



Capital Bicycling Club News

April 2011

Available on the web at
www.Capitalbicyclingclub.org
And at finer local bike shops

Future 2011 CBC Board and General Meetings

**Capital Coach House,
211 - 21st Avenue SW, Oly, WA
(off of Capital Way and 22nd Street)**

**First Wednesday of the Month:
Board Mtgs: 6:00 PM;
General Mtg Programs: 7:30 PM**

May 4

This month the club will be showing the film *Ride the Divide*. The movie focuses on the experiences of three riders as they struggle to complete what has been called the world's hardest mountain bike race- The Great Divide Challenge, a 2700 mile event running from Banff to the Mexican Border. In addition to being a great story of competition and human drama the film also highlights some aspects of off-road touring, a type of cycling that is rapidly growing in popularity.

June 1

To Be Announced

July 6

No General Meeting

**Contact Shawn Stevenson
for program information or
to offer your ideas for programs.
360 878-3967 or
roaddisciple@msn.com**

Editor Needed!

Forgive my bias for putting this on the front page, but my term is up in September, and we need a new editor for the club news-letter!!

Not up on your layout or publishing software skills? Not a problem, I'll get you up to speed and be available for any technical assistance that I can offer.

Distribution, mailing, etc. is all covered by a team of intrepid volunteers... All we need is your creative genius!

Got some great new ideas for integrating our newsletter with Facebook, Twitter, and other social media about which I am clueless? Go for it!

Do you hate the newsletter and want to redo it entirely according to your vision? Go for it!

*Contact cyclista@comcast.net
for more info or to volunteer.*

~The Editor

Thanks, Willie!

About one hundred club members and other adventurers were treated to a night of humor and drama, as Willie Weir worked his magic at the Olympia Center on April 13th. It was a wonderful performance and we're sure grateful that Willie was able to come!

Thanks also to the volunteers who helped out at the event, and to Board Member Brian Faller, (shown below with Willie) who organized and orchestrated the event.



www.CapitalBicycleClub.org

CBC Spring Road Ride Roster April—September 2011

Beginning in April, club members have three rides to choose from on Tuesday and Thursday evenings. Our recreational ride is led by Blaine Wheeler and leaves from Marathon Park at 5:45; Bill Stevenson leads a fitness ride from the Bike Stand at 6:00 PM, and Mike Poladna will lead a slightly faster fitness ride from Falls Terrace at 6:00.

Fitness Ride, 6:00, Bike Stand
Leader: Bill Stevenson, 360- 402-2234
Pace: 18 – 24 Average MPH
Distance: 25 – miles

Fitness Ride, 6:00, Falls Terrace
Leader: Mike Poladna bikewithmike@comcast.net
Tone: Fitness
Pace: 18 – 24+ MPH
Distance: 25 – miles

Recreational Ride: 5:45 PM, Marathon Park
Leader: Blaine Wheeler, 360-480-9855
Tone: Recreational
Pace 14 – 17 MPH Average
Distance: 25 – 35 miles



Sunday Morning Skills Rides (Year-round)

Meets at 11:00 AM at the Bike Stand Parking Lot, 5th and Adams, Downtown Olympia. Rain or Shine. Relaxed fitness/pace lines. Average 16 – 18 mph. 25 – 40 miles. Leader: Bill Stevenson wdstevenson@hotmail.com 402-2234, or 402-6525

Sunday SLOcial Rides (May-September)

Meets at 10:00 AM at 5 rotating locations. CBC's only controlled pace ride. 12 – 15 mph no matter what! 30-mile routes. Light rain OK, heavy rain cancels. Come smell the roses!

<p>1st Sunday meets in the parking lot behind the Dancing Goats Coffee Shop, across from the Farmer's Market. Ride Leaders—Andy Hix (June 5/Aug 7) 350 915-2446, and Roxanne Lieb (May 1/Sept 4) Roxanne.lieb@gmail.com, 360-870-3700. EXCEPTION: No ride July 3.</p>	<p>2nd Sunday meets at Chambers Lake Trailhead. Ride Leader—Carolyn Burreseon cburreson@q.com EXCEPTION: No ride on August 14 so everyone can ride the TRYBR.</p>
<p>3rd Sunday meets at Starbucks, next to Lowe's in Lacey 4700 Yelm Hwy. Ride Leader—Laura Phenix Lauraphenix1#comcast.net</p>	<p>4th Sunday meets at Pioneer Park, 5801 Henderson Blvd SE in Tumwater. Ride Leader—JD Miller 253-805-6681 Jmille2788@aol.com. EXCEPTION: No ride on June 26th so everyone can ride the Two County Double Metric.</p>
<p>5th Sunday (May/July) meets at the entrance of Millersylvania State Park. Ride Leader—Carol DeMent cyclista@comcast.net</p>	

Approved Helmets are REQUIRED on ALL Club Rides

- *Listed start times means the time at which the action will begin, not the time at which you pull into the parking lot.*
- *Come 10-15 minutes early to get ready so you don't delay other riders.*
- *Pace may vary depending on who shows up to ride on any given day.*

Due to the club's insurance policy, participants may ride once as a guest of the club. Return riders must be members in good standing of the CBC. Please ask ride leader for membership information or check the CBC website: www.capitalbicyclingclub.org.

