

Chain Reactions

www.cvca.org



Winter 2009

January ♦ February ♦ March

Thanks for the Memories!

I thought the day would never come when I would be stepping down from the Executive Director position, but that moment has come. I have mixed feelings. The position brought me much joy and fulfillment over the years, but also its share of stress and hard work. I'm looking forward to "just" being a volunteer and not the "boss." I still plan to be very much involved with the "Up the Creek" ride this year to ensure a smooth transition and also to assist with other club activities and planning as needed.

I want to thank all of the board members, other club members and spouses for their work and support over the years. The Coosa Valley Cycling Association has an excellent reputation for their events and their hospitality, which is evident when you read the comments on other cycling web sites. A positive reputation is a credit to the members and the leaders who work so hard for this club. Keep up the good work!



What a Surprise!!

Wednesday, January 21, the CVCA held their annual Board/Dinner meeting to welcome new board members and to say thank you to the board members whose terms had expired. At the end of the meeting, I was handed a belated Christmas gift from the CVCA. Imagine my surprise when I opened the envelope and saw a \$1000 gift certificate to a local travel agency!! I immediately protested, but the board insisted that I accept it for my 10 years of holding the Executive Director position. I didn't cry, but I felt like crying. I really don't think I'm deserving of such a gift, but I will surely enjoy my travels. I want to thank each and every one of you for the extravagant gift and for the sentiment that accompanied the gift.

Now comes the hard part of trying to decide where to go and when. I've been told I should go without my bike! I'll be sure to give you all a report of my travels when I return.

A note to Shirley, our new Executive Director, "only 10 years to go and you too may be the recipient of such a gift!"

Thanks again with all my heart!

Chris

Upcoming Meetings

- February 17-Bella Roma @ 6:15 p.m.
- March 17-Bella Roma @ 6:15 p.m.
- April 21-Bella Roma @ 6:15 p.m.

Welcome New Members!

- Keon and Ann Lee
- Liz Wilbanks
- Gordon Hillegas

Election of 2009 Board Members

The election of the 2009 CVCA board members was held on November 23rd after the chili dinner. New directors are Mark Webb, Kurt Eichenberger, Carol Moore, and Mike Rousseau. Returning directors are Shirley Raley, Francis Ranwez, and Jessica Foley. Terry Pearson has agreed to continue his position as Treasurer and Deborah Adair will continue as Secretary. Please thank the following outgoing directors for all of their time and efforts during the past years: Brian Hancock, Chris Carey, Pat Foley, and Chris McCormick.

"Up the Creek" Ride

May 9th 2009!!

May 9, 2009 is the date of our annual century ride. Planning for the ride will be the main focus of the board for the next several months. Shirley and Mark W. will be co-chairpersons of the ride. Shirley and Mark, along with the other board members and officers, will be contacting club members to request volunteers for all of the work that will need to be done to make the ride a success. Please mark your calendars now and plan to jump in and volunteer when you are contacted. If you already know a job you have done in the past or a new one you are willing to do, it is okay to go ahead and contact them now and offer your services.

The club is always looking for new sponsors to share the load of our regular sponsors. If you know of a company or business that might be interested in being a sponsor, go ahead and contact them. The sponsorship chairperson can then follow through on the details. We can also always use donations of goods and /or services to help defray our expenses. I challenge you to take an active role in the club and take on some of these responsibilities.

New Director Positions

The CVCA held their traditional Board dinner in January . At this time, the new directors were appointed to their prospective positions. Shirley Raley was unanimously elected by the new board to the Executive Director position. Other positions appointed by the Executive Director included the following: Mark Webb-Ride Director, Mike Rousseau-Sponsorship, Carol Moore-Membership, Kurt Eichenberger-Advocacy and Public Relations, Francis Ranwez-Education/Safety/Training, and Jessica Foley-Communication/Newsletter & Web site. Each director and officer was also appointed as a chairperson for the different "Up the Creek" committee positions.

I'm excited about the new leadership and board members. Shirley is a very intelligent, organized, outgoing and innovative new leader, besides being an excellent cyclist who has been active in all of our events and a member of the board. I will continue to assist and support her this first year and ask that the club members also, will give their full support to Shirley and the new board and officers. Looking forward to a great new year!

Do you have some constructive comments or suggestions to make the "Up the Creek" ride better? Please let the board know your ideas! If we all work together, we can make this year's ride the best ever!! Thanks



Fall Colors Ride Lives Up to its Reputation

Around 70 local and regional cyclists enjoyed a beautiful day of cycling and camaraderie during the November 1st "Fall Colors Ride." The day started off with

frigid temperatures, but by the end of the ride, the cyclists were wearing shorts and short-sleeve jerseys. The fall foliage and sunshine added to the ambience of the day.

