

AMERICAN bicyclist

Nov-Dec 2012
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League of American Bicyclists

Working for a Bicycle-Friendly America

LIFE-CHANGING ADVENTURES & FAVORITE RIDES

The 2013 Ride Guide p.18

8

TACKLING THE IMPOSSIBLE

50 Centuries,
50 States, 50 Days

12

I RIDE WHERE LOVE TAKES ME

A Philadelphia man
finds grace and gratitude
on three continents



National Bike Summit

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The National Bike Summit is the premier national meeting for bicycle advocates, dealers and professionals. From meetings with Senators and Representatives on Capitol Hill to discussions with cycling leaders across the country, the Summit is an opportunity to connect with fellow advocates — and tell Congress that Bicycling Means Business!

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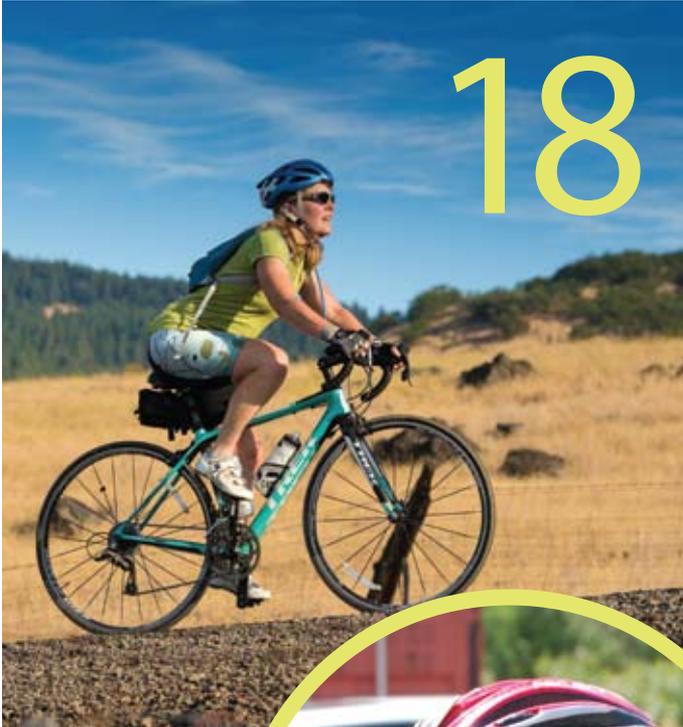


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Ride Guide

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Cover photo: Cycle Oregon 2012 by Dean Rodgers, KoiFish Communications

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an EPIC RIDE

Every ride has its ups and downs. Whether it's my daily commute or an epic stage of the Tour de France, there are those fabulous moments when the wind is behind me on a gradual descent — and then I hit a lung-busting climb and wonder what I was thinking to even get on the bike in the first place.

Well, maybe I'm over-dramatizing my ride to work every day, but 2012 certainly has been an epic ride for the League with both high and low points along the way. The transportation bill, for example, provided some of both. Even though we were disappointed with the eventual outcome, we — you — really made a difference. Hearing back from Congressional offices that the voice of cyclists echoed loud and clear on Capitol Hill was immensely satisfying.

Our exciting exploration of combining forces with Bikes Belong and the Alliance for Biking & Walking was like an optional loop ride with inspiring views; ridden in great company. Even though the loop brought us back to our original route, we are stronger and better for having ridden the extra miles and glimpsed our true potential.

One reason the 2012 ride was so great was our components were in tip-top condition: a well-oiled machine, one might say. We had record participation at the National Bike Summit (again), exciting growth in the Bicycle Friendly America programs, and a new direction for our education materials. We worked with our members and affiliates to make the National Bike Challenge a major success and coordinated with our partners at the Alliance and America Bikes on our Navigating MAP-21 campaign. Plus, exciting new initiatives, like our Women Bike program, feel like a new wheel set or a lighter, faster frame — we can't wait to see how far they will take us!

You know as well as me, though, that what makes a truly great ride is the people; your fellow riders. The work you and our affiliated clubs and advocacy groups are doing to make biking better in communities across the country inspires us on a daily basis. You are the reason we get on our bikes every day — literally and figuratively — to promote and protect the rights of cyclists, to be the voice of cyclists in this country.

On a personal note, I could not have been more honored and humbled to be the dedication recipi-



ent of the 30th El Tour de Tucson on November 18th. This great event captures the essence of an epic ride and has a host committee of inspiring people who ride and organize it. In the 111 miles of riding I know I'll probably experience some pain and plenty of joy (provided I cross the finish line successfully). I also know that I'll be looking forward to riding into work the following Monday — just as we are looking forward to an exciting 2013 for the League and the cycling movement. |||

Andy Clarke
League President



Every Bicyclist Counts

Two articles in the July-August issue of *American Bicyclist* had personal references for me. The first was by Bill Wilson (“Urgency and Eternity”) about his generous gift to the League. Like Bill, I was a math major and went to a college in Richmond, Ind. I smiled when I read about what must have been one heck of a wind to push him more than 200 miles to Detroit and beyond. More seriously, my husband and I were on our own cross country bike ride in 2006 when we met the Adventure Cycling tour written about in Elizabeth Kiker’s article on the League’s new effort to reduce cycling fatalities (“Every Bicyclist Counts”). Every one of the members of the tour mentioned the tragic accident and death that occurred on the first day of their tour. They were all emotionally affected. Tracking the circumstances around each fatality nationwide is one of the best ways to help all of us who bike, and the League’s leading role in projects like this is one of the main reasons I am a member. Please keep up the great work!
- *Judith Cade, Riddle, Ore.*



Great cover!

We were excited to see two friends on the cover of the September-October issue of *American Bicyclist*. San Francisco Supervisor Eric Mar regularly hosts a “bike to work” constituent session from the Velo Rouge Cafe near Golden Gate Park to City Hall. It’s more fun than work but we get to talk about issues on the way. His smile on the cover is real; he enjoys cycling. Jean Fraser is on the board of the San Francisco Bicycle Coalition and every year joined my wife and I for a cycling weekend that raised funds for a women’s clinic. She rides to work as the Executive Director of San Mateo Public Health System — and the rest of her family loves their time on the bike, too!
- *Dale M. Butler and Tina Panziera, San Francisco, Calif.*

Flip-flopper

I was very disturbed to see the photo on the cover and page 10 of the July-August issue of *American Bicyclist*. Riding in flip-flops is dangerous. Featuring riders with helmets and flip-flops sends a distorted message implying safe riding conditions when, in fact, those flip-flops are a hazard to the person wearing them AND those riding along-side the flip-flopper. Please stress the danger of riding in flip-flops and the importance of safe riding head AND foot gear.
- *A D Martin, Washington, D.C.*

TWEETED

 asuka hisa @asukahisa
Yolanda Davis-Overstreet gives Ride in Living Color film preview @#womenbike summit; bikes, racially diverse urban communities, women, good.

FACEBOOK MESSAGE

 I just finished reading “Living and Riding Second by Second” in [*American Bicyclist*, July-August] . Inspire is a perfect word! Emily Gresh has an amazing gift for language and describing her journey. Thank you for another great issue with incredible stories! – *Melissa Krall*

FACEBOOK MESSAGE

 Thanks for publishing the inspiring story by Emily Gresh. As a Stage II breast cancer survivor, bicycling has, and is, helping in my recovery. – *Cheryl Carmo*

Thanks for your letters

We eagerly await all of your comments — good and bad — on cycling, the League, our publications, and just about anything else you want to tell us about. E-mail carolyn@bikeleague.org or mail it to us at 1612 K Street NW, Suite 510, Washington, D.C. 20006. Comment on facebook.com/leagueamericanbicyclists or twitter.com/bikeleague. Letters may be edited for style and length.

TWEETED

 GOTRIBal @GOTRIBalbaby
#womenbike summit is awesome. Listening to Olympian Dotsie Bausch and lovin it.



Photo by Maureen McGinnis

LEAGUE LAUNCHES Women Bike!

Hundreds attend the first National Women's Bicycling Summit

By Carolyn Szczepanski

As I stood at the podium and looked out at the packed room, I saw – and felt – the future of the bicycle movement.

In September, the League hosted the National Women's Bicycling Summit and the response was overwhelming. Nearly 300 participants joined us for the first full-day event aimed at showcasing women leaders in bicycle advocacy and increasing the number of women who ride nationwide. I had barely finished my welcome when a woman in the crowd yelled "It's about time!" — and a massive cheer erupted from the packed room.

