



Capital Bicycling Club News

February 2010

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

Future 2009 CBC Board and General Meetings
Capital Coach House
 211 - 21st Avenue SW, Oly, WA
 (off of Capital Way and 22nd Street)

Held on the First Wednesday of every Month!

Board Meetings: 6:00 PM
General Mtg. Programs: 7:30 PM
 See details at right!

March 3, 2010 7:30: Bike Swap!

March's meeting will see the return of the CBC bike swap. If you've been meaning to clean out all the bike stuff in your garage now is the time. Bring it to our March meeting to trade or sell. Admission and tables are free.

Contact Shawn Stevenson for program information or to offer your ideas for programs.

360 878-3967 or
roaddisciple@msn.com

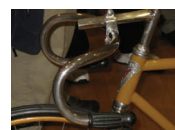
Hope to See You There!

It's All in the Details

Jeff Gromen, Bob Freeman & Troy Warnick Show and Tell



January's Classic Bike Show club meeting was a fabulous display of fine craftsmanship, from wooden wheels to beautiful lug work, there for show and tell on uniquely designed and outfitted bikes from bygone eras. Enjoy the photos!



Frank Bartell, drafting behind a super-charged Hudson in 1935 to set the world speed cycling record of 80.5 mph. To the right is his helmet.



Last Call for Expo Help

Anyone want to attend the bike expo this year for free? This year's venue will be REALLY inside so you needn't break out the rubber boots to get around. I need about 10 volunteers and hopefully an organizer to help make this all go smoothly. I need 2-3 individuals to go up Friday night and set up plus at least 2 volunteers per shift. There will be 3 shifts on Saturday and 2 on Sunday. Last shift on Sunday will pack up and bring the club's stuff back home. Would like all our volunteers to wear either a club hat or t-shirt. So for all last years volunteers show your colors! For those who didn't volunteer last year here is your chance to score a club hat or shirt. Thank you, Greg Mead volunteer@capitalbicycleclub.org

CBC Winter Road Ride Roster **Mid-October 2009 through February, 2010**

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

SATURDAY FIXED GEAR RIDES October 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 about noon. We ride rain or shine so fenders with mud flaps are appropriate. Gears are welcome but generally do not mix into the fixed paceline. The main concept of this ride is to work hard, sit up occasionally and have fun.
Ride Leader - Scott Smith velosmith@me.com

Saturday Morning CUPPA Rides – November – February

Last two CUPPA Rides of the year! Saturday Social Rides begin in March! Full calendar begins on page 5.

3rd Saturday of the Month

Leader: Carol DeMent / cyclist@comcast.net

Length: 32.7 miles

Start Point: Tenino Smokehouse & Pizza Parlor (corner of Hwy 99 & 507/ inside the Dave's Market and Scotty B's parking lot)
639 E Lincoln, Tenino 98589

4th Saturday of the Month

Leader: Doug Drake (360) 486-9937

Length: 29.5

Start Point: Cutter's Point Coffee Shop (Intersection of Ruddell Rd and Yelm Hwy. – park near vet's office)
5750 Ruddell Rd SE, Lacey

5st Saturday of the Month (January)

Leader: Wayne Vanderpol / waynex.vanderpol@intel.com

Repeat of 3rd Saturday ride

Spin Classes!

Spin classes are in full swing at the Bike Stand (in the old Bargain loft space)! And will continue on Tuesday and Thursday evenings throughout the winter and will be free to club members. Bring your bike and a trainer to each class. A heart rate monitor is also a useful training aid, but not required. Once again, our own Bill Stevenson will lead these classes based on the teachings of Chris Carmichael (Lance Armstrong's coach).



And finally

KAPOW!!!

As the winter seasons draws to a close and the spring season begins with it's blustery winds and frequent showers, we leave you with this visual reminder of why you want to always check that the flat tire you have just fixed is seated properly on the rim before you inflate your tire fully.

The tire at left exploded with a mighty bang—don't let this happen to you!

It's been a great season of winter riding! Thank you all for turning out, leading rides, and especially, looking out for one another in less than optimum riding conditions!

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.

