

Team Time Trial

Fast Pace Lines

August 2, 2007

By Dan Coughlin

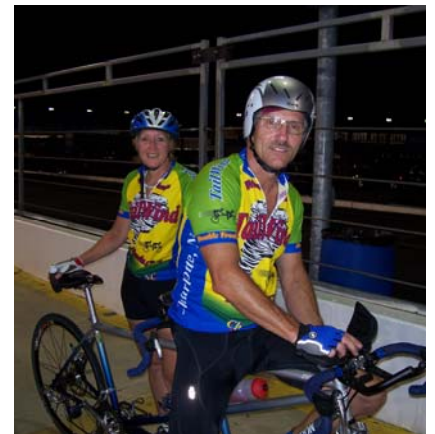
One of the things I like the best about cycling is riding fast pace lines. Click that up to a “formal” rolling line where the lead rider is on the “pull” for a set, limited time before rolling off to a parallel line & you’ve got “poetry-in-motion”; a smoothness and symmetry that is the “organic-ity” of teamwork, taken to its highest form. I’ve only done a couple of these in my entire cycling “career” but, take my word on it, done right, a rolling, parallel pace line is as good as it gets.



Team Double “D”

One of my favorite bicycle stories is about the year we did the 2nd day of the MS Ride to the Beach with seven amazingly well matched tandem teams. By early into the ride we were operating as a rolling pace line (in this case the lead tandem team rolled directly to the back of the seven tandems; no parallel line). After awhile we got to ticken like a Swiss watch & the pace got up some major momentum. At one point my wife & stoker, Dolores told me to take a look behind us at the line of singles that had hooked on after we had eaten them up one after the other, after the other. We were on a long bend in the road at the time I turned around to look & I actually could not see the back end of that pace line. Dolores estimated 90 bikes. We were moving so hard that we eventually started to prohibit singles from trying to pull through to the front because, once on the front, they couldn’t hold the pace.

We ended up averaging 23 mph for the 75 miles. Imagine what that would have been sans stop signs, traffic going into Myrtle Beach, etc. It is a ride absolutely etched in my memory and the prime example of “rider’s euphoria” for me personally.



Team TASK



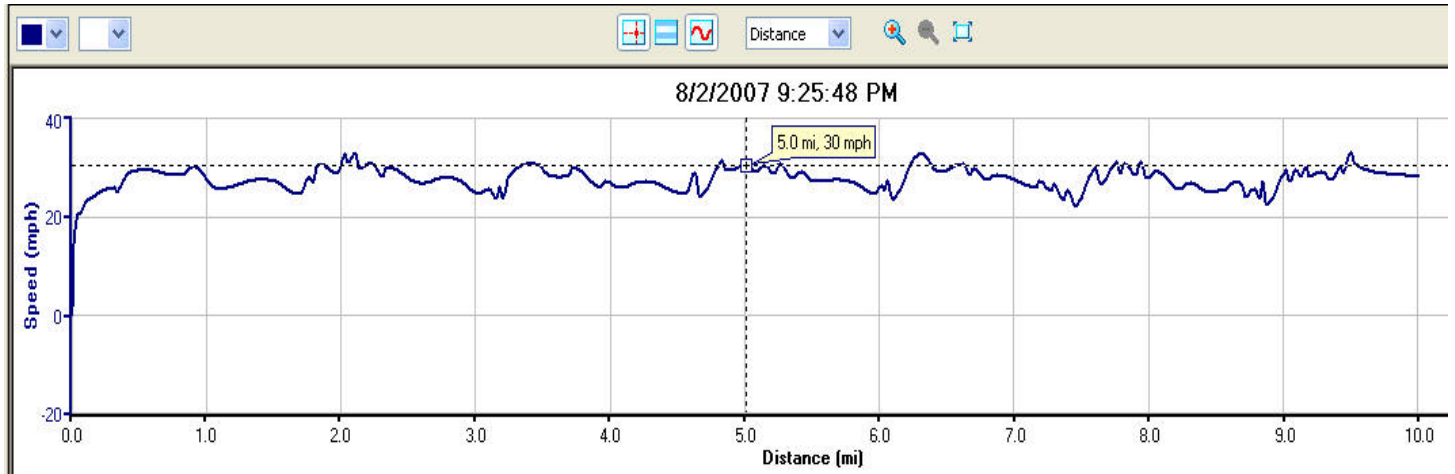
Team Tramp

S-O-O-O imagine my delight when the notion arose to put together a tandem Team Time Trial team (...look carefully now, that is NOT redundant) for the August Lowes’ TTT event. Sugar Plums & the memories of the the Myrtle Beach ride danced in my head. Watch out Chris Harkey!!!