She was right: It is time.

In 2009, women accounted for just 24 percent of bike trips in the U.S. It's time for that to change. We simply cannot succeed as a movement if we fail to engage, empower and elevate 50 percent of the population. And

the energy and enthusiasm is already rising: More and more women from all backgrounds are riding – and leading – in communities across the nation.

The Women's Summit was a powerful opportunity to put those leaders in the same room to share their stories, successes and ideas. The event featured break-out sessions focusing on equity, media, political engagement, family biking, bicycle sports and youth engagement that inspired and informed the presenters and audience alike. (Read more about the sessions at blog.bikeleague.org.)

But the event was about more than Powerpoints and best practices. It was about making connections and meeting leaders from other cities. It was about seeing women at the podiums — seeing ourselves as the experts and leaders we are. As



Leader from the Ovarian Psychos
(Photo by Maureen McGinnis)



Women's Ride
(Photo by Elizabeth Williams)

one reporter pointed out to me, the incredible energy and diversity at the Women's Summit foreshadows a strong future for the bicycle movement.

The Summit was just the start. From that podium, I had the honor to announce a new League program: Women Bike. Women Bike will empower more women to ride and become engaged in the diverse leadership opportunities of the bicycle movement — as advocates, engineers, retailers, manufacturers and policy makers — through networking, knowledge sharing, resources and inspiration. Learn more at www.womenbike.org!

In fact, we're already planning our next full-day Women Bike event. Join us for "Women Mean Business" at the 2013 National Bike Summit. Learn more and register at www.bikeleague.org/summit13.

LEAGUE RECOGNIZES BICYCLE FRIENDLY LEADERS

By Bill Nesper

The Bicycle Friendly America (BFA) program is a team effort. To make a community, business or university better for biking takes input, effort and cooperation from a variety of different stakeholders. And, over the past decade, we've been inspired by incredible leaders across the nation who have taken the BFA program to new heights.

To recognize and celebrate those leaders, we launched our new Bicycle Friendly America Leadership Award program in September. This awards program will highlight and honor the individuals who are using the tools of the BFA program in new and effective ways to build a bicycle-friendly America from the ground up.

Our first recipient, Mayor Bob Foster of Long Beach, Calif., has worked to expand the city's bicycling network and more than double the number of bicycle commuters over the past four years alone. By combining vision and action, Foster is helping to transform an industrial city into a cycling destination.

Our second recipient was the catalyst and champion of the National Bike Challenge: Rob Gusky of the Kimberly-Clark Corporation. Thanks to Rob, what started as a corporate program moved to a statewide initiative and then a national effort that inspired 30,000 Americans to log more than 12 million miles this summer.

Read more about the award winners and learn more about the program at bikeleague.org/bfa.

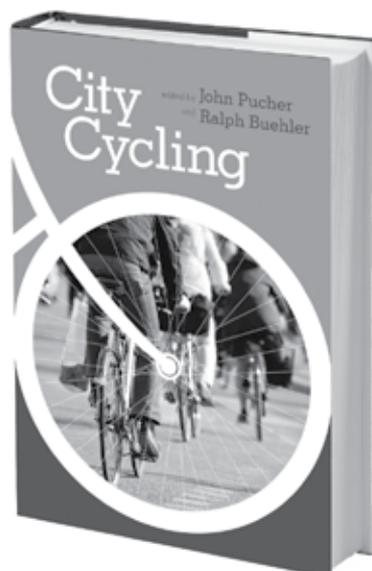


Mayor Bob Foster



Rob Gusky

Photo by Allan Crawford



City Cycling

edited by John Pucher and Ralph Buehler

"City Cycling is sure to become the key reference work for academics, advocates, technicians and politicians seeking to increase cycling in the United States. This impressive book thoroughly documents the individual, community, and national benefits of getting more people on bikes and proposes specific measures for making cycling safe and feasible for everyone."

— Andy Clarke, President, League of American Bicyclists

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LEADING THE WAY: GAIL AND JIM SPANN

By Elizabeth Kiker

Gail Copus Spann and Jim Spann recently announced a \$400,000, two-year gift to the League of American Bicyclists.

Copus Spann serves as the at-large board member of the League's executive committee and has been on the board since 2010. She recently served as a liaison to the unification group, on behalf of the League.

"Going through the proposed merger with Bikes Belong, the Alliance for Biking & Walking and the League inspired me to take some of those shared goals and help fund them," Copus Spann says. "It was important that Jim and I, as passionate League members, step up and make a significant difference. Being part of the talks reinforced the value of the League's work for me."

The Spanns are long-time League members, and long-time supporters of cycling. In addition to the unification talks, they've been inspired by the League's education program, Women Bike and the leadership of League President, Andy Clarke.

In making their decision to commit so generously to the League, Copus Spann reflected on how the cycling community has shown her generosity in the past.

"After I had an injury while racing, the bicycle community in Houston paid all my medical expenses through private donations," she says. "I made a promise to myself then that I would do everything in my power to make life better for cyclists. Being on the board of the League is the



Gail Copus Spann and Jim Spann

pinnacle to me. I love being an LCI (League Cycling Instructor), and I have so much fun educating people about proper bicycling. I also love my fellow LCIs and see all the good that we do."

Women Bike, the League's new program [see article, page 4], was also an inspiration for Copus Spann. "In 1992, when I was president of the Woodlands Cycling Club in Houston,

I noticed that there was a real lack of women participating," she recalls. "It didn't take me long to figure out what it would take to get women to join us — patience, invitations, attention and encouragement. Pretty soon, we had 87 women biking on a regular basis on a Saturday morning."

Women Bike will do this work on a national scale, inspiring clubs and advocacy organizations on how to increase women bicyclists and women bicycling advocates. "When women are made to feel welcome, their encouragement and enthusiasm will only grow," Copus Spann says. "And those women will turn around and encourage other women: that is the secret."

The Spanns' generosity is powering the League to success now and in the future. "I am so proud of the great history and durability of the League of American Bicyclists," Copus Spann says. We take great pride in this wonderful organization."



Gail Copus Spann — holding the One More Bike sign — at a recent LCI training in Irving, Texas.

Education Program Goes Online

By Alissa Simcox

The League's Smart Cycling program is the only national certification program for bike education. Over the years, we've made updates to ensure the quality and relevance of our instruction. But in recent months we've reexamined the program — and realized it's time for a change.

The important principles and core teaching of the education program will remain the same, but we're making the format and delivery more modern and accessible. The education program is going online!

The new format will provide online content in 17 separate modules, like Stopping and Starting, and Changing Lanes. These modules incorporate videos, photos and other interactive components that allow the public the opportunity to learn about bicycle safety in a fun — and free — way.

Don't worry: This program won't eliminate on-bike learning or make it more difficult for League Cycling Instructors to host classes. The modules are designed to expose more people to bicycling education and we're confident these individuals will be empowered to take a hands-on class tailored to their needs. In fact, at the end of each online module, students will have the opportunity to contact their local LCI for more information.

State and local clubs and advocacy organizations will be able to mix and match the online components to create tailored online content they can easily deliver. And bicyclists interested in becoming a League Cycling Instructor (LCI) won't have to take the full nine-hour Traffic Skills 101 (TS101) course in a classroom. Instead, they'll be able to work with a local LCI to customize lessons covering only the content they need.

We're excited to roll out the new program the beginning of 2013. This is a great opportunity to expose more individuals to bicycling education and to reach our goal of getting more people on bikes.



GIVING

Thank you to the following organizations and individuals who have contributed at least \$100 to the League, above and beyond membership dues, from August 1 – September 30, 2012.

\$5,000+

Individuals

Gail Copus Spann & Jim Spann
Bill Wilson

\$1,000-\$4,999

Organizations

Almaden Cycle Touring Club

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Individuals

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TACKLING THE

50 CENTURIES **50** STATES **50** DAYS



Giving a thumbs-up in Alaska



Riding through the red dust of Arizona

Celebrating 60 years with a ride to remember

By Cindi Rauch

If I were to point the finger at anyone, it would have to be Dean Karnazes. In 2006, when he was 44, he ran 50 marathons in 50 states in 50 days. I thought it was amazing.

Never mind that he had a class-A motor home and an entourage that included a masseuse and a nutritionist — I wanted to do something similar. I planned. I routed. I stayed in decent physical shape ... just in case.

