Pedal Talk

The newsletter of the Granite State Wheelmen November / December 2015 Volume 43, Issue 6



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Visit our website at www.GraniteStateWheelmen.org

Pedal Talk

Pedal Talk is the bimonthly newsletter of the Granite State Wheelmen Inc. (GSW), New England's most active recreational bicycling club. In the newsletter, recurring, non-recurring, and weekend club rides are announced.

Club rides and activities are open to the public. Parental consent is required for those under 18. An application for membership to the GSW is on the back of this publication. For further information, contact members of the Board listed in the index at the back of the newsletter.

Send all contributions and articles to: GSWPedalTalk@yahoo.com with attachments in MSWord, MS Publisher, or ASCII, using IBM format

Commercial advertising space is available. For information and advertising rates please contact Dave Topham, 2 Townsend Avenue, Salem, NH 03079 (dstopham@comcast.net).

Opinions in this newsletter are those of the contributors and not necessarily those of the Granite State Wheelmen Inc.

GSW affiliated associations include: The League of American Bicyclists, American Youth Hostels Association, the Adventure Cycling Association, and Rails to Trails Conservancy.

Visit the GSW Web site: www.GraniteStateWheelmen.org

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The next deadline for *Pedal Talk* submissions is December 1, 2015. Send ride copy to the Ride Coordinators, advertising to the Advertising Coordinator, mileage to Mileage Coordinator and other submissions to GSWPedalTalk@yahoo.com.

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President's Message

Fellow GSW Members,

Hello and I hope this writing finds all is well with you. This past month has been nothing less than magnificent. Webster defines magnificent as something impressive to the mind or spirit. I simply define magnificent as the GSW 2015 Seacoast Century Ride. From soup to nuts, from Hampton to Nubble Light, and over the bridge to the south, Donna and Mark, with numerous volunteers, choreographed 1,300 pairs of feet to one the largest cycling events on the eastern United States. We thank you and your team for an outstanding job

As I enter my second year as President of GSW I have been busy making contacts by informing them of the benefits of joining the Granite State Wheelmen, Most recently I attended the 2015 New Hampshire Bicycle and Pedestrian Transportation Conference which was highly informative. And as you would expect, GSW played a prominent role at the conference by displaying the banner of the two riders that were killed during the 2013 Seacoast Century. Many people commented on how it was a fitting memorial to the tragedy that happened.

Speaking of safety, all of you should know that we received a letter from the RYE town manger of 2 complaints of cyclists riding 3 and 4 abreast in Rye. This backed up traffic and those riders would not allow traffic to pass. This is not acceptable behavior. If we are to change the mind set of the general public we have to follow the rules of the road and ride in a safe manner. Not to mention this is against the law. When we ride on the road or anywhere we should do it in the best way that we know. Always ride safely and be courteous to other vehicle's and pedestrians that we encounter.

While we have reached out to other bike shops in New Hampshire for social meetings, I plan to do some team building with Bicycle Coalition of Maine.

The October meeting was held and all Officers and committee chairmen were elected. How can I get more members to monthly meetings? I have been told by many members that I am doing a good job but I need your support.

Our November meeting will be the Fall banquet at Milly's Tavern on November 1 at 1 p.m. The December meeting will be at Goodale's Bike Shop in Nashua at 14B Broad street at 7 p.m. on December 10.

Bernie Fournier GSW President

2015 GSW Social Information & Schedule

Meetings are planned for once a month from 7-9 p.m. The agenda is flexible but usually follows some basic guidelines:

Introduction of all attendees
Brief review of recent and upcoming GSW events
Update on BWA-NH bicycling advocacy and education efforts
Short program on bike maintenance, products, nutrition,
cycling tips, etc.

Question and answer period Social time to "mix and mingle"

Free snack items including pizza are provided by the GSW.

Mark your calendars and join us for a full season of interesting meetings in different places. Please see our listing of GSW Sponsors for exact locations and phone numbers.

- Sunday, November 1, 1:00 p.m. Milly's Tavern 500 North Commercial Street Manchester, NH
- Thursday, December 10 Goodale's Bike Shop 14B Broad Street Nashua, NH

Ideas for agenda items / speakers for the 2015 Social Information Meetings are always welcome.

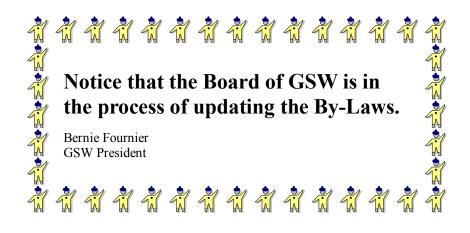
As for all GSW general meetings, members and guests are welcome to socialize, meet Board members and ride leaders, learn more about the club, and enjoy some free snacks.

For more information about a meeting or the club in general, contact the Granite State Wheelmen at: <u>GSW-office@comcast.net</u>, or call 603-898-5479.

We hope to see you soon! GSW Board of Directors

Welcome New GSW Members

Michelle Anderson	Rochester	NH
Ted & Margie Carlman	Reading	MA
George Lloyd	Merrimack	NH
Robert Longtin	Methuen	MA
Pete Morse	Manchester	NH
Thomas Noland	Methuen	MA
Bob Siegwarth	Pembroke	NH
Christine & Donald Tyler	Hudson	NH





www.bwanh.org to get started!

GSW Ride Leader Credit Guidelines

9. In the event of a scheduled ride having no one attend except the ride leader, that ride will not be allowed mileage or ride leader credits. A minimum of two people (the ride leader plus one other rider) are required to allow credits. One person riding alone is not considered a club ride but rather is a fun or personal ride. Options include rescheduling the ride to a time and place for better attendance or else eliminating the ride from the schedule due to a lack of interest by the club membership or guest riders.

The above clarification was reviewed and approved by the GSW Board of Directors on February 19, 2011. If there are any questions, please contact the GSW President.

