



Capital Bicycling Club News

March 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**

April 6

**It's Movie Night!! Come out and
watch a cycling movie, from your
club veep's private collection.**

May 4

To be Announced

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 orroaddisciple@msn.com

An Evening with Willie Weir

Don't Miss

A Frugal Cyclist's Guide to the Universe

Wednesday, April 13th at 7:30 PM

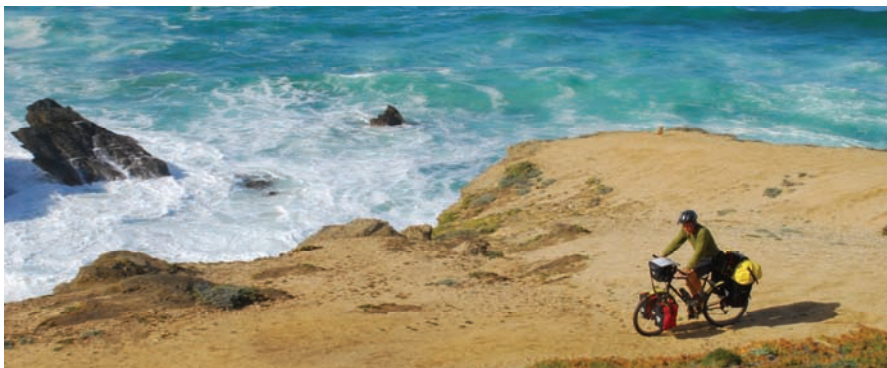
The Olympia Center, 222 Columbia St NW

Multi-Purpose Room A

Suggested Donation \$5

Be inspired as Willie brings to life tales from his latest book. *Travels with Willie* is about finding adventure and facing fear, embarrassing blunders and language barriers, ice cream and kindness, Cuba and Colombia, Turkey and Thailand, the world's steepest street and the world's cheapest engagement ring, catching a thief and losing a zebra, a father's touch and a farmer's embrace, buying time and spending another night. And, of course, it's about bicycles.

“He gives a dazzling performance straight from his heart that is mesmerizing, humorous, honest, surprising, and insightful. Willie appeals to everyone—children, adults, adventurers, and dreamers.” *Ron Salsbury, Director, Greater Seattle Bicycle Expo*



www.CapitalBicycleClub.org

CBC Spring Road Ride Roster April—September 2011

Daylight Savings - more light and more rides!

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. Blaine and Bill's rides begin April 5; Mike's will begin the following week, on April 12.

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

***Pssst . . . We still need a couple
Sunday Slocial Ride leaders . . .
Contact Sue Duffy at
roadride@capitalbicycleclub.org
to offer your services***

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 wdstevens@hotmail.com 402-2234, or 402-6525

Saturday Fixed Gear Rides (Fall through Spring)

If you are looking to keep your form through the winter months, come join us Saturday mornings at 10AM at the Bike Stand. Rides range from 25 to 45 miles with a 16+ average and moderate climbs depending on weather and season. Most days we return before 1pm. We ride rain or shine so fenders with mud flaps are appropriate. Gears are welcome but generally do not mix into the fixed pace line. The main concept of this ride is to work hard, sit up occasionally and have fun. Ride Leader - Scott Smith velosmith@me.com

Sunday SLOcials are scheduled to begin in May. We are looking for leaders to lead the rides on 1st and 2nd Sundays. Contact Sue Duffy to learn more, (360) 918-8546

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 March & Month of April 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 regroup</i> |
| 3) <i>Steady Pace: 13-16 mph, limited stops</i> | 4) <i>Fast Pace: 16+ mph, limited stops</i> |

March 19: McClinchy Mile 27, 34, 47, 100-mile loop all paces B.I.K.E.S www.BikesClub.org

March 19: Case – Tilley Loop 38-miles, Pace 2, 3. A relatively flat and easy early season ride that includes pretty scenery and one short steep hill on McCorkle Road. The ride starts at the Tumwater Safeway parking lot. We will do multiple regroup stops along the way, but bring plenty of water and snacks. Light rain OK. Bill Keim (360) 786-5752 keimstal@comcast.net

March 26: Prather Prelude 38 miles, Pace 2, 3. Flats, rollers and one note-worthy climb. Good warm-up for the cycling season ahead. Two rest stops plus one regroup. Starts at Millersylvania State Park. Carol DeMent, cyclista@comcast.net or (360) 870-7010.

