



AMERICAN BICYCLIST

ADVENTURES IN BICYCLING

Four tales of freedom from the road, rail and trail p. 12

2014 RIDE GUIDE

From charity rides to multi-day tours, get rolling in 2014 p. 20

VENUS DE MILES: RISING ABOVE

Riders in Colorado help victims of recent floods p. 18

November - December 2013

WWW.BIKELEAGUE.ORG



BECOME A LEAGUE OF AMERICAN BICYCLISTS LIFE MEMBER

Become a life member of the League today and your dues will be invested in a special Life Member Fund. Since 1978, this fund has supported education and advocacy programs – ensuring a lifetime of better bicycling for you and your family. In addition to showing your commitment to the League and its critical mission, you'll get all the benefits of regular membership, plus a life member pin and special life member mailings.



"I became a life member to invest in the future of bicycling and help the League continue our movement's growth. I try to improve bicycling in my community and I know my efforts are enhanced by the League. Being a life member broadens my efforts, and benefits riders from coast to coast."
- Jennifer Fox, San Francisco, Calif.



"I became a life member because I believe in the League's work. Education programs; the Bicycle Friendly America program; and the National Bike Summit make a difference in my life and in the lives of bicyclists across the country!"
- Buzz Feldman, Longmont, Colo.

Yes, I would like to become a Lifetime Member of the League of American Bicyclists.

Name _____ Phone _____
Address _____ City _____ State _____ Zip _____
Email _____



Life Membership - \$1,200 **Family Life Membership - \$1,750**
 Enclosed is a check (payable to the League of American Bicyclists)
Please charge my: Visa Mastercard AmEx

Card number _____ Exp. date _____
Signature _____

RETURN TO: League of American Bicyclists | 1612 K St. NW, Suite 308, Washington, DC 20006 | Tel: 202-822-1333 | Fax: 202-822-1334 | www.bikeleague.org
RUBK

CONTENT

November — December 2013



Tour de Cure

IN EVERY ISSUE

02 VIEWPOINT

03 INBOX

04 COGS&GEARS

28 QUICKSTOP

LEAGUE BOARD ELECTION 8

CAST YOUR VOTE!

Help determine who will represent you on the League board.

FROM THE SADDLE 12

ADVENTURES IN BICYCLING

Four tales of freedom from the road, rail and trail.

WOMEN BIKE 18

VENUS DE MILES 2013: RISING ABOVE

Colorado ride evolves into a community service event that helps victims of devastating floods.

2014 RIDE GUIDE 20

100+ RIDES FOR RIDERS OF ALL SKILL LEVELS

From charity rides to multi-day tours, get rolling in 2014!

AMERICAN BICYCLIST IS PRINTED WITH SOY INK ON 30% POST-CONSUMER RECYCLED PAPER CERTIFIED BY RAINFOREST ALLIANCE TO THE FOREST STEWARDSHIP COUNCIL™ STANDARDS.

ON THE COVER *Erica Lighthiser with children Eva, Clara and Emmett (and dog, Hayduke) on their 2013 bike adventure.*



RIDE GUIDE: YOUR WAY TO A BRIGHTER FUTURE

A two-week bicycle tour in the Brittany Region of France changed my life.

I was 19 years old and was re-taking a rather unspectacular first year at the University of Birmingham when the idea was hatched – though I hadn't been on a bike in a few years. The trip itself was fantastic: beautiful scenery, memorable local culture, fantastic food and trouble-free riding that had me hooked forever. But it was the preparation that really set me on my way.

I discovered the simplicity, practicality and sheer fun of riding a bike – and re-discovered the communities in which I lived.

All of a sudden, I had real independence. I could get to classes without worrying about bus or train schedules. I could get to and from the train station for longer trips to follow my beloved Bristol City football team, home and away. And I would spend a day at the beginning and end of every semester riding the 90 miles between Birmingham and Bristol.

The League's annual Ride Guide is so much more than a listing of rides – it's a mouth-watering menu of opportunities for people to have those exact same moments of discovery, on the ride itself or in the preparation. Our network of 600 clubs and

300 advocacy organizations, together with the members of the Bicycle Tour Network, offer an extraordinary community service in organizing rides to suit every possible taste and level of riding.

We are just beginning to calculate and document the powerful economic impact of these events, but we are not even close to capturing the intangible benefits of the lives changed and communities that are transformed because of every one of these rides.

At the recent New England Bike Summit, I had the chance to give a well-deserved shout-out to Dave Topham of the Granite State Wheelmen (GSW). Dave is one of hundreds of unsung heroes of our movement who do the work to make these rides and events happen. He's been the ride director for 34 of the 40 editions of the Sea Coast Century; he was a founder of the GSW and the much newer Bike/Walk New Hampshire advocacy group; and every year, without fail, Dave has made sure the League gets a contribution of one dollar for every rider on the Sea Coast Century.

That makes a big difference to the League.



Dave Topham of the Granite State Wheelmen (GSW) is one of hundreds of unsung heroes of our movement.

So enjoy poring over the spectacular, adventurous, exotic, challenging and fun rides on offer. Sign up for a few of them! While you're doing that, ponder the impact cycling has had on your life and think about ways you might be able to give back to these rides – and the people that put them on. It can be a lot of work, but the rewards are enormous, for you and for every rider. ■

Andy Clarke, League President

RIDE GUIDE

100+ RIDES



ALL SKILL LEVELS



44 STATES

INBOX

BROADENING PERSPECTIVES

I was very impressed with the [Bicycle Friendly Community] review process and the fact that you included reviewers who are not necessarily integral parts of the planning process in the city. After the experience, I decided to join the League in support of your organization. Too often city planners get set on their goals, gather those around them who support their goals and forget about some of the issues that do not help them achieve their goals as they've defined them. Your process encourages city planners to broaden their perspectives.
- Local reviewer in Fort Collins, Colo.

WALKING SUMMIT

Thank you to League Policy Director Darren Flusche for being part of the Walkable Commercial Districts session at the Walking Summit last week, as well as the care and thought that you put into crafting your presentation. I received a lot of positive feedback about how engaging and informative the session was from other conference-goers. Thanks again for being a part of it and bringing your A-game. I hope we get to collaborate together again soon!
- Laura Searfoss, National Complete Streets Coalition



(From left) Caron Whitaker, League VP for Government Relations, went on a 50-mile ride last month with Delaware Gov. Jack Markell and Bike Delaware's James Wilson. Great to see what strong leadership and great advocacy can do!



FROM FACEBOOK

In response to League President Andy Clarke's 10-year anniversary celebration:

Thanks Andy! You have always been a role model for me. Here's to 10 more years ahead and more success! - Deb Hubsmith

Congratulations! It's been a great ride for bicycling to have you lead the paceline. - Jennifer Hill

Congratulations Andy! You are an inspiration and true joy to work with. Your support has been a real gift. - Sarai Snyder



FROM TWITTER

@ellyblue | Sept. 28, 2013
Finally belatedly joined @BikeLeague. They're leading bicycle advocacy in the right direction, [and I] am proud to support [them]. Visit bikeleague.org/join for membership information.

@BikeWalk | Sept. 12, 2013
Congratulations to Darren Flusche of @BikeLeague and @AdvocacyAdvance — APBP's Nonprofit Professional of the Year!



FROM THE BLOG

In response to "5 Tips for the Bike Industry." Love this post, especially the point about focusing on how the bike is being used rather than the gender of the bike owner... [This] will result in a much more robust product offering and enjoyable shopping experience. - Maria Boustead, Sept. 18

CLARIFICATION

In the Sept.-Oct. 2013 issue of *American Bicyclist*, the photos on page 27, from left to right, should be credited to Alena Pugacheva and Virginia Commonwealth University, respectively. ■

GIVE US YOUR FEEDBACK Email your comments to carolyn@bikeleague.org; send a letter to 1612 K St NW, Ste 308, Washington, DC 20006; or chime in on Facebook (facebook.com/leagueamericanbicyclists) or Twitter (@bikeleague).



MEMBER PROFILE:

Joy Hancock

Joy Hancock is the Executive Director of the Oklahoma Freewheel and a member of the Bicycle Tour Network Board of Directors. In short, she knows the ins and outs of organizing great bike tours. We connected with her about what's ahead for the Freewheel and BTN.

TELL US A BIT ABOUT OKLAHOMA FREEWHEEL – AND YOUR ROLE AS EXECUTIVE DIRECTOR. Freewheel's mission is to promote and strengthen cycling tourism in Oklahoma. The Freewheel was originally run by the Tulsa World [a local newspaper], riding through its readership area. When the Tulsa World gave it up, it went independent — and then statewide.

The goal is for people to experience the state from the perspective of the bicycle. Because you're outside and taking it in, you get to see a lot of things you don't typically see. We try to bring tourism to our local towns with a different route every year. And we always traverse the state – from the south to the north, so we can take advantage of tail winds. We just went through our 35th year, with 700 to 800 riders for the seven-day ride.

As for me: I'd been involved as a participant and had gotten to know the crew. With my background in triathlons, I'd also volunteered and spoken at some of their seminars about how to train. Now, as the ED, I do a bit of everything. I meet with board members and recruit volunteers. I travel out to communities multiple times per year

and we talk about what they'll do to host us. I also work with our route designer and we drive — and ride! — the route to make sure it's OK. During the week of the ride, I do a lot of trouble shooting. This last year I got to ride the entire ride, which was a great experience!

WHY ARE YOU SO PASSIONATE ABOUT BICYCLING AND BIKE TOURS? Cycling is just a lot of fun. I really enjoy the fantastic exercise and the sense of adventure you get when you get out on a bike ride. On a personal level, I feel that anytime I'm stressed or have some issue dancing around my head, if I can get out on a bike ride, I can usually sort it out. I'm more of a solitary rider and I like to be out in the countryside away from cities and towns — that's what I really enjoy.

Bike tourism, I think, is the perfect way to experience a landscape and experience people. For some reason, when you wind your way through a town and you stop, people want to chat because, well, you're an anomaly. I think bike tourism is a wonderful way to boost the economies of struggling rural communities in America. You can tell by the way towns get excited about rides coming through that they understand what an opportunity it is for them to get that boost — and to show others their communities.

WHAT'S BEEN YOUR FAVORITE RIDE OR TOUR? The Freewheel! But, I have to say, if I think

over this past year, my favorite ride was during a vacation with my family. We were in St. George, Utah, and I had the pleasure of riding to Zion National Park. It was just really special. It was a beautiful day and to be able to experience a national park from the perspective of a bicycle was just spectacular. It's something I hope to be able to do again in the future.

HOW DID YOU GET INVOLVED IN BTN? When I became director of Freewheel, we had a longstanding membership with the BTN, so it was natural for me to go to the conference and become involved in that role.

WHERE DO YOU HOPE TO SEE BTN GO IN THE NEXT YEAR? I hope to see the membership grow. I hope that we start bringing in vendors and experts and expanding our knowledge base and network to make more people aware of our website, where you can find and search for rides and explore. This year, I was lucky enough to be able to go on Ride Idaho and Pedal the Plains, both unique and unforgettable experiences. Earl Grief (Ride Idaho) and Chandler Smith (Pedal the Plains/Ride the Rockies) are both dear friends and colleagues, both of whom I greatly admire and look up to, and it was invaluable to be able to learn from them firsthand. ■ **LEARN MORE ABOUT THE OKLAHOMA FREEWHEEL AND MANY OTHER RIDES AT BICYCLETOURNETWORK.COM.**



CLUB SNAPSHOT: Women Bike Atlanta

Women Bike Atlanta has grown quickly from a small idea to a blossoming organization. Sonja Parham, one of the co-founders of the group, filled us in on how Women Bike Atlanta was able to cultivate such a strong following. Read the full interview with Sonja at bikeleague.org/blog.