Well, guess what? This year, I act-

ed on my inspiration. In May, when I turned 60 years old, I embarked on an epic ride: 50 Centuries in 50 States in 50 Days.

All along the way people asked me what had motivated me to plan such a trip, what reason could there possibly be to physically tax a body that was poised to enter the world of Social Security benefits and senior discounts? I'm not sure I have a good answer to that question.

I can tell you that I longed to stretch myself to the point where I honestly did not know if I could succeed. I wanted to leave a legacy for friends and family that shouts: "You can do anything! Put your heart, your resources and your energy into something and watch the marvelous thing it becomes!"

Perhaps it seems a silly quest when I have friends who are doing noble things like adopting Ethio-

IMPOSSIBLE

A big smile in Alaska



Taking a rest along the Lochsa River in Idaho



pian babies and feeding hundreds of homeless people each week. But this is my thing. Since 2007, I have ridden an average of 10,000 miles a year: getting groceries, delivering Meals on Wheels, returning library books. Nothing gives me a feeling of freedom like cycling. This is my passion, and I promised myself I would give this venture my best. Barring broken bones or profuse bleeding, I would finish all 50 states. I would ride 5,000 miles in 50 days.

I spent the better part of a year staring at Microsoft MapPoint on my computer screen, designing routes for each state, tweaking those routes so that they were efficient in getting me to my next state, moderate in their elevation gain, and located on secondary roads that were safe. I enlisted the help and support of four amazing girlfriends: Karen Cooper, Patty Holt, Liz Wakeman, and Laura Schroeder. Finally, on May 19, I flew to the big

island of Hawaii and put together my coupled Rodriguez touring bike.

I could have been relaxing on a beach for a couple of weeks, but instead, at a few minutes past midnight on May 22, I rode from Kailua Kona out to Hawi and then back to the Kona Keyhole airport where my Hawaiian hosts met me with the rest of my gear. I caught a 1 p.m. flight back to California, and as luck would have it, sat next to Lance Armstrong's



Ice cream stop with Laura Schroeder in Maine



Our team (from left) Liz Wakeman, Laura Schroeder, Cindi, Patty Holt and Karen Cooper



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pilot on the five-hour flight. I took it as a good omen.

I worked my way across the southern portion of the United States, dealing with sand and dust storms in Arizona; thunderstorms in Oklahoma; and mechanical issues with both the Rodriguez bike and the Litespeed Blue Ridge I brought along just in case. The adventure became one long session in problem solving. Besides riding the century, I often had to travel well over 200 miles (our longest distance: 330 miles from the north side of Bakersfield to Las Vegas) to get to our overnight stop. In the Southwest this was particularly grueling. Several nights we set up our camp in the dark.

I rode through towering red rock formations in Utah. I had a herd of horses run alongside me in Oklahoma. I experienced the trifecta of cycling heartache in New Hampshire

when we rode in severe heat, hills, and headwinds. Water bottles were filled every time I stopped at the truck, and we literally went through a ton of ice. Dinner was sometimes the generous offering of the hosts with whom we stayed, a quick bite at a restaurant along our route, or a simple meal of chicken, rice, and vegetables when we got to our campground for the night.

I knew I had turned a corner when we were riding in Vermont. The demanding ride in New Hampshire had given way to an idyllic ride, and we found ourselves looking for highway signs that included the suffix “west.” Highway 9 West. I-90 West.

I was heading home.

Alaska was my final state. In shorts and sandals, while woefully underdressed, I rode from Girdwood to Soldotna, where a high school friend was waiting with a bear hug.



Above: Crossing the Indian River in Delaware



Left: An early-morning start in Hurricane, Utah



Below left: A sign along the 111-mile ride in Alaska

The 111 miles were brisk. I took a few days off, caught some halibut and king salmon — but I'm already looking at maps again.

People ask me what my favorite part of the trip was and I tell them it was two-fold. First, there is a deep satisfaction when you complete something that you set out to do — particularly something difficult. And secondly, there are indelible memories of kind-hearted, interesting people all along the way; people who made even a hard thing the most wonderful sort of adventure.

Oh, and those maps? They are pointing to 58 National Parks. Hmmm ... |||

Read more about Cindi's adventure on her blog: www.50centuriesin50statesin50days.blogspot.com

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I Ride where Love takes me



Inquisitive children in Kenya

A Philadelphia man finds grace and gratitude on three continents

By David Hale Sylvester

My first bicycle expedition was in fourth grade when my family and I moved to Starkville, Mississippi, from Philadelphia. Within hours of our arrival, my restless energy was driving everyone crazy. To ease the tension, my mother gave me the ultimate green light. “Just go out and ride,” she said.

I grabbed my bike with its purple banana seat and pedaled out into the surrounding farmland with only my thirst for exploring to guide me. I ripped through Starkville’s rural streets, hollering “Helloooooo!” as loudly as I could to anyone who could hear me until it got dark.

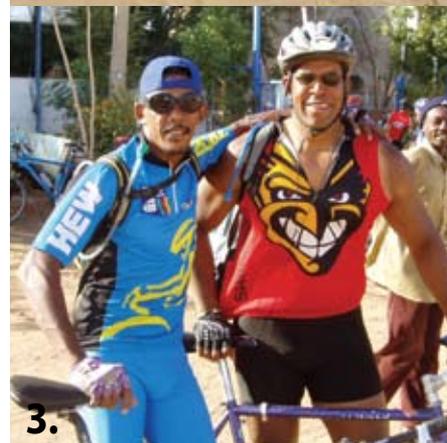
Back in the house, I looked out across the blackened acres of my new home and smiled. That ride was a huge stepping stone. It wasn’t that far, but I made it through a vast territory: my own fear. This was my first taste of self-confidence. This was my first taste of love.

When we moved back to Philly two years later, I continued to explore and my bike brought new friends and opportunities into my life. At the time, that was enough for me. But as I grew up and faced difficulties – like bad report cards, which came often – I discovered that, no matter how bad things were, a simple bike ride could always make me smile.

On September 11, 2001, I lost one of my closest friends and mentors – Kevin Bowser – in the World Trade Center tragedy. Grappling with unbearable loss sparked the idea of biking across North America to raise money for Kevin’s scholarship fund. Like never before, cycling became the ultimate expression of love.

As I embarked on my 55-day trip across North America in 2002, the riding was tough at first. But I soon became comfortable with the routine and the 90 miles per day wasn’t grueling or even daunting anymore. It was just what I had to do. Across 15 states, the wind, forward movement, hugs and simple human encounters started to fill the void in my life left by my friend’s sudden and senseless death.

I returned home wanting to keep moving, to keep that feeling going. That’s when I heard about a bicycle race across Africa. Just seeing the route through Egypt, Sudan, Ethiopia, Kenya, Tanzania, Malawi, Zambia, Botswana, Namibia and South Africa was enough to hook me. Never mind that I’d never been beyond North America before, that I’d never camped and wasn’t a professional bike racer. All that mattered was that I had extended myself



Photos: 1. With a Samburu warrior in Kenya; 2. Herding camels in Sudan; 3. Taking a break in Khartoum, Sudan; 4. First handshake in Kenya

for love in the past and I was a better man for it. Pedaling through Africa felt like the next step I needed to take.

Make no mistake: Riding from Cairo to Cape Town was difficult. The 112-degree heat, sauna-like air combined with the each peak of the undulating sandy and rutted roads drained me. Our group of cyclists splintered to the point that we were nothing more than a few individuals on bikes scattered across the East-African countryside.

But it was worth it.

From Egypt's majesty to Sudan's warmth; from Ethiopia's mountain ranges to Tanzania's lushness; from Malawi's reenergizing lakes to Zambia's hospitality ... Africa touched me. By the time I biked onto Botswana's flat, paved roads — where, one day, a pack of five elephants crossed in front of me — I felt like I was in a wonderland. Africa left me fulfilled, energized and more enlightened.

I boarded my flight back to Philadelphia with wide eyes, wonder-



Family riding in Botswana

ing, “Where else can love take me?” Unfortunately, a drunk driver put that question on hold. I had already signed up for a trip across South America when I was seriously injured in a car crash. My body was battered. My will was broken. But the friends I'd known my whole life — and the friends I'd made cycling — reignited my passion.

