



SPOKE 'N' WORD

THE NEWSLETTER OF THE VELOTEERS BICYCLE CLUB



APRIL 2007



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VELO GEARS

WRITTEN BY TIM COBLE

And Now For Something Completely Different...

Every now and then something comes along that transcends mere "cool gadget" status and instantly rises to an iconic, this-is-what-technology-is-supposed-to-be-about level. In the consumer electronics world, devices like the iPod and TiVo have made the jump from techno geek toys to mainstream appeal, but in the isolated little corner of consumerism that is cycling it's been quite a while since we've seen anything that qualifies as a quantum leap forward in technology. Pneumatic tires? So 1890s. Derailleurs? Quick release hubs? New frame materials? *Gatorade*? Not exactly front-page news these days.

So it was a pleasant surprise when an e-mail from a fellow Veloteer recently arrived in my in-box (Thanks, Jennifer!) and brought to my attention something that is without a doubt the coolest cycling-related technology that I've come across in years: BiM Active.

(www.bimactive.com) This uber-slick service uses the GPS (global positioning system) capabilities that are built into many of today's newer cell phones to track the workouts of cyclists, runners, pedestrians and anyone else who wants to capture a detailed record of their outdoor activities. Now, GPS tracking isn't exactly cutting edge these days, but what sets BIM Active apart is that it delivers sophisticated GPS-based functionality in a format that is simple enough for the most die hard techno-Luddite to use. At the same time, it provides a wealth of information that is sure to satisfy even the most rigorous workout tracker. In short, it provides all of the sophistication of an advanced GPS device/software combo, but does so without the expense of a stand-alone GPS device. Plus the BiM mobile application integrates seamlessly with the company's website, so by the time you get home from your ride you can access all of your ride info online via any web browser. Even better, you can

track and compare multiple rides, share your ride info with friends, export ride data to an Excel spreadsheet and otherwise share or manipulate your data in almost any way you can imagine.

I have to confess that I've only used the BiM Active service for a handful of rides, so I have yet to put it through its paces with any kind of rigor. However, so far I have to confess that I'm thoroughly impressed. BiM Active is available through a growing number of wireless networks (including Verizon, Sprint and Nextel) and the mobile application runs on a surprisingly wide range of GPS-enabled handsets offered by each carrier. On Verizon, which is where I've used it, the service is available as a \$9.99/month subscription, or on a \$1.99/use basis. While ten bucks a month may seem like a lot, it would take several years of use to equal the cost of even an entry-level GPS unit, making it a pretty good deal in my book.

When it comes to features and functionality, BiM Active doesn't just deliver the goods; it does so with one of the most convenient and well-integrated mobile/Internet interfaces that I've seen in any mobile application. From your handset, the BiM Active application delivers access to your current

location via the familiar Google mapping interface. It also provides detailed weather info and the ability to set up audio alerts to track your speed, distance and several other functions. At the beginning of the ride the application makes a short phone call, then disconnects and the application runs in the background – allowing you to use your phone for phone calls, etc. as you normally would. This means that using the service doesn't consume expensive airtime minutes, which would be a deal breaker for most cyclists. (If airtime charges aren't a concern, you can take advantage of a live tracking feature that enables people to track your progress online via the Internet. How cool is that?) It took me a few rides to figure out that the application even offers a handy "pause" function, so that those rest stops and re-groups don't eat into your average speed calculations.

When you complete your ride and turn off the application, your activity data is automatically uploaded to the BiM Active website, where you can access your ride info via a password-protected web page. There you're able to view your route via mapping options that include street, satellite, hybrid or topographic views, with the ability to zoom in as closely as the Google software allows. You're also presented with charts detailing your ride's elevation profile, speed profile and minute-by-minute ride analysis. You can even use the "driving directions" feature to translate your route into a handy cue sheet, or you can publish your route to make it available to other riders.

The ride summary feature provides key statistics like average speed, total elevation

gain, ride time, temperature, per-mile pace – even estimated calorie burn (once you program in your height and weight.) Should all of this detail not be enough, you're also given space for adding ride notes. In short, I'd be hard pressed to think of many elements of a typical ride log that aren't either covered or supported by the BiM website. (Much of this info is available via the BiM Active application on your phone as well.)

