



Lets Race! Belt Omnium May 6th

May 2006

Great Falls Bicycle Club

The mission of the Great Falls Bicycle Club is to:

Provide safe, bicyclist-friendly routes for travel in and around Great Falls.

Sponsor recreational and competitive cycling activities.

Be a key player in transportation planning for Great Falls and vicinity.

Check us out on the web at:

<http://www.greatfallsbicycleclub.org>

Not a racer? Well, I hear tell that neither am I. What makes a bike racer? Don't let the word "race" scare you off from this event.



I entered this race last year to show support for our club and the race organizers. I am certainly not competitive. There are so many details to cover for putting on such an event. The folks doing the leg work for this event do an excellent job and put on a great event.

Last year I used this event to take another step out of my comfort zone in my personal pursuit of physical fitness. Challenging myself to do something that I could not have imagined just 5 years ago. I was able to exercise some of my mental demons through this effort. I believe I'm a better person and cyclist for having done so.

You don't have to be competitive to enter the race. You don't have to ride against anyone else. You can compete against yourself.



The race course this year is the same as last year. I for one, while still not competitive, will be looking to improve on my performance from last year.



So. Bring that road bike out of the garage and join around 100 other cycling enthusiasts for our Belt Omnium Stage Race on May 6. You will learn much from the experience!

Have you paid your club dues for 2006?

See the April newsletter or club web site to get a copy of the membership application.

Introducing Myself by Bob Avritt

Since I've been asked to step-up and take over the office of President as our capable leader Tim O'hara will be leaving us soon, I should introduce myself and perhaps share some thoughts or ideas.

Like many of us, I rode bikes as a kid. One thing lead to another. Driving a car replaced riding a bike.

Time warp to the year 1999. Weight somewhere over 300lbs. 2 pack a day smoker.



A visit to the doctor revealed what was for me a life changing diagnosis. I was diagnosed with Type II Diabetes.

I spent the next 3 years trying to control the disease with diet alone. Had some success with diet and medication.

One summer day back in 2003 my kids begged me to go bike riding with them. We rode around

our neighborhood. I found myself feeling like a kid again. At the end of the ride I felt completely exhausted. Spent. This ride is where I re-discovered the joy of riding bikes.

I began reading all I could on the subject of cycling. There was so much to learn.

I found a couple of web forums where I could interact with other folks interested in cycling. bikeforums.net and bikejournal.com.

In particular, at bikejournal I found a very supportive community. To this day, that site is my home on the web.

We began riding the River's Edge Trail. What a great resource for our community!

I eventually was introduced to road cycling by my bikejournal friends. Got hooked.

Road cycling became my primary method of Diabetes control.

Through road cycling I managed to reverse the Diabetes. Testing "normal" for nearly 2 years now without medications.

Quit smoking several years ago.

As of this writing I have now lost a total of 140lbs from my max weight. I still have at least 20lbs to loose.

I still have along way to go. The road to fitness is a marathon journey.

I ride to live.

I share this to give you some insight into who I am and why I ride.

Not coming from an athletic background I may not have the experiences many of you have. I may have a different view or perception of cycling or fitness related topics.

I look forward to learning from each of you.

As President, I hope to address a couple of issues that I feel plague the club.

First is the perception to the general cycling population that the bike club is only for the fittest folks on the nicest bikes.

Having met many of our members, I know we are not how we are perceived. We must work to change how we are perceived.

I propose a public outreach cycling education program. We can produce Public Service

Announcements. Attend safety rallies with information about safe cycling.

Second. I would like to improve communications among our membership. I've been a member of GFBC for a year now. I still feel disconnected. I believe that improved communications within our ranks will foster more participation in club activities. Use of modern technology can serve us well, and should.

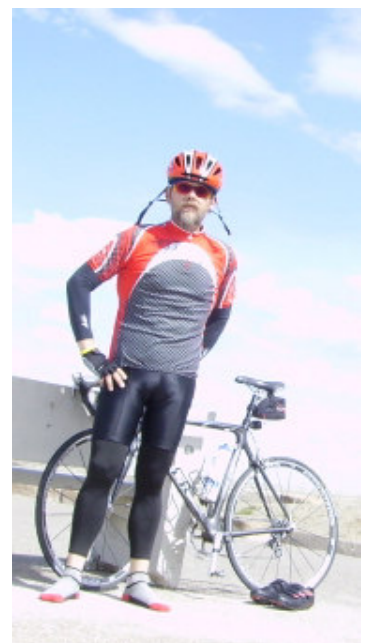
I'd love to hear your concerns and ideas.

You may contact me at:

Zin.rider@gmail.com

Or

799-5266



Thanks and Farewell

THANKS & FAREWELL

Tim O'hara

Thank you for your dedication and work on behalf of the Great Falls Bicycle Club!

