



Capital Bicycling Club News

May 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**

June 1

Last month's meeting focused in part on backcountry touring- a form of cycling that I hope is gaining popularity. In June we'll be exploring that topic again along with some other ways you might choose to get off of the paved roads besides using a traditional mountain bike, such as using various types of big tire road bike. We'll be bringing in Corey Thompson, Ian Shopland, and Kina Smith to share some slides and their experiences. The meeting will end in a roundtable question and answer format. There will be several different bikes to give you an idea of what you might use and what's possible. Bring your questions and your own experiences to share. We hope to see you all there.

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**

Two County Double Metric: June 26!!

It's that time again. CBC's first fundraising ride of the year is scheduled for June 26th this year. As you may or may not know, these rides fund our charitable events all through the year and are a major source of income that keeps our club financially healthy. Some of you know what it takes to put on these rides, a little planning and a lot of people! Maybe you have helped with our Two County ride in the past or maybe you've never gotten the opportunity to volunteer for one of these fundraisers, but it's a great way to support your club.



We are now filling openings at roughly 40 shifts for this year's ride, and if you are a long-time volunteer, maybe you'd like to volunteer for a spot you're already familiar with.



We've changed the start location last year to Peter B. Schmidt Elementary school at 225 Dennis Street in Tumwater, and we had a GREAT turnout and lots of wonderful feedback from both locals and folks that came from out of the area to ride.

We are expecting another good turnout this year and we are in need of a bunch of great people to represent the club at our rest stops, etc. As always, volunteers will ride for free either before or after their shift if they so choose.



Thanks so much for those who have helped in the past, and we look forward to working with and meeting all of you in the future.

Please email one of us to let us know if you would like to participate in this great event.

CBC Volunteer Coordinator Committee
Dixie Ellis dcattell@comcast.net
Nathan Williams nathanwil@hotmail.com
Greg Mead bikein fool50@yahoo.com



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 cbburreson@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 May & Month of June 2011

Welcome to the Social Ride Series! These rides are designed to provide 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) *Easy Pace:* 9-12 mph; frequent stops to regroup
3) *Steady Pace:* 13-16 mph, limited stops

2) *Moderate Pace:* 12-15 mph, occasional regroupings
4) *Fast Pace:* 16+ mph, limited stops

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

June 4: Bikes and Birds 30 miles, Pace 2, 3. Start in the Dancing Goats Coffee Shop parking lot across the street from Olympia's Farmers Market and ride out to the Nisqually Wildlife Refuge. The ride is mostly flat with a couple of gradual climbs and one moderate hill. Bring lunch, walking shoes and a lock. Plan to lock your bike, take a walk on the boardwalk and enjoy lunch. Sue Duffy (360) 918-8546, sue@dyfis.net

June 11: Flying Wheels Century 25,45,70,100-Miles all Cascade Bicycle Club www.cascade.org

June 11: Tolmie Picnic Ride. 30 miles, Pace 2, 3. Flat rollers with a few short, steep hills. Ride to Tolmie Park and bring a picnic lunch to enjoy with your riding buddies! Meet at Chambers Lake Trailhead.

Ride leaders Nathan Williams nathanwil@hotmail.com & Laura Phenix lauraphenix1@comcast.net

June 18: Tour De Blast 33, 54, 82 mile routes. Longview Rotary Club www.Tourdeblast.com

June 18: Kincaid Lupine Day Celebration. 20 mile loop, Pace 2. A bike ride and a walk in a beautiful meadow. Join the Boistfort Valley in celebrating the Kincaid Lupine. We will meet at the Baw Faw Grange at 995 Boistfort Road in Curtis WA at 10:00 *sharp* (to be back in time for lunch). Parking is available at the Boistfort Elementary School, 983 Boistfort Road next to the grange. Limited parking is available at the Baw Faw Grange. The ride includes at least one significant hill. Lunch will be available at the Grange between Noon and 1:00 PM. After lunch you may take a ride to a nearby organic dairy farm for a walk in a meadow for a botany and butterfly walk. The town of Curtis is about 40 back road miles from Olympia. If you want to make it a longer ride you could ride from home or from any of the towns south of Olympia. A flat scenic 5 mile loop ride is available if you are looking for a easy route. Contact JD Miller jmille2788@aol.com, (253) 905-6681 (cell) and (360) 257-5945.