I was so indebted to them that I had to ride again. To honor 122 of my friends, I taped their photos all over my bicycle — and set off for a bike race across Asia, from Istanbul to

Elephants in Botswana.



Hanging out with school kids in Tanzania

Excerpted from:

I Never Intended to Be Brave: A Woman's Bicycle Journey Through Southern Africa

by Heather Andersen

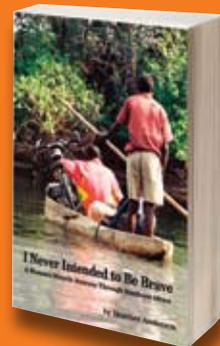
As I ride away from Ai-Ais, nearing the end of my time in Namibia, I reflect back on this country I've come to treasure.

Solitude. Sand. Sun. Wind. These are the themes of cycling in the Namibian desert. Time with nature. To think. To be. Some days I cycle for 10 hours and see only that many cars.

Here it's just me and my bike — a team after four months on the road. I keep the pedals going round, and my bike carries all my gear on its racks. Occasionally, the sand on the roads gets so deep, I need to walk and push my bike. Usually, though, we roll along through the living desert.

Something has taken me to this magic place. It's my heart, and the true freedom of allowing it to lead me. Now I go where I want and am happy to be there. I'm at peace with the world. And there's no greater happiness — though there is struggle. Struggle into insane winds, struggle along sandy roads. Though the conditions are not always what I'd want, I am always right where I want to be.

As the sun lowers toward the horizon, I pull off the road and walk through a dark gray, sandy gravel field. I haven't seen any people or vehicles since I turned onto this road three hours ago. I'm comfortable alone in this country I've come to love. The Namibian desert encourages me, inspires me to keep going, into South Africa.



Read more at bicyclingheather.com.

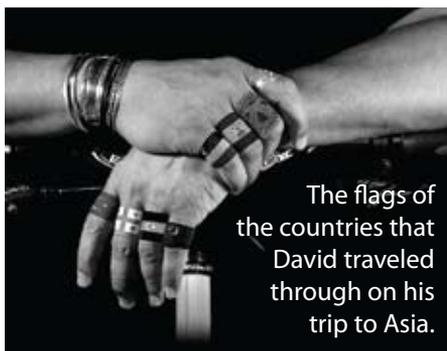
Beijing. The first week of that four-month tour was hell. Turkey's hazy skies, hot temperatures and dense humidity sapped my energy. I lay in my tent at night wondering if I was going to get through Turkey, Georgia, Azerbaijan, Turkmenistan, Uzbekistan, Tajikistan, Krygystan and China.

Throughout my time in the region, there was a fascination surrounding my hue of skin that caused me to believe I was the first black male to step foot in these parts. Overall, it was an honor to be that guy, but sometimes the gawking and occasional rubbing of my skin to see if the color would wipe off was overwhelming. But 50 miles from the Tajikistan-Kyrgyzstan border I was reminded of our international solidarity.

I was enjoying the countryside when I heard a distant boom, boom, boom. The sound came closer and I realized it was a car blaring a Kool G. Rap song. The driver stepped out of his car and walked toward me with arms open for a hug. Wearing a tank top showing off his shoulder tattoo



Riding past the Wall of Shandan in China



The flags of the countries that David traveled through on his trip to Asia.

and a New York Yankees ball cap, this guy wasn't like the other men I'd seen in the region. He handed me some paper, written in Tajik, with his name and email address and pictures taken from his iPhone. "We are brothers now," he said.

There were many moments of brotherhood on my trips in Asia and Africa, and when ESPN asked me to write an article about my adventures, it was difficult to narrow it down to just a few stories. But the reaction to that article was overwhelming and global. In fact, I was so touched by the emails that poured in from around the world that I had to find a way to show my thanks.

Once again, I showed my gratitude through cycling with my "Let This Be the Moment Tour." Riding unsupported from San Diego to New York City, I stopped weekly to volunteer with various charities. Over the course of two months, I served the homeless, the blind, former felons, recovering addicts and survivors of domestic violence. When I rode into NYC on September 11, 2008, I wasn't just reflecting on the experience of the trip, but reevaluating my entire life.

I couldn't help but think back to my youth, when riding my bike set a defining benchmark for freedom, fearlessness and love. Love was what compelled every cyclist to ride into Botswana's rising sun. Love was what drove that young Tajik man to call me his brother. Love is what my mother unknowingly sent me off to find when she said, "Just go out and ride." ■■■

David Hale Sylvester is a bicyclist, filmmaker, motivator and author of "Traveling at the Speed of Life." Read more about him at www.findyourbike.org

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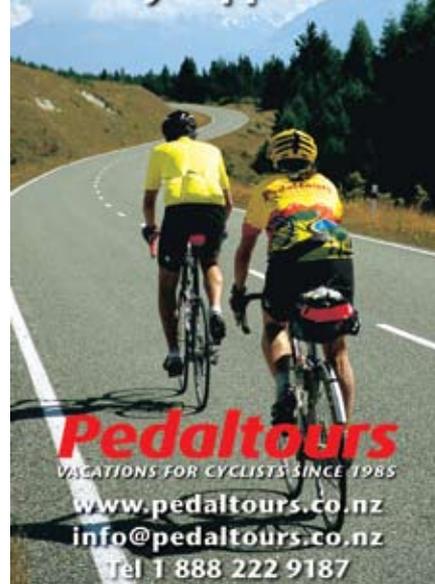
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Ride to the Stars

How one New York cyclist is pedaling a new view of the galaxy — by bike

By Doug Reilly

My bicycle is a space ship. And a time machine.

You wouldn't know from a cursory glance. Sure, it's longer and heavier than average, but it has no special engine. Look into the hard case latched to the rear platform, however, and you'll find another old technology: a telescope. It collects and focuses light, just like the bicycle collects and focuses the mechanical energy of a human body. These two technologies allow me to transcend time and space.

I am on a journey that began when I was just a boy, amazed at how many stars I could see at the Vanderbilt Planetarium and curious why I couldn't see them in the real sky of my New York City suburb. I lost astronomy for a long time, but got it back in 2001 when I returned to the U.S. after a stint in the Peace Corps. By then I had worries that hadn't troubled that wide-eyed boy years ago, and astronomy seemed to offer a calming perspective.

Bicycles had caught my eye by then, too, as something more than just a fun way to get around. It was



just a matter of time before I looked at my telescope and my bicycle, sharing space in my increasingly crowded garage, and an idea was sparked.

I ride out of my driveway at 4 a.m. Under the glare of the streetlights, I can see only the brightest stars and planets, hinting at my destination. A fox crosses the road ahead of me. I pass the strip malls and the sky above me is completely obscured by the pink glow of light pollution. I turn left down a country road and reach escape velocity.

All of a sudden I am in dark farm fields, and the universe has opened above me.

The bright stars Vega, Deneb and Altair are setting in the west, a

sign of summer sliding into fall. The light from Deneb, I know, has been travelling for more than 2,000 years. To the east, Jupiter is poised above the horns of Taurus, chased by Orion the hunter. It's light has only been travelling for a half an hour. Above, I find the Great Square of Pegasus, and follow one of its arms towards the "W" of Cassiopeia.

Between the two constellations I spot a faint whisper of light. The Andromeda Galaxy is the farthest thing the naked eye can see. The photons that my eyes are collecting have been travelling for 2.5 million years. I only had to travel two miles to meet it.

I set up my telescope, and through it the apparition of Andromeda becomes an awe-inspiring sight, a spiral galaxy with a bright core and two satellite galaxies hanging around it. I turn the telescope next on Jupiter, and the lenses reveal the cloud bands on Jupiter's surface, and the giant's four principal moon, first observed by Galileo in 1610. His conclusion that they orbited Jupiter overturned a centuries-old cosmology and sparked a scientific revolution that continues to this day.

And I — the Bicycle Astronomer — have my part to play in a local revolution.

For the next year, I'll be using my Yuba Mundo longtail cargo bike, and several telescopes that can be carried on it, to share the night sky — and the joys and utility of cycling — with people all over my small city of Geneva in the Finger Lakes region of New

York State. The current telescopes are commercial models, chosen for their relative light weight and compact size; my future plans include designing and building a "Veloscope" — an ultra-light telescope that can fold up into a box and slip into its own pannier for transport, and then sharing those designs so that other bicycle astronomers can benefit.