CBC Saturday Social Rides End of April & Month of May 2011

Welcome to the Social Ride Series! These rides are designed to give plenty of opportunities to chat with fellow cyclists, smell the roses, view the scenery and stop at bakeries or other points of interest. Riders should be capable of riding for 2-3 hours at the lowest pace noted for the ride. There may be more than one pace group on each ride, **but no one will be dropped.** Ride start time is 10 AM (unless otherwise noted) and most rides proceed even if it is lightly raining. Maps and cue sheets will be provided on each ride. Feel free to contact the ride leaders with questions ahead of time.

Never done these rides before? For your safety and that of the group, please follow these guidelines:

- Helmets are required;** cycling shorts and gloves highly recommended
- Sign the ride waiver and participant roster
- Perform a brief safety check of your bike (brakes, tire inflation, etc) before beginning the ride
- Use appropriate hand/verbal signals to warn other riders of obstacles, turns, speed changes, etc.
- Make sure you have the means to fix a flat or an alternate way to get home
- Pass other riders on the left; make your presence known when you come up behind another rider
- In pace-lines or when riding in close proximity, ride in a straight line at a consistent speed
- Obey all traffic rules; do not obstruct traffic; likewise, yield to other riders as needed
- Bring enough water, food, money, etc. for the type of ride you are joining
- If you decide to leave the ride, or have problems or concerns, inform the ride leader

Due to the club's insurance policy, participants may ride once as a guest of the club. Return riders must be members in good standing of the CBC. Please ask ride leader for membership information or check the CBC website: www.capitalbicycleclub.org. Questions or comments, please call Sue Duffy, Ride Captain – (360) 918-8546

PACE INFORMATION

- | | |
|--|--|
| 1) <i>Easy Pace: 9-12 mph; frequent stops to regroup</i> | 2) <i>Moderate Pace: 12-15 mph, occasional regroupings</i> |
| 3) <i>Steady Pace: 13-16 mph, limited stops</i> | 4) <i>Fast Pace: 16+ mph, limited stops</i> |

April 23: Margarita/ Enchilada Ride: 30 miles w/36-mile option, Pace 2, 3. Head out Black Lake Blvd. to Delphi, and on to Steamboat Island to enjoy the hills around Gravelly Beach Loop, add on Ellison Loop if you're up for more. Return via Mud Bay Road and 101. Ride ends at Dixie's house to celebrate with margaritas and enchiladas. Starts at Olympic National Forest Headquarters (2 blocks from the Ellis' home) 1835 Black Lake Blvd. SW, Olympia, WA 98512-5623. Leaders: Laura Phenix/ Dixie Ellis (360) 951-4210. Please RSVP, if possible.

April 30 Overnight to Centralia Starting from the Bike Stand, we'll ride to Centralia and spend the night. Plans are to get together for dinner (and a movie?) at McMenamins, 360-736-5164, www.mcmenamins.com/451-olympic-club-home. We'll head back to Olympia on Sunday. Riders need to reserve their own overnight stay in Centralia. Book your room early to guarantee availability. Further details to come. Ride leader; Bill Stevenson wdstevenson@hotmail.com (360) 402-2234

May 7: Ride Around Clark County 18, 34, 65,100 miles; Vancouver Bicycle Club www.vbc-usa.com

May 7: Bike Tour Cookout 20 – 30 miles, Pace 2, 3. Dust off your touring gear. Lets find our panniers, trailers, or a spouse following with a motor home to do a trial run with a support group of people who think it is normal and even admirable to ride a bicycle with camping gear attached. Bring your stove and a cookable lunch. We will ride to a local park set up our cooking gear and have a potluck. Then we will relax a bit, compare equipment, talk about tour plans, and ride back to the start. Meet at the Mason Jar Restaurant in Tumwater 408-C Cleveland Ave, Tumwater, <http://themasonjar.net/> Lots of parking is available in the Safeway parking lot. JD Miller, (360) 357-5945 jmille2788@aol.com