Are there better, more full-featured GPS tracking tools out there? I'm sure there are. However, after just a few rides I'd be more than happy to wager that few of them can match the convenience, simplicity and rich feature set of BiM Active at such an attractive price point. And while the big brains at BiM Active have produced an impressive tool that offers a surprisingly rich set of features, something tells me that they've only scratched the surface in terms of what this technology can accomplish – so you can bet that I'll be watching closely to see all of the new bells and whistles that are almost certainly on their way.

Using my completely subjective and arbitrary ranking system, BiM Active gets a solid four out of five stars. Now if it could just locate gas stations with public rest rooms...


**"YOU COULD LOOK
IT UP!"**

SUBMITTED BY JOHN MAGUIRK

Words of the immortal Casey Stengel concluding just about any interview with the "old professor" and he was right and what I wouldn't give for a good cycling reference book.

Oh sure, there are a few specialty books around: Bob Rolls' recent Tour De France* (see below) comes to mind and of course there are "coffee table books" from Graham Wilson, and even a couple of European cycling magazines (mostly in Italian and French), but I need a good "press guide"/record book.

I need it because I am a cycling fan and while there is plenty of coverage of "LeTour" in places like "USA TODAY" & "THE NEW YORK TIMES" (forget Fridays my local outlet of choice doesn't even get the Saturday NYT).

The last issue of such a guide I found is from 1998 and that was in a used bookstore! On a more personal note it might have saved me from one of my biggest blunders: imagine having a professional rider be accommodating enough to autograph the wrong jersey. He did it, but saved the day for me by autographing another "right jersey". If I say "Rabobank": you know your professional Peloton.

I guess that's why Phil Leggett and Paul Sherwin have "worn so well" in race casting; it's not just that they know everybody – they have done the research and have written it down somewhere – they have prepared the own "Press Guide" notebook/research. I just wonder what it looks like! I know I can't afford it, but I would just like to have a little peek...

Note:
Paul/Dizzy Dean a former pitcher turned broadcaster was once criticized for using terms like: "pitchin', hittin' and catchin'". When asked to comment on use of the "King's English, Mister Dean replied: "Yes I can say pitching and

hitting and catching, but I probably wouldn't be workin'!"



I'M STILL RECOVERING

PART III

WRITTEN BY BOB OSTROWE

I'm Still Recovering from my Recovery Ride

They prepared me to be life flight-ed to Vanderbilt's Emergency Room as Denise's wonderment became a known fact. I was going for a helicopter ride for only the second time in my life. Not since my military time had I flown in a whirly-bird. Due to my state of mind and unconsciousness, I did not get excited about flying from Lebanon to Nashville. Unknown to us the pilot was soon back to tell Denise they did not receive clearance to fly into Nashville due to a pending storm pattern over Music City. An ambulance was ordered and I was soon going to be transported to Vanderbilt's Emergency Room.

Now the paralleling of Jennifer Gholson's bike accident one month earlier begins. Basically, it was the same type cycling accident, during a club ride. Simply put, "group riding-no problems-rider down!" No known causation factor.

Denise and I did not attend the ride that day, but did receive notice of her crash shortly thereafter. Seeing Jennifer in Summit Hospital's Emergency Room was horrifying. There were quite a few physical injuries along with a small amount of blood spots from her ear & nose. She would be transferred to Vanderbilt's Emergency Room due to 11 broken bones and a brain bleed.

For me, the MRI, X-rays and Dr's examination indicated I had two fractured ribs, some road rash, possible spinal cord damage, and more importantly three brain bleeds which could not be handled by the Dr's at UMC.

After my being admitted to Vanderbilt's Emergency Room further tests revealed the same results as UMC and then a transfer to the Trauma Unit. Tests, tests & more tests now revealed a left side paralytic condition of my left shoulder, arm & leg caused by the brain injury. The only bright light was no spinal cord damage as originally thought. As earlier said I do not remember much, although I am told I had many visitors, all of whom I recognized and acknowledged. We played imaginary sports together, even shared a few smokes. At least I was still entertaining. My bed was in the same pod that Jennifer had occupied one month earlier. The next move was to a small private room within the Trauma Unit. My room was across the hall from the room where Jennifer began her recovery.