WHAT DID IT TAKE TO START AND GROW WOMEN BIKE ATLANTA?

PASSION Both Neil Walker, my fellow co-founder, and I love cycling. Obviously, he is far more accomplished than I, but that doesn't mean that I don't love it! I rode my bike with friends as a girl and getting back on a bike as an adult has brought nothing but good things to my life. I will share my love of cycling with anyone who stands still.

ACCEPTANCE We accept women where they are. We're not bike snobs by any definition. We'll teach women about their bikes and what else is out there — but we don't put them off because their bikes are basic or came from the garage or Wal-Mart. We are equally excited for the accomplishments of our mountain bikers as we are for our road cyclists. We welcome women from other clubs and have often welcomed women to our classes who were feeling a little intimidated in another club.

A REGULAR RIDE SCHEDULE Last year, our first year, the women of the Metro Atlanta Cycling Club (MACC), graciously adopted WBA and welcomed us to their rides. They did more than that, though — they taught us the nuances of leading

a ride. This year, we were able to establish a regular ride schedule of our own, with our signature Beginner Ride the second Saturday of every month on the Silver Comet Trail. Simultaneously, we have Advanced Beginner, Intermediate and Advanced rides on the Beautiful Back Country (BBC) routes, featuring rolling hills that make for a nice place to learn gearing and shifting if you haven't already. The fourth Saturday of every month is our Serenbe ride. It's co-ed and features 8.5-, 20-, and 40-mile routes. Serenbe is a lovely community built around the concept of sustainability.

CYCLING EDUCATION Neil, who is now one of the League's certified cycling coaches, teaches the League's highly successful curricula. Our rides also begin with early arrival time for ABC Quick Check and basic cycling education that continues on the route during the beginner rides. We take the time to address women's concerns, because we find that the more confident a woman, or any rider, is on her bike, the better a rider she becomes — advancing from occasional bike rider to lifelong cyclist. A woman confident on her bike and in her ride experience is also more likely to share her experience and invite her friends along and we see that every day.

BUILDING A STRONG LEADERSHIP TEAM Something that Neil had to hammer home was that I could not, no matter how hard I tried, do it all. That was even more so after I started a new job. So, we have amazing women serving on a number of key committees

including: Rides, Events, Apparel, Social Media and Ride Ambassadors. Naturally, Neil is our Cycling Education Chair. I continue to grow and learn as President of Women Bike Atlanta, and there really isn't much that means more to me. Coming from outside the cycling world, I've had a lot to learn and I willingly do so.

TIME From the beginning, it's taken time to get the work done, to interact with the women and respond to inquiries, comments, calls, and e-mails. But now we have nearly 600 women involved. Nearly 200 of those are on Meetup and more than 400 on Facebook. Fortunately, we have a concerted team effort and guidelines for handling requests to join, questions, and comments. We're also now on Twitter @WomenBikeATL.

NERVE - JUST PLAIN NERVE Even with my first team, others at church were interested in the idea of us riding our bikes. When people asked "What are you doing this weekend?" and I answered "Going riding" there were questions — everywhere. Followed by the inevitable, "I would ride but..." Now the tables have turned. I ask nearly any woman if she rides — and invite her to join us. I'll give her our card and tell her how to find us on Facebook, Meetup, or on the trail. I'd say 98 percent of the responses are positive. My son, Vincent, often thinks I'm nuts when I stop to have these conversations. I know no shame when it comes to talking about Women Bike Atlanta to men or women!

■ LEARN MORE AT WWW.WOMENBIKEATLANTA.COM

Join us at the 2014 NATIONAL BIKE SUMMIT

In 2014, federal bike funding expires. What happens next? That's where we come in.

Join us March 3-5, 2014, in Washington, D.C., for the National Bike Summit. Our theme, "United Spokes: Moving Beyond Gridlock," will unify and amplify the voices of bicyclists on Capitol Hill and build on the momentum in your community to create a Bicycle Friendly America.

The current federal transportation bill, MAP-21, ended the era of dedicated funding for biking and walking — but embarked on an era of performance-based transportation spending, opening the door to improving data and opportunity for bicycle safety.

The 2014 National Bike Summit is our opportunity to promote our agenda and push for the best possible outcomes for bicycling in transportation



Former U.S. Secretary of Transportation, Ray LaHood, speaks at the 2013 Summit. Photo by Brian Palmer

policy. It will also feature the third annual National Women's Bicycling Forum on March 3, with a full day of speakers and programming leading into the full Summit that evening.

Registration is now open — and if you're among the first 100 to register, you'll receive a \$50 discount. ■

VISIT BIKELEAGUE.ORG/SUMMIT TO LEARN MORE AND REGISTER TODAY!

LCI CORNER

Creating a Safe Learning Environment

BY MARIA SIPIN, LCI#3846



TAKING A NEW CLASS can bring up intense emotions, and bike safety education is no different. It demands participation from everyone and presents unfamiliar challenges to some. The class requires mental and physical energy for full engagement, and is most enjoyable for students when instructors are competent and supportive.

From my experience, instructors have a duty not just to ensure students are safe from road obstacles. They also have the responsibility to create a safe learning environment, free of discrimination, harass-

GIVING

Thank you to the following organizations and individuals who have contributed at least \$100 to the League, above and beyond membership dues, in July and August 2013.

\$10,000+

ORGANIZATIONS

Trek Bicycle Corporation

\$1,000-\$9,999

ORGANIZATIONS

Florida Freewheelers

INDIVIDUALS & FAMILIES

Donald Moore

\$100-\$999

ORGANIZATIONS

Bike Walk Venice
Earls Cyclery & Fitness
Georgia Bikes!
Neundorfer Particulate Knowledge

INDIVIDUALS & FAMILIES

Robert Adams
Malcolm Airst
Anonymous
Leslie Arminski
Cyndi Bakir
Susan Barrows
Barry Family
Paul Bartlett
Daniel Bauer
Larry Beane
John Beem
Birt Family
Jerry Blanchard
Bruno Boettcher
David Brand
William Branstrup
James Breeling
Susan Bussmann

Joseph Calandra
Rory Callahan
S. Carlson
John Cinatl
Dennis Close
Nat. Cobb
Caryn Conley
John Crawford
Paul Demjanenko
Mary Desch
Don Duffy
Dunning Family
Everdell Family
Warren Fellingham
John Fetzer
Michael Flueckiger
Ralph Garboushian
Charles Garrett
Edward Gent
Goss Family
Michael Gray
Molly Gurney
Cindy Hanson
Thomas Hauser
Havenga Family
Henrikson Family
Michael Honnold
Huza Family
Lawrence Jaffe
Terry Johannesen
Johnson Family
Alan Kailer
William Koch
Katrina Kotowski
Amy Kristoff
David Lavelle
Peter Lee
Ira Lunsik
Manko Family

Albert Mantell
Danile Martens
Russell Marx
David McKinley
James Mees
John L. Mettill
Janet Mills
Barbara Moulton
Mukuno Family
Martin Nicholas
Nikula Family
Paul Palmer
Joel Parks
Donald Passantino
Irving Perlman
Mathilde Piard
David Pines
Jon Richards
Timothy Rowe
Thomas Royer
Ralph Samuelson
Mike Sapp
Peter Schoch
Schurtz Family
Jake Serago
John Siemiatkoski
George Simmons
Paul Southern
Duane Stark
George Strecker
John Sweet
Geoffrey Thomas
Thomas Thompson
Art Troutner
Lee Venteicher
James Walter
Wislow Family
Bettina Zimny

ment, and bullying.

A safe learning environment is inclusive and respectful of cultural differences and financial status. But that's not all. Inclusive also means showing respect for people who may have an experience different from yours or may express themselves in different ways. For example, it's common to make generalizations about gender identity and gender expression.

"Women do this; men do that." Because of this segmentation in language and actions based on assumptions, people

are more than just divided; they're hurt. When we talk about bicycles, clothing, and events, these slip-ups can happen. I've been affected by this as a student, and I'm constantly working to be more self-aware as an instructor to challenge my personal beliefs and to improve my curriculum.

There are resources available and organizations that help educators gain a new lens for teaching. It's a matter of seeking out these opportunities and keeping an open mind to improve bike education and the community as a whole. ■



Fast America South
April 19th - May 16th, 2014 - 2,880 mi CA to GA

Great Mississippi River Ride
May 12th - June 6th, 2014 - 1,730 mi LA to MN

Cross Country Challenge
May 31st - July 22nd, 2014 - 3,850 mi CA to NH

Across America North
June 15th - Aug. 4th, 2014 - 3,680 mi OR to NH

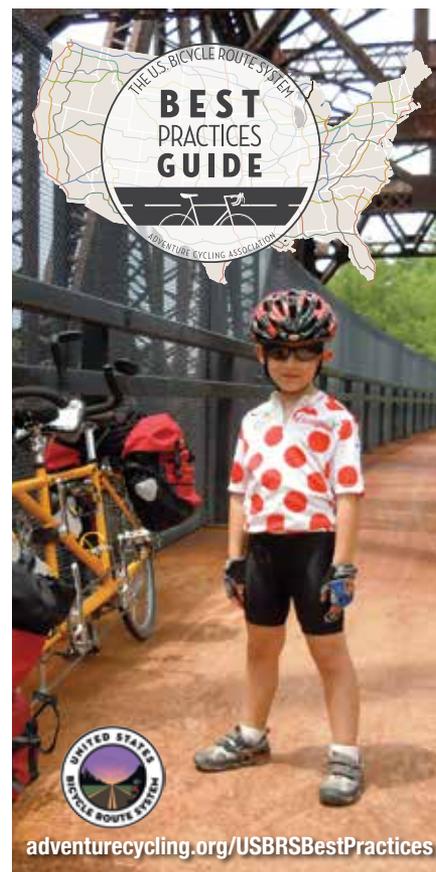
Ride the East
Aug. 9th - Sept. 3rd, 2014 - 1,675 mi NH to FL

Ride the West
Sept. 6th - Sept. 29th, 2014 - 1,410 mi OR to CA



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CAST YOUR VOTE

League Board of Directors Election

The League's Board of Directors serves a critical role in guiding the organization to a sustainable and vibrant future. The Board is made up of both board-appointed and member-elected seats — and currently, there are five open seats and nine candidates for those member-elected spots. We need YOUR votes to determine who will join the board for the next three years. The League follows a preferential voting system, meaning each voter will rank their choices from first (1) to last (9). Log in to bikeleague.org/vote to cast your vote through our membership portal or mail in a paper ballot, which must include a name and member number on the outside envelope, to ensure both privacy and legitimacy. Please postmark these ATTN: Election. Individual members have one vote; family members have two votes. All votes will be through secret ballot. The deadline to cast your ballot electronically and to postmark your vote is December 27. Below are descriptions of the nine candidates for the board; current board members are marked with an asterisk. If

you have any questions about procedure, please contact liz@bikeleague.org.



DIANE ALBERT*

Albert has served as a bicyclist advocate for almost 15 years at both the local, state, and national level. She is knowledgeable about the issues facing bicyclists, whether the issues are related to design/engineering, of bicyclist/motorist education, or enforcement/encouragement/legal issues. Albert has an education, engineering, and legal background, making her uniquely qualified to serve on the LAB Board, considering the types of issues bicyclists face. Albert also runs a solo intellectual property law practice and has the flexibility and financial resources to engage fully with the LAB Board. She has many years of experience working on advisory boards and understands how to work effectively with staff, constituents, and other board members. She is willing to work hard and put in the time required to be an engaged and effective LAB Board member. Albert currently serves on the Governance and Legal Affairs Committees and was recently elected Board secretary, thus serving on the Executive Committee. Lastly, Albert is enthusias-

tic and passionate about promoting bicycling in the US, as well as doing whatever she can to help LAB continue to grow. Albert is committed to ensuring that LAB remains the preeminent bicyclist membership advocacy organization and remains financially strong.