May 14: Tono Hill Ride 46 miles, Pace 2, 3. Two steep hills that you'll enjoy (or not). Several food stops, one at DQ or a store at the same location. Starts @ Littlerock Elementary School. Rain will cancel. Some heavy traffic sections with no or bad shoulders. Doug Drake (360) 486-9937 doug.dd@hotmail.com

May 21: Bike-N-Brats #1 45 miles, Pace 2, 3. Lots of short hills - includes Johnson Point, Fish Trap Loop and Boston Harbor. Shorter options available. Begin at Olszyk residence: 6810 44th Ave. NE. Cold beverages, brats and snacks afterwards. 44th Ave. is a left-hand turn off Marvin Road going north toward Tolmie State Park. The house is the last on the right before the Forest Park Equestrian Center. Light Rain OK. Anita & David Olszyk (360) 456-2896 david.olszyk@gmail.com or anitaolszyk@gmail.com

May 28: Ride Then Relax Approx 30 and 40+ mile options, paces 2, 3, 4. Start at Tolmie State Park and ride out to Johnson Point with optional routes over to Fishtrap and/or Boston Harbor tbd. Join us after the ride at our house near Tolmie SP for lunch and beverages on the deck, and enjoy the beautiful south sound views. Rain cancels. RSVP Julia Ehr, juliamary123@comcast.net, 360-357-2836

CBC Board Meeting Minutes: March 2, 2011

The meeting began at 6:30 pm.

Members Present:

Bill Stevenson, Shawn Stevenson, J.D. Miller, Bill Keim, Carole Bernhardt, Sue Duffy, Nathan Williams, Blaine Wheeler.

Agenda Topics:

Review of Minutes from January 5th Meeting

No minutes were available for review because the Secretary was sick at the last meeting and the substitute secretary didn't attend this meeting.

Jim Holbrooks Club Ride Proposal

Jim presented his idea about being a ride leader for a pre-STP training session. Jim is on the race team formerly sponsored by the Valley Athletic Club. He has been doing spin class at the Valley and has met several people who want to transition from spin class to road riding, and a number of them have already purchased tickets for the STP. He is proposing that he lead the STP prep class as a CBC supported ride with some events on Tuesday, Thursday, and Saturday. His goal to get people comfortable on their bike and then integrate them into the other Club rides. Bill moved, and Blaine seconded that we support Jim's proposal. The motion was supported by the board.

Jersey Order

J.D. sent the money today so we'll anticipate the jerseys will be available next week. We will be able to do a second order but we need 25 orders before we can submit another. Shawn suggested that we develop a list of those interested in purchasing a jersey and when we get up to 25 we could send an announcement to the club to let them know that an order will be going in soon. Blaine said he would work on a way to do that on the website.

Volunteer Coordinator

Nathan asked for clarification about the Volunteer Coordinator role. He was specifically interested in the role that the Two County and TRIBR Coordinators have in assigning specific duties to the volunteers. Blaine and Bill S. provided information based on previous rides.

Nathan also asked about the REI request for CBC volunteers at their grand opening and whether that is something the Club would like to do. Shawn mentioned that based on the information Dixie had provided, he had already sent out an email request for volunteers. In addition to providing valet service for those who ride bikes to the event, we will also need a volunteer for the club information table.

Willie Weir Event

Blaine mentioned that we need the Club banner and a cash box for the Willie Weir event. Carol has the banner and will get it to Blaine. A cash box will also be found. We need 60 people at the \$5.00 voluntary admission fee to break even.

Road Ride Captain

Sue mentioned that the first urban cycling event is scheduled (date?). Sue will have a flier available for the REI Cyclefest in Tacoma on April 9.

Sue also raised the possibility of having the club buy a computer for events when computers are needed. She asked that if we buy one that she not be responsible to make the purchase. Bill S. suggested that we ask Scott to make the purchase. J.D. asked if there was any software required. Blaine suggested that Open Office is free and will provide all the functions we need. Bill will talk to Scott and John (who works for Microsoft) to get their recommendation about what the Club should purchase.

J.D. moved that we authorize a purchase if it can be done for \$700 including hardware and software. Bill S. seconded the motion and it passed unanimously.

Finance Report

J.D. reported that the Clubs current balance is \$10,081 after the payment was made for the jerseys. J.D. also asked about the sales tax on the jerseys that was incorrectly charged. He was authorized to refund the amount with PayPal.

Bill S. asked about the possibility of changing our tax free status. We are currently a 501.c.4 and the discussion was about becoming a 501.c.3 nonprofit. J.D. said that based on his review of the option it didn't seem to make sense. The Mountaineers group has done it but it was apparently the statewide organization that did it and they are much larger than CBC.