June 25: No Ride in preparation for the Two County!

June 26: Two County Double Metric Century. 5 different routes, 20 miles – 200K. (126= 200Km). All paces.– Peter G Schmidt Elementary School, 225 Dennis St SE, Tumwater. Beautiful riding on five different routes, from a family friendly 23-miles to a grueling 200 K that will challenge experienced cyclists. Ride the low traffic roads of Thurston and Lewis Counties. Planned by cyclists for cyclists. Great food stops. Register at the start or in advance at <http://www.capitalbicycleclub.org> Capital Bicycling Club (360) 480-7356

CBC Board Meeting Minutes: May 4, 2011

The meeting began at about 6:30 pm.

Members Present: Bill Stevenson, Shawn Stevenson, J.D. Miller, Bill Keim, Carole Bernhardt, Sue Duffy, Nathan Williams, Riley Kendig, Blaine Wheeler.

Agenda Topics:

Review of Minutes from April 6th Meeting

The minutes from the April 6th meeting were reviewed and no corrections were made.

Willie Weir Event

The revenue from the event was about \$465 and Willie Weir was given \$265. He was also happy with the number of books that he sold. The remaining \$200 should about cover the rental of the Olympia Center. It was one of the most well attended events that the Club has sponsored.

Tacoma Wheelmen Request

The Tacoma Wheelmen have asked CBC to do a commemorative event for the American Wheelmen rally that we hosted some 20 years ago. Shawn suggested that we have a ride to a potluck in Priest Point Park. He will follow up with the Wheelmen.

Jersey Order

Shawn hasn't sent an email out yet about the jerseys being available because he was trying to sort out what to do about the jerseys that were shorted. We place an initial order of 40-42 jerseys. Another 4 or 5 orders came in while the order was in process and Shawn added them to the order, but they were not received with the others. A couple of the orders were covered with the sizing jerseys but Shawn had to work out with the others whether they wanted a refund or would wait for the next order. Shawn will send the email tomorrow notifying folks who placed an order that the jerseys are available for pickup.

Blaine offered to put the order form back up on the website for the next order. Shawn suggested that we put a note on the web order form that we will submit the order a week after we get minimum 25 orders. The board discussed adding a summer weight jersey to the long and short sleeve options that were in the first order. Bill S. suggested that we find out whether they hold up OK before adding them as an option. Blaine said that he just needs to know what the options are and the prices to set up the website.

Bill S. moved and Blaine seconded that we set the prices with a small profit margin - \$100 for short sleeve and \$110 for long sleeve in the winter weight. The motion passed. Shawn will let Blaine know the price of the summer weight jerseys. Bill and Shawn will also check on the jackets and let Blaine know whether these should be added to the order form.

Computer Order

Sue asked about the computer that was approved at the last meeting. She will need a computer for the Decide to Ride class in June. Bill S. met with Scott and he had a recommendation for a computer that was well under the budget authorized by the board. Bill S. will check with Scott tomorrow and get the order made.

Finance Report

J.D. reported that we have a little over \$10,000 in our account with a few small outstanding obligations.

Newsletter & Publications

We are still looking for someone to replace Carol DeMent as the Newsletter and Publications editor. There have been some leads but nobody has stepped forward yet.

Promotions

Carole reported on the REI Tacoma Cyclefest event on April 9th. Katrina Bloemsma, Tacoma's REI Outreach Specialist, did great job of coordinating the event and making it a success. She set up a process that encouraged attendees to check in with each booth. As a result there were a lot of visitors and many good discussions. In the CBC booth we provided information about the benefits of being a club member as well as information about the rides we sponsor. After the Cyclefest Carole distributed the extra information to bike shops in town and to Duncan Green for the Thurston County Bicycle Commuter contest. There remaining information was given to Nathan.

Carole will also check with the Valley Athletic Club to see about putting CBC information on their bulletin board and in their newsletter. There were also suggestions about how connect more with the race team at some of their events.

Board Meeting Minutes, cont.

Meeting Times

Brian suggested moving our meetings to the second Wednesday since there are conflicts with other organizations that meet on the first Wednesday. Shawn will check to see if our meeting space is available for the second Wednesday.