SUZANNE DEVENEY

Suzanne Deveney, a lifelong resident of Chicago, rides and photographs the city she loves. Her unique perspective often brings focus to street art and the beauty of an urban landscape as only can be viewed from a bike. She embraces all types of cycling, and rides a road bike, a commuter, a vintage Peugeot, and this year embarked on a new venture, learning to mountain bike. She writes a popular cycling and photography blog, *Protecting My Front Wheel*, and is a freelance contributing writer to *LovingtheBike.com*. She was the organizer of the 2013 Chicago ride for *Cyclefemme*, a grassroots movement that celebrates women on bikes. Her cycling adventures have taken her abroad, riding from London to Paris and culminating with a final ride along the famed Champs-Élysées. A trained designer, Suzanne is an accomplished executive with expertise in creative direction, marketing, communications, brand strategy, and copywriting.

Cast your vote at bikeleague.org/vote
or fill out the ballot on page 9 and return
to the League by December 27.



STEVE DURRANT*

Elected to the board of the League in 2010, Durrant is a bicycle commuter, a long-distance cyclist and a licensed landscape architect specializing in bicycle facilities. For over 30 years he has planned, designed and built cycling, pedestrian and greenway facilities throughout the US and Canada, and encouraged communities to include active transportation modes in the fabric of everyday life. His project experience includes award-winning urban trails (such as the Cedar Lake Regional Trail in Minneapolis and the Spokane River Centennial Trail in

Washington), citywide bicycle plans, planning for bicycle sharing programs and bicycle access for urban rail transit systems. Durrant possesses expertise in community and agency planning, and non-profit organizational development. He participates in hosting the Portland region's annual policy makers ride and is a long-standing advisory board member of The Waterfront Center, an international non-profit organization that promotes public access to urban waterfronts around the world. Durrant has brought his extensive experience to the board of the League of American Bicyclists – experience that includes a well-honed and well-traveled urban design perspective, and a strong belief in the power of creative problem-solving. He brings extensive cycling experience to the board. As a long-time commuter he understands the issues and opportunities associated with integrating urban cycling innovation into state, regional and community bicycle plans – an understanding that reflects his knowledge of cycling and its role as a vehicle for community change.

Alison is completing her first term as board member for the League. She is a nonprofit professional with a Master's degree in Organization Development and more than



ALISON HILL GRAVES*

Alison is completing her first term as board member for the League. She is a nonprofit professional with a Master's degree in Organization Development and more than

≡ INDIVIDUAL MEMBERS GET ONE VOTE; FAMILY MEMBERS GET TWO VOTES VOTE ONLINE AT BIKELEAGUE.ORG/VOTE



BALLOT

VOTE FOR YOUR BOARD

Please list the candidates in order of preference, from first (1) to last (9). All votes must be post-marked by December 27. Mail them to the League at 1612 K St. NW, Suite 308, Washington, D.C., 20006. Please write down your name and member number on the outside of the envelope.

1. _____
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9. _____



BALLOT

VOTE FOR YOUR BOARD

Please list the candidates in order of preference, from first (1) to last (9). All votes must be post-marked by December 27. Mail them to the League at 1612 K St. NW, Suite 308, Washington, D.C., 20006. Please write down your name and member number on the outside of the envelope.

1. _____
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9. _____

ten years experience applying it in non-profit organizations that are dedicated to improving the health of their communities. Alison's experience and interest is in collaborative planning with diverse stakeholders, which recently resulted in transforming a vacant lot in a Portland housing development into a bike repair hub and a skills park for neighborhood families with a focus on job skills training and community building. This project was the result of listening to the needs of residents – access to affordable bicycle repair -- then involving them with literally building the solution. This approach of stakeholder engagement, collaborative design and community focus are at the heart of her professional and personal interests. Portland's advocacy group, the Bicycle Transportation Alliance, awarded Alison their community leadership award in May 2013. Alison serves as board liaison to the Equity Advisory Committee and has helped explore and advance the topic of building a more inclusive bicycle movement at the League through this effort.



KAREN JENKINS

Jenkins has over three decades of executive international NGO/non profit management experience and academic leadership. She is now a consultant with several large international clients. Jenkins currently serves as the Chair of the Board of Directors of the New Jersey Bike & Walk Coalition. Previous board service has been with the International Education Research Foundation (IERF), Model UN/HBCU of the United Nations Association, Scandinavian Seminar, and Minnesota International Health Volunteers. Jenkins has a J.D. from Rutgers University School of Law, an M.A. in International Relations from Yale University and completed undergraduate

work at Fisk University. For seven years Jenkins worked in Zambia on community development programs and projects throughout southern Africa. Later, she worked in International Education for global competence and citizenship. Jenkins continues to work on international projects intended to improve the quality of life for those who are poor, marginalized, persecuted, or forced to flee as refugees. Jenkins is a League Cycling Instructor (#3227), a member of the Major Taylor Cycling Club of New Jersey, the Princeton Free Wheelers, and the Central Jersey Bicycle Club.



ANN RIVERS MACK*

Mack's qualifications to serve on the League's board of directors include:

Thirty years in the non-profit world advocating for and leading successful systems-level changes; more than six years serving as CEO of one of the largest bicycle/pedestrian organizations in the country, having led a strategic shift from trail building and capital projects to a focus in policy, planning and programming; Serving on a number of regional transportation advisory committees, the Association for Pedestrian and Bicycling Professionals board of directors, and an active member of the Alliance for Biking and Walking; and recognition of achievements including Distinguished Service to Missouri Cycling. Mack is very committed and strongly passionate about the role cycling must and will play in a healthier, more efficient and vibrant society. Increasing the diversity of people engaged in this conversation is essential and will bring even more momentum and opportunities for cycling to take its deserved, central role in our urban, suburban and rural communities. Mack's background in non-profit leadership and willingness to strategically take on chal-

lenges will serve the League staff, board and memberships very effectively.



DAVID MADSON*

Madson just completed his first term on the Board of Directors of League of American Bicyclists,

after previously serving on the LAB development committee for several years. As a committed Life Member, Madson is a major donor and has also made a planned gift for the League through my estate. As a Board member Madson has used his professional expertise in fundraising to provide counsel in launching a major gifts initiative, which has resulted in the LAB receiving new gifts ranging from \$10,000-\$400,000. Through participation in the annual Bike Summit and membership in the California Bicycle Coalition, San Francisco Bicycle Coalition, East Bay Bicycle Coalition and Marin County Bicycle Coalition, Madson is knowledgeable of bicyclists concerns and government regulatory and legislative issues at local, regional, state and federal levels. A daily bicycle commuter, Madson also enjoys long-distance riding and is presently training for the Death Valley Double Century. Madson would be honored to continue serving the League on behalf of all people who bicycle. Thank you.



KENNETH J. PODZIBA

Kenneth J. Podziba is the president and CEO of Bike New York, a 501(c)(3) non-

profit dedicated to providing free bike education classes for kids and adults throughout New York City; last year, his organization taught 15,000 students how to ride safely and confidently. Under Mr. Podziba's leadership, Bike New York has

established nine Community Bicycle Education Centers in all five boroughs and developed summer camp programs for underserved children, after-school programming, and multilingual bike education classes. Bike New York also produces the nation's largest bicycling event, the TD Five Boro Bike Tour, and the most-attended consumer bike expo in America, Bike Expo New York (BENY); BENY serves as a forum to bring the bicycling community together to share ideas, build new partnerships, and promote cycling as a safe and sustainable means of recreation and transportation. In addition to these large-scale events, Bike New York also produces smaller regional and community rides. Prior to joining Bike New York, Mr. Podziba served as the New York City Sports Commissioner, from 1998 through 2010. He earned an MS at Columbia University's School of Archi-

ecture, Planning, and Preservation, and a BS at Syracuse University in Marketing/Communications.



GEORGETTE YAINDL

Georgette Yaindl is member-manager of Preventive Law Hawaii LLLC, a public interest law organization committed to eliminating injury and legal conflict from neighborhoods, roadways, and workplaces through "preventive" community legal education. Yaindl moved to Hawaii in 2000 to accept the position of Community Liaison with Hawaii Bicycling League, and soon thereafter also served as Chair of the Honolulu Mayor's Advisory Committee on Bicycling. She is a

former Executive Director of Bike Walk Connecticut and Connecticut Bicycle Coalition, founder of Hartford Parks Bike Tour, and founding member of the Thunderhead Alliance. Yaindl earned a J.D. with a Certificate in Environmental Law at the William S. Richardson School of Law, University of Hawaii/Manoa, and was admitted to the Hawaii Bar in 2008. She also possesses an M.S. in Community Economic Development from New Hampshire College, and a B.A. in Political Science from Syracuse University. A "b"eleiver that the "b"est things in life "b"egin with, yes, the letter "B", Yaindl loves (her son) Brendan, (grandson) Braid, bicycles, basketball, beaches, beer, Bob Marley, Ben & Jerry's ice cream, and her bed. Aloha! ■

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This summer, we sought adventure, and we found ourselves pedaling around the Mountain West with our three small children and dog. It was an unwieldy, but life-changing experience.



Erica Lightbiser with children Eva, Clara and Emmett on their 2013 bike adventure.

ADVENTURES IN BICYCLING

Four tales of freedom from the road, rail and trail

We all ride for different reasons: to test our limits, experience new landscapes, spend time with friends. But one thing unites us all. We all get that surge in adrenaline, freedom and joy when our wheels start spinning. Here are four distinct and inspiring tales from the saddle, highlighting the diverse reasons we ride — and the incredible rewards we reap from pedaling into the unknown.

1 DOG, 3 KIDS AND MOUNTAINS OF ADVENTURE

BY MARK AND ERICA LIGHTHISER

It was time for a change. We needed time to reconnect as a family, and a chance to finally get to know our Rocky Mountain home. This summer, we sought adventure, and we found ourselves pedaling around the Mountain West with our three small children and dog. It was an unwieldy, but life-changing experience.

Things were going well for us in Durango, Colo. Erica had a good job in a desirable mountain community — a lifestyle ‘bulls eye’ as far as we were concerned. About a year after we had purchased a home in town, Erica’s workplace

plunged into chaos. Corporate buyouts, underhanded management, threats. She found herself and her co-workers consumed in a crisis unfolding at work. With an uncomfortably large house payment and very few job prospects that could finance it, we began to feel a little trapped.

On a crisp, February night we devised a rather coordinated family escape plan.

By mid-May we had left the ‘career’ job, rented our house, packed most everything into storage and assembled two heavy-duty family bicycles, equipped to pedal our two daughters, Eva and Clara, our son, Emmett and our trusty dog, Hayduke. The grandparents flew to Durango for a visit and to wish us the best of luck. They ceremoniously drove away with our car, despite our unproven methods of caravanning kids and pets. Eva and Clara were refreshingly optimistic.

Another ambiguous detail was our destination. “Where are you headed?” was invariably the question from onlookers. “North” was my less-than-resolute response, often followed

by a few details of our past lives spent in portions of northern Colorado and Montana. I can only assume we appeared either courageous or idiotic in our endeavor.

Our first four days of the tour were a climb toward Lizard Head Pass at 10,222 feet — a distance ridden by professional cyclists in four hours. We slowly spun upward at our dog’s leisurely walking



The Lighthiser’s brought their children Eva, Clara and Emmett along on their trip through the western part of the country.

pace. On the second day, rains delayed us and our family began to storm. The girls quarreled over small things and our nearly-2-year-old seemed to be fitting at each turn. The whole plan began to feel more like a naive stunt rather than a soul-searching exploration.