Heavy sedation, seizure prevention medication and steroids are keeping me quiet for now. However, I do not know that I am a little violent and agitated, pulling out IV's, feeding tubes and other monitoring devices. I have been physically restrained by straps and slip in and out of a semi conscious sleep. My first rehabilitation therapist would later tell Denise that this highly agitated state was congruent with how they scored me on the Rancho Los Amigos Level of Cognitive Functioning Scale. At this stage of recovery, I was a Level IV.

On the 4th day it is transfer time again. This time to Stallworth

Rehab Hospital and my new home for the next month. I am more awake now and somewhat cognizant of what is happening. Without a doubt I am hoping to be placed on the same floor as Jennifer's Stallworth stay. And, as luck would have it, after a short time in another room, I was placed in the same room as she had occupied. I thought, "she's recovering so well, maybe this paralleling will bring me good fortune too."

Now the rehabilitation begins with many days and many hours of cognitive, physical and occupational therapy. My mental state is poor; the brain injury is not letting my left side move. I thought, "I've got to be able to walk out of here."

To be continued--Part IV--The Finale--Another transfer, more therapy, The Bill Wilkerson Rehabilitation Institute.



PANCAKE BREAKFAST RIDE

The Veloteers started out the 07 riding season by supporting local Boy Scouts fundraising efforts at Cloyd's Presbyterian Church in Mount Juliet.

In attendance were William and Melly Anderson, Bobby and Martha Poston, Matt Thomas, Cynthia O'Toole, Tim Coble, Sally Robertson, Michael Nichols, Jennifer Gholson, Bob Ostrowe, Beth Travers, John Maines, David McKee and guests. After breakfast, the riders left for a 28-mile ride from Mount Juliet to Lebanon.



THANKS TO OUR CLUB SPONSORS:



Current cycling promotions include factory direct savings during Trek's Hit the Road Event. Now through Memorial Day at The Jolly Cyclist, 5514 Old Hickory Boulevard, Hermitage, TN 37076. 615-885-0881



The Leukemia & Lymphoma Society's Team In Training® is the world's largest endurance sports training program. The program provides training to run or walk marathons and half marathons or participate in triathlons and century (100-mile) bike rides. Since 1988, more than 295,000 volunteer participants have helped raise more than

\$660 million. By helping to raise funds for leukemia, lymphoma and myeloma research and patient services, you'll receive:

- * Personalized fitness training by certified coaches for a period of four to five months
- * Training clinics
- * Your own personal Web site for online fundraising
- * A supportive group of teammates
- * Lodging and airfare

Recruiting in May for:

- WALT DISNEY WORLD®
Triathlon: Orlando, FL 09/23/07
- The LaSalle Bank Chicago
Marathon®: Chicago, IL 10/07/07
- Nike Women's Marathon, A
Race to Benefit The Leukemia & Lymphoma Society:
San Francisco, CA 10/21/07
- El Tour de Tuscon: Tuscon, AZ 11/18/07
- P.F. Chang's® Rock 'n' Roll
Arizona™ Marathon & 1/2
Marathon: Phoenix, AZ 01/14/07

For more information call Monica at 331.2980 or visit www.teamintraining.org/tn



CLUB RIDE LIST

It's here: Time to ride.

The weather can no longer be your excuse for not being seen fitted-out in bicycling gear. IT'S TIME TO RIDE!

Checklist:

- ✓ Lube your chain – A clean chain gives you a smooth ride. ☺
- ✓ Check your tires – P.S.I and condition.
- ✓ Quick-release – If they're not tight, you'll wobble and fall off.

- ✓ Spin your wheels – Are the wheels true?

