

waypoints

TOURING IN TARHEEL COUNTRY

The State of North Carolina does an exemplary job of publishing information for touring cyclists with its "North Carolina Bicycling Highways" network that details some 3,000 miles of roads ideal for riding. The system is comprised of nine routes, with names like "Mountains to Sea" and "Piedmont Spur," each of which is described in a printed guide that includes segment maps with accompanying narrative directions and information on terrain, road conditions, services, and points of interest. A campground directory also comes with each route packet. Best of all, the maps are free, although the NCDOT's Division of Bicycle and Pedestrian Transportation urges riders to order only the ones they actually plan to use. For more information or to order maps, call (919) 733-2804 or visit www.ncdot.org/transit/bicycle/maps/maps_touring.html.

A BURLEY, A BOB, BIKES, AND BOGEYS

A tour that combines cycling the roads and golfing the links

"There are many cross-country bike trips attempted each year, and they're all exciting adventures, yet maybe not that unique. My gut feeling is that our trip may be a first."

So begins www.4ooverpar.com, the website of Kane Hudson and Glenn Ronning. Both forty-something men work at the posh Four Seasons Resort in Jackson Hole, Wyoming. And, while neither



Hudson and Ronning mentally prepare for a morning round.

is a threat to win the British Open (or the Teton County Open, for that matter), they both love golf as well.

So, for their two-month break last spring, Kane and Glenn affixed golf bags to their

trailers — a BOB and a Burley, respectively — and set off from San Diego on Adventure Cycling's Southern Tier Route (at the end of which is the World Golf Hall of Fame) but only after tackling the storied Torrey Pines course, where Glenn recorded 107 strokes and Kane a 97.

A nine-year member of Adventure Cycling, Kane rode the Great Divide Route a few

from a local hardware store, capped the ends with fittings and pipe glue, and painted everything silver. I soon became familiar with the weight and had no problems. I did, however, take some ridicule for my bag."

As any golf fanatic will tell you, concentration is key to good performance, and Glenn and Kane often found concentrating at day's end tough after bagging fifty or sixty miles on their heavily laden bikes. (Every golfer needs excuses, too.) For the record, the cycling twosome played a total of twenty-seven courses across the southern tier of states. Glenn's lowest score on a regulation eighteen-hole course was 89 at Hampton Cove Highlands near Huntsville, Alabama, while Kane's best was an 85 at the Golf Club at Circle C in Austin, Texas. Kane also notched desirably lower scores in two other categories: four flat tires to Glenn's ten, and three spills off his bike to Glenn's six. Bottom line, though, Glenn leads Kane by 47 strokes on the overall leader board.

ON THE LOOSE IN 2005

Two brothers will tour from Prudhoe Bay to Tierra del Fuego

Readers of a certain age may remember the 1967 Sierra Club book *On the Loose*, a classic tale of wilderness exploration and youthful self-discovery by California brothers Terry and Renny Russell. Recognizing parallels to that memorable volume is one reason your editor sat up and took notice of a recently received message concerning John and Mike Logsdon and their adventure dubbed "Spinning Southward: Two Brothers, Two Bikes, and Their Epic Journey on the Pan-American Highway."

"This summer," the correspondence began, "two California brothers will embark on the bicycle journey of a lifetime — two continents, thirteen countries, and 15,000 miles — pedaling all the way from Prudhoe Bay, Alaska, to Tierra del Fuego, Argentina." The road-savvy cyclists — John, twenty-six, led a Habitat



The Logsdon brothers pose for a picture before starting their journey.

for Humanity cross-country tour in 1999, and twenty-four-year-old Mike has ridden solo around Ireland — apparently inherited the gene for wanderlust from their mother who died of brain cancer nearly a decade ago. Now her sons are cycling in their mother's memory and for the National Brain

Tumor Foundation.

Mike and John set out on their journey in July and plan to wrap it up next February or March. We'll keep you posted on their progress either here or in our Bike Bits e-newsletter (to sign up, go to www.adventurecycling.org/bikebits).

BIKE-SCOOTIN' BOOGIE

A simpler way to teach children how to ride a bicycle

A few weeks ago in our Bike Bits e-newsletter, we wrote about an award-winning bicycle that's designed to help young riders make the transition from tricycle riding to bicycle riding without the need for training wheels (the rear wheels can be moved toward one another until they merge to become a single wheel). The story brought this enlightened response from member Sharon Wilbraham of Bath, Maine:

"Your Bike Bits article

was well and good, but the [new] bike really isn't necessary. Our daughter has been riding a sixteen-inch bike since she was two, and learned to ride on two wheels at four years old, using the 'scooter' method. The parent need not put a hand on the child at all: Simply take off the training wheels and pedals, lower the saddle so the child can easily put both feet on the ground from the sitting position, and then have the child scoot

around on the bike. This helps children get the feel of balance on their own. Once they are balancing, have them try picking their feet up off the ground and turning. I got the idea and instructions from the Bicycle Coalition of Maine. It's the way I'm going to tell everyone I know to teach their child to ride, because it definitely works, and it's hands-off and free.

SALIDA RIDING

Owing to a beautiful historic downtown, a location at the foot of the stunning Collegiate Peaks, and an outstanding public hot springs, Salida, Colorado, is regularly named one of riders' favorite towns on the Great Divide Mountain Bike Route. Whereas the Great Divide follows dirt and paved roads to get to, through, and out of Salida, the upcoming Salida Vapor Trail 125 race will highlight some of the area's top-notch singletrack and doubletrack trail riding — 125 miles and 20,000 vertical feet of it, all at lung-searing elevations of 7,000 to over 12,000 feet. According to a press release issued by event director Andrew Mesesan, "Portions of the course follow rail routes laid down by two railroad companies competing to reach the booming town of Gunnison in the nineteenth century. Racers will ride the Colorado Trail under the summer moon, cross over the infamous Alpine Tunnel, and cruise the classic Monarch Crest Trail above the treeline." The competition, which requires that entrants have a background in ultra-distance or adventure racing, starts at midnight, August 27, at the "F" Street Bridge in Salida. For more information, visit www.absolutebikes.com/VaporTrail125.php or call (719) 539-9295.