Somehow we crested the final ascent on top of Lizard Head Pass, and turned a corner. There was a sudden plausibility to pedaling our scale-tipping family through the mountains. The triumph — and chilly temperature — called for a high alpine dance party. That day, we successfully climbed another pass, and descended into Telluride where a family offered us accommodation. Unbeknownst to us, these random acts of kindness were to become the norm on our trip. The support from strangers combined with our sudden success was an accelerating force, driving us to pedal farther.

Colorado, Wyoming and Montana turned out to be marvelous proving grounds for our arguably incautious family experiment. Foregoing a planned destination to play in a park or satisfy a curiosity had innumerable rewards. We learned, played and made new friends. Eventually we ironed out a routine and the miles rolled by. Eva would often help power her mother and brother up the steeper climbs on the trailer bike. Clara discovered her interest in helping out around camp, and made us laugh. Emmett kept us on our toes, demonstrating his apparent fearlessness (of anything) and Hayduke cleaned up any discarded bits of food, guarded us as we slept, and was a canine diplomat to many a passer by.

Family cyclo-touring is the quirky, distant cousin to the many forms of touring. With the extra bodies, gear, food and dolls, we don't fret the ounces. The challenges of terrain, weather and distance made light of our most critical obligation: keeping the kids happy. Our patience, presence and consistency as parents struggled in the face of fatigue and hunger. Despite some of our child rearing missteps along the way,

Eva, Clara and Emmett were resilient and nonjudgmental. Although a bit of a parenting trial, these more arduous days yielded some of the most genuine and rewarding memories of our lives as 'Mom and Dad.'

Our journey wound up taking us nearly 2,000 miles, over 20 mountain passes, through magnificent scenery and earned us valued new friends. We ultimately decided to end our trip in Missoula, Mont. Soon we were back in Fort Collins, Colo., where our family biking adventures are taking on a more urban twist. Family bicycle camping turned out to work for us — the difficulties and the triumphs we shared are a priceless and memorable part of our lives.

Have kids of your own and enjoy adventures by bike? Get out there and have an adventure. You won't regret it. TO LEARN MORE ABOUT OUR FAMILY ADVENTURES BY BICYCLE, PLEASE VISIT OUR WEBSITE AT: WWW.THEFAMILYRIDE.COM.

RETRACING THE UNDERGROUND RAILROAD BY BIKE

BY ERICK CEDENO

Over the past three years, I've traveled long distances on my bicycle: from Vancouver, Canada to Tijuana, Mexico; from St. Augustine, Fla., to New York City. But on August 27, I took a different kind of

trip, measured not only by miles but also by history.

I rode from New Orleans, La., to Niagara Falls, New York, along The Underground Railroad.

The Underground Railroad was a network of meeting points, secret routes, safe houses, and assistance provided by abolitionist sympathizers. The Route was not an easily defined line on a map; it was a network of many possible routes, developed and communicated in secret. The Adventure Cycling Association developed a route using a slave spiritual song "Follow the Drinking Gourd," which relates directions for escaping to freedom by following the North Star. One known path followed waterways from Alabama north to the Ohio River — and this became the basis for my route.

I decided to make the trip to learn and emerge myself in the history of the Freedom Trail. But the journey I thought I was taking started taking me immediately.

I decided to start my bicycle journey in Congo Square in New Orleans to pay homage to the city's connection to the slave trade. The very next day, outside of the Big Easy, with 95-degree temperatures, I ran out of water on a lonely stretch of Highway 90. There was no place to replenish for another 15 miles, and suddenly a woman stopped and asked me, "Do you need water?" From that moment on, I encountered whole-hearted people that helped me navigate



In August, Erick Cedeno traveled the route of the Underground Railroad by bike. The ride began in Congo Square, New Orleans, La. (left) and ended in Niagara Falls, New York (right).



Mari Ruddy, arm extended on right, started the Red Riders to support people living with diabetes.

throughout my journey, from providing food, shelter and support. It was similar to the vast network of people and places that helped fugitive slaves escaped to the North and to Canada.

From New Orleans I rode 180 miles to Mobile, Ala., where the slave ships arrived in the port. I visited an Old Slave Market and AfricaTown — a small Mobile neighborhood established by many of the people who arrived on the Clotilda, the last documented slave ship to reach the United States.

I rode north from Mobile and visited several tobacco and cotton plantations in Mississippi and Tennessee. I was even hosted by a family of the largest slave owners in Clarksville, Tenn., who showed me accounting ledgers from the 1850's that showed the purchase of slaves and amount paid.

When I crossed the bridge into Indiana, I was taking a picture of the historical

marker in New Albany, which was located next to the Second Baptist Church. The service let out, and I was introduced to the pastor, Reverend Leroy Marshall, who took me through a trap door, down to the basement and showed me secret rooms, doors and tunnels where previous freedom seekers were kept for safety and medical care accessible through tunnels connected to an Union Army Hospital.

One morning in the waning days of my journey, I arrived to Kent, Ohio at the Food Co-Op. There I was asked where I was coming from and where I was going by the store's cashier. I explained that I was retracing the history of the Underground Railroad and one of the people behind me in line asked me if I was interested in speaking at Kent State University about my journey. I accepted! The experience of speaking to students about the Underground Railroad was one of the best.

When my bicycle was stolen in Buffalo, New York, 18 miles from Niagara Falls, I was able to finish my journey borrowing a bicycle from a local cyclist. I had ridden more than 2,100 miles to reach what was considered the Path to Freedom and did not want to finish short of my goal. It was important for me to continue regardless of any challenges I encountered; the same way previous Freedom seekers did to reach their goal. They didn't stop regardless of the hardships they faced along the way, so why should I stop?

I would not have been able to reach Niagara Falls, without the many people that helped me along my journey on the Freedom Trail — and I am grateful for the lessons I gained from riding along the Underground Railroad. ERICK CEDENO IS A BICYCLE COMMUTER AND EVENT MARKETING CONSULTANT, LIVING CAR-FREE IN MIAMI, FLA.

RIDING FOR THE CURE

BY MARI RUDDY

I remember the thrill I got the first time my dad let go of the bicycle seat — and I felt the Schwinn moving 100% under in my control. My 5-year-old self immediately recognized the power I possessed. Little did I know how the bike would give me many gifts throughout my life — the most important being refuge for my health challenges.

I found out when I was 16 (like my father found out when he was 26) that I had type 1 diabetes. Type 1 diabetes requires diligent attention to balancing food, insulin, stress and exercise. It's a balancing act that sometimes feels like I need a medical degree, an exercise physiology degree and a dietitian credential to manage.

When I was in my late 30s, after many years of poorly managed diabetes, I discovered that the key to it all was riding my bike — riding long, slow distances to be precise.

I trained for and completed a 400-mile bike tour of Colorado and maintained the best blood sugar control of my life, all while eating plenty of carbohydrates to fuel my effort climbing all those mountain passes. I finished the bike ride and, much to my chagrin, I couldn't seem to recover. A few months later I found a lump in my right breast. I had Stage II breast cancer. I rode my bike on a trainer in my living room during chemo treatments and I rode my bike to and from the majority of my radiation sessions.

As the bike had given me hope with my diabetes management, the bike grounded me in who I was as I moved through breast cancer treatments. The week after finishing cancer treatments, I participated in my first triathlon and I loved the healing that came from being in the Survivor Wave. People celebrated and cheered for my survivorship, and that touched me.

I wanted to bring that same healing love to the world of diabetes.

I got involved with the American Dia-

betes Association Tour de Cure and started the Red Rider Recognition Program. Red Riders are the more than 7,000 cyclists who ride in the Tour de Cure who have diabetes. Red Riders are the heroes of the ride, for we are not victims of our health struggles, but rather we courageously get on our bikes and take charge of our wellness.

During the Tour de Cure, cyclists call out "Go Red Rider!" to those of us with diabetes who wear the Red Rider jersey. "Go Red Rider!" offers encouragement and love for the challenge it is to live well with a difficult disease like diabetes. It touches my heart deeply to hear "Go Red Rider!" It makes all I've survived seem not so bad.

I found out in July of 2010 that I had a second primary occurrence of breast cancer. It was the Red Rider community who supported me through those treatments. And you better believe I rode my bike through it all! I'm again cancer-free, though I still have diabetes. So, I keep riding and I keep talking about the power of riding the bike for health. [LEARN MORE ABOUT THE TOUR DE CURE AND THE RED RIDERS PROGRAM AT TOUR.DIABETES.ORG](#)

BIKEPACKING THROUGH EUROPE

BY NICHOLAS CARMAN

Touring around Europe with a backpack has been popular for decades. But traveling with a bicycle brings greater freedom when exploring the continent, allowing independent travel across relatively great distances in short time.

I'd always imagined a European bike tour like a hybrid of riding through Amsterdam and joining a historic stage of the Tour de France, swarmed by a peloton of well-dressed urbanites on upright bikes and roadies on classic steel machines. However, my touring habits in the past few years have tended

During the Tour de Cure, cyclists call out "Go Red Rider!" to those of us with diabetes who wear the Red Rider jersey ... it touches my heart deeply to hear "Go Red Rider!"

more towards off-pavement routes, on increasingly larger tires, away from the populated corridors of pavement. But the discovery of a vast and intricate network of footpaths across the continent left me curious about a potential off-pavement bicycle tour. There are more than 60,000 kilometers of walking trails in France alone, and most importantly, they are legal to ride!

Losing sleep over the concept, I asked myself, "Are these trails ride-able? Are they fun?" The internet couldn't satisfy these questions, so I scouted the cheapest ticket I could find on a bicycle-friendly airline and made the leap. In early May, my girlfriend Lael and I landed in the flattest, wettest place in continental Europe with lightweight camping gear and two mountain bikes. We were going to go bikepacking in Europe.

Well-signed and mapped, with frequent facilities, walking trails are common across Europe, attracting adventurous types of all ages in both summer and winter. While some local mountain bikers have been exploring these routes for years, the concept of multi-day bicycle travel on such terrain is mostly new. Twenty years ago it might have been impossible to ride some of these routes on a loaded bicycle; today, it can be done comfortably, thanks to vastly more capable equipment. This is not your average backcountry ramble, and that is exactly what makes it special!

Just south of Amsterdam, we connected to the GR5 footpath, one of the more notable long-distance routes across Europe, stretching from the North Sea in Holland, to the Mediterranean in France. It begins as a flat maze of sandy dune trails, sidewalks, paved bicycle routes, canal trails, and a ferry across the Maas River. Immediately enchanted by

the daily treasure hunt for trail signs, we rode away from the sea through farmland, into undulating pastureland, and into the low-lying Ardennes Massif, the nearest thing to mountains in Belgium.

Riding through Luxembourg and into France, we connected with a newer mountain bike-touring route called the Traversée du Massif Vosgien, a bicycle-friendly variant of the GR5 on dirt roads through the Vosges Mountains in Alsace. Riding across the Rhine River into Germany, we set our sights toward Eastern Europe, cutting some distance by connecting a series of regional Swiss and German trains, all of which readily handled our bicycles with minimal fuss.

Crossing into the Czech Republic was the most important border crossing, as we would spend the remainder of our tour in Slavic speaking post-Soviet nations. Czech, Slovakian, and Polish walking routes continue the pattern of efficient on-trail signage, while we discovered that signed bicycle routes have a more adventurous flavor than in the west. At times, a relatively tame route would turn sharply upwards, where elsewhere, it would turn to dirt. If we were lucky, it might do both at once. Even luckier,



Lael Wilcox pushes her bike along the Czech/Polish border.

we would frequently find mountain huts serving hot food and cold beer at elevation, buzzing with the energy of sun-drenched hikers enjoying the long days of July.