A Core Exercise Program You Can Live With... No Crunches Involved

By Dr. Andy Rosser, Downtown Olympia

You are a human first, and an athlete second. Unless you take care of your needs as a human being first, you may never reach your potential as a healthy cyclist. Core/torso stability is an absolutely necessary aspect of a healthy body and a healthy relationship between you and your bicycle. Training this area of your body limits the forces that can result in wear and tear of spinal tissues and the micro-trauma that can come from the repetition of cycling. No matter how strong your legs and arms are, if your core is weak, your spine is at risk of injury because you lack a stable platform for movement. In this article, I will describe a basic core exercise program that cyclists of all skill levels should strive to perform.

One of the things to keep in mind while you are performing these exercises is to keep a “neutral spine.” You can see from these pictures that twisting/rotation and flexing/extending is limited. Crunches/sit-ups don’t keep the spine neutral and can actually be damaging to the spinal discs, which is why I don’t recommend them as part of a healthy back program. If you’ve ever hated sit-ups, now’s your moment of redemption... you’re off the hook! Good luck with these exercises, and please let me know if I can answer any questions for you. Happy, healthy riding! Dr. Andy

Perform the following set of exercises a minimum of 3 times per week for optimal benefit.

Exercise 1: Front Plank (hold 30 seconds)**

Exercise 2: Side Bridge- Right Side (hold 20 seconds)

Exercise 3: Side Bridge- Left Side (hold 20 seconds)

Exercise 4: Bird Dog- Left Arm/Right Leg (hold 30 seconds)

Exercise 5: Bird Dog- Right Arm/Left Leg (hold 30 seconds)

Exercise 6: Low Back Bridge (hold 30 seconds)

Exercise 7: Superman (hold 20 seconds)

Exercise 8: Body Weight Squat (perform 10 slow repetitions)

Rest for 60 seconds and then repeat all 8 exercises.



Exercise 1: Front Plank

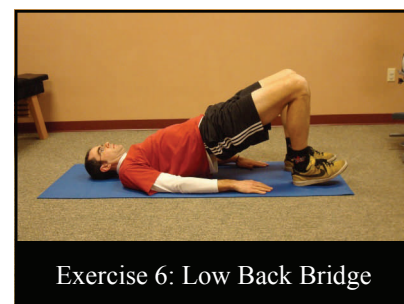
***Recommended times are given as a guideline. If you need to start with shorter times, cut these recommendations in half to start with and progress from there.*



Exercise 2&3: Side Bridge



Exercise 4&5: Bird Dog



Exercise 6: Low Back Bridge



Exercise 7: Superman



Exercise 8: Body Weight Squat

Read more about Dr. Rosser’s adventures as an amateur cyclist www.rosserchiro.blogspot.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, or on the web (www.rosserchiro.com).

Club and Local Cycling News Stay Informed!

Seattle Bike Expo— The 2010 bike extravaganza will be held on March 13th and 14th.

Two County Double Metric Century—Sunday, June 27th! This year's ride will start from Peter G Schmidt Elementary School, 225 Dennis St SE, Tumwater. See full details and register to ride at www.capitalbicycleclub.org

TRYBR—Still no organizer. Contact Bill Stevenson or Greg Mead to get this ride off the ground.

Laptop and projection system—Anyone have a laptop they'd like to donate? Your club needs one to project videos and a power point presentation during the Urban Cycling classes. Contact Sue Duffy at roadride@capitalbicycleclub.org

Joy Ride has moved. Check out their new location at 1225 Ruddell Rd SE in Lacey. 491-9551.

Road News:

- Boulevard Rd. and Log Cabin Rd intersection. Still pretty dicey—use a lot of caution.
- Marine Drive—Still a Total Mess!! Best avoided for now unless you like riding through muddy potholes.
- Littlerock Rd. Still no stripes yet, and barriers to dodge. Watch for changes in the pavement levels as some parts do not yet have the second layer of asphalt poured. Landscaping has begun
- Northbound railroad tracks near Pioneer Park on Henderson are totally pitted out again. Each temporary fix seems more temporary than the last.
- Lots of mud and debris in the bike lanes on Yelm Highway between Henderson and Boulevard due to on-going work .