Note: Mileage may be submitted by mail or email and must be received by the first of every even-numbered month to appear in the next issue of Pedal Talk.

Road and Tandem Mileage are recorded separately. If a "T" is added along with your signature and printed name, you will get Tandem Mileage. If you would rather have Road Mileage, just leave off the "T". Send commuter mileage to:

Hetty Andrews 44 Deerhaven Dr. Nashua, NH 03064 603-889-3222 hwa44@comcast.net

Get up-to-the-minute GSW Club Notices!

Join the GSW E-Group. Simply send an e-mail message to: gswbike-subscribe@yahoogroups.com.

You will then have Club notices sent directly to your e-mail account.

Is Your Helmet Still Safe?

The best helmet to have is the one that is never needed for no amount of safety equipment can protect you from all unsafe acts. If one is working properly some mitigation is possible but every piece of equipment has a usable service life and must [eventually] be replaced. Most helmet vendors recommend replacement in 3-5 years of after the first crash. The foam liner can be damaged without showing visible signs of it so the crash criteria should be honored but years of service are less relevant. The Bicycle Helmet Safety Institute [http://www.helmets.org/up1505a.htm] published a report [May 15,2015] that showed helmets are still safe after many years of use.

Standards have changed and not every bicycle helmet out there is safe by today's standards. Some of the helmets sold [ie. Lycra cover w/no shell] may actually increase risk of concussion and others cannot pass current standards. The BHSI ascertained that any helmet that passed the current standards when new is still safe if not damaged by a crash. The best helmet made cannot protect you unless it is properly worn and the new helmets are more comfortable and easier to adjust. Many of the helmets that are in service could be safe but they are often improperly adjusted. A helmet that does not stay in place is nothing but a "silly hat" and if keeping it properly adjusted is too much effort the unit should be replaced.

Clothing is for protection and social acceptance. There are many reasons for you to buy a new helmet but if your current one was safe when new it probably still is. The better you define your needs the easier it is to meet them. The style [and color] of a helmet makes a fashion statement while the weight and venting can be comfort factors. Needed clothing [hat, sweatband, etc] under the hat should be included in the helmet's weight and solar gain usually outweighs venting. In my case "Form follows function" and the weight of my [full coverage] motorcycle helmet has never been an isssue. A [Hi-Viz] skater style helmet works best for me but I haven't seen many others being worn. It will take a lot more than fancy clothes for me to become acceptable but maybe in your case it matters.

What you pay for your next helmet is up to you but insurance premiums that exceed asset value are a waste of money. Without doubt a helmet offers some protection but even the cheapest ones [<\$10, CVS] may be over-priced in some cases. The leading cause of death is unlit cycling after dark and in 95% of all bicycle fatalities the cyclist was not wearing a helmet. If head and tail lights are used [flashing mode] at all times they reduce crashes by 30%. In 80% of all crashes the cyclist was breaking the law so please ride safely and obey the law.

Bill Fisk-Safety and Education

Bike-Walk Alliance of NH Update – October 2015

"A Voice for New Hampshire's Bicyclists and Pedestrians"

During September and October the Bike-Walk Alliance of NH has been speaking directly with NH's Executive Councilors and top NHDOT officials at a series of public meetings on the major road projects taking place over the next 10 years in NH. With \$3.5 billion at stake these hearings shape the roads we will be riding on for the next generation. As a cyclist you should speak up. The current process does not measure cycling activity when making evaluations related to network significance, network volume or safety. Pedestrians suffer a similar fate in the process. BWANH is calling attention to how NH has no measurement of mode-shift – people walking, biking or taking transit instead of driving – when these modes are recognized as being highly desired by millennials and seniors. Adding your voice would make a significant difference.

BWANH raises the issue at these hearings that 30 states have updated their philosophy of transportation to include Complete Streets while NH remains the only New England state without such a policy. As GSW members you fund the Bike-Walk Alliance of NH to advocate for better infrastructure and better policies. BWANH can lead the charge, but the executive councilors and NHDOT need to hear from you as well. Comments can be sent into Bill Watson, 7 Hazen Drive, Concord, NH 03302-0483 up until November 5th. Please take a moment to encourage NHDOT to include cycling and pedestrian modes of travel in future rounds of the Ten Year Plan.

Looking beyond this year's Ten Year Plan we as cyclists have an excellent opportunity to help shape the future of road infrastructure in NH. You can help influence road projects in the state by joining your local planning board or joining the TAC (Transportation Advisory Committee) at your regional planning commission. There are often spots available. Speaking up for the needs of cyclists and pedestrians as a member of those committees has a big impact. Together we can make a difference.

Sept. 30 and Oct. 1 saw two statewide conferences on Active Transportation. Both were attended by over 100 people and there was

very little overlap between attendees. BPTAC Active Transportation Conference was attended by many planners and rail trail enthusiasts as well as members of NHDOT, Federal highway. The speakers were excellent and we want to thank GSW for helping sponsor the event at the gold level. The following day HEAL (Healthy Eating Active Living) had their conference. Building streets in a way that encourages more cycling and pedestrian activity is a major goal of public health professionals. If you are working on a local street improvement project be sure to reach out to people in your town engaged in public health. You may find a ready partner.

For this legislative session the Bike-Walk Alliance of NH is working to get Complete Streets legislation introduced. We hope to have bills put forward in both the house and the senate. Having the state adopt a complete streets approach to road design enhances local priorities and provides for a level of signoff when decisions are made not to design a complete street. We fell strongly this change in policy is right for NH and will over time improve the cycling and walking conditions in NH. Please support this initiative when you have the chance.

In important news – BWANH and GSW memberships are separating. We are doing this at a time when our two organizations are working very actively together and have great relationships at many levels. We undertook this step because both BWANH and GSW are re-vamping their membership categories and outreach. Logistically it was getting harder to keep members records in sync over two separate systems. The tight relationship was also creating a perception in the state that BWANH was a sub-set of GSW when we are a statewide advocacy organization for all cyclists. We hope this split causes both BWANH and GSW to work harder than ever together and sends the message to other cycling, walking and running groups that BWANH can advocate for them as well.