Board Meeting Minutes, cont.

Promotions

Bill S. mentioned that the Club has put ads in the Bike Paper for the Two County and TRIBR rides. In the past we've placed three ads per year. Bill said that he had been called by them to see if the Club wants to run ads again. He said that he would give them Carol's name and number to contact.

Carol asked the volunteers from Bike Expo what could be done better next year. She will be writing down what was done and the suggestions that were offered. Bill S. suggested that we have smaller take away forms about the rides and not include the sign-up form with it.

Shawn asked if there were fliers for the class at the bike shops in town. Sue said that she would make sure they were distributed.

Membership

There was a general discussion about incidents when people register for the club and don't receive a membership card for a long time after the fact. There was a discussion about the possibility of automating the process. J.D. mentioned that with online registration members receive a confirmation that can be used until a card is received. The problem may be with the paper registration forms.

Meeting Location

Since the Governor's proposed budget cut the state museum funding there was a discussion of alternate meeting locations. It will be several weeks before we know if the current location is closed due to the budget.

The meeting adjourned at 7:50.

Classifieds

Women's MTB Cycling Shoe

Pearl Izumi Select, Style No. 5770
Black w/silver & red accents, Size 8
Super Comfortable, used 3 times
only; like-new condition. Good support and stiffness; compatible with all SPD pedal systems. Sells for \$100 new; will sell for \$50 OBO.
Cyclista @comcast.net



Bicycle Accident? Auto Accident?



Contact Avelin Tacon or Carter Hick—local cyclists and personal injury attorneys. Free phone and in-person consultations. We can help!

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ATTORNEYS AT LAW • A PROFESSIONAL SERVICES CORPORATION
201 5th Avenue SW, Suite 301 • Olympia, WA 98501

New & Renewing Members Thank You!

Darhl Avery, Lorri Avery, Jack Van Zandt, Scott Townsend, Denise Townsend, Leslie Propp, Scott Pearson, Joshua Green, Geoffrey Glass, Kevin Haughton, Sara Boyles, Andre Dusablon, Dan Donahue, Cheresse Timmer, John Stegenga, Eric Hallgren, Cameron Jackson, Sheila Smith, Taryn Farley, Brya Torian, Brendan Boedeker, Curtis Gilbertson, Jerry Parker, Shelly Glenn

rosserchiropractic
posture • balance • movement

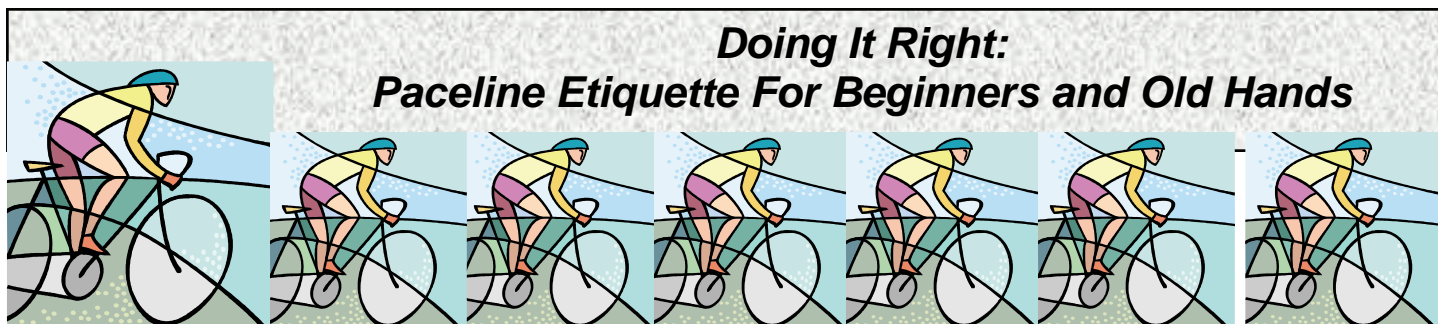
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core fitness



prevention
wellness

Dr. Andy Rosser, DC
705 4th ave e
downtown olympia

360.754.6499
www.rosserchiro.com
andy@rosserchiro.com



Doing It Right: Paceline Etiquette For Beginners and Old Hands

Bad things can happen on the club's fitness oriented rides. You may have witnessed some of them or had some of them happen to you. You rolled to the front of the paceline, got down in the drops, put your head down, and took a strong pull. When you dropped off to the back of the line you noticed that your buddy—who you'd finally leaned on enough to get him to join you on the ride—had disappeared off the back of the line along with the nice young woman who you talked to in the parking lot before the ride. Neither one of them were back next week. Somebody ran you through a bike devouring chuckhole or the remains of a dead possum. You heard another rider screaming at someone else and wondered what it was all about. Worst of all you heard wheels scrubbing together followed by the sickening sound of grinding metal and flesh hitting concrete.

