

## Safety on Club Rides

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by Bob Bayn

An unlucky streak has come upon the Cache Valley Veloists, resulting in some injuries among our members on a few rides this summer. If you've been watching the Tour de France, you've seen some excellent examples of pack riding and some dramatic crashes when something goes amiss.

Pacelining adds thrill to the sport, when we watch it or when we practice it. Part of the thrill is the added performance - maintaining a higher speed on the straight-away or hitting a higher speed down the hills.

Another part of the thrill is facing the risks. US Postal trains all year; you and I don't. That means our risk is greater when riding in a close order formation. You have to have a lot of trust in the skills, technique, signals and concentration of your paceline partners. The more trust you build, the tighter the pack and the greater the thrill. But if that trust is not warranted, the risk goes up quickly.

Here's a good web resource: "GROUP RIDING AND PACE LINES" at [http://www.inlandempirecycling.com/Cycling/group\\_riding\\_and\\_pace\\_lines.htm](http://www.inlandempirecycling.com/Cycling/group_riding_and_pace_lines.htm). You'll learn everything from standard hand signals to the physics of pacelines there. On Saturdays and Wednesdays, our group rides are a little more informal with the skill levels more varied and less attention to technique.

We need to be cautious about practicing what we're watching on OLN this month. Here are some safety guidelines we should consider during all of our group rides:

- An equipment check before starting out is always a good ideal. One good checklist is the "ABC Quick Check": (Air, Brakes, Cables, Quick Releases, and a Check Ride out of traffic). Equipment failure can cause a crash and a pileup even in a casual group.
- Ride visibly, predictably and legally on the right (I can't skip over this; it's my mantra).
- Stop for stop signs, or at least yield individually. We do not have a parade permit so the whole group doesn't gain the right-of-way on the tail of the group leaders.
- So as not to be too much of a traffic obstruction, our big group should break up into separate bunches instead of one long string of pearls. Drivers who become frustrated by long delays before overtaking or turning may eventually take chances that they wouldn't take with smaller groups.
- Don't block the right turn lane when waiting to go straight. It delays right turning travelers unnecessarily and also misses the in-pavement sensors that control many of the stop lights.
- Don't let your front wheel overlap and touch the rear wheel in front of you. The laws of physics are against you; you will fall. Maintain a safe distance unless you have that trust in the rider in front of you.

- Have a good time, enjoy the scenery and get to know the other riders, especially the new ones.

## Smithland Bed and Breakfast

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Jacci Yeager

Do you like adventures? Are you interested in biking from your home to a peaceful, solar powered, 480-acre bed and breakfast? Smithland Bed and Breakfast is about 68 miles away from Logan and is located a mile and a half east of Red Rock Pass in Swan Lake, Idaho.



On June 19, 2004, Cecelia, Pat, Eric, Carol, Jacci, Craig, with John and Sarah driving support, rode from Logan (Amalga, Lewiston, Preston) to Swan Lake. The ride was great, super weather, a little windy (go figure), and we arrived at the B & B around 3 o'clock. The proprietor, Aprille Smith, was genuinely interested in meeting our needs and was quite accommodating, she even had chocolate chip cookies waiting for us when we arrived - tasty!

Luckily, John and Sarah transported all of our loot (due to licensure, the B & B cannot serve dinner) and we celebrated our ride with a dinner fit for 20 bikers or so. Humus and chips, salmon, fresh vegetables, fruit salad, garden peas, Crumb Brothers bread, brie, chocolate, and multiple beverages.

The B & B can sleep up to 10 people in 4 rooms. Our group booked the place and it was very comfortable. Each room has their own bathroom, nice linens, comfortable beds, etc. The facility is a log cabin that has been added on to during the years. There's a great bay window where you can do some bird watching. Lazuli Bunting and House Wrens are common for that area. Aprille serves breakfast whenever you ask her to and for our group she served waffles, fruit salad, bacon, sausage, coffee, and orange juice.

Our ride back was incredible fun! We rode back on the West side through Dayton,

Weston, Amalga, to Logan. The ride was 51 miles and took us about 2 and 1/2 hours, love those tailwinds!