Best regards, Tim Blagden BWA-NH Executive Director Tim@bwanh.org

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南南	PedalTalk Delivery Options
本	How do you like to receive our bi-monthly GSW Pedal Talk newsletter?
も	Options are available for 1 and 3 year memberships.
南南南南南	1 year memberships □ \$15.00 Electronic Pedal Talk newsletter via email □ \$25.00 Printed Pedal Talk newsletter via USPS "snail mail" □ \$25.00 Dual Delivery option
	3 year memberships □ \$40.00 Electronic Pedal Talk newsletter via email □ \$70.00 Printed Pedal Talk newsletter via USPS "snail mail" □ \$70.00 Dual Delivery option
あるる	Some people don't want anything on paper but rather like the speed of email delivery, lower cost, and wish to be as "green" as possible. About 70% of the GSW has now "gone electronic."
あるる	Other people "hate" email, don't use a computer, want nothing to do with the Internet, and/or like the convenience of taking the paper version of Pedal Talk with them wherever they go.
南南南南南南南	Some members have expressed an interest in receiving both versions of Pedal Talk delivered for on-line reference and having the paper newsletter on the coffee table, in their car, or wherever. This "dual delivery" option is available at no extra cost above the normal "paper rate." If you are interested in this option and are currently receiving the paper Pedal Talk via mail, just let me know and I will code your membership record accordingly. Anyone joining the GSW or renewing their membership at the \$25.00 / \$40.00 "paper rate" should request the "dual delivery" option if interested.
む あ	We aim to please our members, so "have it your way!"
もるる	Dave Topham, GSW Memberships, 603.898.5479,
4	GSW-Office@comcast.net

Please Join the Bike-Walk Alliance of NH

BWANH advocates for the policies and infrastructure that encourage more people to cycle and walk more often. We also run education programs for youth and adults. Your participation is vital to our continued success and your ability to enjoy pleasant riding conditions. For more details please visit our web site at www.bwanh.org

BWA-NH Focus

The **B**ike-**W**alk **A**lliance of **N**ew Hampshire is the only statewide advocacy group for bicyclist and pedestrian activities including policy change, legislation, infrastructure projects, safety, and education programs. For a complete listing of BWA-NH goals and benefits, please visit our web site, **www.bwanh.org**

BWA-NH Membership Application

Membership categories:	
☐ Yellow Jersey \$1,000.00	For a full listing of all member benefits
☐ Benefactor \$ 250.00	please visit www.bwanh.org/join-us/
☐ Sustaining \$ 100.00	
☐ Advocate \$ 75.00	
☐ Family \$ 50.00	
☐ Supporting \$ 35.00	
☐ Student \$ 20.00	
Method of Payment □ Cash	☐ Check payable to "BWANH"
or Join online at www.bwanh.o	
or doin orining at www.swarm.c	19/John 46/
Name	
Address	
Address	
City	State Zip
J.,	p
E-Mail	Phone #
Oi-mark	
Signature	Date
Dilsa Malls All	iones of New Househire

Bike-Walk Alliance of New Hampshire Concord Crossing, 2 Whitney Road, Suite 11 Concord, NH 03301-1844

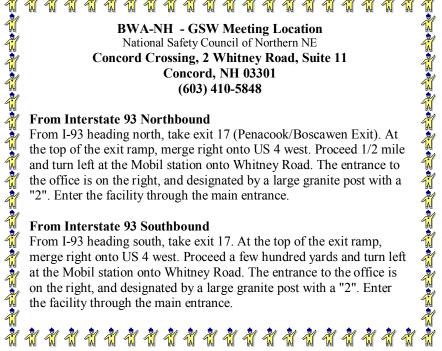
www.bwanh.org • info@bwanh.org • 603.410.5848



BWA-NH - GSW Meeting Location
National Safety Council of Northern NE
Concord Crossing, 2 Whitney Road, Suite 11
Concord, NH 03301
(603) 410-5848

From Interstate 93 Northbound
From I-93 heading north, take exit 17 (Penacook/Boscawen Exit). At the top of the exit ramp, merge right onto US 4 west. Proceed 1/2 mile and turn left at the Mobil station onto Whitney Road. The entrance to the office is on the right, and designated by a large granite post with a "2". Enter the facility through the main entrance.

From Interstate 93 Southbound
From I-93 heading south, take exit 17. At the top of the exit ramp, merge right onto US 4 west. Proceed a few hundred yards and turn left at the Mobil station onto Whitney Road. The entrance to the office is on the right, and designated by a large granite post with a "2". Enter the facility through the main entrance.



Bike-Walk Alliance of NH

"BWANH educates, advocates and agitates for improved conditions for walking and biking statewide."

On-Line payments accepted via BWANH web site!

Save time, paper, and postage! You may now join BWANH or renew your sponsorship by viewing the "Join-Us" page. All major credit cards are accepted. Thanks to a generous offer from GSW each BWANH membership comes with a complimentary one year membership in GSW along with electronic delivery of Pedal Talk. In addition to supporting your state's advocacy organization you will enjoy discounts at sponsoring shops, knowing about recreational rides, and having supplemental accident insurance.

Looking Ahead: We encourage all interested parties to speak up in favor of improved bike-ped policies, education, and facilities. Participate! Visit the Advocacy section of the www.BWANH.org website to learn how to become an Join your local planning board. effective advocate. Join the TAC (Transportation Advisory Committee) and represent your town at the regional planning commission.

Together we can make a positive difference!