These things are all hazards associated with the way we ride. Nine times out of ten they are completely avoidable. Riding in a paceline is a social activity with its own rules and etiquette. If you do it right it will allow you to ride faster with less effort. It can allow you to stay with stronger riders. It will get you through a long hard ride with less fatigue. The examples above show that doing it wrong can ruin your day, or even worse, someone else's.

This article is intended to give you an idea of how to ride in a paceline efficiently and safely without getting into trouble or causing problems. Most of us probably know most of what follows, but it is still good to be reminded, so we think a bit about what we are doing. It's intended to apply to fitness oriented club rides and address basic skills. If you are riding a simulated race, then different rules apply. If you are doing one of the clubs social rides, then this article may be helpful, but there isn't going to be the expectation of paceline riding. We will leave advanced skills like echeloning and rotating pacelines for future consideration. I am assuming that the ride might be spirited, but that everyone is hoping to be able to ride hard, but ride together. In short, I am going to talk about the sort of expectations that might apply on the rides that Bill and I lead on Tuesday, Thursday, and Sunday. Most of what I have to say should apply to most road riding you will do with other people outside of competition, but basic etiquette may vary a bit from group to group on some of the finer points.

A paceline is a line of riders following one after the other. The primary advantage is that following closely behind another rider allows you to sit in his or her draft and take advantage of the other rider breaking the wind for you. The faster you go the more effort you are expending to displace air and overcome headwinds, so drafting allows you to ride at a higher speed with less effort. A group of riders can share the work by taking turns at the front of the line. Collectively they are able to go further, faster, easier.

The first question most novice cyclists ask about paceline riding is, "How close should I follow?" This is a trick question. You can safely rub your tire on the fender flap of another rider that you trust without question from time to time. There are other riders that you shouldn't ride behind at all. In most cases about six inches is a good distance to shoot for. If you get much past a foot, the benefits of drafting start to diminish pretty quickly. Try not to overlap wheels. If you can't avoid it I recommend overlapping to the left. This will keep you from getting pinched off against the curb or the edge of the road. It also gives you room to get out of the way if the rider in front of you needs to avoid an obstacle. Try to maintain a constant distance. Avoid coasting or doing anything else which results in a noticeable change in speed as much as possible. You can regulate your distance by soft pedaling or lightly touching your front brake. Coasting or using the back brake should be avoided because other riders will key in on those things and the result will be that they will mirror your action and it will be amplified as it moves back down the line, causing a 'rubber band' effect that forces riders towards the back to have to work harder than they need to. Avoid hard braking or sudden swerves if at all possible.

Try not to let a gap open up with the rider in front of you. If you come out of his or her slipstream you are going to have to work hard to get back on. This is the most common reason less experienced riders get dropped on club rides. It also

Paceline Etiquette, *cont.*

By Shawn Stevenson, CBC Vice Pres.



means that stronger riders behind you are going to have to work hard to go around you and get back on the line. Absolutely avoid popping out of the middle of the line with no warning. If you can't hold the pace or you need to move forward to talk to the ride leader or something, give plenty of advanced warning to the rider behind you, so they can be prepared to close the gap. Ideally, you should accelerate out of the line until you are abreast with the next rider up, so you pull the rider behind you back into position in the line.

A well functioning paceline will rotate. As riders at the front get tired they will move to the side and drop back to the rear of the line. When your turn comes there are a few important things to keep in mind. On a brisk fitness oriented ride it is okay to decide you want to work hard and push the pace. However, you don't want to make a rapid acceleration. You should hold the speed of the previous rider and then gradually increase the pace. Rapid acceleration is okay if the ride has turned into a knife fight and you want to blow people off the back of the line, but if you are looking to keep the group together it is just going to result in the slower riders getting dropped. Don't stay at front until you are cooked. In a fast paceline a minute-and-a-half to three minutes is a good duration for a pull at the front. If you are already too tired to take a pull, go to the front and maintain the pace the best you can for long enough for the rider coming off ahead of you to get safely clear. Then you can come off and rotate back yourself.

When you start to get tired you should let the rider behind you know that you are coming off of the front and then come off to the left. In a perfect world we would rotate away from a side wind, but on club rides it makes more sense in most cases to keep things predictable by always rotating off to the left. Make sure to look for traffic and other riders. Soft pedal while you drift back to the rear of the line. When you get to the back double check that nobody is behind you and then accelerate slightly to get onto the wheel of the rider at the rear.