Web News (www.capitalbicycleclub.org)

- Don't forget the Amazon Link! Before you buy that new Kindle or textbook, novel or compact disk, go to www.capitalbicycleclub.org and click on the Amazon link on the right side of the homepage. Amazon will donate 5% of your purchase to CBC. Smile! You've just helped your club continue to provide you with rides, discounts and newsletters. Thank you!
- Report road problems to the appropriate roads department with a simple click of your mouse! This is way cool and will make cycling just that much safer and pleasant for us all. Debris in the bike lane? Road kill? Potholes? Blackberries snagging your jersey as you ride by? Don't just grumble, report it!
- Register for rides, renew your membership, join for the first time . . . You can do it all from our website now with a few clicks.
- Ride calendar is coming soon!
- We'd like your comments and feedback on our up-graded website. What other features would you like to see? Send a comment to Blaine Wheeler at webmaster@capitalbicycleclub.org

Olympia Cycling Extravaganza!!!!

The stars have aligned and the weekend of June 26-27 promises to be all a cyclist could want. Saturday, the state's best racers come together for the Capital Criterium, a fast-paced action filled circuit around the Capital Campus. This is a great place to watch racers compete. Then Sunday, join your buddies on the Two County Metric Century ride for the route of your choice ranging from 20 to 126 miles in length. Choose a long ride and test your own mettle. Choose a short ride and have time to head over to Boston Harbor to watch the race team road race. Bring your out of town buddies — we'll be getting hotel discounts and maybe even restaurant coupons for the events.

Stay tuned for more details!

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

New & Renewing Members

Blaine Wheeler, Keith Templeton, Millison Fambles,
Cheryl Fambles, Kandace Mackaben, Oli Newsom,
Mike Ballmes, Doug Peters, Josh Morse, Sheila
Smitherman, Bridget Sipher, Matthew Ferrel, Roy
Walte, David Hoekje, Paul von Thun, John
Rodakowski, Cory Mounts, Matt Klungle,
Melissa Shotwell

2010 Capital Bicycle Club Saturday Social Rides, Challenge Rides And Popular Regional Rides

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 (brakes, tire inflation, etc) of your bike 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

2) Moderate Pace: 12-15 mph, occasional regroupings

3) Steady Pace: 13-16 mph, limited stops

4) Fast Pace: 16+ mph, limited stops

Feb 27: Seattle Bike Swap. Cascade Bicycle Club www.cascade.org

Feb 28: Chilly Hilly. 33-miles Cascade Bicycle Club www.cascade.org

March 6: Boston Harbor/Fishtrap 20-miles, Pace 2. Lots of rollers and a couple of hills; just enough to get the kinks out of the muscles and be reminded of how great it is to be outdoors on a bicycle. Short and pretty: this ride is a good reason to dust off that frame, pump up the tires and climb back on the saddle for the Saturday Social Rides. We'll meet at the Rose Garden in Priest Point Park, ride to Fish Trap Loop, cut over to Boston Harbor for a rest stop then back to the Rose garden along Boston Harbor Road. Rain OK, ice cancels. Bring extra tubes as there may still be winter debris on the shoulders. Andy Hix (360) 867-1198

Mar 13-14: Seattle Bike Expo. Group Health/Cascade Bicycle Club www.cascade.org

March 13: Wayne's Birthday Bash 63 miles (or cut it short if you like), Pace 2, 3. Ride will include many of the same roads as the TRYBR route. Small hills, rest stops at gas stations. Finishers *might* be treated some birthday cake. Start from Wayne's Place (15632 Topaz Drive SE) @ Lake Lawrence, call for directions to the start or e-mail for a map. Wayne Vanderpol (360) 894-8046 WayneVPol@comcast.net

March 20: McClinchy Mile 27, 34, 47, 100-mile loop all paces B.I.K.E.S www.BikesClub.org

March 20: 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 27: Prather Prelude 38 miles. Moderate pace 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. Leader: Carol DeMent, cyclista@comcast.net or 360 870-7010.