We were lucky to have Shirley, Dora, and Sandy (guest) as our sag drivers. One rider broke a spoke and another rider broke his seat post! They would have been in big trouble if there were no sag drivers to pick them up. We really appreciated these ladies sacrificing their ride to volunteer instead. Dora was visiting from Dahlenega and had intended to ride part of the route, but unfortunately issues arose that thwarted her plans. She was a good sport about the change in plans!

Our reputation, as a hospitable club with great rides, continues to grow as evidenced by the growing attendance numbers and the complimentary remarks received post-ride.

The route (courtesy of the Chattooga Metric) seems to be a favorite of many of the riders.

The delicious meal at Bella Roma, enjoyed by 22 cyclists, was the perfect ending to the day. Thanks to everyone who rode and/or assisted with the ride. Hope to see you next year!

Local cyclists capture endurance series title

Local bicycle racers Rhonda Eichenberger and Tony Boyd displayed the endurance of champions by capturing the title in a 12 hour endurance series. The team placed first in the two-person Co-Ed division of the Dirty Spokes 12 hour Mountain Bike Endurance Series. Eichenberger and Boyd competed against racers from across the southeast to capture the three race title in the endurance event. The local team had top three finishes in all three races including a first place finish in the finale held on the 1996 Olympic course in Conyers, Georgia.

The first place finish for the Roman team in the Dirty Spokes Series is especially significant because Eichenberger and Boyd competed as amateurs in the competition also open to pro and semi-pro riders. The Dirty Spokes Endurance Series held races on March 15, 2008 at Heritage Park in Oconee, Georgia; May 3, 2008 at Fort Yargo State Park in Winder, Georgia; and October 11, 2008 at Georgia International Horse Park in Conyers, Georgia.

The team of Eichenberger and Boyd are sponsored by Bob's Cycle Shop and NWGA Sorba. The two racers have been competing for two years. In addition to their success as a team, both racers have had success as solo racers in both endurance events and shorter cross country events. Both racers won the 6 hour solo race presented by Dirty Spokes at Conyers last year. Eichenberger also had podium finishes at the 12 hour solo event at Dauset, and the 44 mile Black Bear Rampage. Boyd won two cross country events last year including the climbing intensive race at Fort Mountain State Park.

The Dirty Spokes 12 hour Mountain Bike Endurance Series is sponsored by Dirty Spokes Productions, a southeastern events company dedicated to 12/6 hour mountain bike races. You can get more information about the race series at www.dirtyspokes.com.

New Date for Georgia Cup in 2009

By Chris McHagge for Rome Velo/Harbin Clinic Race Team

Well, it is that time to start planning for next year. I will again be organizing the local support for the GA CUP Rome weekend. Big news is that we are running it in early spring, March 14&15. Race format is largely unchanged, though we will return to the 2007 crit course, the one that swings around the Federal Building. We believe that this new date will give us greater participation and be better for Rome as that is a slower weekend.

People can contact me if they are interested in volunteering. We need 4 volunteers for the morning TT, 10 for the afternoon crit, and another 10 for the road race on Sunday. Anybody who is interested can contact me at 706.766.6268 or romevelo@comcast.net. I am also trying to coordinate local sponsorship for the event. We have sponsorships available for the individual races or the whole weekend.

***Note: The CVCA voted to be a \$500 sponsor the road race event.**



BREAKING NEWS - BRAG 2009 ROUTE CONFIRMED

The 2009 BRAG route has been confirmed! Mark the dates, June 6 - 13, 2009, to attend the 30th Annual Bicycle Ride Across Georgia. Listed below are the dates and overnight locations for BRAG 2009.

Sat.	June 6	Hiawassee	Towns County High School
Sun.	June 7	Dahlonega	Lumpkin County Middle School
Mon.	June 8	Mt. Airy	Habersham Central High School
Tues.	June 9	Athens	Clarke Middle School
Wed.	June 10	Athens	Clarke Middle School
Thurs.	June 11	Elberton	Elbert County Comp. High School
Fri.	June 12	Washington	Washington-Wilkes Comp. High School
Sat.	June 13	Lincolnton	Elijah Clark State Park

Begin your training now so you can join 1,600 other cyclists on the week-long BRAG ride. The overnight towns and host schools are gearing up to make this one of the most memorable BRAG rides ever.