April 2: Garrard Creek 30 miles. Pace 2, 3. Flat to rolling terrain with one attention getting climb. Very rural farmlands and forest. Stop at Oakville for snacks. The ride starts from Swede Hall in Rochester. Light rain OK. Larry Cowan (360) 491-9655 larry.r.cowan@comcast.net

April 9: Waldrick – Tenino – Case Circle 42-miles, Pace 2, 3. A beautiful tour circling from Tumwater to Tenino along Waldrick road and back along Case Rd. Moderate terrain with a few hills. Stop in Tenino for snacks and water and back to Tumwater on back roads. Starts at the Tumwater Safeway parking lot. Bill Keim (360) 786-0947 keimstal@comcast.net

April 10: Daffodil Classic 40, 60 & 100-mile loops, all paces, Tacoma Wheelmen www.TWBC.org

April 16: Spurgeon Creek-Waldrick-Offut Road 30 miles, Pace 2, 3. Rolling to flat terrain with a hill or two. This very scenic ride starts at the Starbucks behind Lowe's at the College - Yelm Highway intersection (4660 Whitman Ln SE, Lacey). Light rain OK, heavy rain cancels. Bill Obert centerforempowerment@earthlink.net, 951-6363 (cell), 491-4076 (home)

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

CBC Board Meeting Minutes: March 2, 2011

The meeting began at about 6:30 pm.

Members Present: Bill Stevenson, Shawn Stevenson, J.D. Miller, Carol DeMent,, Brian Faller, Carole Bernhardt, Sue Duffy, Riley Kendig, Blaine Wheeler.

Guest: Don Shipley

Agenda Topics:

Volunteer Coordination Team Installed: Sue Duffy announced that Nathan Williams, Dixie Cattell and Greg Mead will work together to recruit and manage volunteers for club events and rides. Yay and Thank You! High priority is finding volunteers to work the RAPSody ride this year, managing the rest stop and ensuring sag support.

Volunteer for Outreach and Events: Don Shipley expressed an interest in volunteering for the club, and after some discussion on what he enjoys and has skills in doing, a perfect match was found! Don will be the club's 'go-to' guy when the club has need for a volunteer to man outreach tables at commute and health fairs.

News from BikeTech : Mt. Bike Captain Justin Self has notified the Club's Newsletter Editor that BikeTech will begin offering a 10% Discount to club members and is putting together a fleet of model demo bikes so potential buyers can try them out extensively prior to purchase.

Club Membership Cards: New members are anxiously awaiting their cards. Shawn will speak to Anita about trying to speed up the process of sending them out.

Club Debit Card: We now have a debit card that will be linked to our Paypal account to allow larger transfers of money, i.e., to pay for the club jersey order. After Blaine is finished linking the card to the account, the card will reside with JD Miller, Treasurer, for safekeeping.

Financial Statements: Expenses exceed income by about \$1000, which is normal for this time of year. It was noted that \$715 in membership dues has come in since the beginning of the year. Newsletter mailing expense has dropped significantly as more members opt for an on-line copy rather than paying a \$10 surcharge on their membership to cover mailing costs.

Club Jerseys: The wool has arrived from Taiwan and is at the factory ready to be manufactured into our jerseys. We have not yet received a bill from the manufacturer, who was waiting on the arrival of the wool.

Ride Roster Changes: Tues/Thursday rides will begin in April. March 10th is the last spin class; then there will be a two week break before the start of the evening rides. Sue is still short two volunteers to lead the first and second Sunday Social rides, which start in May.

Urban Cycling Classes: A \$10 discount will be offered on classes during April and May in honor of the Bike Commuter Contest.

Youth Activity: Riley is looking into holding a bike scavenger hunt for kids in downtown Olympia.

Willie Weir Presentation: The Olympia Center is booked on April 13th for the Willie Weir event. A \$5 donation will be collected at the door. We will need a group of volunteers for chair set up and take down. We will have only about 15 minutes to set up 180 chairs before the show so this is a critical need. If we ask the Oly Center to do it, our room rate will more than double from \$128. Brian has arranged to have an announcement in the Mountaineers newsletter, Carol will design and have printed some flyers to take up to the Expo and some Posters for putting up around town. Brian will also see if we can get an announcement into the Bike Commuter Contest mailing and is trying to get an interview with John Dodge for local news coverage. Bill will get the cash box from the storage room.

Woodland Trail and CWT Tree Planting: Brian wrote a letter of support to the Thurston Regional Planning Council to advocate for Jack Horton's grant request for funds to pay for trees and a directional guide to be erected on the trails.

Meeting adjourned at 7:30 pm.