Capital Bike Club Saturday Social Ride Calendar, page two

April 3: 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. Starts from Swede Hall in Rochester. Light rain OK. Larry Cowan 360-491-9655
larry.r.cowan@comcast.net

April 10: 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 17; West Side Ride. ~ 30 miles. Pace 2, 3. We'll meet at Marathon Park and head out the west side, via Division and Evergreen Parkway to Old Hwy 410. After riding the 410 loop we'll connect with Delphi via McKenzie. Head out Delphi and return downtown by way of Black Lake Blvd. and Sapp Rd - a beautiful ride at a nice social pace. Light rain OK. Rebekah Edwards 250-6582 or Cameron Jackson 259-0636

April 18: Easter Daffodil Classic 20, 50, 80 & 100-mile loops, all paces, Tacoma Wheelmen www.TWBC.org

April 24: Across the Delta and Back 30 - 40 miles, Pace 2, 3. Across The Delta And Back. We'll start at North Thurston High School (park near the tennis courts and swimming pool bldg.) and work our way over to the Yelm Hwy, across the reservation, and then up to Northwest Landing for a rest stop. Coming back we'll take a different route. Some hills. Light rain OK. Keith Templeton 412-1597

May 1: Ride Around Clark County 18, 34, 65,100 miles; Vancouver Bicycle Club www.vbc-usa.com

May 1: Tumwater-Rochester Loop. 42 Miles. Pace 2, 3. Mostly flat with a section of rollers along Mima-Gate Road. Stops in Rochester and Littlerock for snacks and/or lunch, as the group prefers. Starts at Blockbuster Video Parking lot in Tumwater (Trospen/Littlerock Roads.). Light Rain OK. Maggie Cable (360) 561-2949

May 8: Lewis County Historical Ride; 20, 46, 72,100 miles; <http://cyclelewiscounty.org/lchr/>

May 8: **Late Spring Ride** 15 or 30 miles, Gallagher Cove/ Oyster Bay/ Steamboat Island. 15 and 30 mile options, Pace 2 / Pace 3, 4 respectively. Both routes start and finish on Totten inlet at Carolyn and Frank's home with post-ride refreshments and snacks with a view - 5500-78th Ave NW. Frank Neumann, neumannfrank@mac.com, co-leader Sue Duffy, sue@dyfis.net Directions:<http://www.mapquest.com/maps?city=Olympia&state=WA&address=5500+78th+Ave+Nw>

May 15: 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 22: Vashon Island Ride. 30 mile ride around Vashon Island. Social pace 2, 3. We will meet at Point Defiance in Tacoma to catch the 10:05 ferry. The cost of a ferry ride is \$5.45 for an adult with a bicycle. Some significant hills. We should be able to find the bicycle tree as we circumnavigate the island. <http://www.wsdot.wa.gov/ferries/fares/FaresDetail.aspx?triptdate=20100205&departingterm=16&arrivingterm=21> JD Miller jmille2788@aol.com, (253) 905-6681 (cell) and (360) 257-5945.

May 29: Tour de Yelm. Approximately 30 miles in and around Yelm. Channel JZ, ride through a quiet forest road on Fort Lewis, enjoy some low traffic backcountry roads. Pace 2, 3. Small hills, rest stops at gas stations. Start from the Yelm City Park (one block south of the Highway 510 / 507 intersection. Call for directions to the start. Wayne Vanderpol (360) 894-8046
WayneVPol@comcast.net

June 5: Bike-N-Brats. 45 miles, Paces 2, 3. Lots of short hills. Includes Tolmie State Park, Johnson Point, Fish Trap Loop and Boston Harbor. Shorter options available. Begin at Olszyk residence; 6810 44th Ave. NE. Beverages and snacks afterwards. 44th Ave. is a left-hand turn off Marvin Road going north toward Tolmie. The house is the last on the right before the Forest Park Equestrian Center. Light Rain OK. Anita & David Olszyk (360) 456-2896 olszyk@pacifier.com

June 6: Peninsula Metric 50, 100 km www.TWBC.org

June 12: Flying Wheels Century 25,45,70,100-Miles all Cascade Bicycle Club www.cascade.org

Capital Bike Club Saturday Social Ride Calendar, page three

June 12: 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 19: Tour De Blast 50, 100, 136-K all Longview Rotary Club www.Tourdeblast.com

June 19 Mason Lake/Hood Canal Loop 45 miles, Pace 2, 3. Enjoy rolling hills out to Mason Lake and beautiful views along the Hood Canal. Rest stop at Hunter's Farm. Some steep hills. Meet at Shelton Walmart, park on the west side of the parking lot, north of the Arco gas station. Light rain OK. Kandace MacKaben (605) 641-1980

June 26: No Ride in preparation for the Two County!