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Off-Season Pizza Parties for Salem Area GSW Members

Starting on November 3, Salem-area GSW members

and guests are encouraged to meet twice a month through the winter on the first and third Tuesdays, 6:00 PM, at the Route 97 House of Pizza, 11 Ayers Village Road, Methuen MA. The shop is located beside Dunkin' Donuts and is the starting point for all Tuesday evening leisurely rides in Methuen, just across the street from Salem. The last gathering for the "off-season" pizza parties will be April 5, 2016. (The weekly Methuen evening rides start on Tuesday, April 19, 2016.)

Reservations are not required, but if severe weather or travel conditions you might call Dave Topham at 603.898.9926 to learn if the pizza party is on or off. For about \$5.00, you can eat, have a few laughs, and swap some stories. Bring a friend along and join our informal little party!

REMINDER

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GSW mileage tracking year ended September 30, 2015.

October 1, 2015 started the 2016 mileage tracking season.





"WE RIDE, WE SERVICE, WE SELL BICYCLES."

12 Chestnut Street Dover, NH 03820 DOVERCYCLERY.com Phone/Fax 603-617-3844 wayne @DOVERCYCLERY.com



What is Straya?

Strava (it means "Strive" in Swedish) lets cyclists experience social fitness, sharing with others their routes and riding info. What's unique about Strava is its social features. Users can follow other members, give them "kudos" for their rides and exchange comments. Think of it as virtually riding with hundreds of other riders, even if they rode your route in April at 7am and you rode it in June at 6pm.

Strava has a great explore tool where you can do an activity search finding new routes, via distance, elevations, etc. All you need to get started is a GPS enabled device or smartphone, Strava has a free phone app for both Android and iPhone. At it's core, Strava logs your rides that are recorded via GPS saves and translate your route into a friendly map as an entry for that day. Then you can explore all sorts of data about your ride; total miles, feet climbed, calories burned, heart rate if you have a heart monitor, etc.

Find Cycling Partners

Finding someone to ride with can be challenging. Whether you're new to an area or having trouble just finding someone that rides at your level, it can be difficult to find the right person. Strava brings cycling enthusiasts with similar skills, availability and geographic proximity together. You can easily search other riders in your area and see their average distance, speed, etc. and then connect with them or even join in on one of the many club rides. Even if you don't know each other well when you begin riding, you're sure to create connections and enjoy great conversations when you share a passion for cycling.

Granite State Wheelmen has a separate group/club page on Strava, so you can connect easier with other local active riders. Anyone can join the group and also stay informed with the latest GSW announcements as well. Just go to: https://www.strava.com/clubs/GSWbicycling



Granite State Wheelmen GET CONNECTED



Here's how YOU can join the conversation:

You're involvement on our various social media media platforms helps GSW make a difference. Please like, comment, share, tag, submit pictures from your rides, etc. ©

www.granitestatewheelmen.com



facebook.com/granitestatewheelmenbicycling







Join the GSW E-Group.

Simply send an e-mail message to:
gswbike-subscribe@yahoogroups.com.

You will then have Club notices sent
directly to your e-mail account.





meetup.com/Granite-State-Wheelmen-bicycling



flickr.com/groups/gswbicycling

Pick your favorite social media site(s)
Comment – Share – Connect – Stay Informed

EXPOSURE

MAGENERY

PAPLUENCE

MPACT

ADVOCACY

Ride and Events Information

Rides Coordinator

Gordon Rhodes geroad@comcast.net

Weekend Coordinator

Marguerite Orazi PO BOX 532 Concord NH 03302-0532 (603) 856-7065 MJOrazi@aol.com

Charity & Invitational

Pedal Talk Editor GSWPedalTalk@yahoo.com

GSW mileage tracking year ended September 30, 2015

October 1, 2015 started 2016 mileage tracking season.

Ride Information. Club activities are open to anyone interested in bicycling. Parental consent is required for those under 18 years old.

Club rides are categorized and listed in *Pedal Talk* as recurring, non-recurring, invitational, charity, or weekend activities. Rides are listed as on-road or off-road. Off-road rides are listed in *italics*. Most rides have leaders who offer maps or cue sheets. In case of rain, rides may be cancelled or rescheduled. If in doubt, or if you have any questions, call the ride leader.

For rides listed as Show-and-Go, leader and riders select a route and pace to accommodate the slowest rider. Newcomer rides are denoted with a smiley face. The codes with mileage, pace, and terrain of each ride are listed below. A 2-L-16 ride code means the ride has easy grades at a leisurely pace for 16 miles.

Safety. All riders are required to sign in on the provided sheets. This is to record mileage and satisfy insurance requirements. All riders are expected to follow traffic rules and be courteous to other riders, pedestrians and drivers at all times. Helmets are required.

Rides start on schedule. Please have your bicycle in good working order. Always carry a spare tube, tire levers, a patch kit, a pump, water that can be reached while riding, snack food, and emergency numbers on your bike. **Volunteer.** If you don't find a ride you like, volunteer to become a ride leader. Call the coordinators listed on this page for more information. Ride leaders will be compensated for any expenses incurred for printing maps or

Charity Riders. Charity riders are welcomed at all GSW rides. Let the ride leader know you're in training for a Charity Ride!

Terrain and Pace Guidelines

cue sheets.

Terrain

- 1 Generally flat, some grades, for beginners
- 2 Easy grades, challenging for beginners
- 3 Moderate grades, some challenge for average riders
- 4 Steep grades with some relief
- 5 Long steep grades for strong riders

Pace

- L Leisurely with many rest stops (< 12 mph)
- M Moderate with some rest stops (12 15 mph)
- B Brisk with few stops (15-18 mph)
- S Steady, strenuous, rapid pace (>18 mph)

Charity & Invitational Rides

GSW C&I Rides Disclaimer

All Charity and Invitational Rides and Events are the sole responsibility of the hosting organization or individual. The GSW has no responsibility and provides no insurance coverage including club and personal liabilities, property damage, or participant accident claims.