As most of you know, Dolores & I ride a great deal with John Talani & Susanna Sisk (Newzy Suzy). Susanna is an animal. John can barely hold his own anymore; he’s aging alarmingly fast ... he also tends to be a bit of a pretty boy. Anyway I thought this TTT idea far out paced the theory of relativity and other such trivia and I assumed everybody else in their right mind would too. NOT!

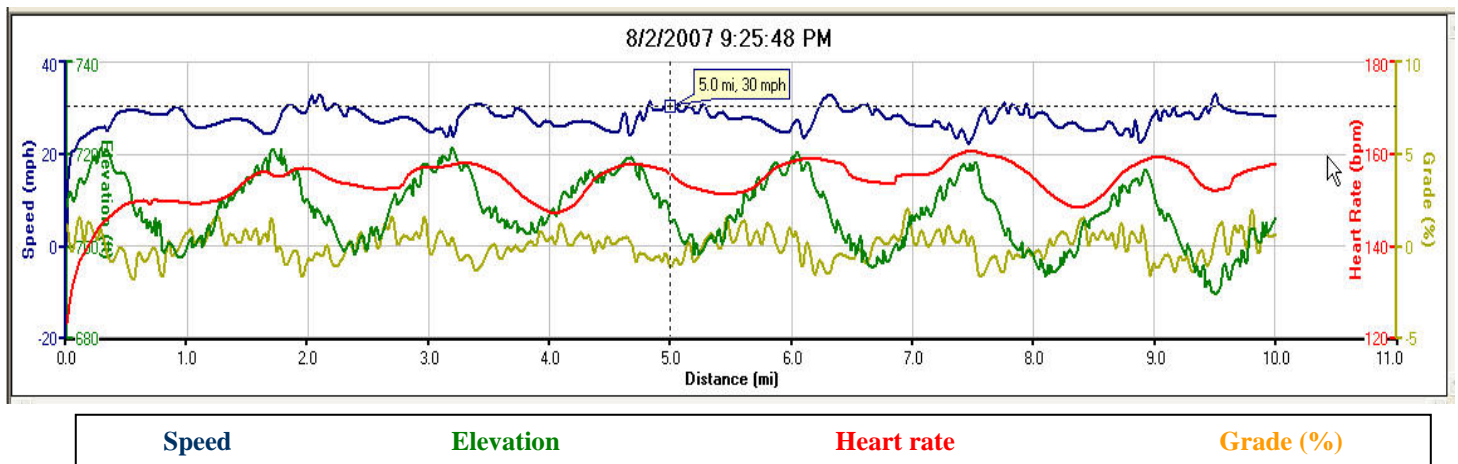
Talani said it would be “too dangerous”. (Now I don’t want to beat this aging thing to death but remember what I said about his early onset dotage.)

So now I got to spend most of the summer haranguing himto no avail. Dolores got the CCTTA rules (three tandems; first two across) put in place for establishing a tandem event this year. Tracy Botruff (the "Tandem Tramp") seduced Neil Kaplan to come all the way from Raleigh to make up the third team Five of us are totally hot to do this thing and so what does Talani say: he says, "NO!It's too dangerous!" (read that as a big fat whine!!!). *(Garmin information provided by John T. via his heart rate, etc.)*



We were at our wits end with the man. Susanna was playing the sex card. Dolores told him he was a hunk and would look great out there pulling us around the Lowes... all puffed up and lookin COOO-EL. Tracy said she'd love to be his stoker any old time at all. I told him he was an old fart and a chicken to boot ...and guess what????.....IT WORKED !!!! We shamed him, blamed him, threatened him, promised him into it YAY !!!! And ... oh god "now we didn't have any time to practice together and maybe the S.O.B. would get proven right, maybe it really WAS too dangerous!!!

EEEH so what.... Ya only go around one time, right. Live dangerously. Eat drink and be merry. Throw caution to the winds Go for it !!!!