June 27: Two County Double Metric Century. 5 different routes, 20 miles – 200K. (126= 200Km). All paces. **NEW START POINT!!!!** – Peter G Schmidt Elementary School, 225 Dennis St SE, Tumwater. Well-marked stops, great food stops. Register at the start or in advance at <http://www.capitalbicycleclub.org> Capital Bicycling Club (360) 480-7356

July 3: Fir Tree/Yelm Loop 32 miles, Pace 2,3. Meet at the Fir Tree trailhead on the Chehalis Western Trail. This social ride covers portions of the C-W trail and rolling farmlands. Two moderate climbs. Bill Obert centerforempowerment@earthlink.net, 951-6363 (cell), 491-4076(home)

July 10: Spurgeon Creek-Waldrick-Offut Road 30 mile ride. Pace 2 Rolling to flat terrain with a hill or two. This very scenic ride starts at the Cutter's Point Coffee Shop at the Ruddell Rd. - Yelm Highway intersection. Limited parking. Please carpool or ride. Light rain OK, heavy rain cancels. Bill Martin wj-martin@comcast.net or 480-236-4328 (cell/ day of)

July 17-18: STP. 200 miles Group Health/Cascade www.cascade.org

July 17: STP Alternative Ride 53 miles, Pace 2, 3. Rochester to Elma and return. Almost level ride follows the Chehalis River through the village of Porter. Very low traffic roads, beautiful scenery. Bring money for a tasty lunch at the Saginaw Deli. Carry along lots of water/drinks, as the only place to refill is Elma. Meet at Swede Hall 3 blocks South of the traffic light in Rochester. David or Anita Olszyk (360) 456-2896,

July 24: 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

July 31: Gallivant to Anderson Island. Pace 2, 3. 55 miles. Meet at the C-W Chambers Lake Trail Head, 10:00 a.m. sharp. Join us as we ride from Lacey to Steilacoom for a ferry ride to Anderson Island on back roads with pretty scenery. On the Island one can tour, do sightseeing, eat lunch, or just plain relax. There is a small store for munchies and drinks on the island or you can bring your own. We have to catch the ferry at 12:00 Noon. Cost of the ferry is currently \$4.70 round-trip. Rain Cancels. Pat Byers, Mad-Cyclist@Att.Net, or Roni Chapman, Spirit_Tmp@Msn.Com.

August 7: West Mason County Loop. 55 miles, Pace 2, 3. Meet at the Shelton Airport off SR101. Nice country ride through undeveloped Mason County on county/country roads with rolling hills. Mostly flat and easy terrain. Stops at Matlock General Store, Truman Glick County Park, Schafer State Park, Country Store. This is a fairly long ride with potential for warm weather. Train adequately and hydrate. John Keates. 360-427-8384, Keates3@msn.com

Aug 13-14: RSVP. 188-miles all paces, Cascade Bicycle Club www.cascade.org

SATURDAY-August 14: TRYBR. Multiple loops. All paces. Start from 7AM to noon at Parkside Elementary School, Tenino. Fully supported ride. Great food stops, beautiful scenery, progressive difficulty. Register at the start, or in advance at <http://www.capitalbicycleclub.org> Capital Bicycling Club (360) 480-7356

Capital Bike Club Saturday Social Ride Calendar, page four

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

THURSDAY August 26: Sunrise Challenge. 40 miles, moderate pace (2) One big hill- 4000ft of climbing in 20 miles. Meet at 9:30 at Ranger's Station at entrance to Mt. Rainer Park. Dress for the weather at summit. Maggie Cable (360) 561-2949 mecable@comcast.net