Here's what we have lined-up for you:

FAST

MONDAY

5817 Seven Points Trace, Hermitage
Time: 6:00 p.m.
Route 25-35 miles
Meet a Bree & DJ's house. Be prepared to hammer.
Contact: D.J. & Bree Cordes
djcordes@comcast.net;
Breeintn@comcast.net
615.316.9776

WEDNESDAY

Pet Smart, Providence Place
Time: 6:00 p.m.
Routes 25-35 miles
Meet in the parking lot of Pet Smart, Providence Place, Mt. Juliet. Be prepared to hammer.
Contact: Dustin Gill
dgill@premierequip.com
615.238.7408

THURSDAY

West Wilson Middle School, Mt. Juliet
Time: 6:00 p.m.
Route 20-30 miles
Meet at the front parking lot at West Wilson Middle School located on Mt. Juliet Road.
Contact: William Anderson
justpbj@comcast.net
615-403-4234

SATURDAY

Northlake Village Shopping Center, Hermitage
Time: 8:00 a.m.
Route 35-45 miles
This ride has two start points to accommodate this multi-level ride. Fast pace will be provided with a route map at the Jolly Cyclist. Ride leaders rotate.
Contact: William Anderson
justpbj@comcast.net
615.403.4234

SUNDAY

Wilson Bank & Trust, Gladeville
Time: 8:00 a.m.
Levels: moderate, steady
Rides are generally 50 miles with an emphasis on endurance. Fast riders can use this as a recovery ride. The

pace and distance will offer moderate riders a challenge.
Contact: William & Melly Anderson
615.403.4234 (Wm) 615.476.9534 (M)

MODERATE

TUESDAY

Gladeville Baptist Church

Time: 6:00 p.m.

Route 20-25 miles

Meet at the back parking lot of the church located at the 4-way stop in Gladeville.

Contact: Melly Anderson

mellyyo@comcast.net 615.476.9534

WEDNESDAY

Hwy 109, Lebanon

Time: 6:00 p.m.

Route 15-25 miles

Meet at the Park & Ride located on Safari Camp Rd. off Hwy 109.

Contact: Jim Fuller jimf@veloteers.org

615.830.5232

THURSDAY

West Wilson Middle School, Mt. Juliet

Time: 6:00 p.m.

Route 20-30 miles

Meet at the front parking lot at West Wilson Middle School located on Mt. Juliet Road. Fast riders can use this as a recovery ride.

Contact: William Anderson

justpbj@comcast.net 615-403.4234

Shelby Bottoms Greenway, Nashville

Time: 6:00 p.m.

Meet in the parking lot under the railroad trestle in Shelby Bottoms Park.

Contact: Keith Seay

keithseay@comcast.net 615.889.1201

SATURDAY

Music City Star, Mt. Juliet

Time: 8:30 a.m.

Route 25-35 miles

This ride combines with a larger group and rides the same route up until they split to return to their respective start points.

Ride leaders rotate.

Contact: William Anderson

justpbj@comcast.net 615.403.4234

Don Fox Park, Lebanon

Time: 8:00 a.m.

Levels: moderate and steady

Meet at Don Fox Park in Lebanon.

Contact: Jim Fuller jimf@veloteers.org

615.830.5232

SUNDAY

Wilson Bank & Trust, Gladeville

Time: 8:00 a.m.

Levels: moderate, steady

Rides are generally 50 miles with an emphasis on endurance. Fast riders can use this as a recovery ride. The pace and distance will offer moderate riders a challenge.

Contact: William & Melly Anderson

615.403.4234 (Wm) 615.476.9534 (M)

EASY

MONDAY

Gladeville Baptist Church

Time: 6:00 p.m.

Levels: beginners

If you want to learn road-riding skills, this is the ride for you. We will discuss the basics, test your abilities in a large parking lot, and take you out for an easy spin.

Contact: Melly Anderson & Glenn Brown

mellyyo@comcast.net

ggjb53@hotmail.com

615.476.9534 615-943-5264

WEDNESDAY

Hwy 109, Lebanon

Time: 6:00 p.m.

Meet at the Park & Ride located on Camp Safari Rd. off Hwy 109.

Contact: Jim Fuller

jimf@veloteers.org

615.830.5232

SATURDAY

Music City Star, Mt. Juliet

Time: 8:30 a.m.

Route 15-25 miles

This ride combines with a larger group and rides the same route up until they split to return to their respective start points.