Mileage is available on the below listed Charity & Invitational rides. If the ride is not listed here, no mileage credit can be given. To receive Club mileage, all ride sign-up sheets are to be completed by the ride leader and sent to the Club Mileage coordinator, Hetty Andrews, within one week of the ride. For rides allowing GSW mileage credit but without a ride leader or ride sign-up sheet, the GSW member desiring mileage credit must notify Hetty Andrews within one week of the ride. Reference should be made to the particular *Pedal Talk* and page # that listed the ride or event. Due to production and mailing costs, ride listings are limited to basic info. only. For More Information (or FMI), just contact the sponsors or organizers of the ride(s). All GSW weekend events count toward club mileage.

Mountain Biking Rides are listed in italics.

NOTE 1: Riders interested in the numerous American Diabetes Association (ADA) Tour de Cure rides in New England and throughout the US can find a complete listing of 2015 events at: http://tour.diabetes.org/site/PageServer?pagename=TC_homepage

NOTE 2: Riders interested in the numerous Multiple Sclerosis (MS) Bike Tours in New England and throughout the US can find a complete listing of 2015 events at: http://main.nationalmssociety.org/site/PageServer?pagename=BIKE_MAM_homepage

NOTE 3: Riders interested in the numerous American Lung Association (ALA) Bike Tours in New England and throughout the US can find a complete listing of 2015 events at: http://www.lung.org/donate/events/ride/ **NOTE 4:** (***NEW***): Riders interested in the numerous Team Challenge rides benefiting the Crohn's and Colitis Foundation can find a

complete US listing at: http://www.ccteamchallenge.org

There are currently no charity rides scheduled at this time, see next page for 2016 rides.

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June 24-26, 2016, The Trans New Hampshire Bike Ride for Muscular Dystrophy is a challenging yet very doable three day 250 mile ride from the Canadian border to Portsmouth, NH. One and two day options are available with Day 3 being a relatively flat and easy ride from Laconia to Portsmouth. We provide quality hotel accommodations, excellent support, the best of NH scenery, a welcoming community of riders or all ages and abilities, massage, and much more. Free transportation from Red Hook to Canadian border. This ride is co-sponsored by the International Association of Firefighters of NH. Register at www.transnhbikeride.org.

- 1. Go to http://www.meetup.com/Granite-State-Wheelmen-bicycling/
- The GSW Home page displays a button that says "JOIN US" under the red banner.
- 3. After the sign-up process and log-in, always go to the activity page where the rides and messages are listed as long as you are logged in.

Of course, new Meet-Up folks should always join the parent GSW CLUB to receive the GSW newsletter (Pedal Talk), for insurance purposes, for discounts, and other advantages.

2016 GSW Board and Committees

Position Candidate

Officers:

President Bernie Fournier

Vice President Phil Rose

Recording Secretary Open

Social Secretary Open

Treasurer Tony Attardo

Standing Committees:

Banquet and Awards Phil Rose

Memberships/Office Dave Topham/Judi Hull

Merchandise Chairperson Bob Koehler

Charity & Invitational Rides Laurie Daley

Club and Commuting Mileage Hetty Andrews

Newsletter Editor Laurie Daley

Rides Coordinator Gordon Rhodes

Publicity Coordinator Open

Safety and Education Coordinator Bill Fisk

Seacoast Century Committee Mark Mac Kenzie/Donna Hepp

Web Publisher Barbara Amos

Weekend Events Coordinator Marguerite Orazi

GSW C&I Rides Disclaimer

All Charity and Invitational Rides and Events are the sole responsibility of the hosting organization or individual. The GSW has no responsibility and provides no insurance coverage including club and personal liabilities, property damage, or participant accident claims.

NOTE 1: Riders interested in Charles River Wheelmen invitational rides can find a complete listing of 2015 events at their website: http://crw.org/eventcal.php?region=ne

NOTE 2: Riders interested in Charles River Wheelmen weekly rides can find a complete listing of 2015 events at their other website: http://crw.org/cgi-bin/calendar.pl?MonthCalendar=yes

NOTE 3: Riders interested in Seven Hill Wheelmen (Worcester, MA) invitational rides can find a complete listing of 2015 events at their website: http://www.sevenhillswheelmen.org

There are no invitational rides currently scheduled.



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Fallow us on Facebook. Twitter. Instagrom. Pinterest. Google+



The Trans New Hampshire Bike Ride for Muscular Dystrophy

June 24-26, 2016

www.transnhbikeride.org

Fun and doable three day ride from Canadian border to Portsmouth,



NH. Quality hotel accommodations, excellent support, the best of NH scenery, and much more. Free transportation from Red Hook to Canadian border. Co-sponsored by the International Association of Firefighters of NH





2015 Weekend Events Calendar

February 5-7, 2015, 23th Annual Craftsbury Outdoor Center Weekend at the Craftsbury Outdoor Center, Craftsbury Common, VT

This family-friendly trip offers cross-country skiing for all abilities, plus all kinds of winter fun! Lodging, x-c ski passes, and all meals included. Rooms may be available to stay an extra night and depart on Monday, 2/8 – please contact us soon if interested as theses rooms fill quickly! Mark your calendar and join us for a fun weekend! Note this **is** Super Bowl weekend – either leave early enough to catch the game or stay Sunday night for our Super Bowl party! Look for more details in the next Pedal Talk. Contact Jim and Paula Fines @ (978) 764-9868 or pfines@comcast.net.



John Gromek, prop. 53 yrs cycling 375,000 miles

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"Meetup" now used to help GSW ride scheduling

In an effort to make some of our GSW ride scheduling easier, faster, more convenient for members and to attract new members, the club is now using the on-line "electronic rides calendar" called "Meetup". This service runs on any modern PC, Mac, or Smartphone.

Rides can be scheduled and conducted by GSW members at any time, but please submit a ride at least 24 hours before the starting time. The ride leader will know who is planning to attend and be able to post last-minute notices if desired. Public messaging between group members is an option. Everyone who enjoys "modern gadgets" along with social media will likely appreciate using this system.