Constantly be aware of what is going on around you. If you see a hazard you need to let the other riders in the paceline know. It is a good idea to shout out what you are concerned about, but I strongly recommend also using hand signals because the other people in the paceline may not be able to hear what you are saying over the wind. You should point out gravel, potholes, cars or garbage cans on the shoulder, and so on. If a car is overtaking the group on a narrow road a call of, "Car back," is a good idea. It isn't necessary to call out every car that passes, but it is important to do so if a rider is in the process of rotating back or if you feel there is a risk of someone getting in the cars way. You should also signal turns, upcoming stop signs, or changes in speed.

Ride in a single file. On low traffic roads with a wide shoulder it may be acceptable to ride two abreast, but doing so where cars are passing regularly is something to be avoided. There is enough tension between cyclists and motorists already, so I think it is important to do our best to share the road and make it easy for cars to get around our groups. Don't run stop signs or red lights for the same reason.

A well-disciplined paceline is safe and a lot of fun. Thinking about what you are doing and following a few simple rules can go a long ways towards preventing a lot of aggravation for yourself, motorists and your fellow riders. It will also keep our rides safe and insure that everyone has a better day. Let's all do our best to do our part.

And While We're on the Topic (Sorta) . . . STP Training Rides!!!!

Jim Holbrooks is leading training rides for the STP at 8:00 AM Saturdays leaving from Tumwater Falls Park. Monday and Wednesday evening rides will begin on May 2nd.

Rides last for 2 to 5 hours depending on the fitness level of participants. Riders will start out in a group and ride together for one to two hours and may break into smaller groups to make sure everyone gets the level of training they need. Individualized instruction on basic cycling safety, shifting and cadence, braking is included.

Contact Jim @ jim@montonholbrooks.com to get on the e-mail list.

Local Cycling News, Events and Tidbits

Volunteer Opportunities

REI has asked if we would like to provide some volunteers to help as bike valets for their Grand Opening weekend: Friday, May 20th and Saturday, May 21st.

REI is providing a fenced bike corral to encourage bike commuters to attend their grand opening. Volunteer valets will have a covered area and chairs from which to operate the valet bike corral. The corral will be set up with metal bike racks and REI has a ticketing system ready for us to use.

A pop-up tent with a table under it will be provided to promote the Capitol Bike Club and our rides and events. Breakfast will be served to early morning shift volunteers. All volunteers will receive a promotional item from REI in thanks for their help.

There are 5-7 volunteer opportunities per shift:

- Ticket taker: 1-2 volunteers (takes and gives tickets to those who drop off and pick up bikes)
- Runners: 2-3 volunteers (parks and retrieves bikes) (One rack will be supplied for those who prefer to park their own bikes.)
- Booth staff: 1-2 volunteers (stands at the table and tent promoting the club and rides)

There are five shifts possibilities

Friday, May 20th
7:30 AM – 10:30 AM
10:30 AM – 1:30 PM
1:30 PM – 4:30 PM

Saturday, May 21st
7:30 AM – 10 AM
10 AM – 12:30 AM

Please let either Dixie or Nathan know if you are interested in participating and what shift you would prefer

Dixie Ellis @ dcattell@comcast.net

Nathan Williams @ nathanwil@hotmail.com

CBC Volunteer Co-Coordinator

Even More Volunteer Opportunities!!!!!!

- ***Two County Double Metric Century, June 26th!! And TRYBR, August 14th!!!!***

Dixie and Nathan are recruiting for food prep, rest stop staffing, sag support and more for the club's upcoming summer rides. When the phone rings, just say Yes!

Shop News

- **Bike Tech** is offering a free commuting clinic every 2nd and 4th Saturday of the month at 10:30 AM. The clinic will help you understand the basics of using your bike for shopping, errands, getting to work and back, etc.
- **Joy Ride** offers a free Flat Repair Clinic on Tuesday at 6:00 pm where you can learn all the ins and outs of fixing the flat you're sure to get some day!

Gluteal Amnesia: It's Not Exactly What You Think It Is

By Dr. Andy Rosser, Downtown Olympia

No, "gluteal amnesia" doesn't mean that you can't remember where your rear-end is. If you do, though, ask any of your cycling friends and they'll be sure to clarify for you. What, then, is 'gluteal amnesia?' It refers to something I work on with lower back and knee pain patients every day in my practice. Essentially, the gluteal/hip muscles forget how (and when) to contract to make our legs move correctly. This can end up creating problems for the lower back and knee because they are forced to take up the slack. They have to move through a greater range of motion which can lead to wear and tear on the joints. Eventually this can present as pain syndromes and arthritis/degeneration of these joints. As cyclists, hip weakness can manifest as lower back pain, hip pain, knee pain, neck and shoulder pain, or pain in the hands as a result of too much pressure on the handlebars. The rest of this article covers some basic exercises you can use to help call your forgetful glutes into action!