Your service has been greatly appreciated.

You will be missed.

We wish you the best of luck, clear skies, and tailwinds.

Newsletter Submissions:

Hey all! We need your articles and photos for the newsletter. Please email them to Bob at zin.rider@gmail.com by the 25th Day of each month to be included in the following month's newsletter.

Don't see something in the newsletter that you think should be included? Just shoot me an email and we'll work together to get it included!

Weekly ride calendar

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Wednesdays

5:30PM

Road Training ride. Show & go. Route to be determined by those who show. Ride leader is John Juras. Ride leaves from the Gibson Park Band shell. Class B/C.

6:00PM

South Shore Mountain Bike ride. Ride leaves from the Rainbow Dam Overlook. Ride leader is Henry.

Class B

Sundays

8:00AM

Show & go ride leaving from the Gibson Park Band shell. Ride class and route vary. Contact ride leader John Juras for details.

GFBC newsletter is now sponsored by: <http://www.avrittindustries.com>

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flyer
inserted
here

Club Information:

Club Officers and Open Positions

Benefits of Club Membership

- Discounts at sponsoring merchants: The Knicker Biker, Central Bike and Bighorn Wilderness Equipment have all generously agreed to give a 10 percent discount on bike accessories to all paid club members.
- Organized group rides geared (pardon the pun) towards persons of all skill and interest levels.
- A newsletter (like this!) that includes the ride schedule as well as interest articles, stories, etc.
- The opportunity to provide input into the city's transportation plan, and to help make Great Falls a more "bicycle friendly" town!
- The chance to meet and become friends with other people who share your interests!
- Social events such as an annual club picnic.
- The chance to get involved in racing – either as a competitor or a volunteer helper!

Club Committees

The club has organized three committees to help coordinate events in various areas of interest. If you are interested in joining a committee, feel free to contact any of the club officers or any member of the committee you want to be a part of.

Recreation Rides Committee

Chaired by Bob Avritt, this committee is responsible for scheduling non-competitive rides for riders of all levels. Each ride will have a rating and a pre-designated "Ride Leader" who will be responsible for ensuring that all riders are club members, have helmets, etc. The committee is looking for a mountain biker to help them plan some fat-tire fun – if interested in joining the committee, or in leading a ride, contact Bob at: 799-5266

Competitive Events Committee

As the name implies, this committee will plan the competitive events sponsored by the club. The Echelon Cycling Club is the Great Falls Bicycle Club's racing group (but we're one big happy family!). Some of the events already planned are the Fairfield Road Race on May 10th, and a weekly Time Trial series every other Tuesday evening beginning in March. This committee is also seeking an interested party to help plan a mountain bike race sometime in the summer. If interested, contact [John Juras](#) at: 761-7021.

Transportation Advocacy Committee

This committee is involved with helping the City of Great Falls become more "bicycle friendly" by providing input into the city's revised master transportation plan. The next city meeting regarding the transportation plan is coming up soon! If interested, contact John Juras.

Have something you'd like to see in the newsletter? A ride story, picture, joke, classified ad, etc.? Contact Bob Avritt at zin.rider@gmail.com or 799-5266.

Ride Classifications and Rules

Classifications – All rides will be given a classification of "A" to "D" based on the pace of the ride and the frequency of stops to regroup. "A" rides are slowest; "A" and "B" rides have frequent to semi-frequent stops. On "C" and "D" rides there is no obligation to wait for slower riders if route directions are given.

*Corporate board members

**President:*

Bob Avritt 799.5266

**Vice President:*

Position Open

**Secretary/Treasurer:*

Sherie Holtz 453.4608

Membership Coordinator:

Sharee Yeagley 453.8702

Publicity Coordinator:

Gerry Jennings 452.3476

Ride Master

Tim O'Hara 727.0520

Webmaster:

Marc Stergionis 452.0653

Newsletter Editor:

Bob Avritt 799.5266





Central Bike and Kay



Next club meeting
 May 11, 2006
 6:30 P.M. for dinner
 7:00 P.M. at Perkins

Complements of the
 Great Falls Bicycle Club

220 Woodland Estates
 Great Falls, MT 59404



May 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:00AM Leaving from the Gibson Park Band shell.	1	2	3 5:30PM Leaving from the Gibson Park Band shell. Road Training Ride. Class B/C	4	5	6 Belt Creek Road Race
7	8	9	10	11 Club Meeting	12	13
14 Watch the club email for weekly ride details or contact John Juras.	15	16	17 -	18	19	20
21	22	23	24 6:00PM Leaving from Rain- bow Over- look. South Shore Mountain Bike Ride. Class B	25	26	27
28	29	30	31			

For more information regarding any of the rides
 listed see our web site at
<http://www.greatfallsbicycleclub.org>