All GSW rides will not be posted on "Meetup" but club mileage credit will be allowed for members in good standing. The complete ride schedule available in our bi-monthly printed or electronic newsletter will inform paid GSW members of all routine rides and events while the "ad-hoc rides" will only be known by those using the GSW Meetup Group. Last-minute ride delays because of weather can also be posted via Meetup.

There is no cost to access the GSW Meetup Group. Rides are posted by the GSW Rides Coordinator or the GSW Meetup Group Organizers. Sign-up as a GSW Meetup member at:

http://www.meetup.com/Granite-State-Wheelmen-bicycling/

Several guidelines may answer some common questions.

- 1. All rides must be conducted by a GSW member in good standing. At least two people including the ride leader are needed to comprise a club ride.
- 2. Rides should be posted at least 24 hours before the starting time to ensure GSW Meetup members have a chance to be informed about the ride.
- 3. Registering for GSW Meetup Group access is not a GSW membership. The annual fee is \$15.00 for emailed newsletters and \$25.00 for paper. A membership application and a payment via credit card option are available on the GSW web site using the "Membership" tab at www.GraniteStateWheelmen.org.
- 4. All riders, both GSW members and guests, are to sign a GSW ride sheet to cover liability, personal accident insurance, and club mileage tracking. Guest rider insurance coverage applies only to their first ride.
- 5. Paper ride sign-in sheets are available from the Rides Coordinator and the GSW Office while the on-line PDF version may be downloaded from the GSW web site "Ride Info" page or the GSW Meetup home page "More" tab then "Files".

After each ride, the mileage for each person is to be recorded on the sign-in sheet. The ride leader will then mail or scan/email (PDF or JPG file format) the sheet to the GSW Mileage Coordinator, Hetty Andrews, at hwa44@comcast.net. All sheets will be retained by Hetty for at least one year. Mileage logged by current GSW members will be entered into the tracking system by Hetty.

This new GSW Meetup service has already proven to be a useful tool for the club. Many thanks go to David Ross and Gordon Rhodes who did the initial set-up work and they are the primary Meetup organizers to post GSW rides and events.

2015 Seacoast Century Weekend - Another Success Due to Great Volunteers

What makes the Seacoast Century an event that riders return to year after year? Something almost everyone mentions is our friendly and helpful volunteers. We could not host the Century without the dedication, patience and great attitude of our 80 intrepid GSW volunteers who designed the new route, marked it, prepared the Cue Sheets and GPS files, got the permits, shopped, drove the trucks, made the sandwiches, SAGed, directed traffic, whatever it took to make it happen. Folks just stepped up and got it done!

Special thanks to our 2015 Seacoast Century Committee: Mark Mac Kenzie – Volunteers & Co-Coordinator, Theresa Gerosee – Food & Supplies, Al Jones – Storage, Gordon Rhodes – Routes, Maps & Cue Sheets, Bill Kennedy – Marking Lead, Bob Koehler – Merchandise, Hotline & Coach, Jeff Mc Killip – Data & Spreadsheets, Linda Gould & Cathi Mc Grevey – Rest Stop Leads, Donna Hepp – Permits, BikeReg, Media & Co-Coordinator, and Dave Topham – Coach, Transportation, GSW EXPO and more!

Our 42nd annual Seacoast Century Weekend was cool and sunny with beautiful sunrises. Over 1300 riders signed up with over 1000 doing the We added some new features which were popular. About 30% of the riders took advantage of early check-in on Friday evening which helped reduce registration lines on Saturday morning. Riders appreciated the opportunity to leave before 7AM and traveled through Massachusetts early to avoid congestion with another event there. Final Rider Instructions were emailed one week prior to the ride along with information about GSW merchandise available for sale and information on Saturday's Bike EXPO. The EXPO held on Saturday afternoon provided an opportunity for riders to learn about other New England charity rides, the Bike Walk Alliance of NH, purchase bicycle apparel, jewelry, photos from the ride, sports nutrition products, solar energy and financial planning or get a massage. The Old Salt Restaurant provided soup that the riders purchased. The Memorial banner dedicated to Elise Bouchard and Pam Wells, two cyclists killed in the tragic 2013 crash was posted at the Hampton Beach Headquarters along with information on contributing to an education fund for Pam's children.

Riders appreciated improvements to the Century route in York and the inland route heading south. Cue sheets were improved as well. Saturday afternoon's ride offered a tailwind but the headwind was back on Sunday. We had some complaints about rider conduct from other riders and a complaint from the Town of Rye about riders causing congestion near

Odione State Park, so we will need to reinforce our messages on rider conduct. One of the high points was a pair of sisters that returned again. This year, the 11 year old rode her bike the full Century which we think is a record for our event. Her 7-year old sister rode 75 miles and hopes to break her sister's record in a couple years.

Our 43rd Seacoast Century is scheduled for September 24-25, 2016. If you are interested in getting involved with the 2016 Century Committee contact Donna Hepp dhepp3@gmail.com or Mark Mac Kenzie gswcentury@gmail.com

We're proud of our GSW volunteers and this year's Century. Donna Hepp and Mark Mac Kenzie



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GSW Mileage Totals

IS YOUR MILEAGE CORRECT? It is your responsibility to make sure your mileage is correct. To insure that your mileage is correct in *Pedal Talk* you must record your mileage after each ride on the ride sheets provided by the ride leader. If the sign-up sheet is not around, call your ride leader immediately to record your mileage on the sheet. If unable to reach the ride leader, then call Hetty Andrews at 603-889-3222 or email: hwa44@comcast.net to get credit.