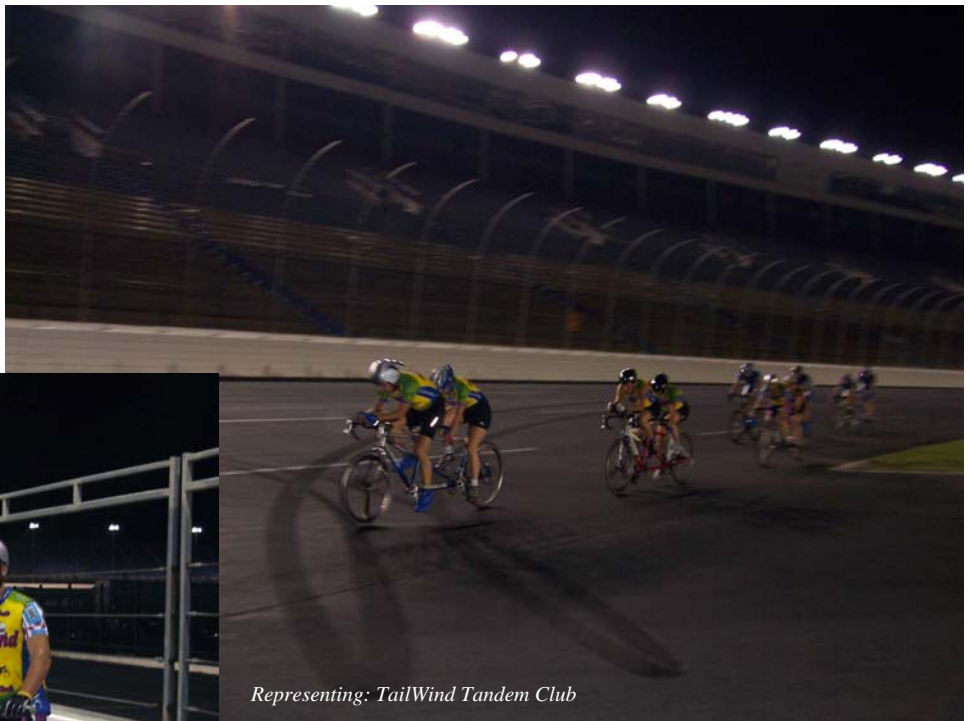
And we did! And we got it pretty darned put together about how to avoid interfering with the 27 other teams out there, about who would pull from where to where, and about how the lead bike would signal its intention to roll off. And it went really good! We got tickin and we got cookin!!! And John had FUN!!! We did a 21:55:55 average time (27.4 mph), 13th out overall of 28 teams, 1st place for tandem team represented and we did it with Tailwind Tandem Club colors and we hope we did ya up proud.

*Dan Coughlin
Ccough2@ctc.net
Posted Aug. 23, 2007*

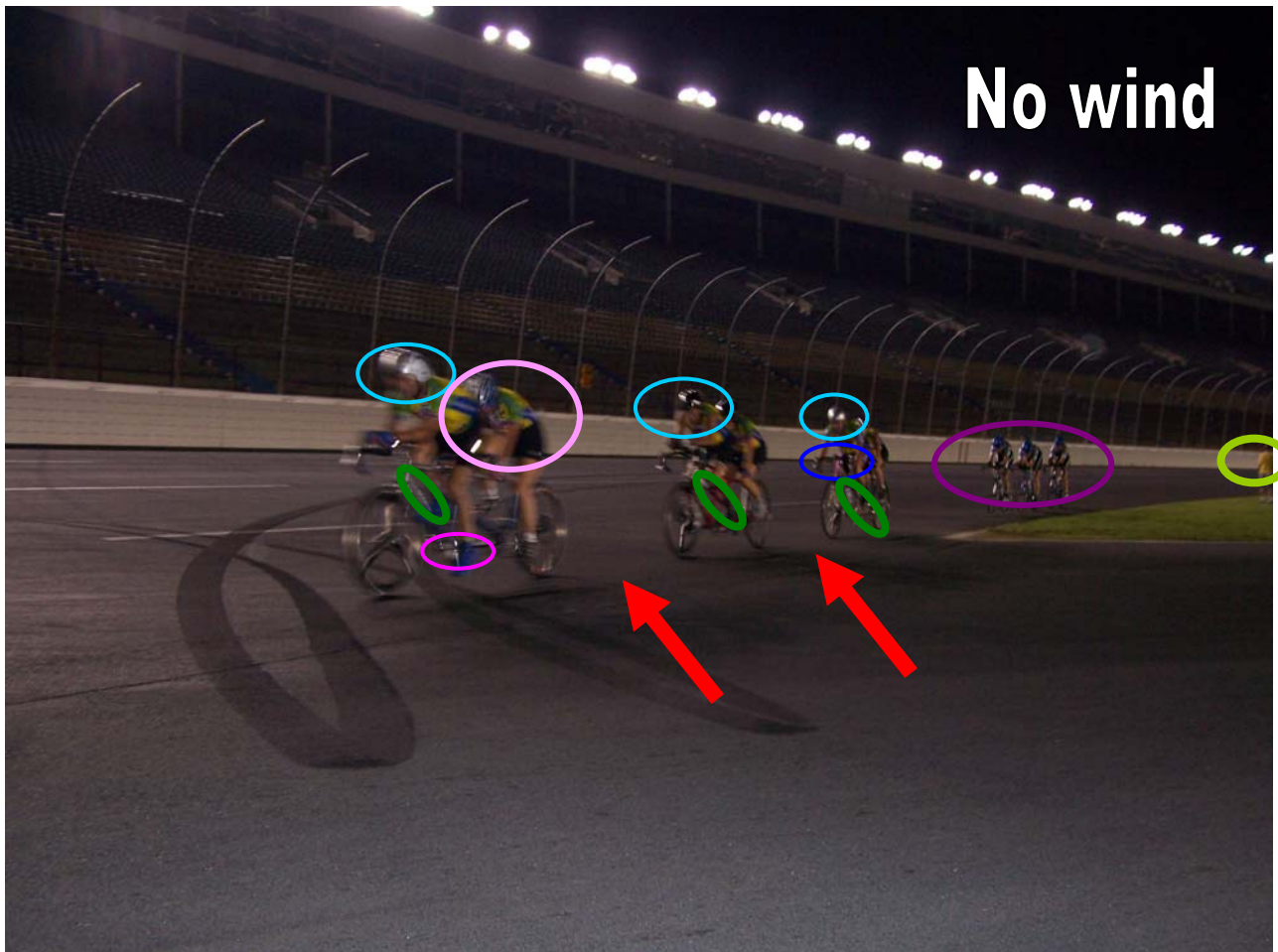
http://carolinatt.org/v3/assets/uploads2006/TTT%20Overall%20Final%20Results_1.pdf