Finally, we crossed into Ukraine, leaving the European Union just one day before our 90-day tourist visa was to expire. Ukraine is a much different place than Poland — poorer, for sure, but also more rustic, traditional, and unspoiled by the advances of car culture and multinational food corporations. For me, Ukraine presented the opportunity to gain perspective about where my grandparents came from and to meet family previously unknown to me. Even in a developing country like Ukraine, the mountains are becoming more accessible every year as both Ukrainians and visitors discover the joys of walking and riding in the mountains. One reward of riding in a country in transition is the chance to see people living much the same way they have lived for many years — and much the way my grandparents might have

In early May, my girlfriend Lael and I landed in the flattest, wettest place in continental Europe with lightweight camping gear and two mountain bikes. We were going to go bikepacking in Europe.

lived as children nearly 100 years ago.

In our final days along the Black Sea, flirting with cliffs rising 500 meters from the rocky shore, a sense of knowing filled my thoughts. I reflected on the last day of our trip, that when the next person losing sleep at night turns toward the internet to discover whether there is any good dirt touring in Europe, they will discover, “Yes, it is ride-able! Yes, it is fun!” **■** READ MORE ABOUT NICOLAS'S ADVENTURES AT [HTTP://GYPSYBYTRADE.WORDPRESS.COM/](http://GYPSYBYTRADE.WORDPRESS.COM/)



Nicholas Carman on the Traversée du Massif Vosgien, a newer dirt touring route through the Vosges Mountains in France.

VENUS DE MILES 2013: RISING ABOVE

BY ANDRA POOL



Venus de Miles fundraising team

A COLORADO RIDE EVOLVES INTO A COMMUNITY SERVICE
EVENT THAT HELPS VICTIMS OF DEVASTATING FLOODS

In 2008, the Colorado-based nonprofit Greenhouse Scholars held the first all-women's road ride in the state.

The celebration of sisterhood, community and charity gathered women from across Colorado and beyond to enjoy a day on their bikes with old and new friends in beautiful Boulder County along the Front Range.

Greenhouse Scholars had recognized an opportunity within the riding community: There were many female bicyclists who loved to ride and wanted to participate in events but were looking for something that wasn't highly competitive. Venus de Miles, a ride organized by Greenhouse Scholars filled that void.

Over the past six years, the ride has become the organization's largest annual fundraiser to support its work providing high-performing, under-resourced college students from Colorado and Illinois with intellectual, academic, professional, and financial support to graduate from college, succeed in their professional endeavors and make significant contributions in their communities.

Venus de Miles has become an annual tradition for many women because of its inspiring cause, the sense of community and the perks, including yoga, spa services, gourmet food and cocktails, great music, one-of-a-kind rest stops and the ride-along mechanics – affectionately known as the Men in Drag.

But this year everything changed.

This year the ride was set to take place on September 29 with 1,500 women expected to ride courses ranging from 33 to 100 miles, then gather afterwards to celebrate at a large post-ride festival. But on September 9, less

than two weeks before Venus was set to take place, rain started to fall.

Initially it was welcomed after a dry summer along the Front Range, but, as the storm continued it turned into the one of greatest flood catastrophes Boulder County has seen. By the time the rain stopped, the storm had destroyed as many as 2,000 homes, washed out hundreds of miles of roads and left many small mountain towns completely cut off.

As the extent of the heart-breaking damage became clear, it was obvious that the Venus de Miles ride was going to be dramatically affected. Many of the roads along the Venus de Miles course had been damaged and the towns it travels through were the hardest hit.

Boulder County issued a ban on all large-scale events on public roads and without wasting a moment, the Greenhouse Scholars team got to work strategizing potential solutions. There were essentially two options: cancel Venus de Miles outright for the year or hold a very different event. The Venus participants still wanted to ride, but there was also a strong desire to help people in our community who had been affected by the flood.

The Greenhouse Scholars team decided to evolve the event to meet the needs of riders and residents. "Venus de Miles 2013: Rising Above" offered three alternative activities for the riders. Working with local organizations and businesses, Sisterhood for Neighborhoods offered riders the opportunity to volunteer for the morning, helping with the recovery effort. Riders participated in various ways, including cleaning up a flooded day care center and digging out barns that had been inundated by mud.

Using the MapMyRide app to upload and suggest routes throughout Boulder County, the team encouraged riders to participate in self-guided "Venus de Miles Unity Rides." After getting muddy and logging miles, the women came

together in Prospect Park in Longmont for the Venus Appreciation Gathering. Rather than exuding a "cool bike expo feel" the gathering focused on the spirit of community, sisterhood, charity and the Greenhouse Scholars mission.

Dealing with these unprecedented circumstances and having only two weeks

As the extent of the heart-breaking damage became clear, it was obvious that the Venus de Miles ride was going to be dramatically affected.

to create a new event was a daunting challenge, but the Venus team rallied together and in Venus de Miles 2013: Rising Above, created a moving and emotional day for several hundred riders. The team is now looking towards 2014 and what promises to be the biggest and best Venus de Miles yet! ■■■ LEARN MORE AT [HTTP://WWW.VENUSDEMILES.COM/](http://WWW.VENUSDEMILES.COM/)



Venus de Miles riders, Longmont



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2014 RIDE GUIDE



Fireworks go off during RAGBRAI 2013. Credit: Justin Hayworth / Des Moines Register.

The League is honored to have 600 affiliated bike clubs and 300 member advocacy organizations. As part of our annual Ride Guide, we invited them to share information about their rides in the upcoming year. The League is also excited about its new partnership with the Bicycle Tour Network, which includes dozens of multi-day rides across the nation. Rides affiliated with BTN are highlighted in blue text. Browse the rides to find a ride that fits your interest!

ALABAMA

ALABAMA'S MAGNIFICENT BICYCLE ADVENTURE MAY 3-9, AUBURN, AL

AMBA is a six-day bike adventure in Alabama. Riders can enjoy the area surrounding Mobile Bay and the beautiful Alabama and upper Florida coasts. One staging site and each day is an out and back ride with a historical or interesting destination at the apex of the loop. <http://www.ambal.com>

HOT HUNDRED...THE HOTTEST RIDE IN THE SOUTH! JULY 26, TUSCALOOSA, AL

In its 12th year, Tuscaloosa's Hot Hundred again stages at the University of Alabama Rec Center outdoor pool area. Distances offered are 29, 36, 52, 71, and 103 miles. <http://www.bikehothundred.com>

GLASSNER AUTUMN CHALLENGE OCTOBER 12

<http://www.MgmBikeClub.org/AutumnChallenge>

ALASKA

BEARS: BICYCLING EXTRAORDINARY ALASKAN ROADS JULY 6 - 20

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

ARKANSAS

MOUNTAIN VIEW OVERNIGHTER JANUARY 18-19, GREER'S FERRY, AR

This is a 40 mile supported ride, each way to Mt. View from Greer's Ferry Lake. We have lunch along the way and stay at a B & B in Mt. View. <http://arkansasbicycleclub.org>

LAKE OUACHITA 3-DAY TOUR FEBRUARY 15-17, HOT SPRINGS, AR

Three day self-supported ride with 2 days camping along the lake. We cook our own food the first night and have a BBQ restaurant option the 2nd night. Ride leaves from downtown Hot Springs for about 100 miles total. <http://arkansasbicycleclub.org>

HIGHWAY 71 CLASSIC MARCH 2, FAYETTEVILLE, AR

The Highway 71 Classic is an annual fundraiser for the Bicycle Coalition of the Ozarks, a 501(c)3 non-profit working to create a more bicycle-friendly community in Northwest Arkansas. This year will be the 9th edition of the 71 Classic. <http://bconwa.com>

JOE WEBER ARKY 100 TOUR OCTOBER 12, SHERIDAN, AR

25 to 100 mile rides through scenic timber and ranch land west of Little Rock, AR, with rest stops and hamburgers at the finish. <http://arkansasbicycleclub.org>

HOT SPRINGS OVERNIGHT RIDE NOVEMBER 22-24, LITTLE ROCK, AR

<http://arkansasbicycleclub.org>

**BLUE TYPE INDICATES BICYCLE
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ARIZONA

EL TOUR DE MESA APRIL 5, MESA, AZ

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

HEART OF ARIZONA NOVEMBER 2, CONGRESS, AZ

<http://bullshifters.org/heartofaz.htm>

EL TOUR DE TUCSON NOVEMBER 22, TUCSON, AZ

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

CALIFORNIA

CALIFORNIA: WINE COUNTRY MARCH 27-31, APRIL 3-7, 10-14, SANTA MONICA, CA

While riding through beautiful rolling hills past idyllic vineyards is undoubtedly the marquee attraction of this tour (well, that and the wine tasting SAG stops along the way), we felt it wouldn't be right to visit sunny California without including a little beach time. That's why we chose Santa Monica as our point of arrival and departure (only 20 minutes from LAX), and why we capped the tour with a ride along the famed Pacific Coast Highway. <http://veloviewbiketours.com/>

TIERRA BELLA CENTURY RIDE APRIL 12, GILROY AND MORGAN HILL, CA

Families are welcome. 4 routes (60K, 100K, 120K, 200K). SAG and rest stops. <http://www.tierrabella.org>

CHICO WILDFLOWER CENTURY WEEKEND APRIL 26-27, CHICO, CA

The Chico Wildflower Century was first offered as an organized event in 1980. About 60 riders slogged through pouring rain to the finish. Today, the Wildflower truly has something for everyone. <http://www.chicovelo.org/main/century-series/26-wildflower>

GRIZZLY PEAK CENTURY MAY 4, MORAGA, CA

This is the annual century event organized by Grizzly Peak Cyclists. Very hilly loops of 75 or 102 miles in the East Bay Hills of the San Francisco Bay Area. Outstanding food and support is provided. <http://www.grizzly.org/century/>

4TH ANNUAL LOS ANGELES RIVER RIDE JUNE 8, LOS ANGELES, CA

Have some fun in the Los Angeles Sunshine all along the scenic Los Angeles River and historic LA neighborhoods. We are campaigning to complete all 52 miles of the LA River Bike path by the year 2020. <http://www.la-bike.org>

TEMECULA VALLEY CENTURY OCTOBER 12, TEMECULA, CA

The Temecula Valley Century, held annually in the fall, highlights various sites and areas in the Temecula Valley. There are five routes for bicyclists to choose from. <http://ridetvc.com>

BIKE MS SOUTHERN CALIFORNIA BAY TO BAY TOUR OCTOBER 18-19, IRVINE TO SAN DIEGO, CA

<http://bikecas.nationalmssociety.org>

GOLD LAKE HIGHWAY LOOP ONGOING, HIGH SIERRAS, CA

Ongoing club ride in Summer and Fall. Prettiest ride in the High Sierras with three mountain passes, alpine meadows carpeted with wildflowers in summer, and colors in the fall. Ride visits a number of lakes, the cascading Yuba River, several named Sierra peaks including the spectacular 8,954-foot Sierra Buttes. 44 miles, 4,500 feet of climbing. <https://www.facebook.com/PlumasSierraBicycleClub>

COLORADO

16TH ANNUAL BUENA VISTA BIKE FEST (BVBF) JUNE 7, BUENA VISTA, CO

The Colorado Springs Cycling Club presents the 16th Annual Buena Vista Bike Fest (BVBF) on June 7, 2014. The beautiful century route goes north to Leadville, along the scenic rolling hills of Turquoise Lake Road and around the Mineral Belt Trail. <http://www.bvbf.org>