For those cyclists who prefer to motel, the list is now posted at www.brag.org.

A Piece of Humble Pie

By Ruth Ference

It seemed like a good idea at the time. How many times have you heard that? I was traveling to Salt Lake City to visit the grandchildren for a couple of weeks so why not find a race to do while I'm there. I'm always looking for different people, different scenery, and as I was to find out, different challenges. I picked the Echo Lake Triathlon in Coalville, Utah (elevation 6,500 ft), not far from Park City, because it was close enough to drive to and was also a regional championship so should provide some good competition. I wanted to get my son involved so he agreed to be on a relay team with Frank (aka Pappy) doing the swim, Daniel the bike, and he'd find a runner. They came up with the name Team Buzz Dawgs to reflect their divided allegiances. I would do the full Olympic distance on a borrowed bike.

The first challenge came when Daniel couldn't find a runner, and Frank had just injured his calf muscle so didn't want to attempt the 6.2 mile run. Daniel hadn't run since high school when he ran a 5k once with his sister 12 years ago. However, he does have the stubborn/determined gene of the Ferences and was not deterred. The evening before the race we set out to buy running shoes. Now, Frank would swim, and Daniel would bike and run.

The second challenge surfaced on our way to the race early Sat. morning. The temperature in Salt Lake had been in the 90's that July, but as we drove up through the pass toward Park City, the outside temperature gauge read 42 degrees! There was no way I was prepared to race in that cold. Racing in the southeast, I've never even thought about bringing fleece to a triathlon. All I had was my sleeveless tri suit, and as we approached the town of Coalville, my apprehension increased. We had to park about a mile away and bike down to the transition area, and by the time I reached the site I was already shivering.

It was a wetsuit legal race, and I was happy I had mine. However, as we hovered at the water's edge waiting for my wave to start, I slipped on my goggles and snap, the strap broke! Daniel was standing by and using his experience as a swimmer frantically tied the strap in a knot. I slipped it over my head and it snapped again. Finally, he tied it once more, I put them on, and the third challenge was solved. Ironically, the swim was the

best part of the race. I was warm in the wetsuit and came out of the mile swim in a decent time.

Of course, next is the bike, and I hopped on mine soaking wet. Heading out of the transition area, I immediately started shivering until my teeth were chattering. I think it was a beautiful scenic course, but the only thing I could think about was getting warm. That turned out to be the fourth challenge. As a result of the chilly temps, the dry air, and the altitude, it took all my energy trying unsuccessfully to stay warm, and my legs would not work. Somewhere out there, Daniel blew by without even seeing me, and of course he was dry because Frank had done the swim and was now all nice and cozy in the transition area waiting for the racers to return. I briefly considered quitting, but I have a substantial amount of the stubborn Ference gene. Besides, how would I get back?

I finally arrived back at the transition with Frank wondering what happened to me. He thought I had a flat or mechanical problem. I said I'd never been so cold (probably a bit exaggerated) but had to start running. The run was an out and back on a dirt path by the lake. I passed Daniel coming back as I approached the turnaround and give him a high five. He actually ran the whole way so I guess a 12 year taper works for him. As I ran the final 3 miles of the race, I finally warmed up! A bit late!

I grabbed some food from the post race party and enjoyed the warm sun on my skin. Daniel seemed excited about his first triathlon experience, and Frank enjoyed his swim. All was not lost as it turned out to be a beautiful day and racing with family is always a treat. The last challenge happened when we checked the results. I was 5th out of 5 women and Team Buzz Dawgs was 4th out of 4 male teams. Now that's a piece of humble pie which I didn't really mind eating! I did finish, after all, and certainly had plenty of excuses: the cold, altitude, broken goggle strap, borrowed bike, did I mention I also had a cold and got only 2 hours sleep on the dining room floor? Next time, I won't laugh at all the stuff other people bring to races. I will be prepared for anything. Hopefully next time, humble pie won't be on the menu.



2009 Cycling Team Presented by



Rome Velo returns in 2009 for another season of Southeast USCF road racing. Our team of 10 riders is based out of Rome and features cyclists from all over NW Georgia. 2009 Roster: Ben Hurst, Chris McHagge, Jared Nichols, Adam Sitz, Matt Stahl (Category 2 & 3). Max Burian, Scott Gibbs, Doug Kelley, Stephen LaPointe, David Smith (Category 4 & 5).

