



NewsLetter by e-mail

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Coming Events

Don't forget the *Spooktacular!!* If you haven't signed up, check out the link at www.kernwheelmen.org (active.com) for pre-registration. Otherwise there is registration and check-in on Friday October 24th at the Hilton Garden Inn from 4:00pm to 8:00 pm or Day-of-the-ride registration and check-in starting at 5:30 am at the Kern River Group Picnic Area.

Check out the information and jersey on the attached posters!!

Slow Spoke Incident

This past weekend the Sow Spokes were riding out to Enos Lane. A man was walking his dog off lead. One of our party came to a screeching halt when the dog ran in front of him. Fortunately no one, including the dog, was hurt but it could have been a much different outcome. Dog owners don't seem to realize that their nice sweet dog can be very dangerous to others and themselves when off lead on the Bike Path. Be aware, be safe.

What to do when bad dogs arrive

Here's a collection of techniques from Road Bike Riders Newsletter's (see RoadBikeRider.com for further issues or to subscribe for a free e-mail Newsletter) roadies for making bad dogs leave cyclists alone (and perhaps learn a lesson). Some methods are aggressive, some are fairly passive. We're printing them for your information with no endorsement or censure. You're welcome to try any that make sense in your dog-eat-cyclist world.

Halt and Pepper

Brian: "I keep a small canister of pepper spray attached to my top tube with a little self-adhesive Velcro. I've found that if you have a *really* troublesome dog that likes to do more than just bark, you only have to give him a shot of pepper spray twice before he loses his taste for cyclists. One word of caution when using this technique: If you are in a group ride make *sure* that you are at the back of the pack to keep from accidentally immobilizing the rest of your peloton. You might get banned from future rides."

Beemrdon: "While touring, I carry Halt pepper spray (the same stuff your local mailman carries) attached to the outside pocket of my handlebar bag and within easy reach. I have only had to use it once, while touring through eastern Kentucky. A huge bloodhound bounded off of the front porch with teeth bared and in full attack mode. That old boy's jaws got within a foot of my leg when I let him have it. He stopped in his tracks, rolled over and then began to frantically rub his eyes with his front paws while yelping. I hope that that dog learned a lesson and changed its behavior as this was a heavily used transcontinental bike route. I doubt that everyone biking through was as equipped to cope with a vicious dog as I was."

Cofitachequi: "I have moved up to carrying bear spray, available at hiking supply stores. Let them have it square in the face."

Douse that Doggie

Michael: "On our night rides we keep an ear tuned to the clickety-clickety of toe nails coming from the pitch black Amish night air. If the dog seems unresponsive to commands, I will wait till he is 5 feet from me and peg him in the head with a squirt of Gatorade, to which I'll more than likely hear toenails scraping the pavement and an occasional yelp."

Ian from Oregon: "For really persistent dogs that are coming fast upon your heels I have (many times) pulled out a water bottle and given them a good squirt in the eyes just as they are about to taste some *calf ala cyclist*. If they don't do a quick summersault they usually hit the brakes and head for the old dog house. A last resort is throwing the whole darned bottle."

Dogmeat: "As the dog approaches, take out your water bottle and flip a bit of water at his face. He can't see it to dodge it like he can a frame pump, so as the drops hit him the dog stops short. Works every time."

Turn the Table

Michael: "If a dog comes at me, depending on the size, I will charge the dog. Dogs usually don't know how to respond when put on the defensive. Ever see a cat back a dog down? Better make sure you can accelerate quickly in case he or she is a scrapper!"

Rich Ries: "Any advice to accelerate when facing a dog is bad advice. Even a small dog can maintain 30 mph long enough to cross in front of your front wheel. Tap the dog with your wheel and you're going down."

"A better plan is to psych out the dog. Dogs understand aggression, so when I see a threatening dog I ride toward it, snarling and growling. I make it clear that I'm the alpha male. Every time I've done this the dog has retreated until I'm well past, and I've had ample opportunity to test the strategy here in southern Indiana. I've also perfected my quick-draw for pepper spray on dogs I don't see in time."

John Webb: "Riding away from a dog only encourages the dog's instincts to hunt you down. I always remember that dogs, as much as I love them, are animals, and animals follow the law of the Alpha Dog. When I encounter a dog coming after me (front, side or rear), I *slow down*, stand up, bow my chest and arms out wide, look them in the eye, and give an angry roar or yell. I let them know that *I* am the *alpha dog* and they had better back off. I've frightened dogs so bad that they have thought twice about going after riders behind me."

TexasT: "I agree with the other posters who say not to try to outrun them. Do not become prey for them. When a dog is running towards me I time it to meet him at the edge of the road (watching for traffic) and yell *NO!* In effect, I'm chasing him and he is the prey. They usually stop dead in their tracks or turn tail and head for home."