We learned about the Smithland Bed and Breakfast while on a Club Ride to Red Rock Pass in April, saw their sign and made an inquiry.

Smithland B & B, P.O. Box 2, Swan Lake, ID, 83281, (208) 897-5148, smithland8@aol.com.

## **Touring the Big Island**

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by Bob Jardine

For some strange reason seeing Hal take so many things with him on every Veloist ride put the idea of a bicycle tour in my head. It only took a little searching on the Internet to find all sorts of journals about bicycle tours all over the world. One of the journals I found was Denise Goldberg's story about a self supported solo tour of the Big Island of Hawaii. After reading her journal I decided that was what I wanted to do.

I went to the Big Island of Hawaii the end of January and spent 6 days riding 300 miles around the island. There are two things anyone thinking about touring the Big Island should be aware of. First, the island is not flat. It was formed by volcanoes and riding around the island means climbing over several mountains formed by those volcanoes. Second, many of the roads are busy highways and in some places have very narrow shoulders.

My flight landed in Kona around noon on January 28th. I took a cab directly to the bike shop where I picked up a rental bike. It was an easy 13 mile ride to Captain Cook where I stayed the first night. The next day I had a 60 mile ride to Naalehu with strong headwinds and brief rain storms. From Naalehu it was a 43 mile ride to Volcanoes National Park which climbed over 4300 feet through pouring rain. I arrived at Volcano House Hotel wet and cold but luckily the next morning the sun was out for a nice ride around the crater. After a fast 49 mile ride down the other side of the volcano I stayed in Hilo. The 60 mile ride from Hilo to Waimea was a combination of beautiful deserted roads, busy highways, sunshine, pouring rain, and dense fog. Again I arrived at the motel wet and cold. The final day took me to Hawi at the northern tip of the island and then back down the coast following the iron man route to Kona for a 80 mile day. Touring the Big Island was a great adventure. It wasn't all easy but I enjoyed it and I look forward to finding another bicycle touring vacation.

The journal which inspired my trip to Hawaii is on a great web site put together by Neil Gunton. He describes his website as "A place for bicycle tourists and their journals." . I thought it only fitting that I post my journal on his website. For all of the details of my tour along with many pictures take a look at my journal at <http://bigisland.crazyguyonabike.com>. There are over 300 journals of bicycle tours all over the world on the [www.crazyguyonabike.com](http://www.crazyguyonabike.com) website. If you are looking for ideas of places to

tour or just want to read about tours [crazyguyonabike.com](http://crazyguyonabike.com) is a great place to start.

## **The MS 150 tour June 26 & 27, 2004**

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by Craig Yeager

The most popular bike tour in Utah came to Cache Valley and team "Mello Veloist" was there. Along with almost 2000 other cyclists, we rode a grand tour of up to 175 miles in two days. The Utah MS 150 is a great time. You are just plain taken care of. Food, fluids, a cheering crowd, a choice of routes and a lot of cool bikes, what more could you ask for?



Cecilia, Brian, Bob, Eric, Nolan, Kerry, Jacci and Craig all participated on Saturday with most of the riders completing the Century route. Starting west from Logan, we circled the south end of the valley with a side trip up to Hardware Ranch. A cruel detour back through Wellsville and Benson ensured the Century. The weather was great and the team pulled together at a respectable pace. Jacci and Craig can now say they have a century ride under their belt. Lotoja trainee's add miles with a pre and post Century ride. Sick.

Sunday's ride featured Brian, Bob, Jacci and Craig. The 75-mile route was the challenge. Crossing again at Benson we circled the north end through Franklin, Cove, and south to Amalga. The lunch stop was moved towards the end of the ride this year and that caught some of us off guard. Despite the change in dining tradition we continued on. Aided by a killer tailwind and pulled by some animal on a mountain bike, the ride back to Logan was fast!!!

So what are you doing at the end of June next year? Join team "Mellow Veloist" on the MS 150 tour.

- It is a great cause.
- You can choose shorter or longer routes.
- There are a lot of great people to ride with.
- Support is great.

- Food and fluid everywhere.
- You will be in shape to mountain bike by July 1st.
- So you have a reason to ride next March.
- Enjoy the scenery of Cache Valley.