



Trail Tales

The Newsletter of

RAILS TO TRAILS OF THE WITHLACOOCHEE, INC. (RTW)

The Citizen Support Organization (CSO) for the Withlacoochee State Trail (WST)

The Friendliest Trail in the Country

LIFETIME ACHIEVEMENT AWARD



Rich Roussel, left, presents the 2018 Lifetime Achievement award to Don Eastman, right.

Congratulations to Don Eastman, the 2018 Lifetime Achievement Award winner.

Don was born in Seattle, and his family then moved to Chicago, then outside of Cleveland where Don spent his career in plastics (Does anyone else's mind instantly go to that iconic line from *The Graduate*?).

Eventually, his wife Loretta mentioned she was tired of the cold and the snow, and for our great luck, they spent time looking around and decided to stay here in Citrus County.

Don first became interested in the trail when he saw an article in the newspaper talking about the installation of our iconic caboose on June 4, 2007¹. Shortly thereafter, he found the trailhead in Floral City, and the rest, as they say, is history.

Since nearly that time, he has worked tirelessly for our trail, carrying out a number of functions, and always willing to jump in and lend a hand when needed.

It is impossible to express how much the efforts of folks like Don mean to the trail and to the rest of the volunteers. Hopefully this award gives him some understanding of how much he means to the Withlacoochee State Trail community.

¹ Look for more information on the caboose installation in our August issue of Trail Tales!



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GEORGE STRALEY RIDES ON



We are saddened to inform you that George Straley passed away from an apparent heart attack on Sunday, May 20th, 2018, after living graciously with dementia for 4 years.

He had been riding with the Withlacochee Bicycle Riders since he and Sue moved from Wisconsin to Inverness in 2008. The bike group was a big and important part of his retirement years.

Some may remember him from when he worked for a season or two at the Floral City bike shop, known then as Hampton's Edge.

NEW YEAR'S DAY POTLUCK, LIFE CELEBRATION, THE GEORGE TRAIN CHRISTENING

George will be remembered and the Tandem trike that kept him riding and smiling up to the end of his life will be christened at the annual New Year's Day Potluck held at the Community Center next to the library in Floral City. The Tandem will be kept and made available to Withlacochee Riders who need a trike, tandem or electric assist in order to keep riding...and smiling.

The event and potluck starts at noon, January 1, 2019. People are encouraged to bring their pictures and stories of George.

Digital pictures can sent to susan_trikes@yahoo.com





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PRE-RIDE CHECKLIST

For many of us, much of this has become second nature, but it never helps to be reminded of the things you should do before every ride.

WHERE THE RUBBER MEETS THE ROAD: WHEELS AND TIRES

- Open and close the quick-release levers on your wheels to make sure they're tight.
- Move each wheel side to side to check for looseness.
- Give each wheel a spin to see that it doesn't wobble and that the rim doesn't contact the brake pads at any point.
- Check the air pressure of your tires with a pressure gauge and compare it with the recommended pressure listed on the sidewall. Hey, besides being better for your tires, proper pressure makes your bike ride more smoothly so you don't have to work so hard.
- Visually inspect the tires for cracks, cuts, or tears.

BECAUSE STOPPING MATTERS: BRAKES

- Squeeze brake levers to ensure that the brakes firmly grip the wheels. You shouldn't have to pull the levers more than halfway to the handlebars.
- Confirm that the brakes grip the rim and your pads have sufficient rubber.
- Straddling the frame and squeezing the brakes, try to rock the bicycle back and forth.

IT IS ABOUT THE BIKE, LANCE: PEDALS, CHAIN, GEARS AND THE REST

- Grab a crank arm in each hand and try to shake them for looseness.
- Confirm that the pedals spin freely but that you can't pull them away from the cranks.
- Make sure your handlebars are secure
- Clean and lubricate chain and make sure it's secure
- Check the frame for cracks

IT'S ALWAYS ALL ABOUT YOU: YOU AND YOUR BODY POSITION

- Make sure your saddle hasn't slipped up or down. Your leg should be bent at a slight angle when your foot is on the pedal at its lowest position.
- Set your stem and handlebars so that they leave your back at a 45-degree angle, which distributes the weight of your upper between your torso and your arms making for a much more comfortable ride.
- Make sure you can be seen! Wear brightly colored clothing. Put reflectors on everything. Keep a bright white front light and a flashing LED rear light for when you're caught out at dusk.
- Be prepared, scout. Because Florida. Must haves: FLUIDS – especially this time of year, phone, identification, money, energy bars, rain jacket, and sunglasses. If you've got room: spare tire(s), pump, tool and first aid kits.
- Cover thyself in sunscreen
- Check the weather. Again, because Florida.

Now put your helmet on, be safe, and enjoy our trail!

Sources

<http://www.dummies.com/sports/bicycling/a-pre-ride-bike-inspection-checklist/>

<https://www.ilovebicycling.com/pre-ride-checklist/>

<https://www.rei.com/learn/expert-advice/pre-ride-inspection.html>



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SHOP WITH THE WST IN MIND

SHOP OUR WEBSITE

Need a new set of riding gloves? How about a new riding jersey?

Head on over to

<https://www.rttwst.org/shop-rails-to-trails.php>, and look what we have for you!

Soon you'll also see a new purple and green jersey, too!

SHOP AMAZON SMILES

If you're out shopping on Amazon, you can still support the trail by selecting the Rails to Trails of the Withlacoochee as your Amazon Smile Charity!

For those of you who aren't familiar with the Amazon Smiles program, it allows you to pick your charity, and then every time you shop at Amazon, as long as you bookmark and shop through <https://smile.amazon.com/>, your charity will receive a portion of your purchase prices.

That's it. No extra cost or work for you.

Most Amazon items are eligible for the program. Exclusions currently include recurring Subscribe-and-Save purchases and subscription renewals.

Purchases made through Amazon Prime are eligible for this program.

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Be sure to log your hours by the 5th of each month!

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