Alan Woods Recognition

Alan Woods is a Club member who lives in Portland. He's done free layout for the jerseys and printed the information for Two County and TRYBR. Shawn suggested it would be nice to do something to thank him in some way. Bill S. moved and Blaine seconded that we give Alan a free registration for the Two County and TRYBR. The motion passed

Sculpture Garden Follow-up

Bill K. asked if anyone had provided the check to the Sculpture Garden along the Chehalis Western Trail that was approved by the board a few months ago. The money was approved to help cover the cost of their Sani-Can which is used a lot by cyclists traveling on the trail. Shawn said that he had recently given them a check as authorized.

Web Calendar

Bill K. requested that the Wednesday Club and Board meetings be added to the website calendar. Blaine said he would do it or show Bill how to do it.

Youth Cycling Event

Riley requested authorization to spend \$300 for a youth event he is planning for July. Bill S. moved and Blaine seconded that the request be funded. The motion passed.

The meeting adjourned at 7:50.

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!

Paul Von Thun, Tom Nelson, Jon Alexander, John Wolbert, Doug Drake, Don DuBois, Sue DuBois, John Pearch, Brian Coleman, Bonnie Coleman, Steve Wondzell, Pat Brower, Darrell Wallace, Jim McLaughlin, Kathleen Marks, Randy Bachtell, Lorraine Millay, Gerard Dolmans, Jim Holbrooks, Susie Woodard, Carolyn Carlson, Duncan Green, Donald Perry, Elaine Kielly, Gabriel Will, John Schachle, Matt Klungle, Melissa Klungle, Jack Ward, Devin Ward, Keith Templeton, Toni Backstrom, Steven Gill, Alan Woods

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Dr. Andy Rosser, DC
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downtown olympia

360.754.6499
www.rosserchiro.com
andy@rosserchiro.com

Stage Racing Comes to Olympia in June!

*By Erik Anderson,
Olympia Orthopaedics Associates Race Team*

Have you been thinking about what the Olympia Orthopaedic Associates (OOA) Cycling Team has been up to? Each year the OOA Cycling Team takes on a project, and on June 10th through 12th the team is putting on the Capital Stage Race in the South Sound area. After 10 months of planning and networking with the community the team has learned a lot and excited that things are coming together. The event includes 4 timed stages in 3 days and all of the participants will complete.

The Capital Stage Race is a new June stage race in Olympia Washington that will cover 4 stages in 3 days. The first stage is a 10 mile road race that gradually climbs about 300 feet per lap near Capital Forest. The second stage is a short time trial on Deschutes Parkway in downtown Olympia. The course is flat and has an excellent view of Mount Rainer, Olympic Mountains, Puget Sound, and the State Capital. After the time trial the action moves to State Capital Campus for the Capital Critrium. The stage 4 queen stage is an 87 mile loop covering some of the best roads the South Puget Sound has to offer.

We would love to have everyone come out and enjoy the race and bring their children to the kids race during the State 3 Capital Critrium. We are also looking for volunteers from the community to help us with the event. If you are interested in volunteering please contact Erik Anderson at erik.o.anderson@gmail.com. Our volunteers will receive a pair of free Lin Socks and some Hammer Nutrition product. For more details about the race please see the race website. <http://www.capitalstagerace.com/>

Local Youths Win Cyclist Development Scholarships

The Washington State Bicycle Association awarded 4 local juniors scholarships to attend the USA Cycling Northwest Junior Development Camp in Forest Grove, OR. David and Kevin ride for Rad Racing, Andrea rides with OOA on the Road and cross and mountain with Rad Racing, and Michael rides for OOA. David and Andrea are from Olympia, Michael is from Raymond, and Kevin is from Aberdeen. Only six scholarships were awarded statewide . . . Pretty impressive that Olympia's race teams scooped up four of them!

Congratulations David, Kevin, Andrea and Michael!

Ideas Sought for Public Plaza As Bridging the Gap Project Nears Completion!

With funds in hand and work due to start this year on the final bridge —spanning Pacific Avenue—creating safe passage and recreational opportunities for cyclists and pedestrians in Olympia, Lacey and Greater Thurston County, one might think it's time to rest on our laurel. Not So!

Public input is being sought to create a wonderful public space at the nexus of the trail system, at the City Limits of Lacey and Olympia, where Thurston county will finally complete the longest trail in the region!