MOUNTAIN TOP EXPERIENCE CENTURY RIDE JUNE 21, FLORISSANT, CO

This century starts at 8,000 ft. in altitude and has over 10,000 ft. in elevation gain. A 106-mile century that takes you through historical Cripple Creek, Victor and Guffey Colorado. <http://www.mountaintopcyclingclub.com>

COLORADO: SKI TOWNS JULY 24-28; AUGUST 14-18, BOULDER, CO

Rather than be content with their well-deserved winter appeal, these towns have made significant investments to attract summer visitors, including an incredible cycling infrastructure that connects each of these areas. <http://veloviewbiketours.com/colorado-ski-towns/co>

COLORADO: THE PARKS JULY 31-AUGUST 4; AUGUST 14-18, BOULDER, CO

In addition to featuring a fantastic one-of-a-kind ride up and over the incredibly scenic Rocky Mountain National Park, this "Parks" tour also provides the opportunity to explore Estes Park, home of the historic Stanley Hotel, and Winter Park, which justifiably bills itself as a summer playground. <http://veloviewbiketours.com/colorado-parks/colora>

CONNECTICUT

CYCLEFEST 2014 JUNE 8, BETHEL, CT

Hat City Cyclists invite you to the 22nd Annual Cyclefest in Bethel, CT, on Sunday June 8th 2014. Cyclefest is a fully supported ride on mostly rural roads through scenic western Connecticut, with the longer routes extending into Dutchess County, NY. <http://hatcitycyclists.org>

DELAWARE

AMISH COUNTRY BIKE TOUR SEPTEMBER 6, DOVER, DE

The Amish Country Bike Tour, one of the most popular cycling events on the East Coast and Delaware's largest cycling event, will celebrate its 28th anniversary in 2014 on Saturday, September 6. <http://www.AmishCountryBikeTour.co>



Earl Grief, founder of Ride Idabo and President of the Bicycle Tour Network, is greeted by Boy Scouts along the 2013 route. Credit: Ride Idabo.

FLORIDA

BF20: MAGICAL HISTORY TOUR MARCH 22-28, PALATKA, DAYTONA BEACH, ST. AUGUSTINE, FL

The 20th anniversary edition of Bike Florida's week long, fully supported spring tour. The tour will feature two-days of riding in and around Palatka, on the St. John's River, before moving on to Daytona Beach. <http://bikeflorida.org>

HORSE COUNTY AND SPRINGS TOUR MARCH 30-APRIL 4, GAINESVILLE, FL

The Horse County and Springs Tour is a 6-day, 5 night Inn-to-Inn tour of Central Florida around Gainesville and High Springs. <http://www.bikeflorida.org>

TOSRV SOUTH DOUBLE CENTURY AND TOSRV DIRT APRIL 26-27, CAIRO, FL

A two-day tour of the rural communities and rolling hills of Southern Georgia. <http://www.cccyclists.org>

GAINESVILLE CYCLING FESTIVAL OCTOBER 25-26, GAINESVILLE, FL

Two centuries in two days! (Or enjoy the shorter options for a weekend of bicycle touring.) The Festival includes the Santa Fe Century on Saturday and the Horse Farm Hundred on Sunday. Full info is available on the web site. <http://gocfla.org/gcf/>



RAGBRAI participants head out on the 2013 route. Credit: Justin Hayworth / Des Moines Register.

GULF COAST CYCLEFEST NOVEMBER 2-3, LAKEWOOD RANCH, FL

Presented by the Sarasota Manatee Bicycle Club and sponsored in part by Ameriprise Financial Services, Inc., Hillerich, Grogan and Associates of Sarasota. One full day of superb cycling in beautiful southwest Florida. <http://www.smbc.us>

GEORGIA

APRIL FOOLS RIDE MARCH 29, MILLEDGEVILLE, GA

Sponsored by the Bicycling Club of Milledgeville and the Milledgeville Baldwin County Chamber of Commerce. www.mvillebikes.com

RED CLAY RAMBLE AUGUST 16, MILLEDGEVILLE, GA

Gravel grinder race and ride. www.mvillebikes.com

HAWAII

2014 PARADISE RIDE KAUAI AUGUST 2-3, LIHUE, HI

Join us as we fight HIV/AIDS as riders and fundraisers on the 2014 Paradise Ride Kauai! Cycle through the streets of Poipu, past the waves of Kealia and Kalapaki Beaches, around the coffee groves of Kauai Coffee and through the many hills. <http://www.paradiseridekauai.com>

IDAHO

RIDE IDAHO AUG. 3 - 9

Ride Idaho is an annual, seven-day, fully supported bicycle tour featuring different regions of the state each year. 350 riders experience Idaho's nostalgia, beauty and hospitality over the course of 400 miles. As a non-profit ride, rider fees and sponsor funds go toward Ride Idaho's goals of providing a positive economic impact to its host communities, promoting healthy, active lifestyles and raising awareness of safe cycling. <http://www.rideidaho.org/>

ILLINOIS

FOLKS ON SPOKES EASTER RIDE APRIL 27, PARK FOREST, IL

<http://Folksonspokes.com>

THE UDDER CENTURY JUNE 1, UNION, IL

Come and join us at the 32nd Annual Udder Century. Pedal along flat to rolling rural routes of 32, 50, 62, 75 or 100 miles through Northern Illinois and Southern Wisconsin. <http://www.mchenrybicycleclub.org>

33RD BICYCLE CLUB OF LAKE COUNTY RAMBLE JUNE 8, WILMOT, IL

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

BICYCLE ILLINOIS JULY 5-12, CAIRO, IL

Starting from the town of Cairo at Illinois' southernmost tip and ending in the heart of downtown Chicago, Bicycle Illinois is the only bicycle tour across the entire state of Illinois. You'll cycle for 6 days and cover at least 500 miles, an average of 85 miles per day, and century options are also available every day as well! <http://www.bicycleillinois.com/>

NO BALONEY BICYCLE RIDE AUGUST 23, CHILLICOTHE, IL

This ride is a recreational and social tour through the varied terrain of central Illinois. <http://www.ivwnobaloney.com>

5TH ANNUAL FALL FESTIVAL RIDE OCTOBER 4, LEBANON, IL

<http://www.ridgeprairietrailhead.org/>

PUMPKIN PIE RIDE OCTOBER 5, OTTAWA, IL

www.starvedrockcycling.com

INDIANA

RIDE ACROSS INDIANA (RAIN) JULY 12, TERRE HAUTE, IN

The ride starts at the Illinois border at St. Mary of the Woods College in Terre Haute and goes east 160 miles in one day to Earlham College near the Ohio border. <http://bloomingtonbicycleclub.org/events.php>

AMISHLAND AND LAKES AUGUST 1-3, HOWE, IN

Amishland and Lakes, based in Howe, Indiana is a three day bike tour of Amish countryside and Michigan lakes. Utilizing The Howe School for ride headquarters, the tour is able to offer first-rate accommodations. <http://www.amishlandlakes.com/>

IOWA

RAGBRAI JULY 20-26

<http://ragbrai.com/>

KANSAS

COTTONWOOD 200 MAY 24-26, TOPEKA, KS

The Cottonwood 200 is a three-day bicycle tour on paved roads through the Flint Hills of northeast Kansas. <http://www.cottonwood200.org/>

GORILLA CENTURY AUGUST 30, PITTSBURG, KS

<http://www.tailwindcyclists.com>

KENTUCKY

OLD KENTUCKY HOME BICYCLE TOUR
SEPTEMBER 6 & 7, LOUISVILLE, KY

A beautiful bike tour through scenic, rolling hills in rural Kentucky, fully supported with fixed and roving sags. www.okht.org

LOUISIANA

CYCLE ZYDECO
APRIL 24-27, LAFAYETTE, LA

Come to Cajun Country for Cycle Zydeco 2014! Cycle Zydeco is a four-day, 200-plus-mile bicycle tour celebrating the spicy and lively Cajun and Creole life of Acadiana, with a focus on food, beer, dance and music. <http://latrail.org>

MASSACHUSETTS

KING'S TOUR OF THE QUABBIN
JUNE 8, RUTLAND, MA

Bicycle 62, 100 or 125 miles from Rutland, Mass., on paved roads around the Quabbin Reservoir, a pristine jewel in the heart of Massachusetts. <http://www.sevenhillswheelmen.org/centuries.htm>

CLIMB TO THE CLOUDS
JULY 20, SUDBURY, MA

A Century ride to Mt. Wachusett. <http://www.crw.org/CTTC/climb2clouds.php>

MASSBIKE SUMMER CENTURY AND FAMILY FUN FEST
JULY 28, ACTON, MA

The Massachusetts Bicycle Coalition is pleased to present the fourth annual Summer Century & Family Fun Fest. <http://www.massbike.org>

BERKSHIRES TO BOSTON BICYCLE TOUR
SEPTEMBER 17-21

The Berkshires to Boston Tour is a four-day, 240-mile bicycle tour showcasing the best of Massachusetts cycling. <http://www.berkshires toboston.com>

MARYLAND

CUMBERLAND VALLEY CENTURY
AUGUST 9, BOONSBORO, MD

25, 64 and 103-mile routes take in some of the most fabulous scenery in Washington County over low traffic roads. The metric and century routes visit the C&O Canal National Historic Park and the Antietam National Battlefield. http://www.bikecvcc.com/cvcc_century.html

INDIAN HEAD 100
SEPTEMBER 7, INDIAN HEAD, MD

Enjoy pedaling through the scenic Potomac Heritage Area of Southern Maryland on a route of 16, 29, 43, 60 or 100 miles, starting from the Village Green in the Town of Indian Head. The Oxon Hill Bicycle and Trail Club is pleased to present its 40th annual. <http://ohbike.org>

TOUR DU PORT
SEPTEMBER 28, BALTIMORE CITY, MARYLAND

<http://www.bikemd.org>

MAINE

MAINE LOBSTER RIDE AND ROLL
JULY 20, ROCKLAND, ME

<http://www.bikemaine.org>

MICHIGAN

METRO GRAND SPRING TOUR
MAY 4, NEW BOSTON, MI

Join the Downriver Cycling Club for their 31st annual Metro Grand Spring Tour on routes along the Huron River, Metro Parks and local roads. Enjoy a hearty pancake breakfast if you wish and have a great time kicking off the season! Road tour. <http://lmb.org/dcc/>

PALM (PEDAL ACROSS LOWER MICHIGAN)
JUNE 21-27, ANN ARBOR, MI

33rd Annual PALM ride. Approximately 275 miles, Lake Michigan to Lake Huron. Optional longer routes each day. Michigan's premier family cycling tour. <http://www.palmbiketour.org>

SHORELINE WEST BICYCLE TOUR
SEPTEMBER 2-9, MONTAGUE, MI

Experience the Lake Michigan Shoreline for seven glorious days of riding (three-day option also available). There is so much to see and do that you won't be able to do it all. <http://www.LMB.org>

MINNESOTA

DAN ULWELLING ROAD RACE
JULY 5, AUSTIN, MN

25-mile race in honor of the founder of the Southern Minnesota Bicycle Club. <http://rydjour.com>

BICYCLING AROUND MINNESOTA
AUGUST TBA, SE MINNESOTA, MN

The Bicycling Around Minnesota ride moves to a different part of the Minnesota each year showcasing significant destinations such as the Mississippi River, Lake Superior, the Minnesota River, the Iron Range, many of our 10,000 lakes, old growth forests and prairies. Experience four days of riding on gently rolling, smooth,

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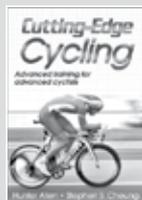
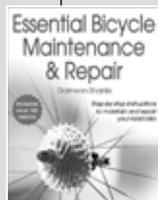
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low traffic roads in Minnesota with stops at local festivals along the way. www.bambiketour.org