Classifieds

Sports Art C52R Recumbent Stationary Bicycle

- self powered through pedaling, no plug in needed
- polar heart rate system built in, just need a transmitter strap on
- multiple programs including intervals, hills, random, manual, etc.
- user defined heart rate zones based off of rider age and weight
- "on the fly" seat adjustment for seat height and back angle

Here is a retail business website for all the details of the machine as well as retail pricing information:

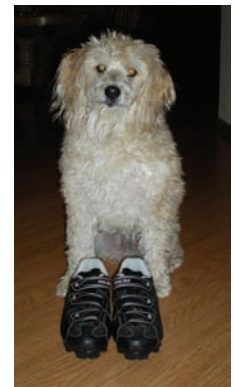
<http://www.efitnessdirect.com/product.php3?id=415>

It is very lightly used, works perfectly and is about 5 years old.
Price: \$750 negotiable

Kyle Anderson
(360) 878-0917

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



Yogi says, "If only I could wear these wonderful shoes!!"

May is Bike Commuter Contest Month

It's not too soon to start thinking and planning for the annual Bike Commute Contest, coming up in 6 short weeks. This year commuters are sure to save LOTS of money this year as gas prices creep up towards \$4.00 a gallon, So bring out the dusty commuter bike, take an urban cycling class offered on April 16th if you're a bit rusty or unsure about riding in traffic, and prepare to commute your heart out. See the CBC website for Urban Cycling Class info.

Contest organizer Duncan Greene (dgreene@intercitytransit.com) has the following 2011 Commute Contest News to share:

New Sponsors for 2011

We are delighted to announce two new sponsors for BCC 2011- [Alaffia Sustainable Skin Care](#) and [Rosser Chiropractic](#). Alaffia will offer a discount coupon to all participants who turn in their completed mileage logs, plus gift baskets to be awarded as prizes. Rosser Chiropractic will offer a Cyclist's Stretching Class to all registrants, plus gift certificates to be awarded as prizes. Both new sponsors have links to practical cycling. Alaffia has a program which sends donated bikes to Africa, and Dr. Rosser is a member of the Capital Bicycling Club and a cyclist, and offers cyclist-oriented treatments, education and bike fittings.

Bike Shop Discounts *During* Contest

Some of our bike shop sponsors have offered discount coupons as part of their support for the BCC. We've had several people comment that it would be useful to have those coupons *during, instead of after* the contest, so that people could use them to outfit their bikes and themselves for participating in the BCC. We are currently working to arrange just that- the idea is that the bike shops' discount coupons will be distributed with the contest mileage logs. This means that the sooner you register for the BCC, the sooner you'll get your bike shop discount coupons. They'll be valid for at least the months of April and May. So register early (starting April 1), and use your coupons to gear up for BCC 2011!

Random Prize Drawings

Another bit of feedback we've received is that riders with a short commute or who can't bike everyday feel they don't have a chance of competing against the "super-commuters" who win every year. This is one of the reasons we have so many prize categories and the coupons that go to every participant. But this year in addition, we'll also have some random prize drawings during the contest, and at the Award Ceremony, so even more people can win prizes!

Local Bike Shop Updates

- **The Bike Stand/Alpine Experience** has stepped forward as a 2011 sponsor of the club's two annual event rides, the Two County Double Metric, held in June, and the TRYBR, (Tenino-Rainier-Yelm-Bucoda Rally) in August. This sponsorship insures that the club will be able to provide stellar ride support on these rides. Shops wishing to sponsor the rides in future years should contact any board member.
- **Joy Ride** is sponsoring a mountain bike race team for youths. The initial informational meeting was held on Friday, March 11, 2011 at Joy Ride Bicycles in Lacey. But, you can still get involved!! If you are enrolled in any high school in Thurston County and want to be part of the Olympia Composite team, please call Luke at Joy Ride: 491-9551.
- **Deschute River Cyclery** has new owners!! Lizzie (whom you may know from The Bike Stand) and her partner Neil have taken over the store and are excited to offer a selection of new and used bicycles. So, if you've got a bike to sell or trade, or are looking for a quality refurbished ride, check out Deschutes River Cyclery.
- **BikeTech** has joined the ranks of shops who offer club members a 10% discount on parts and accessories. In addition, Bike Tech is adding a fleet of model bikes so potential purchasers can do a test ride of more than just a few minutes in the parking lot. You'll be able to take out a bike you are seriously interested in for a day ride so you can fall in love with how it handles as well as how it looks!
- **Old Town Bicycles** will no longer honor a 10% discount to club members.



So Long, CUPPA Rides!!

Here's a fond farewell to another season of recreational winter riding. We were doused with rain, pelted with sleet, fogged upon, blown about by gusty winds, and always ready to stop for a cuppa java to warm the heart and fingers and debate the question: *"Are we nuts? What are we doing out here in the middle of winter?!"*

Stalwart CUPPA Riders Carole Bernhardt, Greg Mead, Doug Drake, Anita & Dave Olszyk, Dave Grenier, Sue Duffy, Dixie Cattell, Carol DeMent and Brian Faller (and Laura Phenix, photographer) at Hillbilly Beans in Littlerock.



