

THE CueSheet

June 2005

The newsletter for affiliated organizations of the League of American Bicyclists

**League of
American
Bicyclists**

INSIDE:

2
The Home
Mechanic

2
See a Stage
of the Tour de
France

3
Strengthen Your
Membership

3
Vote for the 125
Most Influential
American
Cyclists

Share the Road Plates Spreading ...

Share the Road license plates are in now in five states, and work is being done to double that number soon. These plates are currently in Florida, Ohio, Texas, Virginia, and Washington state. There is progress being made towards creating plates in Iowa, North Carolina, South Carolina, Tennessee and elsewhere.

The beauty of the Share the Road plate is that it's a great way to support cycling when you are driving. Not only does this promote an important message to other drivers, but the revenue generated from these plates goes toward funding safety and education programs for cyclists.

In Florida, the income raised from plate sales has purchased bikes for cycling programs and educational materials in six communities. Take the time to visit these organizations to find out more about how you and your group can begin or support existing Share the Road programs.

- Florida: http://www.bikeflorida.org/ShareTheRoadSpecialtyTags/license_plate.htm
- Ohio: http://www.ohiobike.org/license_plate.htm
- Texas: http://www.biketexas.org/share_the_road.html
- Virginia: <http://www.bikewalkvirginia.org/>
- Washington: the bill has just passed the state legislature.



Find the Education Course That's Right for You

Enhance your riding skills with a Road 1 course from the League. This nine-hour course is perfect for cyclists who want a full understanding of how to safely operate a bicycle in a variety of situations. The class includes learning how to perform a bicycle safety check, fixing a flat, interactive discussion, on-bike skills practice and a student manual. Crash avoidance techniques and crash types will also be discussed.

The course is recommended for adults and children above 14. Visit <http://www.bikeleague.org/instructors/courses.cfm> or call 202-822-1333 to find a course near you.

If you are an experienced and knowledgeable cyclist with a desire to make cycling safe and accessible for others, become a League Cycling Instructor! This is a great way to advance cycling in your community. The League certifying its members who are self-starters, passionate about cycling and recognized within their communities as riders with experience and know how. Four upcoming seminars will be held in Topeka, Kan. on July 8-10, Washington, D.C. on July 15-17, Boise, Idaho on July 22-24 and San Luis Obispo, Calif. on August 12-14. To register for one of these seminars or to learn more, visit www.bikeleague.org/educater/seminars.htm or call 202-822-1333.

Bicycle Friendly Community AWARDS for 16 Communities

The latest round of Bicycle Friendly Community designations have been awarded, and 16 communities are the winners. Five cities were first-time designees, including Chicago, Ill. and Scottsdale, Ariz. at the silver level and Ann Arbor, Mich., Bend, Ore. and Burlington, Vt. at the bronze level.

The following 11 communities successfully renewed their designation:

Gold

Boulder, Colo.
Corvallis, Ore.
Palo Alto, Calif.

Silver

Fort Collins, Colo.
Santa Barbara, Calif.

Bronze

Beaverton, Ore.
Cary, N.C.
Denver, Colo. (formerly silver)
Redmond, Wash.
Schaumburg, Ill.
Shawnee, Kan.

"We salute these communities for their commitment to improving conditions for bicyclists," said Andy Clarke, executive director of the League of American Bicyclists. "They are making the streets safer for bicycling, educating bicyclists and motorists to share the road, promoting a wide range of bicycling activities and even stepping up the enforcement of traffic laws to protect bicyclists."

The Campaign is supported by generous grants from the Bikes Belong Coalition (www.bikesbelong.org). To see a list of all 49 BFC communities, go to www.bicyclefriendlycommunity.org.

The Home Mechanic

By Todd McDonald, League Staff



A clean bike is a happy bike. While there are numerous adjustments you can make to keep your bike well maintained, it is also nice to beautify your bike. One simple way to do this is to apply a new set of bar tape to your handlebars. While a basic black might be the obvious choice, this author prefers a blinding white to stand out from the color of the bike. Regardless of your color choice, this is job that anyone can tackle.

Begin by unrolling your existing tape from the top towards the end of the handlebar. You can use a razor to slice the tape off, which makes removal faster, but also increases the risk of cutting your cables or damaging your bars. Remove the plugs at the end of the bars that hold in the tape, and as much of the residue as possible.

Inspect your bars for any

cracks or bends. If there are cracks or bends, your bars should be replaced. If there aren't any, place the extra lengths of new tape behind the brakes, to cover any gaps that may occur. Start with about 2/3 of the tape extended beyond the end of the handlebar. When you start taping, it should be wrapped directionally, away from the bike (clock-wise for the right side, counter-clockwise for the left side). This will keep it from prematurely unwrapping itself under the pressures of riding.

After you have gone a few turns, insert the bar-end plugs to keep it from unraveling while you are wrapping. Most tape has a raised center area and beveled sides. When wrapping, allow the tape to overlap on the beveled edges, keeping the tape in one smooth plane. You may want to overlap the tape more thickly in well-used areas, such as the

top of the handlebars.

There are a few techniques for wrapping the tape around the brake levers. I prefer to continue in the same wrapping direction, making one pass on each side of the lever. To finish, continue wrapping to the end of the bars. When the leading edge of the tape reaches the bulge of the bar, make a small mark in the tape. Continue wrapping and make another mark where the trailing edge reaches the bulge in the bar.