Desired design elements include:

- A place that is a visible, prominent focus;
- A plaza where people can stop, rest, read interpretive signage, and enjoy public art.
- Removal of local blight: dirt piles, construction debris, and screening off the trailer junkyard next door.
- Clear lines of visibility to Pacific Avenue to discourage vandalism, graffiti and other bad behaviors that are currently prevalent at this location.
- Lighting at the trail junction

You can be a part of the transformation of this location into a wonderful asset to our communities, and a statement about the importance of non-motorized transportation!

To get involved in this discussion, or simply to find out more, contact Jack Horton | President, Woodland Trail Greenway Assn.

<http://www.woodlandtrail.org> | info@woodlandtrail.org | 360.789.0944

Classified Ads

WHAT A DEAL!!!!

\$50

**Club Jersey—Men's Small
NEW**

**Contact Laura Phenix at
lauraphenix1@comcast.net**

“Weak Links” and Wasted Energy in Cycling

By Dr. Andy Rosser, Downtown Olympia

Cyclists have an uncanny ability to recognize a cycling companion from a distance by quirky features such as a particular pair of arm warmers, cool socks, or a blinky light. In addition to these gear-related identifiers, I would also suggest that each individual cyclist has a trademark way that they move their body on the bike that is recognizable, as well. You can often identify a particular cyclist by their flared knee, or elbows that jut out like wings. You may also notice how a particular rider’s hips and lower back wobble back and forth as they pedal, or how they scrunch their shoulders up when things get a little heated up on a hard ride.

Take it one step further, now, and think about what we can observe when our fellow riders get tired. You might notice that they stand up more often or start swinging the bike back and forth. Or you may observe what is often described as “being all over the bike.” Then... all of a sudden... you wonder where they are! Fatigue has an incredible way of putting a microscope on the weak links that a cyclist may have.

Because cycling is so complex, weak links can come from a multitude of sources. They may be training errors, biomechanical weaknesses, physical limitations, poor endurance, loss of coordination, or loss of flexibility, among other things. Of course, a combination of these things is often the true case! In my experience, two of the major “weak links” that cyclists have are the loss of flexibility and the loss of core stability.



“Weak Links” for cyclists can come from a multitude of sources such as poor flexibility, poor core muscle stability, and altered movement patterns, among others.

Loss of flexibility in the lower back, hamstring, or hips can cause huge limitations in range of motion. This creates internal resistance to movement in our basic power producing mechanism. As a result, we lose efficiency as some of our power goes into fighting against tight muscles instead of going into the pedals! The result of this can be the development of micro-trauma and wear-and-tear on the muscles, tendons, and joints of the mechanism.

The core muscle system maintains stability between the ribcage and pelvis. The arms and legs can produce tremendous power, but they require the solid foundation of a stable core to direct that energy where it matters the most to a cyclist... into the pedals! In addition to decreased efficiency, if the arms and legs are stronger than the core, there is a greater chance of injury to the spine (bones, joints, discs, muscles, tendons, and nerves) as they overpower these structures.



Often times (and I am as guilty as anyone else in this) cyclists assume that if they just ride more miles or train a little harder, they can overcome any weaknesses they have. As you can see from the two examples above, though, doing this may not solve the underlying problem. Identifying your true weak links and creating a comprehensive plan is a better approach, and one that will make you a more complete rider. Some of the articles I’ve already written address some weak links that you may have. If not, please let me know if I can help connect you to some additional resources. Until next time, keep your eyes open, you never know who’s watching you ride...

Read more about Dr. Rosser’s adventures as an amateur cyclist at www.rosserchiro.com. He is the team chiropractor for the CBC/Olympia Orthopaedic Associates Racing Team, and assists other athletes in the community.

Mountain Bike Rides & Races

Area Rides– Recreational

(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

Area Rides– Competitive

2011 FOCF Friday Night Race Series- Super D Racing June 24

June 24- First Run

July 1- Run #2

July 8- Run #3 and #4

July 15- Run #5 Hill Climb Battle #1

July 22- Run #6 & Hill Climb Battle #2

July 29- Run #7 & Hill Climb Battle Finals

August 5- Run #8 and #9

August 12- Last Run Barbecue and Awards.

Gl6racing.blogspot.com for more information

Northwest All Mountain Championships August 13-14

Saturday: XC Race and Poker Run

Sunday: Super D Race

www.capitolforestclassic.com for more information

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)

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 360-943-1944
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)
 - 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?