Most of my star parties will take place in Geneva, under my city's somewhat polluted skies, simply because that's where the people are. Other times I hope to lead cyclists on a trek out of town, like I did this morning, so that they can experience just how far one can travel on two human-powered wheels.

I'm betting that the sight of the universe's grandeur, along with the ingenious utility of the cargo bicycle, will inspire people to assume their proper roles as stewards of a rare, special and delicate planet adrift in a huge, amazing universe.

I hope it gets people out there — on bikes, under the stars. Revolution means to go around. |||

Doug Reilly blogs about cycling and astronomy at www.bicycleastronomy.org





RIDE GUIDE

Photo by Aaron Tarfman

The League has 700 affiliated local bike clubs and another 250 advocacy groups. We invited them to choose one of their rides to highlight in this listing — you can find out more about the clubs and all their rides by using the Find It feature on www.bikeleague.org. In addition, the Bicycle Tour Network has an extensive list of multi-day rides at www.bicycletournetwork.com

ALASKA

BEARS: Biking Extraordinary Alaska Roads

7/7 – 7/9/13

Enjoy Denali's majestic wonders, the wildlife of Prince William Sound, quiet towns and scenic highways. Alaska

www.pedalerspubandgrille.com/bike_tours/alaska/Bears.htm

ARKANSAS

New Year Day Ride

1/1/13

Annual 30-mile loop from North Little Rock

North Little Rock, AR

www.arkansasbicycleclub.org

Bicycle Ride Around Arkansas

4/1 - 4/6/13

Six-day self-supported tour ride from west Little Rock with camping along the way.

Little Rock, AR

www.arkansasbicycleclub.org

Big Dam Bridge 100

9/28/13

Arkansas' largest cycling tour with routes of 15, 25, 50, 62 and 100 miles.

Little Rock, AR

www.thebigdambridge100.com/

Arky 100

10/13/13

Join us for 25, 50, 62, and 100 mile loops through the beautiful Grant County countryside with five rest stops.

Sheridan, AR

www.arkansasbicycleclub.org/

Hot Springs Overnighter

11/22- 11/23/13

40 mile ride from west Little Rock to Hot Springs for the Spa Run.

Little Rock, AR

www.arkansasbicycleclub.org

ARIZONA

American Diabetes Tour de Cure

3/16/13

The Tour de Cure is the premier cycling event to benefit the American Diabetes Association -- and a heck of a fun ride! Select an 8-mile family-friendly ride, or shoot for the 35, 62, 80 or full century rides!

Phoenix, AZ

<http://tinyurl.com/94ox6qw>

El Tour de Mesa

4/6/13

Ride 70 or 28 miles in the main event or choose the 5- or 1/4-mile fun ride. The Main Event route follows a scenic course with the beautiful and rugged backdrop of the Salt River Recreation Area and Tonto National Forest. The fun rides are short and fun; ideal for the new or inexperienced cyclists.

The Finish Line Fiesta is a fun day of all things bicycle, including a Bike Swap, kids bike rodeo, a self-paced historic bike tour, bike art and food, games and music! Enjoy the festivities on streets closed to motorized traffic!

Mesa, AZ

www.perimeterbicycling.com

MY FAVORITE RIDE BRUCE MORT

The ride from Monterey to Santa Barbra, Calif., over five days in May. The views from Route 1 almost made me ride over the cliff a couple of times!

El Tour de Tucson

11/23/13

Come to Tucson and ride through magnificent scenery surrounded by four mountain ranges with diverse ride options for cyclists of all age levels and abilities. El Tour attracts more than 9,000 cyclists from all around the world. Unique features include: three-day Bike EXPO, exciting mass-start spectacle, and Mariachis at the first of two river crossings. Tucson, AZ
www.perimeterbicycling.com

CALIFORNIA

Solvang Century, Metric and Half Century

3/9/13

This is the Grand-daddy of Centuries, rated in the top 10 best centuries in the US by Bicycling magazine. Choose from 50, 63 or 100 mile route options starting and finishing in downtown Solvang. BBQ lunch, raffle, live DJ and cycling festival before and after the ride. Solvang, CA
www.BikeSCOR.com

Grizzly Peak Century

5/5/13

Choose from routes of 75, 102, or 109 miles and enjoy great atmosphere, great roads, and great food. Moraga, CA
grizzlypeakcyclists.org/century/

Ride Around The Bear

6/8/13

One of the all-time great centuries. There is little more satisfying than cruising nearly 40 miles down the 7,000-foot descent from Onyx Summit to Redlands. Redlands, CA
www.ocwheelmen.org

Grand Tour

6/22/13

Enjoy the best of scenic Southern California: beaches, valleys, mountains, luxury homes, farms and even orange groves. All routes include multiple rest stops and are fully supported for 24 hours. The Grand Tour, the easiest double in the California Triple Crown, is always exhilarating — and joyful to finish. Malibu, CA
www.lawheelmen.org

Legendary Napa Bike Wine Tour

11/1/13

Riders will enjoy a 50-mile bike ride in a small group with a visiting Legend on a tour of the quieter roads of rural Napa County. Legends in years past have included Levi Leipheimer, Andy Hampsten, and Bob Roll. Just 25 people will be allowed to participate and each receive a special commemorative cycling jersey signed by the 2013 Legend. St. Helena, CA
www.legendarynapabike.org



El Tour de Tucson

COLORADO

Mountain Top Experience Ride

6/22/13

With three different routes for all skill levels, this ride will take you through Park and Teller County in the most majestic views that Colorado has to offer. Woodland Park, CO
mountaintopcyclingclub.com

CONNECTICUT

Thread City Century

6/8/13

A scenic ride from Connecticut's eastern Highlands into the lower Connecticut Valley and back! Chaplin, CT
threadcitycyclers.com

FLORIDA

Tour of Boca

1/13/13, 2/10/13, 3/10/13

Tour beautiful Boca Raton with a 15 mile, easy-paced, police escorted bicycle ride beginning at Patch Reef Park on Yamato Road. Promote safe cycling while spending a pleasant afternoon with family and friends. Boca Raton, FL
bocaratonbikeclub

Moe's 7th Annual Bike Brunch

1/27/13

Naples Premier Cycling Event! Choose from 10, 20, 30, 62 or 100 mile bike ride options. This is truly a ride for everyone — any skill or fitness level. Naples, FL
www.naplespathways.org

We-Bike-For-Kids

3/16/13

Join us for a day of fun at the beautiful Villages, Florida's Friendliest Home Town with routes of 10, 30, and 62 miles. The ride will benefit Project Legacy and the Sumter County Youth Center. The Villages, FL
webikeforkids.com



MY FAVORITE RIDE LINDA WARNOCK

My first organized charity ride — Tampa to Orlando, Fla. It was 75 miles and the longest I'd ridden previously was 24 miles. The ride went something like this: Fell at the start, new to clips. Slow. Rode by myself. Fell again. Still slow. Missed a turn and got lost. Found my way. Heard from the side of the road, "They done left y'all behind, babe." Yeah, I got that. 92 miles by day's end. Finish line all but abandoned. Hurting everywhere but bursting with adrenaline of accomplishment. Greeted by family. Tears of pride and joy. Laughed all the way to the ice packs. Bit by the cycling bug!

Orange Blossom Express Spring Tour

3/23 - 3/29/13

Join our fully supported spring tour showcasing scenic back roads and charming destinations. From Spook Hill to Thrill Hill, our "Orange Blossom Express" will delight and excite cyclists looking to experience a part of Florida rich in history. Seven-day and two-day tour options available.

Lakeland, FL
www.bikeflorida.org

Florida Bicycle Safari

4/20 - 4/25/13

The Florida Bicycle Safari is a springtime bicycling adventure that features six days of supported rides over some of the best cycling roads in North Florida and South Georgia. The six-day Safari is limited to 250 participants. A three-day option is also available for those whose schedules do not permit riding the full tour.

Live Oak, FL
www.floridabicyclesafari.com/

GEORGIA

BRAG WinterRide

2/26 - 3/3/13

A great Valentine's Day present for the sweetie cyclist in your life. BRAG's fourth annual WinterRide will start in beautiful St. Mary's, Georgia.

St. Marys, GA
www.brag.org

**MY FAVORITE RIDE
TODD WILCZEWSKI**

The Silver Comet, from Smyrna, Georgia, to the Alabama state line.