Name	Total Distance	Total Time	Avg Pace	Avg Speed	Max Speed	Total Calories	Avg Heart Rate	Max Heart Rate	Avg Cadence	Total Ascent	Total Descent
8/2/2007 9:25:48 PM	10.02 mi	21:59	2:11 /mi	27.3 mph	31.3 mph	700 cal	153 bpm	160 bpm		208 ft	214 ft
Lap 1 - 9:25:48 PM	1.43 mi	3:20	2:20 /mi	25.7 mph	29.8 mph	94 cal	141 bpm	153 bpm		32 ft	30 ft
Lap 2 - 9:29:48 PM	1.44 mi	3:02	2:07 /mi	28.2 mph	30.5 mph	102 cal	155 bpm	157 bpm		32 ft	31 ft
Lap 3 - 9:32:51 PM	1.44 mi	3:09	2:12 /mi	27.3 mph	29.7 mph	103 cal	153 bpm	157 bpm		27 ft	25 ft
Lap 4 - 9:36:01 PM	1.43 mi	3:05	2:09 /mi	27.8 mph	30.1 mph	115 cal	154 bpm	157 bpm		26 ft	29 ft
Lap 5 - 9:39:07 PM	1.43 mi	3:06	2:09 /mi	27.7 mph	30.6 mph	106 cal	156 bpm	158 bpm		29 ft	33 ft
Lap 6 - 9:42:13 PM	1.43 mi	3:11	2:13 /mi	26.9 mph	29.6 mph	90 cal	155 bpm	160 bpm		29 ft	30 ft
Lap 7 - 9:45:25 PM	1.42 mi	3:03	2:09 /mi	27.9 mph	31.3 mph	90 cal	156 bpm	158 bpm		33 ft	35 ft

Lap count for 7 laps per avg. pace, per avg, max. speed, calories, heart rate, ascent and descent.



Representing: TailWind Tandem Club



Improve for 2008

- **Suck up the space between each tandem for a better DRAFT.**
- **Keep tucked more behind the Captain**
- **Take off water bottle cages for less weight**
- **Use shoe covers for wind resistance**
- **Go all out “aero” with aerobars; get Captain to invest in the bars**
- **Invest in Stoker tt helmets, similar to what the Captain’s are wearing**
- **Train as a team pre-race date**
- **Find the stronger team to pull either longer or on the most difficult turns**
- **Pray for non-wind on the corners**
- **Keep the “cheering” section on the front stretch as it encouraged us all coming around the front for a fast pull**
- **Longer warm up**
- **Carb up hours before the tt**
- **And by all means, DON’T let the single teams catch you! Ever!**
- **Improve time from year before**
- **Have fun...enjoy and chalk it up for a “TailWind Team effort”**

Susanna