MISSOURI

RIDE THE FOUNTAINS JUNE 15, KANSAS CITY, MO

There are 3 routes available; a 10, 24, and 46 miles. The 10-mile route is a guided tour option that is family friendly. The long route will pass 50 of Kansas City's 200 plus fountains. ridethefountains.com

NORTH CAROLINA

CAROLINAS: FALL FOLIAGE OCTOBER 15-20; OCTOBER 22-27

While this tour includes a full range of riding conditions, from urban rec paths to mountaintop climbs to rolling farmland, there is one constant throughout the trip - the autumn colors! <http://veloviewbiketours.com/carolinas-fall-foliage>

NEBRASKA

BICYCLE RIDE ACROSS NEBRASKA JUNE 7-14, OMAHA, NE

BRAN riders will experience small town hospitality and the beauty of the rolling terrain on the Great Plains of Nebraska. <http://bran-inc.org/wp/>

HEATSTROKE 100 10TH ANNIVERSARY AUGUST 24, ASHLAND, NE

Hot and humid in August? You bet! But Nebraska cyclists have endured the heat and pedaled in scorching sun time and time again. What better way to beat the heat than to ride in the Heatstroke 100 - if you dare! <http://greatplainsbikeclub.org>

NEW JERSEY

TWIN LIGHTS RIDE SEPTEMBER 28, HIGHLANDS, NJ

<http://www.bikenewyork.org/ride/twin-lights-ride/>

NEW MEXICO

SANTA FE CENTURY MAY 18

SantaFeCentury.com

NEW YORK

WE BIKE NYC MOTHER'S DAY RIDE MAY 11, NEW YORK CITY, NY

WE Bike NYC will host our annual Mother's Day ride to celebrate cycling with the Cylofemme movement! Our mother's day ride brings together riders from all 5 boroughs for a picnic to celebrate women, mothers, femininity and fun! <http://www.webikeny.com>

GREAT FINGER LAKES BICYCLE TOUR JUNE 6-8, WATKINS GLEN, NY

Join us for 3 days of great cycling, good food, camping, wineries, waterfalls, hiking, and the company of a few hundred like minds in the Finger Lakes Region of New York for the 34th annual <http://www.southern-tier-bicycle-club.org/great-finger-lake-tour.html>

BON TON ROULET JULY 20-26, AUBURN, NY

The Bon Ton Roulet celebrates its 18th, seven-day voyage throughout the beautiful Finger Lakes region of New York state. A non-competitive cycling adventure, the Bon Ton Roulet will challenge riders of all ages and abilities. <http://www.bontonroulet.com>

ESCAPE NEW YORK SEPTEMBER 20, NEW YORK, NY

In its 20th year, Escape New York is the highlight of the fall riding calendar in the New York City area. New York Cycle Club's annual classic offers four scenic, well marked routes. <http://www.nycc.org/eny>

OHIO

TOUR OF SCIOTO RIVER VALLEY MAY 10-11, COLUMBUS, OH

The 52nd Annual Tour of the Scioto River Valley is a ride from Columbus to Portsmouth and back. The route is 105 miles each direction. A 54 mile per day option is also available. It's a wonderful spring tradition that draws riders from across the country. <http://tosrv.org>

GREAT OHIO BICYCLE ADVENTURE JUNE 14-21, COLUMBUS, OH

Great Ohio Bicycle Adventure (GOBA) is a bicycle-camping tour and "an adventure on two wheels with 2,999 of your closest friends." The 2014 route, June 14-21, will celebrate our 26th annual tour of the great towns of Ohio. <http://www.goba.com>

OHIO AMISH COUNTRY ADVENTURE JULY 13-19

Seven days and 6 nights in the heartland of Ohio's Amish country enjoying the breathtaking beauty of Coshocton, Holmes and Tuscarawas Counties. Enjoy the lavish amenities of resort quality hotels, daily wine and cheese receptions following the rides, and the most charming Amish hospitality any rider has seen. <http://www.BuckeyeCountryRoads.com>

XOBA: ACROSS OHIO BICYCLE ADVENTURE JULY 26-AUGUST 2, COLUMBUS, OH

Our tour crosses Ohio over seven days, with an average of 60-65 miles per day. We are a camping tour with both indoor and tent camping available each night. <http://www.Ride-XOBA.org>

BIKE THE CBUS AUGUST 30, COLUMBUS, OH

The 7th Annual Bike the C-Bus is a fun way to check out a few of the neighborhoods in and around downtown Columbus. <http://bikethecbus.com>

OKLAHOMA

OK FREEWHEEL JUNE 8-14

Freewheel's mission is to promote and strengthen cycling tourism in Oklahoma, and is the state's premier bicycle tour. <http://www.okfreewheel.com>

TOUR OF PAYNE JULY 5, STILLWATER, OK

Join us for a Tour of Payne county! Start at the Payne County Expo Center east of Stillwater on Highway 51. Travel through Cushing, Ripley, Perkins and Stillwater, mileages of 20, 36,62 & 101. <http://www.reddirtpedalers.org>

FREEWHEEL FANDANGO OCTOBER 11-13

Freewheel Fandango is a 3 day bicycle event in Northeastern Oklahoma, packed full of adventure, food, and just plain fun. <http://www.okfreewheel.com/fandango/>

OREGON

PIONEER CENTURY JUNE 7, CANBY, OR

The Pioneer Century is one of the premier cycling events in Oregon. <http://pwtc.com>

continued on page 26 >>

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10 WOMEN BIKE RIDES



CycloFemme 2013 in Washington, D.C. Photo by Maggie Smith

Through our Women Bike program, we hear about the countless women-only rides and tours happening across the country every year. As part of our Ride Guide, we're highlighting a small sampling of 10 women-only rides.

EVERYWHERE

CYCLOFEMME MAY 11

CycloFemme is a Global Women's Cycling Day created to honor the past, celebrate the present and empower the future of women in cycling and the opportunity for positive social change. Encourage women to ride and they will change the world.
www.cyclofemme.com

MAINE

MAINE WOMEN'S RIDE DATE: TBA

The Bicycle Coalition of Maine's Women's Ride is a celebration of women and bicycling. The event offers a friendly, supportive atmosphere geared toward girls and women of all ages and abilities. The routes (10, 25, 50 or 75 mile options) follow quiet roads, offering beautiful views of the Maine coast and countryside.
www.bikemaine.org/events/womens-ride

COLORADO

TOUR DE LADIES DATE: TBA

Tour de Ladies is a fully supported, non-competitive, women only cycling event through the rolling hills of Douglas County. With two route options, there is a ride for everyone. Whether you are a novice or experienced cyclist, Tour de Ladies is a fabulous opportunity to spend the day with your girlfriends while enjoying a gorgeous ride. Best of all, it's a celebration of sisterhood as we support the Womens Crisis & Family Outreach Center. <http://www.tourdeladies.com/>

MASSACHUSETTS

THE WILD GOOSE CHASE OCTOBER TBA

The Wild Goose Chase, a bicycle weekend for women, is based in Cambridge on Maryland's scenic Eastern Shore, with all rides taking place in and around the spectacular Blackwater National Wildlife Refuge. www.friendsofblackwater.org/wild-goose-chase.html

UTAH

WILDFLOWER PEDALFEST AUGUST 16

The Wildflower Pedalfest is a women's-only bike ride nestled in the rural and scenic mountain valley of Morgan County. This ride is fully-supported and there are courses for all abilities.
<http://wildflowerpedalfest.com/>

WONDER WOMAN RIDE DATE: TBA

Gather up all your girlfriends and come celebrate the awesomeness of being a woman. Come experience Southern Utah County as you cycle through the beautiful rolling countryside. Choose to conquer the 30 mile, 70 mile or the 100 mile event. You will love the picturesque scenery and ease of the course.
<http://wonderwomanride.com/events/>

IDAHO

GOLDILOCKS JULY 12

Goldilocks is excited to be the first women only bike ride in Idaho! The ride will begin/end at Settlers Park in beautiful Meridian. With 20, 40, 60, 80, and 100 mile route options... there is a route for everyone. The route is beautiful, rural, and relatively flat. Come spend the day riding your bike with your friends surrounded by beautiful blue sky, green farms, and handsome Papa Bears. <http://www.goldilockside.com/>

CALIFORNIA

SEORITA CENTURY MARCH 2

Take over the most amazing coastline and California hills on the Senorita Century women's ride on Sunday, March 2, 2014. This is California's season opener for women's rides across the country. Join us for a day of girl power on the road!
<http://senoritacentury.com/>

NORTH CAROLINA

LE TOUR DE FEMME DATE: TBA

The mission of our all women's ride is to raise community awareness and funding for Cancer Research and Cancer Survivorship programs. The ride is open to all female cyclists, at all skill levels, to participate in a ride of 15 miles, 31.2 miles or 62.4 miles in length. <http://letourdefemme.org/>

WASHINGTON

WOMEN'S LIVING THE DREAM RIDE MAY 10

Grab your girlfriends because the finish line holds a girl's best friend, from a luxury 5th Avenue retailer! This ride has everything a girl needs and wants. Fresh air. Friends. Fitness. Fun. Gorgeous, low traffic, country roads wind thru beautiful Snohomish Valley farmland for a Mother's Day Weekend to remember.
<http://www.livingthedreamride.org/>



GORGE RIDE

JUNE 14, THE DALLES, OR

The 8th Annual Gorge Ride is a fully supported, fundraising, non-competitive ride along the Historic Columbia River Highway (HCRH) and HCRH State Trail. <http://www.HCRH.org>

HILLSBORO TOUR DE PARKS

JULY 19, HILLSBORO, OR

The 7th Annual Hillsboro Tour de Parks Bike Ride will celebrate the city parks of Hillsboro, Oregon. <http://www.tourdeparks.com>

OREGON: CRATER LAKE

SEPTEMBER 3-8; SEPTEMBER 10-15

While Crater Lake will undoubtedly stand out as one of your all-time best rides, Oregon has more to offer, and we'll show you the best cycling in the state with incredibly scenic rides through dense national forests, past fields of lava, alongside mountain streams, and to the base of the Cascade Mountains. <http://veloviewbiketours.com/oregon-crater-lake/or>



NEW IN 2014!

THE TOUR DE CURE is a series of fundraising cycling events held in 90 cities nationwide to benefit the American Diabetes Association. In 2013, more than 65,000 cyclists in 89 events raised more than \$26 million to help prevent and cure diabetes and improve the lives of all people affected by diabetes. Next year, on September 27, 2014, the ADA is launching a brand new event on the streets of our nation's capital. Not only will the Washington D.C. Tour de Cure enable diabetes research, advocacy, education and prevention but will also serve to promote cycling as a means of disease prevention and management. Find an event in your area at www.diabetes.org/tour.