Unwrap the bar three or four turns and, using scissors, cut a line between the two marks you have made. When you finish wrapping the bar, you should have a smooth edge at the end. Using electrical tape, circle the end of the bar tape three times in the same direction that you have wrapped the bars.

Final step: Congratulate yourself and go for a ride!

See a Stage of the Tour de France ... Live, Large and Loud!

Once again this year, cycling fans can watch a stage of the Tour de France live, on big screens, in a movie theater near you. On Saturday, July 16, Stage 14 (Agde to Ax-3 Domaines) will be broadcast live to more than 50 movie theaters in 35 states. The Tyler Hamilton Foundation, in conjunction with the MS Society and the Davis Phinney Foundation, is presenting this year's broadcast.

The coverage will begin at 8:30 a.m. EST/5:30 a.m. PST and run continuously for the entire stage. *Live, Large*

and Loud is a fundraiser for the Tyler Hamilton Foundation (which supports MS research and junior-level cycling), the Davis Phinney Foundation (which supports Parkinson's Disease research) and the National MS Society.

The Tyler Hamilton Foundation is seeking clubs or advocacy organizations interested in getting their message out to a packed house of cyclists. Any organization interested in helping to promote themselves and this event in their area should contact Deirdre Moynihan at

dmmoynihn@comcast.net or 303-443-8THF by June 27.

Last year's event sold out across the country, and they are expecting an even larger response this year. Advanced ticket sales for people wishing to see the event will go on sale on Wednesday, June 22.

For more information, contact:

Tyler Hamilton Foundation—www.tylerhamiltonfoundation.org; Davis Phinney Foundation—www.davisphinneyfoundation.org; National MS Society—www.nationalmssociety.org

Strengthen Your Membership

As a member of a League-affiliated organization, your support is invaluable to keeping the League's mission of promoting bicycling for fun, fitness and transportation going strong. We appreciate the membership and donations that we receive from our more than 600 affiliated clubs and advocacy organizations.

In addition to affiliated organizations, the League

needs individual members like you to help strengthen and maintain our core programs and protect your right to the road. We rely on the strength of our individual members, along with our partnerships with local clubs and advocacy organizations, to continue to advocate, educate and promote bicycling.

To that end, we would like to offer a one-time special

discount for members of local organizations who would also like to become individual members of the League. To join, just fill out the form below, fax or mail it to the League with the discounted \$20 fee, and you are doing your part to support bicycling.

For more information, e-mail Todd McDonald at todd@bikeleague.org or call 202-822-

POST Your Events

Post all of your upcoming events and rides on the League's website! The League's Ride Guide receives more than a million hits a month, 44,000 hits per day! Don't miss out on your chance to advertise your ride event to the public. Visit www.bikeleague.org/members/post_rideguide.htm to learn how to post your event.

Special Discount Membership Form

Exclusively for Members of League Affiliated Clubs:

Club Name _____

New Members: \$20 (a \$10 discount off standard League rates!)*

Name _____

Address _____

Phone _____ Email _____

Name _____

Address _____

Phone _____ Email _____

Name _____

Address _____

Phone _____ Email _____

* New members only. Not for current League members.

NMDCL

Enclosed is a check payable to the League of American Bicyclists, **or**

Please charge my: VISA MC Amount: \$ _____

Card # _____ Exp. Date _____

Phone (day) _____ Signature _____

Who's the Best?

Who would make your list of the people who have wielded the most influence over bicycling in the United States in the past 125 years? Would it be the organizational builders such as Harmon and Burden, or industry leaders like Pope and Terry? Is it high profile stars such as Madonna and E.T. or racing stars like Lemond, Armstrong and Taylor? What about the pioneers of mountain bicycling? Perhaps Messrs. Shimano, Colnago or Campagnolo should be on the list? To vote, visit www.bikeleague.org/events/125People/nomForm.cfm.

Join the Club Rep Call

Join the League and other club representatives for the next club rep call on Wednesday, July 6, 2005 at 3 p.m. Eastern Daylight Time.

To participate, dial 661-705-2000. The access code is 42573. We look forward to hearing from you.

Dates to Remember:

July 22 - 24, 2005

LCI Training Seminar in Boise, ID

For info, contact Dwight Tovey at dwight@dtovey.net or 208-284-1709.

August 12-14, 2005

LCI Training Seminar in Tampa, FL

For info, contact Lyndy Moore at lyndybike@earthlink.net.

August 12-14, 2005

LCI Training Seminar in San Luis Obispo, CA

For info, contact Jean Anderson at slohpver@charter.net or 805-545-9003.

September 9-11, 2005

LCI Training Seminar in Ann Arbor, MI

For info, contact Carole Hahn at carolehahn@comcast.net 734-483-0448 or Bud Preston at budpreston@comcast.net 248-380-0691.

September 10-17, 2005

National Rally for Cyclists,

In Conjunction with Cycle Oregon

Visit bikeleague.org for details on these and other events.

CLUB REP update

Insurance Info Available Online

Insurance information was mailed earlier this year. This same information is also available online at www.bikeleague.org/members/info_for_clubs.htm for you to download and print. Take a moment to view all of the information here and let us know if there are other ways that we can help you get the League's information. If you have any specific policy questions, call the League at 202-822-1333.

THE CueSheet

1612 K Street NW, Suite 800, Washington, DC 20006

