

Morning Cycle Daily

Daily update for Terre Haute Cycling Enthusiasts • May 26, 2004



Wake up and Ride Safely!

Morning Ride Series:

New Record: 6 Show for the Morning Ride!

Good morning bike fans. This was the morning to get up, even late, and ride. Attending this morning's post rain celebration was Craig "I love to sprint" Reynolds, Tom "don't call it a warm up" Newlin, Steve "I like hills" Fleschner, Dave "can I sleep in" Voltmer, Patrick "I'm still only 29" Wessel and Scott Thomas.

While waiting for Dave to sprint from home to the meeting place, the rest of the group shared pleasantries and enjoyed a game of "name that page". Patrick impressed us with his ability to state not only the page number but he even memorized the price of his new aero bars in the Performance Catalog. We don't know if he will ever buy them but if he does, he will know where to find them.

Not wanting to cool down from his personal warm up sprint, Dave took the lead to the airport. Being somewhat offended and startled, Tom quickly caught up and took his place in line. With

the adrenalin still pumping from waking up late, Dave's warm up set a standard that would come back to haunt all of us real soon.

Tom took over past the airport and quickly bumped up the speed another mile per hour. He would have actually gone faster but he got caught up trying to remember if there was actually a rule that he gets to lead first or if that's just how it has always worked out. What Tom failed to realize was that no where in the definition of "warm-up" does it mention 22 mph!

Tom's turn behind the airport caught Craig a little off guard. You see, Craig hasn't been putting in a lot of time on the bike so Craig thought Tom's long arching turn was in response to wet road conditions instead of him giving up the lead. Craig quickly figured out what was happening once everyone else passed him.

The sprint to Riley continued at a record pace (not that records are important). One noticeable difference was how quiet the pace line was. This could have been attributed to the fast pace but it was probably that everyone was speechless after hearing Steve's account of yesterdays ride where they saw a cow being born. In this matter, you would not think of Steve as an expert witness. Dave would have told it better if he had seen it.

The sprint attitude continued on Woodsmall Road, or at least up to It seems the group was running a little low in the tank when they hit the third hill. Traffic was the only thing keeping the group together as they fought the remaining hills. The 21.8 average into Woodgate quickly fell as the group reached for their water and oxygen bottles. The small amount of rest did provide the group with the energy they needed for the sprint home.

The 7th Street free-for-all was something to see. Maybe the cars behind us didn't think so. The only thing that kept the group together was the traffic lights. As each light turned green, or almost green, someone would jump to the front to start the sprint to the next light. Even if the light was green, someone from the very back would yell "GO" to scare the leader through the intersection. This disorganized band of sprinters did show some flaws. But it's more important that we learn from our mistakes. Steve learned

that it's not a good idea to be indecisive when calling an "incidental intersection". Try and stop 5 sprinting riders behind you from the middle of an intersection. Craig learned that using hand brakes is better than your feet on wet payments. It should be noted though that his slide was of the horizontal variety rather than the vertical in which he has been practicing lately.

The ride then continued up Ohio in a double pace line still doing 22 mph. This

was a great ride, a very good work out with several new records. The most amazing thing we learned though was that if you keep Tom well occupied, his natural mind doesn't have time to stray. To everyone's surprise, even his own, Tom almost, almost made it through the ride without being preoccupied. Now that's a record to be proud of!

Have a great day!

RAIN Guide:

New Call:

Water Up!: An indication that either a large pool of water is ahead or it's time to pull over at the nearest ice cream shop and refill our water bottles.

The writing staff is still looking for contributions to the RAIN Guide. Contributions should fit in a category such as Definitions, Riding Etiquette, Tech Talk, Jokes, Nature, Sayings etc. You can email any contributions to the editor.

Next Ride:

Call ahead for availability.

June 8th: OMC Century, Patrick needs a note from his boss to be late.

July 10th: RAIN – signup now!