**MY FAVORITE RIDE
JONATHAN HINE**

How do I pick a favorite from 60 years of riding when I loved every mile? Here's a snapshot memory from one favorite: The burning in my lungs from the salt in the air on the North Shore of Oahu during a 115-mile solo ride

around the island. I was stunned by how much solid material those massive rollers threw high in the air, and how the northeast trades carried the salt deep inshore. I have never been able to see pictures of large surf without thinking of that incredible ride.

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Photo by Amy Richards

Spring Tune-Up Ride by BRAG
4/5 - 4/7/13

All cyclists and their families are invited to join the 20th annual Spring Tune-Up Ride by BRAG in beautiful Madison, Georgia. This is a fun weekend for the whole family and a great time to get in shape for the Bicycle Ride Across Georgia (BRAG) in June. Madison, GA
www.brag.org

Roopville Ramble
5/18/13

The Roopville Ramble is a charity ride organized by the Citizens of Georgia Power benefitting Camp Sunshine, a camp for kids with serious illnesses. Four routes (15, 37, 67, and 104 miles) go through rural areas in Georgia's Carroll and Heard counties. Roopville, GA
<http://roopvilleramble.org/bicycleride/4sunshine.htm>

Bicycle Ride Across Georgia (BRAG)
6/1 - 6/8/13

The Bicycle Ride Across Georgia is an annual odyssey of discovery of gorgeous Georgia by bicycle. BRAG is a family-oriented tour, not a race. While a strenuous journey, BRAG has been completed by all types of people: college students and first graders, judges and soldiers, teachers and grandparents. It's like a fun summer camp for the whole family. Georgia
www.brag.org

ILLINOIS

Folks on Spokes Easter Ride
4/28/13

The 31st Annual Folks on Spokes Easter Ride will include routes of 18, 26, 36, 50 and 62 miles. Each route follows lightly traveled paved roads and a few miles of paved trail. Park Forest, IL
folksonspokes.com

No Baloney Bicycle Ride
8/24/13

The No Baloney Ride is intended as just that, a recreational ride, not a race. We pride ourselves on excellent food and rider support before, during, and after the ride. Peoria, IL
www.ivwnobaloney.com

Fourth Annual Fall Festival Ride
10/5/13

Held in conjunction with the Annual Lebanon Fall Festival, this ride includes five routes ranging from 13 to 67 miles on the beautiful rolling roads and highways in the area surrounding Lebanon Illinois. Lebanon, IL
www.ridgeprairietrailhead.org

MY FAVORITE RIDE
PAUL ADKINS

Eugene's Blackberry Bramble is a classic, super-scenic tour of the Willamette Valley. Great people, great food and world-class scenery — one of Oregon's finest rides.

24th Annual Pumpkin Pie Ride
10/6/13

Road ride with multiple routes, including century ride. Pumpkin Pie served after the ride! Ottawa, IL
starvedrockcycling.com

INDIANA

Touring Ride in Rural Indiana June Rally
6/9- 6/14/13

Join us at Clifty Falls & Brown County State Parks for six days of cycling. Routes will feature wineries, the 19th century architecture of Madison's historic district, and the modern architecture of Columbus, Indiana — in addition to the beauty of rural Indiana. Madison, IN
www.triri.org/june_rally.html

RAINSTORM
(Ride Across Indiana: Same Thing, Only Ride More)
7/8 - 7/13/13

RAINSTORM offers an intensive week of cycling for riders preferring longer distances. Each day's route is approximately 100 miles, and there are no layover days. Terrain ranges from rolling to hilly; expect to be challenged. Southern Indiana
<http://www.triri.org/storm.html>

September Escapade TRIRI
9/15 - 9/20/13

September Escapade will tour the scenic and historic sites of south central Indiana, with overnights at Brown County, Spring Mill, and McCormick's Creek State Parks. Routes use rural, hard-surfaced roads, with stops in small towns for services. Terrain ranges from rolling to hilly with some challenging hills. Central Indiana
<http://www.triri.org/se.html>

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MY FAVORITE RIDE PETER BREYFOGLE

The Root River Bike Trail in Lanesboro, Minn: 62 miles of flat and winding paved trails along the Root River. The trail is between the river and the protective bluffs, so too much wind or sun is seldom a problem. Quaint towns every five to 10 miles add food and fun, and a large variety of birds and wild flowers change with the seasons.

Amishland and Lakes

8/2 - 8/4/13
Amishland and Lakes is a three day tour of Amish countryside and Michigan lake country. Routes range from 23-100 miles. There are numerous Amish bakeries, restaurants and homemade ice cream parlors along the route for riders who want to get a taste of the local flavor.
Howe, IN
<http://www.amishlandlakes.com/>

KANSAS

Cottonwood 200 Bike Tour

5/25 - 5/27/13
The Cottonwood 200 is a three-day bicycle tour on paved roads through the Flint Hills of north-east Kansas. The ride covers 200 miles (75 miles day one; 50 miles day two; 75 miles day three) over the Memorial Day Weekend.
Topeka, KS
<http://cottonwood200.org>

KENTUCKY

Horsey Hundred

5/25- 5/27/13
The Horsey Hundred will be Memorial weekend in Georgetown, Kentucky. The featured route is Saturday's challenging century ride, however distances of 35, 55, and 75 miles will also be offered on Saturday. Sunday routes are roughly 35, 50, and 70 miles and head toward beautiful Paris, Kentucky.
Georgetown, KY
www.bgcycling.org

MASSACHUSETTS

Climb To The Clouds

7/21/13
Spend the day with fellow cyclists touring through the apple orchard country of east central Massachusetts with rides from 48 to 100 miles. Climb To The Clouds is NOT for beginners.
Sudbury, MA
<http://www.crw.org/CTTC/climb2-clouds.php>

NCC BikeFest & Tour of the Valley

9/21/13
Come out to enjoy the stunning fall foliage, dairy farms, and quaint villages of the Pioneer Valley. Ride the 8, 25, 43, 72 or 104 mile routes in the heart of New England cycling country and stay for the gourmet food, beer, live music and entertainment.
Northampton, MA
<http://bikefest.nohobikeclub.org/>

MARYLAND

Kent County Spring Fling

5/24- 5/27/13
Join the Baltimore Bicycling Club and enjoy four days cycling the lightly traveled roads of Maryland's Chesapeake Bay Eastern Shore. Rides of 11 to 100 miles meander along flat to rolling roads — through rural towns and along scenic rivers. Award winning cuisine, dessert and cordial parties, dancing, and great music will round out your perfect bicycling experience.
Chestertown, MD
www.BaltoBikeclub.org

Tour dem Parks, Hon!

6/9/13
The annual tour of the Baltimore parks system goes through Baltimore's parks and neighborhoods, giving riders a up-close view of regional attractions and quietly tucked away gems. Participants choose from 14, 25, 35 or 64 mile routes. Proceeds benefit Baltimore's parks, environment and cycling.
Baltimore, MD
www.tourdemparks.org

MICHIGAN

Sunrise Adventure

6/14- 6/16/13
Experience the spectacular Lake Huron coastline of Michigan's Northeast Lower Peninsula. Alpena will be home base for our three 40 to 60-mile days of scenic riding.
Alpena, MI
www.LMB.org

PALM (Pedal Across Lower Michigan)

6/22- 6/28/13
Michigan's premier family cycling tour, suitable for the novice or veteran tour rider.
Muskegon, MI
www.lmb.org/palm

MUP (Michigan Upper Peninsula) Bicycle Tour

7/15- 7/20/13
The MUP Tour will explore the eastern tip of the Upper Peninsula, beginning and ending at St. Ignace. From St. Ignace, you (and your bike) can also ferry over to experience the magic of Mackinac Island.
St. Ignace, MI
www.LMB.org

Ride Around Torch

7/21/13
The Ride Around Torch is an annual one-day 26, 63, or 100 mile bicycle tour primarily along the scenic shores of Torch Lake, Michigan's longest and one of its most beautiful inland lakes with unusually clear, bright turquoise hued waters. The 100 mile ride is a challenging century with the rolling shoreline of Torch Lake, extreme hills and then some.
Elk Rapids, MI
www.cherrycapitalcyclingclub.org



Photo by Steven Lehner

THE LEAGUE OF AMERICAN BICYCLISTS

The League of American Bicyclists, founded in 1880 as the League of American Wheelmen, promotes bicycling for fun, fitness and transportation, and works through advocacy and education for a bicycle-friendly America. The League represents the interests of the nation's 57 million bicyclists. With a current membership of 300,000 affiliated cyclists, including 25,000 individuals and 700 organizations, the League works to bring better bicycling to your community. Contact League officers, directors or staff at League of American Bicyclists, 1612 K Street, NW, Suite 510, Washington, DC 20006-2850, 202-822-1333; bikeleague@bikeleague.org, fax: 202-822-1334.

