

PLACES TO GO & THINGS TO DO OUTDOORS

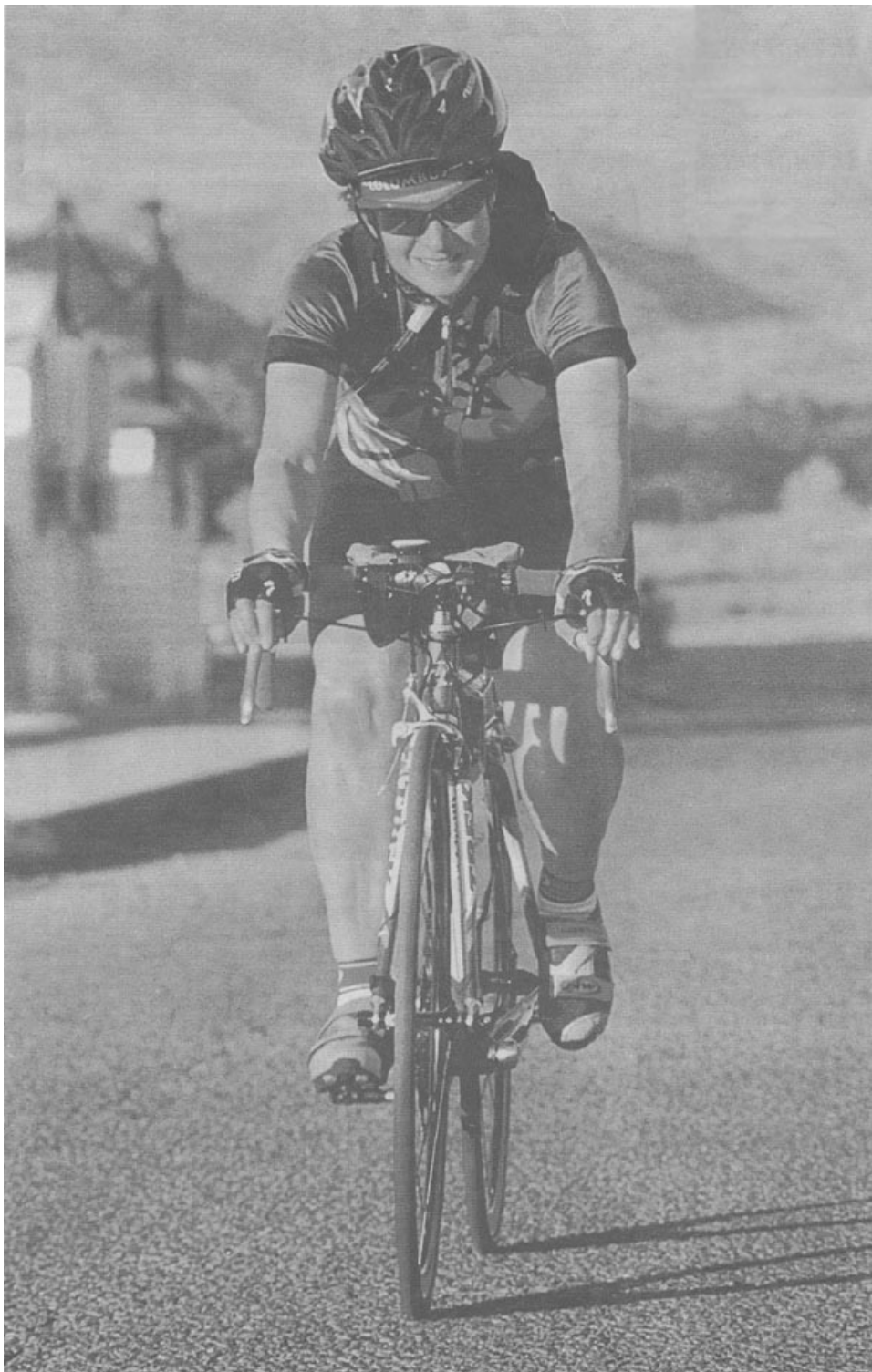
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ROAD BIKING INSPIRES WOMEN TO ORGANIZE CLUB FOR LONG-DISTANCE RIDERS • PAGE 4

Boise is a great starting point for long-distance cycling



Liz Bauer-Simon is dedicated to road bicycling but likes to go cycling with other riders.