It is also your responsibility to print your name legibly on the ride sheet. If I cannot read the name, you will not get credit. Rides must be listed in *Pedal Talk* for the mileage to count with GSW. If you have a question about your mileage, feel free to call me. If you send a printout of the dates, locations and mileage, I will be glad to compare it to the computer records. Sometimes signup sheets have not been received. If you have a single GSW membership and a spouse/significant other, son or daughter goes on a ride with you, please indicate that relationship on the sign up sheet, so he or she will get mileage credit.

RIDE LEADERS: It is very important that you do not hold ride sheets and send them all in at once for the month. Please submit sheets on a weekly basis. Also, all sheets must be in to me before the deadline of *Pedal Talk* to be accounted for in the mileage totals. Also note: Mileage pedaled on exploratory rides earns mileage credit.

October 4, 2015 On-Road Mileage Total 67,171 miles

2,799	Marty Janoschek	1,121 Kent Smith	472 Bill Kennedy
2,683	David Ross	1,030 Joanne Shurbert	457 Ron Vincent
2,554	Rich Maher	960 Jens Dinter	455 Lin Zhang
1,875	Bernie Fournier	887 Ron Chevrette	453 Tom Salzmann
1,826	Gordon Rhodes	816 Heather Hesse	426 John Bartlett
1,824	Laurie Gordon	806 Mag Blacker	405 Deb Dickerson
1,550	Jean Manning	789 Roy Amitrano	400 Michael Humphries
1,471	Kerry Ryan	766 Glenn Mitchell	389 Ernie Jeffrey
1,461	Larry Morgan	758 Jeff McKillip	389 Rachel Rainey
1,428	Jim Sullivan	747 Eugene Smith	382 Sue Clark
1,387	Cathy Yeager	746 Michael Phillips	374 Chris Hallowell
1,349	Billy Manning	680 Jonathan Bolster	368 Susan Reed
1,328	Lynne Ainsworth	654 Fred Wiemer	358 Carl Gurtman
1,282	Tony Verderame	631 Manisha Patel	349 Don Lane
1,223	Russ Elkins	626 Neil Wesner	348 Will Hively
1,204	Tim Ainsworth	565 John Straight	344 Pat Dow
1,171	Bruce Picard	561 John Gilbride	337 Jay Godfrey
1,168	Melissa O'Brien	560 Anne Gwynne	324 Charley LaFlamme
1,164	Howard Licker	541 Donna Hepp	323 Doreen Lania
1,157	Dan Conery	514 David Holmander	316 Don Chamberland
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October 4, 2015

On-Road Mileage Continued Total 67,171 miles

315	Chris Call	129	Karen Robichaud
314	Dave Coughlin	127	Stephen Brandon
295	Bruce Dyke	124	Dylan O'Brien
294	Dick DesJardins		Barbara Holmes
277	Bill Vesey	114	Jim Cutter
270	Stephanie Eno	113	Laura Magzis
	Matt Lavey	112	Joe Dambach
261	Jon Rochlis	112	Becca Munroe
256	Tony Attardo	110	Mike Charron
256	Allison Richards	100	Rebecca Sweeney
245	Brad Borbidge	99	Thomas Sweeney
236	Lynda Lubelczyk	98	Helen Skeist
236	Danielle Ruane	97	
208	Tom Eaton	95	Megan Hanna
201	Gerry McFarland	94	Paul Paquin
198	Tony Callendrello	91	Chris Demers
	Maureen Gross	90	Mark Eldridge
197	Bob Siegwarth	87	Don Blaszka
193	Bill Fisk	84	Jim Perrota
	Jennifer Galbraith	82	Patty Tompkins
192	Sue Pike	81	Joyce Butterworth
	Christina Cook	80	Pamela Geiger
186	Conrad Provencher	79	Glen Fraser
184	Harry Garabedian	79	Gary Nelson
	Linda Gould	76	Carolyn Blaszka
176	Jack Sanders	75	Jeff Savage
	Lynn Bailey	74	Marguerite Orazi
174	Lynn LeBlanc	74	Jim Parish
171	Thomas Smith	72	Kate Leach
171	Jim Wirbal	72	Anne Parsons
162	Lynn Durand	70	Colleen Smith
161	Jeff Green	66	Jon Mullen
159	Hetty Andrews	63	Barbara Amos
159	Beth Bartlett	63	Jerry Amos
152	Al Jones	62	Tom Beggan
	Jerry Ouellette	58	Jim Rooney
143	Kathy Schmitt	58	Bill Whelan
	Ken Robichaud	54	David Geiger
	David Stowe	54	David Gordon
133	Kathleen McMillan	52	Kimon Koulet

51 Beth Zimmer

50 Jay Clausen 50 Valerie Clausen 50 Shawn Diaz 50 Tom Guimond 49 Diane McGary 48 Laura Duclos 47 Don Mitchell 47 Rick Walsh 46 Lori Schaepe 43 Tabor Browder 42 Bob Koehler 41 Hilary Warner 41 Jeffrey Warner 38 Jean O'Donnell 37 Jeffrey Litchfield 37 Sherri Nixon 35 George Orsula 35 Pam Turci 32 Nancy Dionne 32 Steve Gallerani 30 Ed Robbins 28 Mark Branoff 27 Donna Brown 25 David Cary 22 Steve Giguere 22 Amy Hull 20 Brenner Fuller 20 Tom Mandra 19 Garry Gerossie 17 Bill Reed 16 Lyon Lee 15 Larry Keniston 14 Colleen Cook 13 Craig Pepin 12 Adolphe Bernotas Phil Rose 7

	muter Mileage il 11,122 miles		ndem Mileage stal 472 miles	Off-Road Mileage Total 36 miles
,	Steve Frink Bill Fisk Mark Schiewetz Larry Keniston Ed Duer David Sky Eugene Smith Howard Licker	236 236	Jim Sullivan Cathy Yeager	18 Nancy Dionne 18 Jean O'Donnell
523 323 195 189 124	Bob Koehler Barbara Macrae Stephen Moriarty David Ross Jeannine Couture Rachel Rainey Dylan Obrien Bernie Fournier Lee Newcomb Carl Gurtman Dylan O'Brien		Commuter mileage bicycle, rather than transportation on ar any destination surshopping, to pay a bride site, etc. The commuting and recommuters at the Ar Commuter milea October 1	includes using your a motor vehicle, for my errand or to reach ch as work, school, ill, or to reach a GSW me GSW encourages ognizes high mileage mual Fall Banquet. Inge is tracked from lest through the of each year.
95 94 92 73 48 8	Paul Dadak Melissa O'Brien Cathy Yeager Linwood Davis Jim Sullivan Linda Gould			

Get up-to-the-minute GSW Club Notices!