Slow Down . . . or Speed Up

Milky Bone: "When riding solo, the best way to defeat Fido is shift before you enter his airspace, approach slightly slower than top speed, and once he's got his intercept angle set and begins his pursuit, accelerate. Head down, ears flopping, dogs don't seem to be able to adjust on the fly."

Mike from Idaho: "I must strongly disagree with RBR's tip to make use of a passing vehicle. In my over 20 years of cycling, I have twice seen and heard a dog hit by a car when the dog came out to chase me. These were simply horrible sights and sounds and totally unnecessary. When

you know a dog possibly is going to chase you and there's a car approaching from the front or back, slow down! Let the car pass and then deal however you need to with the dog. Whatever you do, it is not likely to result in the death or maiming of a dumb animal that is doing only what 100,000 years of genetics has trained it to do. I've said it before and I'll say it again, 'The problem here is not the dog but the dog owner.' "

Choose Your Weapon

Beemrdon: "Before I say anything, I want to state that I am a dog-lover on almost all occasions. OK, but I always ride with a Silca frame pump with a Campy *metal* head. When Fido gets too close, he gets a headache."

Mark: "I am a dog lover, but a dog who chases me is endangering my life not to mention his own. So I have little patience with them. Yelling usually works, water squirts work too, but I have gone so far as to bungee nunchucks to my bike for a particularly nasty beast on one of my favorite routes. A dog with a severe cyclist-induced headache usually realizes bikes are better left alone, and I figure I have done the dog a favor."

Kimo: "When riding in rural areas where dogs run wild, I carry a box of snaps in my jersey. These are little paper twists that pop when they hit the ground. Drop a couple of these mini-depth charges near the offending hound and he or she is guaranteed to call off the chase."

Tom: "Carry a gun."

Speak!

Joyce: "Try shouting "*NO*" and "*GO HOME*" and move your entire arm to point back to their home. This has worked great for me. Most dogs have been taught what *NO* means and many know what you mean when you point and yell. The dogs will usually do exactly that -- run back home, usually with tail between legs. Others look confused, like 'Who are you to tell me that?' So I repeat it, sounding as snarly as possible."

Scooter: "I recently did a tour through rural Kentucky, Tennessee and Mississippi. Dogs were everywhere. We were greeted one day by 13 free hounds at a single home. They came out a quarter mile away and took up positions on each side of the road. Much barking and growling, but no attacks. Voice commands worked well."

Bitten but not deterred: "Another method is to talk to the owner. Of course, sometimes the owner's bite is worse than the dog's, so be careful."

Be Nice

Moser: "As soon as I see a dog while riding I start talking to it in the same way I would my own dog. 'There's a good boy' type phrases, no need to shout. In more than 40 years of cycling I've never had a dog problem while riding."

Doug: "Almost none of us can outrun a dog who has any warning of our approach, and running away also provokes a prey response in some breeds. Stopping, dismounting and confronting the dog as a human works much more consistently. I've only been injured when trying to outrun dogs. (Killer squirrels are another matter altogether.)"

mountain slug: "Carry a couple of milk bones and toss one to the dog. You might just make a friend."

Call the Canine Cops

Bret Gross: "Don't forget to make a mental note of the location and, when you get home, call animal control. In most jurisdictions a loose dog is not only unsafe (for humans and the dog, who could get injured by a vehicle) but a violation of the law. Correcting the situation may prevent a future injury to you or the dog.

Hewer: "If there is a consistent problem with a dog, the owner is at fault. Animal control needs to be called."

Dan: "When you are safely clear of the dog, use your cell phone to call the local Animal Control department to file a complaint."

Support Bike Bakersfield

Hey guys, if you have a few bucks you don't know what to do with, consider donating a few dollars to Bike Bakersfield. They are our local non-profit Cycling Support Group. Not only do they promote cycling awareness, support all types of cycling, advocate for more bike paths, go to City and County Meeting to voice our needs, they also provide safety education to our school age kids to help make them street smart and safe bicycle riders, provide free helmets to our kids safe and donate recycle those bikes you no longer need. Lets keep them running. Give a tax deductible donation today!!

Time Trials

Sorry no TT in September nor in October. I need volunteers to run them and I need to know I'll have at least 10 participants. Let me know and I'll set them up.