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 David Madson, davidmadson@bikeleague.org
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MY FAVORITE RIDE

JEFF DONNER

My favorite route here in Miami is south on Biscayne Boulevard, through Pace Park, across the Venetian Causeway to South Pointe, ride around Miami Beach for a while, and back. It's 20 miles with a water view almost the entire time!

**27th Shoreline West
Bicycle Tour**

8/4- 8/10/13
 Experience the Lake Michigan Shoreline for seven glorious days of riding. From swimming in the lake, to the cherry lady, to the sand dunes, to the sights and sounds of Traverse City, through the Tunnel of Trees and finishing with a spectacular view of the Mackinac Bridge. Come join us for our 27th year of exploring the coastline of Lake Michigan.
 Montague, MI
www.LMB.org

Celebration of Cycling

9/14/13
 With routes ranging from 6 to 100 miles, cyclists of all abilities can participate in this great event! This event raises funds and awareness for Programs to Educate All Cyclists, a non-profit organization that empowers individuals with disabilities through cycling.
 Dearborn Heights, MI
bikeprogram.org

Leelanau Harvest Tour

9/15/13
 The Leelanau Harvest Tour is a great biking adventure for both families and single riders as the fall colors begin to show and temperatures begin to cool. Leaving from the Suttons Bay High School, all routes wind through beautiful Leelanau County on excellent paved roads passing by farms, orchards, vineyards, and through quaint villages.
 Suttons Bay, MI
www.leelanauharvesttour.org

MISSISSIPPI

Double Decker Spring Ride

4/27/13
 The Double Decker Spring Ride offers three fully supported ride distances of 20, 40 and 62.5 miles through the rolling hills of Oxford south to Taylor, Miss., and through Lafayette County.
 Oxford, MS
<http://oxfordcycling.org>

NORTH CAROLINA

Fletcher Flyer

6/2/13
 The Blue Ridge Bicycle Club (BRBC) is proud to bring you the 10th annual Fletcher Flyer. The event is a great course for first time riders on every route option and a fast ride for more experienced riders who want to do a century without spending all day.
 Fletcher, NC
<http://www.fletcherflyer.com/>

MY FAVORITE RIDE

CRYSTAL DAVIS

My favorite organized ride from this past year was the Harlem Valley Rail Ride in Millerton, New York. There was beautiful scenery, the best rest stops I've ever encountered, a couple nice hills, and a great picnic at the end.

Blue Ridge Brutal

8/10/13

The Blue Ridge Brutal bike ride tours two northwest North Carolina counties: Ashe and Alleghany and the Blue Ridge Parkway. There are 3 BRB Ride options – 102, 76 and 57 miles. While challenging, each of the rides travels through some of the most beautiful scenery in North Carolina. The Blue Ridge Brutal is a fundraiser for the Ashe Civic Center. West Jefferson, NC blueridgebrutal.org

NEBRASKA

Kool-Aid Classic Bicycle Tour

8/10/13

Tour the scenic, paved country roads surrounding the birthplace of Kool-Aid. Choose from 20, 40 or 65-mile routes with several rest stops (with Kool-Aid refreshment!) along the way. Hastings, NE <http://www.kaclassic.com>

Heatstroke 100

8/25/13

The Heatstroke 100 is a non-competitive, sagged one-day ride. Ride loops of 24, 35, or 49 miles, for a possible total of 108 miles, through the Platte River Valley and surrounding areas, with scenic vistas and rolling hills. The ride is on paved roads, and crosses the Platte River on the beautiful Lied Platte River Bridge. Lincoln, NE greatplainsbikeclub.org

MY FAVORITE RIDE

CHARLES PLUNK

Shiloh National Military Park. A 10-mile loop with rolling Hills, shady lanes, historical monuments, and the Tennessee River. I can't get enough!



NEW HAMPSHIRE

Tri-State Seacoast Century

9/21 - 9/22/13

The 40th annual Tri-State Seacoast Century along some of the scenic shorelines of New Hampshire, Maine, and Massachusetts promises to deliver a very enjoyable cycling experience -- and across a new bridge into Maine. Hampton Beach, NH www.GraniteStateWheelmen.org

NEW JERSEY

Princeton Free Wheelers Bicycle Event

8/3/13

The 33rd annual event, rides range from a family-friendly 16 miles to our popular century with 35, 50, flat metric and hilly metric in between. Strong SAG support, well-stocked rest stops, cue sheets, marked routes, and after ride meal make this ride through the beautiful country roads of central New Jersey a must. West Windsor, NJ www.princetonfreewheelers.com

NEW MEXICO

Santa Fe Century

5/19/13

Now in its 27th year, join us for routes of 25, 50, or 100 miles with six food stops and sag wagon support vehicles. Santa Fe, NM SantaFeCentury.com

MY FAVORITE RIDE RYAN KRAGERUD

Bicycle Longmont's G'Knight Ride. We were unsuccessful getting grants so, being in the West, we grabbed our bootstraps and several craft brews and created our own family-friendly fundraiser ride with Oskar Blues Brewery! Bikes, Brews, Bands and Bouncy Castles; does it get better? I think not!

NEW YORK

Sean's Run

4/27/13

Join us for a 20-mile Fun Ride or 50-mile County Half-Century Tour in Columbia County. Chatham, NY www.SeansRun.com

Tour of the Hamptons

9/22/13

The 22nd Annual Tour of the Hamptons travels through mostly flat terrain and rolling hills on the south fork of Long Island, passing farmlands, beaches, mansions and historic towns such as East Hampton, Amagansett and Montauk before returning to Southampton. The tour has routes of 25, 50, 70, 100 miles and two 25 mile Escorted Rides. Southampton, NY www.massparkbikeclub.org

OHIO

Great Ohio Bicycle Adventure

6/15- 6/22/13

GOBA is a bicycle-camping tour and "an adventure on two wheels with 2,999 of your closest friends." The route will celebrate our 25th annual tour of the great towns of Ohio. The view from your bicycle will offer outstanding rural scenery, and the week-long adventure will feature fun, Ohio small-town hospitality, and the challenge of your life. Don't miss out! Ohio www.goba.com

Mad Anthony River Rally

8/3/13

20th annual Mad Anthony River Rally. Chris Cakes breakfast, souvenir photo and ice cream included in registration. Whitehouse, OH www.toledoareabicyclists.org

OKLAHOMA

Tour de Tulsa

5/4/13

Now in its 22nd year, this is a Tulsa area classic and generally attracts between 400 and 700 riders with full SAG support and ample rest stops.

Tulsa, OK

www.tulsabicycleclub.com/tourdeltulsa

OREGON

Cycle Oregon Weekend Event

7/12 – 7/14/13

The 2013 Weekend Ride will showcase a variety of rides for riders of all shapes and sizes. With our trusty mix of family-friendly and more challenging routes, you can have a most magical experience.

Oregon

www.cycleoregon.com

Le Grande Tour

7/20/13

The 6th Annual Tour de Parks Bike Ride will celebrate the scenery and particularly the city parks of Washington County, Oregon, and invite people to get on their bikes in a fun, family-oriented setting. The Le Grande Tour (approximately 62 miles, a metric century) visits several city parks in a scenic tour through rural Washington County, and includes a water station and lunch.

Hillsboro, OR

<http://www.tourdeparks.com/>

Cycle Oregon

9/7 – 9/14/13

Cycle Oregon delivers the best combination of scenery, challenge, amenities, camaraderie and philanthropy of any ride out there. A fun-loving mix of back-road riding and two-wheeled tent revival, our event moves from town to town with 2,000 or more riders enjoying generous hospitality and providing direct financial benefits to our host towns as well as cycling-related causes throughout Oregon.

Oregon

www.cycleoregon.com

Yaquina Lighthouse Rides

8/17/13

Choose from a 25 mile out and back from the Yaquina Head Lighthouse; a 75 mile ride that follows the Yaquina and Siletz Rivers and returns to the lighthouse via the Oregon Coast Bike Route on Highway 101 with the wind at your back; or a century ride that follows the same route as the 75 mile ride with an additional leg to Moonshine Park and Taft.