The team will compete in over 75 events during the 2009 race season. Our primary focus remains road events in Georgia. The team will compete in all Georgia Cup race weekends, starting with the first weekend, Georgia Cup Rome March 14&15. We will also contest a number of non-Georgia Cup event such as Athens Twilight, Roswell Criterium, and the 7 Stage Tour of Gwinnett in July. The team will travel in the Southeast to compete in a TN, AL, SC, FL, & NC. We plan to end our season in the winter with another successful Cyclocross race season.

2008 continued the success of the now well established race team that was founded in 2005. Rome Velo racers landed on over 25 podium spots including several first place finishes. The team entered in over 70 events in 2008 and we gained lots of race experience.

We are very proud to announce that many of our sponsors have returned for 2009 and we have several new sponsors who will help to competitive cycling in NW Georgia. For 2009 our team will race as Rome Velo presented by Georgia Foot and Ankle Specialists. The team also continues to be sponsored by The Harbin Clinic, CVCA, Logical Systems, Claremont House, Bob's Cycle Shop, Ritchey, Rudy Project, & GU. New sponsors for 2009 are Bella Roma, Bedandbrakfast.com, & SRAM. Hopefully a few more will join the family.

For more information on the team please visit www.romevelo.net We are always looking for people in NW GA who would like to become involved in amateur bike racing.

CHRISTMAS PARTY 2008

Once again, CVCA members and their families were treated to a Christmas party at Bella Roma. Eddie, his family and staff offered a delicious buffet for our dining pleasure. We had a packed room with a total of forty-four adults and eleven children in attendance.

After the meal, Bob Moore and his wife Peggy started the traditional gift swap. There were several popular items that exchanged hands quite often, a metal bicycle plant stand and some sort of educational book for dummies. Ask Debbie Foley about the book. I believe she is the proud owner. My guess is that the book will resurface at next year's party. Speaking of returning, the Christmas goose was back. At the conclusion of the gift swap, Bob conducted an auction for the remaining gifts. The proceeds of the auction (\$75) were given to the "Shop with a Cop" program.

While the adults were "wrapped up" in their gift fun, the kids were having fun of their own unwrapping presents that Chris McCormick had prepared for each one of them. It was hard to tell who was having a better time, the kids or their parents.

All in all it was a wonderful time of food and fellowship.

By Shirley Raley

Disclaimer: Shirley says if she got any of the facts wrong it was because her attention was being divided between the adults and kids (I think the kids won. You can take the teacher out of the school, but you can't take the school out of the teacher!)

U-Ride of Gordon County - Ride to benefit United Way.

Saturday, March 28, 2009 9:00 AM

Registration begins at 7:30 at the Calhoun Depot

Ride Options: 14 Miles, 35 Miles or 65 Miles

T- Shirt and Lunch Provided

Students: \$10.00

Adults: \$25.00

Families of 3 or more: \$55.00

Registration Forms available at the Calhoun Depot.

Member News:

Latest list of those sick, injured, or having surgery:

Ruth Ference (already back on the bike)
 Julie Smith
 Debbie Foley
 Peggy Moore's mother
 Our condolences to Shirley whose mother passed away.

Congratulations to Sue Lapointe on completing the 20 mile 3-Day Breast Walk!

Congratulations to Derek Walck who was presented at the Eagle Scout Court of Honor on January 10th, 2009!

Note: No Tour de Georgia this year due to the poor economy. Organizers are hoping for a return in 2010.

Reminder: Time to Renew CVCA Memberships

Shirley sent an e-mail out to everyone to remind them to send in their dues with a new registration/renewal form (required by insurance company). There is a renewal form on the last page of this newsletter or you can download one from the CVCA web site. Please note any changes in address/e-mails etc. Thanks!

Rome Velo Rides

Rome Velo continues to host base training rides on Sundays.

Although our rides are open to all riders, we do want to specify that this ride can be strenuous. We are preparing for the upcoming race season. Rides are 3.5 to 4.5 hours with avg speed over 18. Occasional sprints or hard efforts, though no major climbs. If hot there will be a stop for water.

Ride from the Claremont House at 1:30 on Sundays. Any questions email romevelo@comcast.net

IF weather looks bad, ride may be cancelled. www.romevelo.net will be updated IF ride is cancelled. i.e. heavy rain and cold.

Thanks, Chris - Rome Velo

CHILI RIDE A HIT

Our November Chili Ride was memorable for the great weather, beautiful fall colors, excellent camaraderie, and yummy chili! Club members never fail to supply us with an abundance of various delicious chili dishes, lasagna, taco soup, salads, breads, and desserts. Luckily, the pre-meal cycling enabled us to indulge our appetites without worrying too much about the calories.