August 28: Steamboat Island Pizza Party. 35 miles, Pace 2, 3. Meet in the parking lot at Division and Harrison. Mostly flat except for a few short/steep inclines along Madrona Beach and Gravelly Beach Loop. Plan to lunch at Vic's Pizza after the ride with us. Rain or Shine. Rebekah Edwards 250-6582 or Cameron Jackson 259-0636

September 4: Delphi Loop. 32 miles, Ride to Littlerock via flat back roads with a stop at Hillbilly Beans Espresso. Travel back via the rolling Delphi Valley. Meet at Marathon Park. . Bill Martin wj-martin@comcast.net or 480-236-4328 (cell/ day of)

September 11: Bald Hills Loop. 49-miles, Pace 2, 3. Stops at 15 and 27 miles. Semi-flat. Start in QFC parking lot on corner of Yelm Hwy. & Rainer Rd. Light rain is OK. Doug Drake (360) 486-9937 doug.dd@hotmail.com

Sept. 12: High Pass Challenge 114 miles 2,3,4 Cascade Bicycle Club www.cascade.org

September 18: Lincoln Creek/ Independence Valley. 34 miles, Pace 2 to 3. Meet at Swede Hall in Rochester for a tour along the rolling hills of Lincoln Creek, a short climb up Manners Road, a wonderfully long downhill on the other side and return to Rochester along Independence Creek. Moderate pace. Riders who want more miles and more hills have the option of taking on the Garrard Creek Loop on their own, or bicycling to the ride start from Olympia. Andy Hix (360) 867-1198

September 25: Grapeview, Belfair, Union, Hood Canal Loop in Mason Co. approx 50-55 miles Pace 2 to 3. Nice country ride that tours through scenic parts of Mason County. This includes Grapeview Loop with great views of Case Inlet, to Belfair and along Hood Canal, Twanoh State Park, then down hwy 106 to Union. Beautiful views of Hood Canal and the Olympic Mountains with rolling hills and a few long steeper hills (one long challenging hill toward the end out of Union). Light rain OK. Starts and finishes at the ride leaders home, John Keates. 360-427-8384, Keates3@msn.com

October 2: Bordeaux-Tour of Capitol Forest. 60 to 65 miles Pace 2, 3. Start point: Westside Safeway. We will go down to Mud Bay Rd., cut over to Hwy. 101, then to Hwy. 8, follow this to (almost) McCleary. Go over to Hwy. 12, up Bordeaux Hill (D Line), down to Littlerock, Delphi, and back to Safeway. Food and water @ Porter, Littlerock. Light rain OK. Maggie Cable (360) 561-2949 mecable@comcast.net

October 9: 4-Sister Clubs' Bike Ride. Join us as we bike with members of other clubs: Tacoma Wheelmen, West Sound and Seattle Bicycle Club. Meeting place/ route lengths TBA. Check the club web site for updates. Pat Byers, Mad-Cyclist@Att.Net; Sue Duffy sue@dyfis.net

October 16: Three Hill Social Ride 50 miles, Pace 2. Enjoy a relaxed/social pace ride through back country Thurston County. Easy/ steady pace on the flats and intense efforts on 3 significant hills; Michigan, Manners, and Garrard. Begin at Littlerock Elementary. John Vincent papawizo@comcast.net

October 23: Tenino – Tono Grand Prix approximately 30 miles, Pace 2, 3. One short steep hill, the rest are small by comparison, rest stops at gas stations. Start from Tenino City Park. Wayne Vanderpol (360) 894-8046 WayneVPol@comcast.net

October 30 Lion's Park Loop 34-miles; Pace 2, 3. An easy ride that includes a dozen or so miles along the Chehalis Western Trail system. Two noteworthy climbs, one that can be bypassed. Starts at Lion's Park; rest stop at Rainier. Bill Obert centerforempowerment@earthlink.net, 951-6363 (cell), 491-4076 (home)

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 davidside@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 davidside@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.*

Watch Out!

There will be lots of logging and resultant road closures in Capital Forest from March through September, according to DNR. Expect the unexpected and be prepared to improvise.

Mt Biking Events & News

The Stevens Pass lift –assisted bike park will be featuring Trek bicycles as their rental fleet this year!