Newport, OR

www.yaquinawheels.org

PENNSYLVANIA

Three Creek Century

9/15/13

Join the Harrisburg Bicycle Club for a scenic 100-mile tour of beautiful Central Pennsylvania. This event is fully supported and is noted for its quiet roads, quaint small towns and great home made food.

Carlisle, PA

www.threecreekcentury.com

SOUTH CAROLINA

After Charleston Marathon

1/20/13

The day after the Charleston Marathon, join us for a 30 or 60 mile ride.

Charleston, SC

www.CharlestonMarathon.com

MY FAVORITE RIDE

JANIS MATTHEWS

Trinity Trails in Fort Worth, Texas — 60 miles of trails along the Trinity River.

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TENNESSEE

3 State 3 Mountain Challenge

5/4/13

One of the southeast's most scenic and challenging events offers four route options for riders. The rigorous 100-mile option takes riders through Tennessee, Alabama and Georgia and over three mountains; the 90-mile option takes riders through three states and two mountains; the moderate 62-mile option spans two states; and the 25-mile ride is a moderately hilly ride on roads of Tennessee and Georgia. Chattanooga, TN
chattbike.com

Elk River Valley 100

9/7/13

The Elk River Valley 100 has something for everyone — beautiful scenery, great food and lots of fun. Please join us as we tour six counties of scenic Middle Tennessee and visit historic Lynchburg, TN, home to the Jack Daniels Distillery. Tullahoma, TN
<http://www.elkrivercentury.org>

Bluff City Blues 100

10/5/13

A century starting at the Mud Island River Perk in Memphis, Tenn., this ride also includes BBQ, Beer, and Blues. Don't forget to take a photo with the famous Hernando Desoto Bridge in the background as a momento of the ride. Memphis, TN
Www.bcb100.com

MY FAVORITE RIDE PLUMAS-SIERRA BICYCLE CLUB

The Gold Lake Highway Loop – an ongoing ride in Graeagle, California in late spring, summer and fall. The prettiest ride in the High Sierras with three mountain passes, alpine meadows carpeted with wildflowers, many mountain lakes, the cascading Yuba river, and the spectacular Sierra Buttes. 44 miles and 4,500 feet of climbing!

MY FAVORITE RIDE BECKY JOHNSON

Iron Mountain Road in South Dakota – also known as Pigtail Bridges to locals. The ride takes you through the heart of the Black Hills and then, to top it off, you can make the big climb to Mt. Rushmore.



TEXAS

Bike MS: BP MS 150

4/20 - 4/21/13

The BP MS 150 is a two-day fundraising cycling ride organized by the National MS Society South Central region. With over 13,000 participants, this ride is the largest event of its kind in North America. The ride is a two day, 180-mile journey for MS from Houston to Austin. Houston, TX
www.ms150.org

The Hottest Day of The Year Ride & Party

8/10/13

The Hottest Day of The Year Ride & Party celebrates the peak of summer heat. From this date, the days become cooler. But in the meantime, we demonstrate that bicycling in the dog days of summer is not only feasible, but practical and fun! Austin, TX
<http://bikeaustin.org/hot>

VIRGINIA

Alleghany Highlands Cycling Festival

7/13 - 7/14/13

Come out to the cooler heights of the Alleghany mountains of western Virginia and tackle the challenge of the Gran Fondo Alleghany Highlands alongside brain injury survivor and retired pro cyclist Saul Raisin. On Sunday, stay for the Raisin Recovery Ride to support Virginia Veterans and expand your knowledge and fitness by attending a training seminar with Hunter Allen. Covington, VA
www.ahcyclingfestival.com

Shenandoah Valley Century

9/8/13

We invite you to join us and many others on the Shenandoah Valley Century for some of the finest cycling to be found. Scenic vistas, small towns, beautiful farms, quiet roads, and more. All routes are paved and have low traffic volume. Harrisonburg, VA
<http://www.svbcoalition.org/events/century/>

WASHINGTON

2013 Inland Empire Century

5/11/13

The Inland Empire Century, established in 1981, provides ride options of 25, 50, 75, or 100 miles. Proceeds from this ride support the community service activities of the Kiwanis Clubs of The Columbia and Tri-Cities Industry. Richland, WA
inlandempirecentury.org



Photo by Richard Risemberg

Rhody Bike Tour

5/12/13

The Rhody Tour is a fun ride with distance and difficulty options for everyone from families and beginning cyclists to century-riding veterans.

Port Townsend, WA

ptbikes.org/rides/rhodytour/

RAPSody

8/24 - 8/25/13

Enjoy the scenic back roads and bike trails of five Washington counties while supporting statewide bicycle advocacy and education. The approximate 170-mile loop around the South Puget Sound starts and ends at Tacoma Community College and includes lots of rolling hills, 30 miles of paved bike trails, and water and mountain views. Slightly hilly but with a modest amount of training, you'll be ready. RAPSody is not to be missed!

Tacoma, WA

<http://www.rapsodybikeride.com/>

WISCONSIN

Ride on Oconto History

5/1/13

Join us for one of five bike routes set up around the city with 46 historical stops to promote biking and Oconto's rich history.

Oconto, WI

ocontoparks@cityofoconto.com

Swiss Cheese & Spotted Cows

6/22 - 6/27/13

This ride features the best of the driftless area of southern Wisconsin and northern Illinois. Throughout the tour, we'll meander along quiet pastoral country lanes dotted with small farms; refuel on homemade melt-in-your-mouth cinnamon rolls and chin drippin' peaches; tour a local brewery and sample some of their brews; visit a cheese factory and taste some of Wisconsin's great cheese, and more!

Mineral Point, WI

www.scsbiketour.com



Photo by Oscar Jimenez

WEST VIRGINIA

Appalachian Spring Spectacular

5/5/13

Choose a 25, 45 or 60 mile ride on scenic, low traffic roads north into Pennsylvania from Morgantown, WV. Longer routes are moderately hilly and challenging for moderately fit cyclists.

Morgantown, WV

crcyclists.org |||

MY FAVORITE RIDE ALEX STODDARD

Bennie Creek Trail in
Payson Canyon, Utah.

MY FAVORITE RIDE

JABE HICKEY

The Fruit Loops Ride. An easy 40-mile ride from Longmont or Boulder, Colo., across the plains and farms, then two five-mile loops down a lane lined with fruit trees and on Apple Valley Road outside of Lyons (with a stop at the Stone Cup for some caffeine!). It's beautiful rolling terrain; a great recovery ride.

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Q: What is the best thing about your commute?

You don't have to go far for a great ride. Many of us pedal to and from work – and savor the experience each and every day. In fact, we asked the League's Facebook community to complete the sentence: "My favorite thing about my commute is..." and got dozens of inspiring responses. Enjoy the ride!



Photo by Bethany Heemeyer

Breathing in the rush of wind as I pass all the sad and disgruntled faces stuck behind the wheel. (John Adams)

Jumping on two wheels just before sun up, the world is still half asleep. I enjoy the ride to the office all the while watching the world wake up and shake off the night dust. (Cameron Creamer)

The beautiful view of the river as I bike over Massachusetts Avenue here in Boston. The city looks so pretty from that view. (Christine M. Casalini)

Spotting bald eagles along the Potomac River. (Mary Rawle Jones)

Singing and humming the tornado song from "The Wizard of Oz" with visions of the Wicked Witch in my head, while I peddle down a dusty dirt trail on my beach comber. (Maria DeLeon Garibay)

When a student at the school where I teach passes me on the way to or from campus and waves or yells a joyful greeting. That never happened when I was in my car! (Mary Barnes)

The cheerful greetings from all the school crossing guards as I pedal past. (Susan Pitcher)

The autumn smells, and the view of Pioneer Peak in Palmer, Alaska. (Mandy Hale)

Smelling the grills and trying to decide what to have for supper. (Tom Walsh)



Crossing the George Washington Bridge just before sunrise — and not paying \$12 to do it! (Michael Zuko)



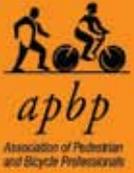
Photo by Randy Rasa

Leaving home with my truck still in the garage and riding past the gas station displaying \$4.28 per gallon. (Eric Lewis)



Photo by Lorie Bartnes

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