Ride leaders rotate.

Contact: William Anderson

justpbj@comcast.net

615.403.4234

SUNDAY

Gladeville Baptist Church

Time: 12:00 p.m.

Levels: fitness

Route 20-30 miles

Meet in the back parking lot of Gladeville Baptist Church.

Contact: Kim Ray

fabriclady66@tds.net

615.519.6425

TIPS AND INFORMATION

Ride Season: Rain or lightning at the time of ride cancels.

Off Season: < 40° or precipitation cancels.

Pace Scale:

- *Fitness:* Stops to regroup, 9-13 mph
- *Moderate:* Occasional stops to regroup, 14-16 mph
- *Steady:* Limited stops, 15-17 mph
- *Fast:* 18 and beyond... Very limited stops, plan to hammer, slower riders will be dropped.

Do you know your training level? Does your heart rate recover quickly after intense efforts such as climbing or sprinting? Are you able to keep pace with the group for the entire ride? Do you feel as strong at the end of a ride as you do at the beginning? Ask yourself these questions before you commit to riding with a group. Choose the group that will further your training goals.

HELMETS and hydration are mandatory on all rides.

*Times are subject to change. If you are new to a ride, please contact the ride leader to confirm start time and location.

The Veloteers Bicycle Club supports the riding community in East Davidson & Wilson Counties. We welcome all levels of riding and encourage you to join any ride suited to your skill level. The club is a non-profit organization powered by its members.

- Re-Carb in the Veloteers' Lounge each Saturday
- Riders' ID
- Safety courses
- Road skills courses
- Great routes
- Ride Leader opportunities
- Volunteer opportunities

- Supplemental insurance coverage on club rides

For locations and ride details, or membership information visit our website.

www.Veloteers.org

Let's encourage a fun and safe riding season.

HAPPENINGS

More information on these rides/events is available on the Event Calendar www.Veloteers.org

Saturday, April 7, 7:00 PM Club Social. Dinner at FuLin's Asian Cuisine in Providence Shopping Center, Mount Juliet. E-vite or phone in rsvp to: brec@veloteers.org or Bree and DJ Cordes 615-316-9776.

Monday, April 16, 7:00 PM Veloteers Club Business Meeting, The Jolly Cyclist, Hermitage.

From the Editor ...

The newsletter is published monthly. Please submit your stories, photos and items of interest as Word documents or jpg files by the 15th of each month to denise.garland@comcast.net for future publication.



Support The Big Hill Challenge at Watertown, Saturday, May 12

Sign-in begins at 6:30 am at the Watertown High School, located at 515 W. Main Street. All rides begin at 8:00 am at the Town Square. Advance registration through May 5 is \$20.00; May 6 to day-of registration will be \$25.00. A portion of all entry fees

will benefit the Historic Watertown Society.

Sign Up Today

Register online or print and mail the registration form at veloteers.org.

The [Veloteers Bicycle Club](http://www.Veloteers.org) and Historic Watertown are pleased to announce the 2007 Big Hill Challenge at Watertown.

Cyclists of all ages and ability levels are invited to enjoy one of four scenic routes through Wilson, Dekalb and Smith counties.

The 10-mile loop provides an easy, family-friendly ride through beautiful Watertown. The 31-mile route offers a moderate challenge through rolling terrain, while the 62-mile route includes a scenic ride to Center Hill dam, giving intermediate riders a chance to enjoy some challenging climbs and fast descents. The truly adventurous cyclist can take on the 100-mile "century" route and prove their mettle on some of the best climbs the area has to offer.

Rest Stop Goodies: Do you like to bake, or do you know somebody who likes to bake? Do you have a favorite recipe that would provide the cyclists with the energy they need to climb that next big hill? If so, are you willing to bake 4 dozen? Recipes need to be easy to serve, maybe even easy to stick in a jersey pocket. Ingredients to consider: peanut butter, oatmeal, bananas, nuts, raisins, chocolate. Submit your baked good idea to Martha Poston mfpgrits@tds.net so we all don't bake SnickerDoodles. Everyone who participates will get a prize!