

Welcome to the New Cycling Year

Bob Jardine, CVV President

It seems it was only yesterday that we were at the Iron Gate Grill for the 2003 year end banquet, and here it is spring with another bike season upon us. The banquet last fall was a great success. Hal had an excellent slide show of various Veloist rides over the years and there were fun awards given out. As you are probably aware, Hal and Rosemary moved to Canada during the winter, so an important part of the banquet was the business meeting where new officers were elected. After that meeting I found myself elected President, Glenn was reelected Vice-President, Cecelia was elected Treasurer, and Brian was re-elected Secretary. As the new President I will try to carry on the great work that Hal has done over the years, but I am sure we will all miss Hal and Rosemary on our rides.

After our February planning meeting Glenn put a lot of time into what I think will be a great ride schedule for this year. The weekend rides will start the first weekend in April. Most of the regular traditional rides are on the schedule like the Fat Boy Frolic, The Tour de Wellsville, and the various loops and canyons that we usually ride. We have also added some new rides this year. For those seeking a challenge there is the 135 mile "Tour of Two States" which goes over Logan Canyon past Bear Lake then over Immigration Canyon and back through Preston. Those who want a slower pace might prefer the laid back Saturday morning ride to Smithfield for breakfast at Blue Sage. Mountain bikers will also find some new more advanced rides on the schedule this year.

The weeknight rides will begin the first week of May. A faster paced, longer A/B type ride has been added this year on Monday nights. The Wednesday night rides

will be similar to last years rides. The shorter Monday night rides that we have had in previous years will not be on the schedule this year due to lack of interest. All of the rides on our schedule are rides suggested by members and which members volunteered to lead. I would like to see a more easier rides on our schedule for beginners or those just looking for a more relaxed pace but since no one expressed an interest in leading such rides there are not many on this years schedule. If you have any comments on our schedule or would like to help with any rides please contact one of the club officers.

This year's Cache Valley Century will be held on September 4th. It will start in Richmond again with the 3 route options (100 mile, 60 mile, 40 mile) which will be similar to last year. September may seem a long way off, but it's time to start thinking about the Century now. We need volunteers for all parts of the Century from those willing to help plan the routes and rest stops to those willing to help the day of the century in rest stops, sag support, rider check-in, etc. If you are interested in helping with the Century in any way, please contact me.

The club officers attempt to make the club enjoyable to all members, but without your input we have no idea what you want from the club. I encourage you to get involved in the club. Volunteer to help lead rides or help plan the Century. Submit an article to the newsletter or just let us know what's on your mind. And of course - get out and ride with us! It takes all of us together to make the club work. Please feel free to contact any officer with comments and suggestions on anything to do with the club. I look forward to a great cycling season and hope to see you all out on our rides!

New Officers for CVV

Vice-President, Glenn Jarrell

CVV can be proud of their choice for Bob Jardine as President. He has taken on the leadership task and begun charting the course for the 2004 season. Bob works behind the scenes to insure the future of CVV. Give Bob your support and acknowledge his contributions.

CVV will continue on its course of providing recreational cycling opportunities to riders in the valley as long as club members continue to provide measurable support to the club. Please acknowledge the efforts of your ride leaders & club officers. They also appreciate the contribution and support of all the club's members.

We are going to miss Hal & Rosemary. We will miss their active involvement in the club and their attendance on the rides. Now that Hal & Rosemary have moved on, ask yourself if the CVV club offers value to your riding season. If you value CVV then offer your input or assistance when the

opportunity presents itself. Let the club officers know if you want to get involved.

Thank you for responding to CVV requests for assistance and providing feedback for the 2004 ride schedule. With your support and comments, the scheduled rides for the 2004 season took on an identity. Please extend an invitations to your friends to join the CVV rides. A group ride is a pleasant thing to add to your weekend.

Come join us for the first ride of the season April 3rd, 2004, the "Spring Forward" ride up Logan Canyon, 26 miles, C rating.

Please consider volunteering to assist your officers in some way this season. We need ride leaders, car poolers for the out-of-town rides, CVV team members for the MS 150, logistical help with the Tour de Wellsville and the Cache Valley Century. Contact your new officers to volunteer—see listing on page 5 for contact information.

Shoulder Checks

Bob Bayn, CVV Safety Officer

Back when I took the "Road I" Effective Cycling class from the League of American Bicyclists, we learned four important bicycle maneuvers. Two of them were pretty dramatic get-out-of-danger tricks: the panic stop and the emergency turn. Then, lower on the excitement scale was the rock dodge. And finally the boring shoulder check. These were all important skills that we were encouraged to practice. In the passing years I've noticed that the more dramatic the maneuver, the less often I have occasion to use it. But the boring shoulder check is useful all the time. "Fear from the rear" is a natural, even instinctive, reaction in the road cycling environment. The closest traffic is generally coming toward you from behind,

out of sight. Traffic behind you is often bigger, faster, noisier and more intimidating.

Experience tells us that motorists do not want to run into us for a variety of reasons that range from selfish to altruistic. We come to realize that riding visibly, predictably, and legally straight down the road is a pretty cooperative way to help motorists achieve their (and our) goal of safe travel. But we need to know when it is safe to change from that course if we want to make a turn. That's where the shoulder check comes into play. We need to check the traffic behind us before making a turn without swerving in the process. Swerving when looking over your shoulder is about as

natural as the “fear from the rear.” The best way to learn the swerveless shoulder check is with teamwork. Once you get the feel of a swerveless shoulder check, you can repeat it easily and make it a natural part of your cycling style.

Here’s how we practiced shoulder checks in that Road I class. In an empty parking lot, one person is the “spotter.” Each cyclist rides in a straight line past the spotter. The spotter calls out “check” and holds up one hand or two. The rider looks back and reports how many hands are up. The spotter then reports whether the shoulder check was swerveless or not. The cyclist remembers the way it feels when the shoulder check was

swerveless and tries to repeat that feel the next time around.

Soon, everyone is doing a swerveless shoulder check every time, while seeing enough detail behind them to make a safe decision about turning from their predictable straight line. This is a skill that every young cyclist should learn before they venture very far out of their driveway. It’s a skill that they will use continually to give them safety and confidence as they ride down the road. It’s a skill that parents can teach their little kids instead of just admonishing them to “watch out for cars.” It’s a skill we can help each other with on group rides and training rides. Be safe.