Easiest: Basic Low Back Bridge

With knees and feet only an inch or so apart, lift the toes so the heels are pressed into the ground. To lift the hips, drive the heels into the ground. Don't arch the lower back as you lift. Hold for 15-30 second. Try 3-5 repetitions of this exercise daily.



Harder: Bridge March

While in the bridge position, straighten one leg at a time holding for one to two seconds on each side. The challenge of this exercise is in keeping the hip from sagging to the floor and keeping the hips/abdomen from twisting. In this way, it challenges the core at the same time. Try 8-10 repetitions of this exercise daily.



Hardest: Unilateral Hip Lift

In the same starting position as the bridge exercise, pull one knee up toward your chest. Then drive the heel of the other foot into the ground, lifting your hip toward the ceiling. This combines movement and strength of the hip with the core challenge. Try 6 repetitions of this exercise per side per day.



Read more about Dr. Rosser's adventures as an amateur cyclist www.rosserchiro.com. He is the team chiropractor for the CBC/Olympia Orthopaedic Associates Racing Team, and assists other athletes in the community. For more information, he can be contacted at andy@rosserchiro.com.

Mountain Bike Rides

Area Rides

(Not all the rides listed are CBC Club rides-call the ride leader before you go!!)

Monday Night at 6PM

Good waterproof bright light system now needed !!

Ride route picked day of ride. Pace varies.

Ride is usually 1 to 2 hours including the stand around and chat time.

Pace: This ride is intended to be beginner friendly at a recreational pace.

Meet at the Y (Intersection of Sherman Valley Rd and Middle Weddell Rd)

Ride Leader: Rachel mtnbikefun@yahoo.com

Wednesday Night at 6PM

Good waterproof bright light system now needed !!

Ride route picked day of ride.

Pace varies.

Ride is usually 1 to 2 hours including the stand around and chat time.

Meet at the Y (Intersection of Sherman Valley Rd and Middle Weddell Rd)

Ride Leader: David davidslide@yahoo.com

Saturday 9AM

Ride route picked day of ride. Pace varies. Usually 15 plus riders.

Ride is usually 1 to 3 hours including the stand around and chat time.

Meet at the Y (Intersection of Sherman Valley Rd and Middle Weddell Rd)

(1st Sat of every month is trail work day 9AM to 3PM)

Ride Leader: David davidslide@yahoo.com

Sunday at 9AM

Some folks show on Sunday regularly now instead of Saturday

Meet at the Y (Intersection of Sherman Valley Rd and Middle Weddell Rd)

Ride Leader: Who ever shows and wants to lead.

Sunday at 9AM

Shuttle or other Freeride DH activity.

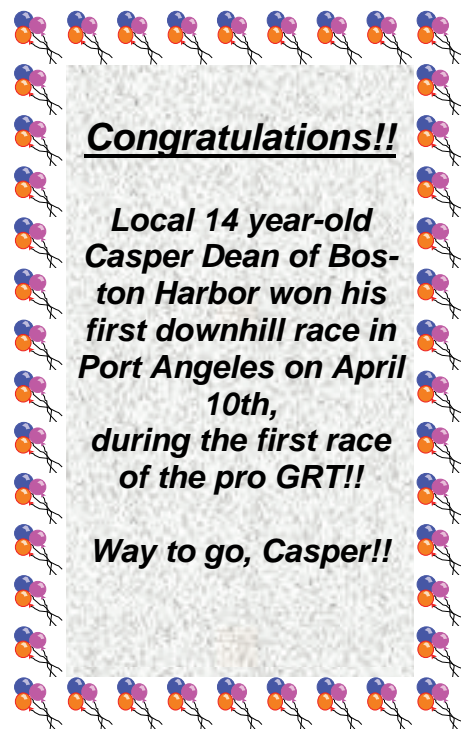
Ride route is randomly decided when you show

Meet at Bike Tech

Ride Leader: Justin Self justinselfdesigns@yahoo.com

On the Radar . . .

- Friends of Capitol Forest plans to host a small local super d race series on the new Little Larch trail near Fall Creek this summer, dates soon to be posted.
- There's talk of a state land usage permit for vehicles, similar to a national parks pass up for vote in the Octoberish timeframe, so riders may be required to pay to park vehicles in Capitol Forest . . .



General questions about local mountain biking?