We had a great turnout with most of our regular participants and some new guests. I believe there were a couple of cycling mishaps, but most of the damage was to the bikes (ask Mike Carver) and a lesser amount of human physical injury (ask Derek). I suffered a flat tire...on my car! Thanks to Zac for getting me back on the road.

Thanks to Debbie Foley and Winshape for procuring the use of Hill Dining Hall! We couldn't ask for better arrangements. Thanks also to all of the members who helped clean up after the dinner. You are much appreciated!!

2009 CVCA Directors & Officers

Shirley Raley, Executive Director (09)
 Mark Webb, Ride Director (09/10)
 Mike Rousseau, Sponsorship (09/10)
 Carol Moore, Membership (09/10)
 Kurt Eichenberger, Advocacy/Public Relations (09/10)
 Francis Ranwez, Education/Safety/Training (09)
 Jessica Foley, Communications/Newsletter (09)
 Jessica Foley, Web site
 Terry Pearson, Treasury (09)
 Deborah Adair, Secretary (09)

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Calendar



Feb. 14	7th Annual Tundra TT. SCT. Hiram, GA www.surgessports.com
Feb. 28	Biking Bleckley Metric Century. Cochran, GA. www.active.com
Mar. 7	Snake Creek Gap Mt. Series. www.nwgasorba.org
Mar.TBA	Georgia Rides to the Capitol. www.Georgiaridestothecapitol.org
Mar. TBA	Tour de Beer. Atlanta. www.georgiabikes.org
Mar. 14-15	Wheels O' Fire Century. www.harriscountyhamber.org/CycleTour
Mar. 14-15	Georgia Cup Races. Rome. See article in newsletter
Apr. 17-19	BRAG Spring Tune Up. Madison, GA www.brag.org
Apr. 18	Rose Pedal Ride. http://rosepedal.org . Canton, GA
Apr. TBA	Highlands of Alabama Century. Fort Payne. www.bikeride.com
May 2	3- State-3 Mt. Chattanooga, TN www.chattbike.com/events
May 3	Cheaha Challenge Century. Piedmont, AL www.neabc.org
May 9	Up the Creek Without a Pedal. Rome, GA www.cvca.org
May 16	Brasstown Bald Century. www.active.com
May 17	Tour de Cure. Tyrone, GA www.diabetes.org/tour
June 6-13	BRAG. Hiawasse to Lincolnton. www.brag.org

*International Christian Cycling Club (ICCC) has rides from Rockmart every 1st and 3rd Saturdays of the month. www.atlbike.org for details.

Options for rides on: www.atlbike.org and www.bikesbl.org

CVCA Rides

Road Bike Rides	Saturdays and sometimes Sundays from Mount Berry Square Mall or Armuchee Middle School @ 10am. Watch your e-mail prior to the weekend for location. Options from 30-62 miles. Speed and length determined by group present. If you are not on list, contact Shirley.
Mtn Bike Rides	Contact Brian Hancock or Pat Foley if interested in riding. Times may vary.
Ladies Road Bike Rides	Watch e-mails for scheduled rides. Contact Shirley or Chris McCormick: cycling50@aol.com if interested.
Rome Velo	See Rome Velo Ride time in newsletter article.

Coosa Valley Cycling Association
Post Office Box 2764
Rome GA 30164-2764

COOSA VALLEY CYCLING ASSOCIATION, INC. MEMBERSHIP APPLICATION / RENEWAL

Make check payable to CVCA & mail to CVCA, PO Box 2764, Rome GA 30164-2764

Name (s) _____ I would like to help with club projects

Address _____ City, State, Zip _____

Phone: Home _____ Other _____ E-mail _____

Membership Type:

- Individual - \$15 / \$12 after 2 years of continuous membership
- Couple or Family (includes dependent children under 21) \$25 / \$20 after 2 years of continuous membership

Note: If joining June-December, dues are \$7.50/individual and \$12.50/couple or family for the first year.

In consideration of my membership, I agree not to hold the Coosa Valley Cycling Assoc., Inc. or any of its members liable for any injury or damage, however caused, which may result from participation in any event sponsored by the Association. Further, I pledge to abide by Georgia law and ride in accordance with the standards of courtesy and safety as subscribed by the Association. Helmets required for all club rides.

Signature _____ Date _____

(PARENT OR GUARDIAN MUST SIGN FOR APPLICANT UNDER AGE 18)