MONSTER COOKIE METRIC CENTURY

APRIL 27, SALEM, OR

The Monster Cookie Metric Century Bicycle Ride is the Salem Bicycle Club's premier spring event. <http://www.salembicycleclub.org>

PENNSYLVANIA

AMERICAN CANCER SOCIETY BIKE A THON

JULY 13, PHILADELPHIA, PA

Family and team ride from Independence Mall in Philadelphia to Buena NJ. Ride lengths from 100 miles, 65 miles, 45 mile and 25 miles. Well supported with rest stops about every 15 miles. This 40 plus year ride benefits the American Cancer Society. <http://www.acsbike.org>

BRANDYWINE TOUR

SEPTEMBER 7, WEST CHESTER, PA

Classic tour of the Brandywine River and adjacent valleys; rural roads; 5 routes: 28, 50, 63, 80 or 100 mi. Food stops every 20 miles. <http://www.dvbc.org>

THREE CREEK CENTURY

SEPTEMBER 21, CARLISLE, PA

The Harrisburg Bicycle Club welcomes you to join us for the Three Creek Century offering routes of 25, 50, 75 and 100 miles through scenic Cumberland County <http://www.threecreekcentury.com>

CENTRAL BUCKS BICYCLE CLUB'S ANNUAL COVERED BRIDGES BICYCLE RIDE

OCTOBER 19, ERWINNA, PA

Choose from five gorgeous rides: flat, family-friendly 20 and 30 mile rides to challenging, hilly 33, 50 or 63 mile rides. Enjoy the gorgeous fall colors, beautiful scenery and scenic roads of Bucks County, PA. Visit up to 6 historic covered bridges. <http://www.cbbikeclub.org/cbr>

RHODE ISLAND

ELLIOT KAMINITZ FATHER'S DAY RIDE

JUNE 15, NEWPORT, RI

<http://fathersdayride.org>

SOUTH CAROLINA

2ND ANNUAL HILTON HEAD ISLAND COMMUNITY BEACH BIKE RIDE

MAY 3, HILTON HEAD ISLAND, SC

Second Annual Hilton Head Island Community Beach Bike Ride. Kick-off to Bike Month. Join our annual beach bike ride at 10am at Coligny Beach Park. Ride the island's hard-packed sand beach for a 6 mile round trip bike ride. <http://www.hiltonheadislandsc.gov/>

PEDAL 4 KIDS - 8TH ANNUAL COMMUNITY BIKE RIDE

SEPTEMBER 27, HILTON HEAD ISLAND, SC

Pedal 4 Kids is a non-competitive, multi-distance bike tour for riders of all abilities. It is a safe ride through pathways and the most scenic parks on Hilton Head Island, SC. <http://www.pedal4kids.com>

FESTIVELLO 2014

OCTOBER 29-NOVEMBER 3, SANTEE, SC

<http://www.FestiVELO.org>

SOUTH DAKOTA

NYDR RIDE

JANUARY 1, SIOUX FALLS, SD

27th Annual New Year's Day Bike Ride <http://www.spoke-n-sport.com>

TENNESSEE

ELK RIVER VALLEY 100

SEPTEMBER 6, TULLAHOMA, TN

<http://www.elkrivercentury.org>

BLUFF CITY BLUES 100

OCTOBER 4, MEMPHIS, TN

A century starting at Mud Island River Park in Downtown Memphis overlooking the Hernando de Soto Bridge and the Harahan Bridge (Soon to be bicycle and pedestrian path crossing the Mississippi River). www.bcb100.com

SMOKY MOUNTAIN WHEELMAN FALL CENTURY

OCTOBER 12, LOUDON, TN

Ride east Tennessee's majestic rolling countryside during the peak of fall foliage. <http://smwbikeclub.org>

TEXAS

BIKE MS - BP MS 150

APRIL 12-13

The BP MS 150 is a two-day fundraising cycling ride organized by the National MS Society. In 2013, we are close to hitting our goal of \$18 million for MS. It's not the miles that matter - it's the unforgettable journey. <http://www.nationalmssociety.org/chapters/txh/fundraising-events/bike-ms/bike-ms-bp-ms-150/index.aspx>

CHANGE THE WORLD BIKE RIDE

APRIL 26, GILMER, TX

Enjoy a picturesque bicycle ride through East Texas, with its towering pine trees and rolling hills. There are rides for people of every ability! The ride is fully supported with rest stops every 10 miles. <http://www.refugeinternational.com>

VIRGINIA

CRANKSRISING, 2014

FEBRUARY 8, RICHMOND, VA

Join Women's Multisports of Richmond, Inc for Cranksrising, 2014 <http://womensmultisportsofrichmond.com>

PEDAL THE PARKWAY 2013

MAY 3, WILLIAMSBURG, VA

Ride, jog or walk 7 miles (fourteen round trip) of the Colonial Parkway between Jamestown and Williamsburg while it is closed to automobile traffic. <http://www.williamsburgbikemonth.org>

2014 CAP2CAP BIKE EVENT

MAY 10, RICHMOND AND WILLIAMSBURG, VA

Help the Virginia Capital Trail Foundation make the Virginia Capital Trail a world-class adventure by joining us for another year of the fabulous Capital to Capital Bike Event.
<http://virginiacapitaltrail.org/cap2cap-ride/>

KNOTTS ISLAND CENTURY

MAY 17, CHESAPEAKE, VA

The Tidewater Bicycle Association presents its signature event, the 38th annual Knotts Island Century ride.
<http://www.tbarides.org>

RESTON BICYCLE CLUB 32ND ANNUAL CENTURY EVENT

AUGUST 24, RESTON, VA

The 32nd Annual Reston Century will take place on Sunday, August 24, 2014, rain or shine, starting and finishing at the Reston Town Center Pavilion. Riders can select from routes of approximately 33, 66, and 105 miles. <http://restonbikeclub.org>

SHENANDOAH VALLEY CENTURY

SEPTEMBER 14, HARRISONBURG, VA

Enjoy the beautiful back roads of the Shenandoah Valley. Rides of 25, 50, and 100 miles over rolling to hilly roads.
<http://www.svbcoalition.org/events/century/>

VERMONT

6TH ANNUAL TOUR DE FARMS

SEPTEMBER 21, SHOREHAM, VT

Offers bicyclists spectacular scenery, fantastic local food, and friendly farmers on either a 10-mile or a 30-mile loop.
www.AcornVT.org

WASHINGTON

RACC RIDE AROUND CLARK COUNTY

MAY 3, VANCOUVER, WA

Join us for the 31st annual RACC, Ride Around Clark County.
<http://www.vbc-usa.com>

WEST VIRGINIA

APPALACHIAN SPRING SPECTACULAR

MAY 4, MORGANTOWN, WV

Join us for a 25, 45, or 60 mile ride on beautifully scenic low traffic roads in West Virginia and Pennsylvania. Routes are moderately hilly and challenging for moderately fit cyclists.
www.CRCyclists.org

ROWLESBURG ROAD RIDE

AUGUST 31, ROWLESBURG CITY PARK, WV

Join us for a 56 or 78 mile ride on a beautiful route through farm county, hills, and forests in scenic West Virginia.
www.CRCyclists.org

PROSPERITY CENTURY RIDE

SEPTEMBER TBA, MORGANTOWN, WV

Join us for a 100 or 60 (metric) mile scenic ride through West Virginia and Pennsylvania. www.CRCyclists.org

WISCONSIN

NORTHWOODS BICYCLE RETREAT

JUNE 12-15, MANITOWISH WATERS, WI

Spend four cycling days and three nights at the luxurious Chippewa Retreat Resort on Lake Manitowish, a few miles outside of Manitowish Waters in the heart of the north woods.
www.aroundwisbike.com

FLAVORS OF WISCONSIN

JULY 13-19, MADISON, WI

The Flavors of Wisconsin Tour is now a full week with a new beginning location in bike-friendly Madison.
<http://www.aroundwisbike.com>

BIKE FOR BOYS & GIRLS CLUB

JULY 19, MADISON, WI

This is a family-friendly charity ride to support the Boys & Girls Club of Dane County (Madison, WI). Ride 8, 25, or 50 miles through various parts of Madison and into the country (25 and 50). This event is open to all riders. <http://www.bike4bgc.com>

BREW - BICYCLE RIDE EXPLORING WISCONSIN

AUGUST 3-8, BLUE MOUNDS, WI

This Shuttleleguy operated tour is a Wisconsin craft beer tour named BREW that takes place in early August. BREW (Bicycle Ride Exploring Wisconsin) is a five-day Wisconsin bike tour.
<http://www.domestiquetours.com>

NORTHERN WOODS AND WATERS

AUGUST 10-16, THREE LAKES, WI

For over 150 years the forests and lakes of northern Wisconsin have attracted summer visitors escaping the heat of regions further south. Join us to see what the attraction of this region is all about. www.aroundwisbike.com

AUTUMN TREK RIDE

SEPTEMBER 21, RIVER FALLS, WI

This ride has 4 different distances - 25, 45, 65 and 101. The 101 miler will have about 8000' of climb. With sag support, ample rest stops and great food, this safe and scenic ride is fun for everyone. rivervalleytrails.org

WYOMING

TOUR DE WYOMING

JULY 13-18

The route has not been revealed yet, but this 6 day bike tour will take cyclists on an exciting tour of Wyoming. From sagebrush plains to forested mountain passes, this fully supported ride has it all. <http://www.cyclewyoming.org/tour/htm>

AMERICAN BICYCLIST

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 308, Washington, DC 20006-2850, 202-822-1333; bikeleague@bikeleague.org, fax: 202-822-1334.

BOARD OF DIRECTORS

Diane Albert, *Secretary*, dianealbert@bikeleague.org

Harry Brull, barrybrull@bikeleague.org

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Jay Ferm, jayferm@bikeleague.org

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Alison Hill Graves, allisonbillgraves@bikeleague.org

Tania Lo, tanialo@bikeleague.org

Ann Rivers Mack, annmack@bikeleague.org

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Matt Moore, mmoore@qbp.org

Nicole Preston, nicolepreston@bikeleague.org

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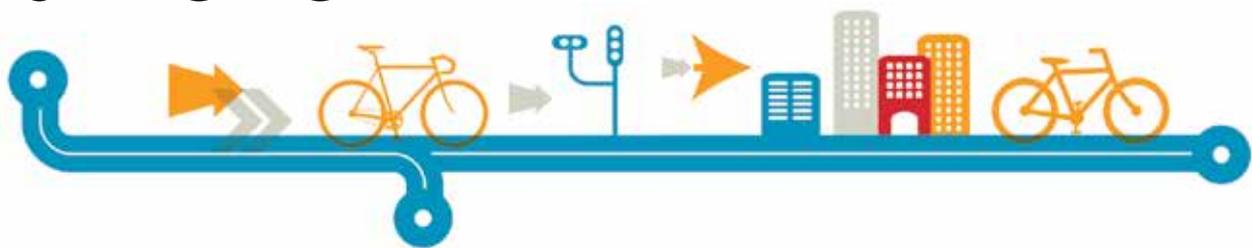
AMERICAN BICYCLIST MAGAZINE

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NATIONAL BIKE CHALLENGE: PAST, PRESENT & FUTURE



The 2013 National Bike Challenge charged past the finish line in September, uniting nearly 35,000 bicyclists across the country to pedal 18.5 million miles. The friendly competition, for novices and veterans alike, encouraged riders from coast to coast to pedal for fitness, sustainability and fun!

Emboldened by a 50 percent increase from 2012 and a new record for mileage, the League and Kimberly-Clark are looking toward even bigger numbers for 2014. Check out www.nationalbikechallenge.org for more information on how you can get involved! ■

CHALLENGE >>	2012	2013	2014 TARGET
 TOTAL MILES	12 MILLION	18.5 MILLION	30 MILLION
 TOTAL NUMBER OF RIDERS	30,000	34,500	50,000
 BUSINESSES, BIKE SHOPS AND DEALERS, PUBLIC AGENCIES	900	1,400	1,800
 GENDER	35.7% WOMEN 64.3% MEN	37.3% WOMEN 62.7% MEN	50% WOMEN 50% MEN
 POUNDS LOST	87,428	119,072	200,000



Do you work for the federal government?

Make bicycling better through a workplace payroll deduction. Join the thousands of bicyclists who support the League through the Combined Federal Campaign (CFC).

CFC#: 11563

photo by Chris Eichler

Questions? Ideas? Contact Lili Afkhami at lili@bikeleague.org or (202) 822-1333



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