Join the GSW E-Group.
Simply send an e-mail message to:
gswbike-subscribe@yahoogroups.com.
You will then have Club notices sent directly to your e-mail account.



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Do those Concord folks cycle nearly **EVERY** morning?!?

Not necessarily...the rides are listed as opportunities to cycle, but if other responsibilities get in the leaders' way or weather/road conditions do not allow cycling, the rides will not take place. That is why the ride notices indicate that those planning to attend must contact a leader to confirm the ride is occurring. If you get in touch about biking with us, we will make every effort to head out...



Orientation Rides - Concord

If you would like to attend orientation rides on Saturday mornings to become accustomed to group cycling, contact Eugene at 603-219-2051.

Eugene helps cyclists with pre-ride preparation, group coordination, proper shifting, safe cycling, and rules of the road.

The rides build confidence among beginner / casual group cyclists. If, during the phone conversation, Eugene concludes that you would benefit from a different mentor/leader, he will make a recommendation.

CONCORD Ride organization & contacts

I would like to have a "ride organizer" for each speed category. The organizer can be the contact person or they can seek another willing person in their group to be the contact person listed in the PT notices. I am willing to continue to submit the rides notices to the PT editor, but I no longer have time to seek a contact for every speed category. Already several groups (Tim Ains-



worth's and David Ross' groups) are organized this way, and it makes it a lot less time consuming for me. I have been taking care of the task for a lot of years, and I now need a little help.

If you would like more information about this, please get in touch with me..

Cathy Yeager <u>cyeagersecretarialservices@comcast.net</u>



S&W Sports Bulletin Board

On the wall to the left of the entry door to S&W Sport there is a bulletin board devoted to bicycling; especially the GSW and Concord Area group rides. If you or someone you know would like to learn more about local group cycling opportunities and pick up helpful information about safety, etc., visit the bulletin board. There are numerous copies of various handouts which can be taken away; they are accessible even when the store is closed.

Classified Ads

Due to the many ads submitted by GSW members, all ads will be deleted after each issue unless requests are sent to renew.

Blue Carbon Road Bike RC8 56cm. Custom green paint. Carbon fork, stays, water bottle cages, seat post and handle bars. Mavic wheels. SRAM Red components. Blue is a boutique bike maker out of Atlanta Georgia. This bike was custom built and painted for Kenda women's road racing team. It was only raced on 3 times. Low miles. Retailed for over \$6500. Will sell for \$2500. Excellent condition.

BMC Carbon Mountain Bike 03 Fourstroke 18". Matte black paint. Fox shocks and was built with all the high end components, brakes etc. in 2008. Only ridden 5 times. Has been in storage since 2010. Retailed for over \$5500. Will sell for \$2250. Excellent condition.

Janeen McCormick janeenmccormick@gmail.com

Triathlon Trek - Equinox tri series - 52cm

Carbon fork - Bontrager Select aero wheels

Less than hundred miles on Continental gator skin tires

Shimano 105 gearing, New saddle - New brakes

Includes two extra tires and three tubes.

\$850 - interested call/text Melissa O'Brien (or if you would like pictures)

\$850 - interested call/text Melissa O'Brien (or if you would like pictures) 603 867-1939

For antique collectors: Schwinn pins







Back in the days "when

Schwinn was Schwinn", the Chicago-based company sold unique 10K gold pins to proud Schwinn owners and awarded the dealers with other pins having rubies and diamonds if more than 500 or 1,000 bikes were sold in a year. Long-time GSW sponsor Roby Meier's of Lawrence accumulated quite a few of these unique pins. Asking prices range from \$14.00 to \$240.00. If any antique collectors are out there and want a piece of history, please contact me. Dave Topham, dstopham@comcast.net 603.898.9926

GSW Merchandise

Use this order form to purchase GSW merchandise.

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GSW SEACOAST CENTURY POLYESTER T-SHIR	<u>TS</u>				
2013 SAFETY GREEN, SHORT SLEEVE, "WICKIN				377	Φ.5
	5	S M_	L_	XL_	\$5
2014 SAFETY GREEN, SHORT SLEEVE, "WICKIN	G"	M_	_ L_	_ XL_	\$5
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(Don't include these items for shipping) GSW DECAL		±			\$1.50
GSW PATCH		#			\$1.50
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c/o BOB KOEHLE					
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Join the GSW E-Group. Simply send an e-mail message to: gswbike-subscribe@yahoogroups.com. You will then have Club notices sent directly to your e-mail account.

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First Class

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Your interests: On road ☐ Off road ☐ Tandem ☐ Commuting ☐ Recumbent ☐	📙 \$25.00 / 🗖 \$70.00 Dual Delivery option
May we list your phone number in our directory? Yes 🔲 No 🗀	Pay on-line at: www.GraniteStateWheelmen.org
I (We) will not hold the Granite State Wheelmen, Inc., its officers or members responsible for any injury or damages incurred while participation is any club function.	New membership includes a GSW decal
	Extra decals are \$1.50 each Decals
	MA - 1-1
Signature 1 Signature 2 (parent or guardian if under 18)	Make checks payable to:
Membership number and renewal date are printed above address	Gialille State Wileelilleri, Ilic.