Mavic Aksium Wheel Set, black

\$200 OBO

Less than 500 miles MP3 Warranty

By Dennis and Anne Strawn at 304-343-5241

1. Adams tag-a-long bike, slightly used with cool flag, \$40.00

2. Trek folding tag-a-long bike, great shape, sorry--no cool flag, \$60.00

3. Kids' bike, 6 speed, 20 inch wheels, suitable for 5-9 year olds, boy or girl, \$30.00

4. Trek 1200, city bike (lights, odometer, tool pouch, front rack and pump included) \$200.00