NWCUP 2010 race schedule c/o Olympic Dirt Society:

- | | |
|-----------------------|-------------|
| • Round 1 | March 26-28 |
| • Round 2/Pro/GRT 1st | April 22-25 |
| • Round 3 | June 11-13 |
| • Round 4/Finals | July 23-25 |

Got Tubes? Get Green! Inner Tube Recycle Program at Bike Tech

Bike Tech is now hosting a non-profit inner tube recycling program. Only the following types of inner tubes are allowed: 700 x 35 or larger, as well as any 26" size. No thorn resistant or slime tubes allowed. Any valve type is accepted.

CBC 2010 Budget

	2009 Actual	2010 Budget
Education Income	5	2010
Interest Income	216.77	200
Membership Dues	4467	4500
Newsletter Income	290	1000
Tandem Rental	110	100
Promotional Income	21.53	
Rice Income TRYBR	3674.48	4800
Ride Income Two County	7013	7000
Light Sales		400
Total Income	15797.78	19500
Expenses		
Board—Other	218.38	430
Board Meeting Food	704.62	700
Holiday Party	471.51	500
Board Room Rent Exp	540	540
Insurance Expense	697	697
Internet Expense	125.39	300
Community Fund	600	500
Bike Commuter	2500	500
Education Expense	456.06	1500
Mountain Bike Capt.	255.28	300
VP Program Exp.	119	300
Pres. Disc. Fund		150
Ride Expenses—Other		400
TRYBR Insurance	321.90	407
TRYBR Ride exp.	2065.36	2300
TRYBR Shirts/Hats	237.34	300
Two Country Insurance	575.35	650
Two County Ride Exp	2876.46	3245
Two Country Vol gear	670	300
Spin Class Rent		0
Storage Room	960	960
Treasurer's Exp	124.33	300
Total Expense	18113.67	20279
Profit/Loss	-2315.89	-779

CBC Bylaws call for the annual publication of the club budget. Last year, the Board voted to intentionally spend down a portion of its reserves support local cycling initiatives such as the bike commuter contest. The club also stepped into basic cycling education in a big way in a collaboration with the City of Olympia.

In 2010, the Board is continuing to focus on training and education, as well as development of more youth programs. On the adult education front, the club will be taking the lead role in the Urban Cycling classes, training new instructors and increasing the fee for the course to generate a positive revenue stream. Jody Ott continues to push on the local level for more bike parks and youth oriented venues to be included in local law-makers planning and budgeting.

In addition, increasing membership and maintaining a varied social ride roster to suit a variety of pace and ability levels continues to be a strong focus. You'll find more opportunities to gather with friends during and after rides as we work to put the "social" back in social rides.

The club faces the very real possibility of not having a TRYBR ride this year which will negatively impact our revenue stream, but will also cut expense by about \$3000.

Fixed expenses such as meeting room rental and storage unit rental will be static as far as we know.



The Bike Stand
407 4th Avenue East
Olympia, WA 98501
(360) 943-1997

WINTER SERVICE SPECIALS

Wheel Builds 1/2 off until March 15
Complete Overhaul regularly \$300
NOW \$150!!

24 Hour turn-around on most services

2009 BIKES STILL 20% OFF!!

**“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: Sharon Abegg	secretary@capitalbicycleclub.org
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: Joseph (Jody) Ott	youthcycling@capitalbicycleclub.org 360 878 3967
Government Affairs: Brian Faller	advocacy@capitalbicycleclub.org 360-943-1752
Past President: Blaine Wheeler	pastpresident@capitalbicyclingclub.org 360-705-1148
Promotions: Jeff Cook	promotions@capitalbicycleclub.org 360-561-2567
Education: vacant	
Publications: Carol DeMent	publications@capitalbicycleclub.org 360-870-8070
Volunteer Coordinator: Greg Mead	volunteer@capitalbicycleclub.org, 360-556-9809
Web Master: Blaine Wheeler	webmaster@capitalbicycleclub.org 360-705-1148

Club Membership Benefits

- Tandem rental @ The Bike Stand (\$10/day)
 - Bike box rental @ The Bike Stand (\$25 per use)
 - Low-cost 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)
 - Old Town Bicycles (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?