***Contact Justin Self, CBC Mountain Bike Captain
for more Information.***

**“One Meets the Most Interesting
People in the Capital Bicycling Club . . .
Why not join today?”**



*(Photo courtesy of Rob Templin, Second Summer Tours.
2009 Tour de France. French tourists en route to the race)*

Newsletter Submission Guidelines

Submission Deadline is the 2nd Wednesday of each month. Submissions may be edited for length or delayed to a later edition. All photos should be submitted in jpeg format as an email attachment.

Commercial Ad Rates & Guidelines—Contact the editor for complete guidelines and rates. CBC reserves the right to accept or deny commercial advertising based on content and applicability to the club’s mission and membership. Acceptance of advertising does not imply an endorsement of any product.

Send submissions and questions to:
publications@capitalbicyclingclub.org

CBC Membership Form

Name: _____ Email _____

Mailing Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

(CBC does not share or sell personal contact information to outside organizations)

Membership Type:

- New Member Renewal
- Individual one-year \$15
- Individual two-year \$25 (Save \$5)
- Family one-year \$25
- Family two-year \$45 (Save \$5)
- \$10 Newsletter Printing & Postage Surcharge**

Interests:

- Event Volunteer Ride Leader
- Mountain Biking Time Trials/Racing
- Bike Commuting Bike Advocacy
- Bike Safety Education
- Meetings/Social Events
- Bike Touring Other

Please send my newsletter via: US Postal Service (Add \$10 surcharge to membership dues)
 E-Mail (no surcharge)

Ride Waiver

The undersigned, in consideration of the Capital Bicycling Club accepting my membership, hereby waive and release any and all rights and claims for damages resulting from sickness, accident and/or any injury that may occur during and/or after participation in any and all CBC sponsored bicycle rides, including weekly club and special event rides. This waiver includes any rights and claims on my part against the Capital Bicycling Club, its officers, ride leaders and any sponsors. I also agree to accept all rules, regulations and policies set by Capital Bicycling Club, to defer to the authority of the ride leaders, and to obey all applicable traffic laws while participating in this Capital Bicycling Club ride.

Signature(s)

Date

Desired Ride Types:

- Beginner Pace, Instructional
- Social Pace: 12-15 MPH Average
- Fitness Pace 16-20 MPH Average
- Race Team Training Rides 21+ Ave MPH
- Mountain Bike Rides

Signature(s)
(Family memberships require the signatures of all adults aged 18 or older)

Date

Send this form with your check to: CBC Membership, PO Box 642, Olympia, WA 98507

2009/10 CBC Board

President: Bill Stevenson	president@capitalbicycleclub.org; 402-2234, or 402-6525
Vice President: Shawn Stevenson	vicepresident@capitalbicycleclub.org; 360-878-1098
Secretary: Bill Keim	secretary@capitalbicycleclub.org; 360-786-5752
Treasurer, Membership: J.D. Miller	treasurer@capitalbicycleclub.org 360-357-5945
Road Captain: Sue Duffy	roadride@capitalbicycleclub.org 360-918-8546
Mountain Bike Captain: Justin Self	mountainbike@capitalbicycleclub.org
Youth Coordinator: Riley Kendig	youthcycling@capitalbicycleclub.org
Government Affairs: Brian Faller	advocacy@capitalbicycleclub.org 360-943-1752
Past President: Blaine Wheeler	pastpresident@capitalbicyclingclub.org 360-705-1148
Promotions: Carole Bernhardt	promotions@capitalbicycleclub.org 360-943-1944
Publications: Carol DeMent	publications@capitalbicycleclub.org 360-870-7010
Web Master: Blaine Wheeler	webmaster@capitalbicycleclub.org 360-705-1148
Education Programs	Vacant
Volunteer Coordinator Team	Dixie Cattell dcattell@comcast.net, Team Leader with Nathan Williams and Greg Mead

Club Membership Benefits:

- Tandem rental @ The Bike Stand (\$10/day)
 - Bike box rental @ The Bike Stand (\$25 per use)
 - Free winter spin classes
 - CBC Newsletter 12 times per year
 - Free non-commercial classified ads in the newsletter
 - Umpteen group rides with great folks to fit all riding styles
 - Seasonal events (picnics, parties)
 - Discount on TRYBR and Two County Double Metric rides
- Plus 10% Member Discounts at these local businesses
- The Bike Stand (parts & accessories)
 - Joy Ride (parts & accessories)
 - BikeTech (parts and accessories)
 - Vivala (clothing and gear)
 - Madison Law Firm, PLLC
 - Connolly, Tacon & Meserve, PC, Avelin Tacon & Carter



CAPITAL BICYCLING CLUB
P.O. Box 642
Olympia, WA 98507



Is it time to renew your membership?