PHOTOS AND STORIES BY PETE ZIMOWSKY
The Idaho Statesman

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Liz Bauer-Simon glided down Hill Road on her Trek 5200 road bike, flowing around curves and up and down the hills.

To her, road cycling is like poetry. She likes the rhythm of long-distance riding.

“You’re out there and you’re rolling. You’re under your own steam,” said Bauer-Simon, taking a breather along the road. “There’s an elegant poetry to it.”

What she doesn’t like is riding alone.

So if you’re out riding by yourself, don’t be surprised to be flagged down by Bauer-Simon or Jackie Lemieux, another avid long-distance rider. The two are starting a road-cycling club to get together with other people who love bicycling the open countryside.

“The most important thing about the club is that we will be looking out for each other,” she said. “Nobody’s going to be left to die by the wayside or to run out of water.”

The women, who are both in their late 40’s, see a need for a club that is not geared toward training for road racing, but for those who enjoy riding long distances without competition.

The club would offer safety, help when repairs are needed, the social aspect of riding and plenty of ideas on where to ride.

Lemieux is new to Boise from Portland, where she rode with the Portland Wheelmen, a touring group. “I’ve had a hard time finding anybody to ride with here,” she said.



Checking out the gear: Liz Bauer-Simon likes the idea of a club because it means safety on the road. It also means help with repairs in case of a breakdown.

“I see a lot of single riders,” Bauer-Simon said. To say that Lemieux and Bauer-Simon are into road cycling is an understatement.

They met at a century (100-mile) ride and immediately were drawn to each other.

“We were the only older-than-25 women riding,” said Lemieux.

Lemieux has been riding about seven years. She got into cycling when her car broke down and she had to get around Portland on her bike. After that she got into long-distance touring with one of the biggest cycling groups in the country.

When she moved to Boise, she had a difficult time finding places to ride and fellow cyclists who weren't into racing. Some of her first rides in the Boise area were disasters.

Bauer-Simon has been in Boise for 10 years and likes mountain biking.



Putting on the spin: Jackie Lemieux wears a prototype T-shirt designed for the SPIN road-bicycling club.

She kept seeing racers speed by on road bikes and decided to give it a try. "I'd watch all the racing guys go zooming by me and I wanted to zoom," she said.

The two women see a lot of cyclists training for racing, but would rather ride with people who just want to enjoy long-distance rides in the country side, especially with loop rides starting and finishing in Boise.

"I like riding with a group where you have a buddy system and we're looking out for each other, Bauer-Simon said.

They are serious about the club and already have a name for it. It's called SPIN -Scenic Pedaling is Nearby. They have prototypes for T-shirts and are planning a Web site.

The Web site would be a library of long-distance rides near Boise.

The club will not be geared toward two and three-day rides. It will be designed for the person who wants to break away for a half-day ride. Bauer-Simon, who has children, said it would be good for the cyclist who has family obligations and can only break away for part of the day.

About the club

If you're interested in the club, here are a few details:

- You'll need a road bike, not a mountain bike. A road bike is designed to be ridden on pavement. It is light, sleek and fast. In some cases, a hybrid or city bike will work on the rides.
- Plan on riding about 12 to 15 mph.
- Rides will be about 30 miles on fairly flat, country roads. If the group wants to go 40 or 50 miles on a certain day, a trip can be arranged.
- Riders must have a helmet, repair kit, water and food and snacks.
- Rides will be geared to hit local coffee shops.
- The club is for men and women.
- Spring conditioning rides will be planned.

First ride

When: 8:30 a.m., Oct. 2.

Where: Shaver's parking lot on Bogus Basin Road.

Route: Out Hill Road toward Eagle and back (about 30 miles).

Second ride

When: 9 a.m., Oct. 16

Where: Shaver's parking lot.

Route: To be determined.



Counting the miles: Road bikers are into counting and keeping track of their miles.