Hope to see you on the Bike path,

Kathy
Editor

The Kern Wheelmen
PROUDLY PRESENTS
our 22nd annual

SPOOKTACULAR CENTURY

October 25
2008

The Kern Wheelmen Bicycle Club invites you to enjoy our 22nd annual Bakersfield SPOOKTACULAR Century. Registration includes: six great routes from which to choose, one entry to our raffle for a four night cruise and other stuff, continental breakfast, post ride meal, spooky rest stops, great goodie bag, marked routes, maps, full sag support, eerie lack of traffic and only one stoplight. *Decorate your bike, wear spooky clothing and join the fun!*

Are you starting your ride before 7:00AM? – Bring your lights!

THE RIDES:

HIDEOUS HUNDRED -10,800 feet of climbing - 109 miles. Bring your big gears and an attitude. This ride up Breckenridge Mountain will haunt you for a long time and the descent will give you chills. Your special Hideous Hundred Patch will be waiting for you at the top (you must have ID).

Difficulty: EXTREME. START before 6:00 am

HORRIBLE HUNDRED -8,600 feet of climbing - 102 miles. You had better still bring those big gears; White Wolf Grade and Lions Trail are each 5+ miles long and have grades of 6 to 10% that will make your quads scream with pain!

Difficulty: extreme. START before 6:00 am

NIGHTMARE NINETY - 4,500 feet of climbing - 92 miles. Actually after White Wolf Grade, some of this course will leave you with pleasant dreams as you ride up beautiful Caliente Creek to Twin Oaks and back. (Ride a little further and make it a Century)

Difficulty: moderate. START before 7:00 am

MORBID METRIC - 2,900 feet of climbing - 62 miles. With a monster climb of its own, White Wolf Grade will get your lungs howling. Your destination is Caliente where you will meet the riders from the Hideous & Horrible Hundreds & Nightmare Ninety.

Difficulty: moderate. START before 8:00 am

FRIGHTFUL FORTY - 500 feet of climbing - 40 miles. Enjoy this Halloween ride along Kern River on our bike path, past Lake Ming, Ethel's Corral and up Rattlesnake grade (two miles of 3-4% grade) which will get your legs asking for mercy!

Difficulty: EZ. START before 9:00 am

TREMBLING TWENTY - 500 feet of climbing - The same route as the Frightful 40 just shorter. Rattlesnake grade will get your legs screeching and a long downhill will get your lungs gasping. *Difficulty: EZ. START before 9:00 am*

REGISTRATION & START/FINISH - Friday Oct 24, registration and check-in will be at The Hilton Garden Inn from 4:00 pm to 8:00 pm. Day-of ride registration and check-in will start at 5:30 am at the Kern River Group Picnic Area.

PRE RIDE REGISTRATION-- www.kernwheelmen.org-- (active.com)

HOST HOTEL - Hilton Garden Inn - A special \$99.00 SPOOKTACULAR rate! You must ask for this rate when registering, single or double occupancy. A non-refundable internet price is available for \$78.00. Registration must be made by SEPTEMBER 25th. This hotel is 20 minutes (by car) from the start/finish location.

MEALS - Continental breakfast will be available at the Kern River Group Picnic Area from 6 am - 8 am
Post Ride Meal by Big Dan the Bar-B-Q Man - Choice of Tri Tip, Chicken or Vegetarian with beans, salad, pumpkin pie, with or without whipped cream, water & sodas. Served 11:00 am - 5:30 pm.

SAG & REST STOPS - Plenty of rest stops & expert Roving Sag is provided. ID is required.

DIRECTIONS - From Hwy. 99 exit 178/Rosedale Hwy. Take 178 East 10.8 miles. Turn left at Alfred Harrell Hwy (stop light). Follow the Spooktacular signs to the start/finish. Look for the Big Pumpkin and our Huge Hospitality Tent!

WEATHER-The rides will take place rain or shine (no refunds). Temperatures vary from hot to cold so prepare accordingly.

Win a Four night Cruise for two and other stuff!

Ocean view room aboard Carnival Cruise Lines. Each entrant will receive one free raffle ticket and more can be purchased. Raffle will be held Saturday 10am, you do not need to be present to win.

Sponsors:

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Jerseys &
Long
Sleeve Ts
available,
see website

Ride limited to 600 riders - **Course closes at 5:30 pm**, give yourself plenty of time!

Event net proceeds go to the American Lung Association and the Kern River Parkway Foundation

Win a four
day cruise!



Carbon Fiber Sponsors
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The Kern Wheelman Bicycle Club
of Bakersfield, California
Proudly Presents
The 22nd Annual

SPOOKTACULAR CENTURY

Bakersfield, California

October 25, 2008

From the Trembling 20 to the
Hideous 100 with 11,000 feet of climbing...
Come join us and experience spooky rest stops,
blood curdling climbs and eerie lack of traffic.

Enjoy your post ride meal by:
Big Dan the BBQ Man

For more info:
www.kernwheelman.org



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