Using “The Stick” to Stretch the Legs

By Dr. Andy Rosser, Downtown Olympia

One of the tools that I use in my office every day is called “The Stick.” It’s a fairly simple device made up of two handles, a solid plastic core, and a number of small plastic cylinders that act like miniature rolling pins. It’s used to passively stretch the soft tissue (muscles and fascia) without stressing the tendons and ligaments. It’s too simple to call what it does “massage” because I think of massage as being a healing art that is provided by a skilled practitioner, and no tool can replace that. At the same time, there is tremendous value to having a daily habit for taking care of muscles that exercise.

When we exercise, our muscles acquire microscopic damage that produces swelling, congestion, and debris in the area in and around the cells. This congestion and swelling can delay the body’s healing response to exercise by slowing down the delivery of fresh nutrients and oxygen to the damaged cells. At the same time, it inhibits the clearing of cellular waste and damaged cell particles. In other words, there is a tremendous traffic jam that delays material from coming and going to get the repair under way.

Understanding this process helps explain the need for recovery after exercise and how ignoring it can possibly lead to overuse/overtraining injuries.

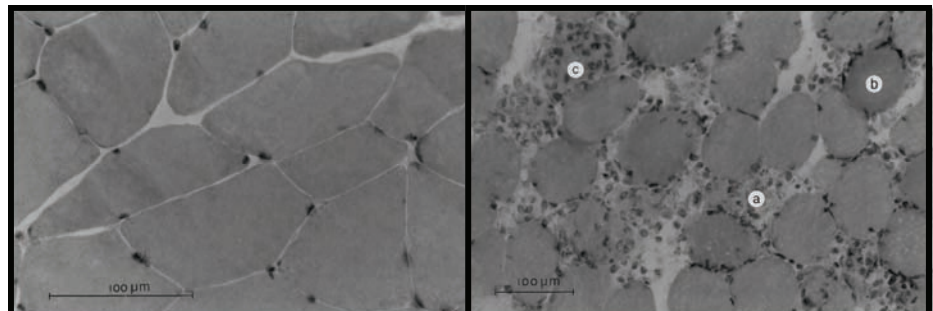
During the recovery phase of exercise, we are seeking to repair damaged cells, replenish our energy stores, and restore the chemistry of the cells and extra-cellular matrix. If any of these things are not accomplished and we charge into our next session of exercise, it will be with compromise. Done often enough, our bodies may lose the ability to adapt to the stress of exercise and we may end up with an injury. The rest of this article will explain the simple technique I use to help minimize the cellular congestion that accompanies exercise. By using “The Stick”, you will be gently mobilizing the soft tissue in a way that helps to clear away the congestion and swelling so that fresh nutrients can get to the cells that are in need of repair.



“The Stick” is a handy self-care tool for cyclists.

Using “The Stick”

While seated in a chair, start rolling with moderate pressure over the quadriceps muscles. Don’t press too hard. In this case moderate pressure means that you are making just a shallow dent in the muscle as you roll over it. Make 15-20 passes over the muscle before switching to the lateral thigh (IT Band), then the hamstrings, and finally the inner thigh muscles. Next, roll the anterior lower leg just lateral to the shin. (Rolling on bones hurts!) Follow that with the calf muscles, and you are done with that side! Do the same on the other leg following the same order. Start with the upper leg and finish with the lower leg. This sequence can be done daily or more often for best results.



A microscope’s view tells the whole story: On the left, muscle cells (pre-exercise.) On the right, muscle cells, swelling, and cellular debris (7 days post-exercise.)

[photo obtained online from *Clinical Science* (1999) 96, (105–115)]



“The Stick” can be purchased at our office, online, or through most cycling/running catalogs.

Please check out my VIDEO DEMO for extra tips on using The Stick: www.rosserchiro.com/video-using-the-stick

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

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

*General questions
about local
mountain biking?*

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

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!

olylaw.com • (360) 943-6747

CTM CONNOLLY TACON & MESERVE

ATTORNEYS AT LAW • A PROFESSIONAL SERVICES CORPORATION

201 5th Avenue SW, Suite 301 • Olympia, WA 98501

rosserchiropractic
posture • balance • movement

**sports injury
core fitness**



**prevention
wellness**

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

360.754.6499
www.rosserchiro.com
andy@rosserchiro.com

**“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)

Date

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

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 360-628-8935
Publications: Carol DeMent	publications@capitalbicycleclub.org 360-870-8070
Web Master: Blaine Wheeler	webmaster@capitalbicycleclub.org 360-705-1148
Education: vacant	
Volunteer Coordinator: Vacant	

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)
- Vivala (clothing and gear)
- Madison Law Firm, PLLC
- Connolly, Tacon & Meserve, PC, Avelin Tacon & Carter Hick, Personal Injury Attorneys



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



Is it time to renew your membership?

