



Capital Bicycling Club News

March 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!**

April 7, 2010 7:30 PM

Come enjoy a presentation by Dave Middleton and his cycling partner as they recap their fully loaded tour down the coast to California's Napa Valley wine country.

**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!

CBC Awarded Grant for Cycling Education

Perhaps you've noticed the attractive banner flying over State Street in downtown Olympia . . . "Decide to Ride" the banner proclaims. "We'll teach you how."

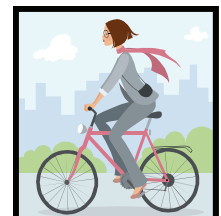
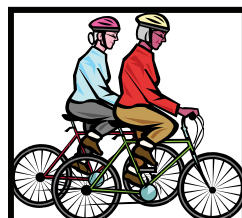
And we've just gotten some help in doing so. Capital Bicycling Club was recently awarded a \$400 mini-grant from the Washington Traffic Safety Commission to pay for printing and supplies for 10 sessions of the Urban Cycling Classes started last year in collaboration with the City of Olympia.

Urban Cycling classes teach:

- Traffic laws and how to ride comfortably with traffic
- Navigating intersections
- Outfitting yourself and your bike with tools and gear
- Fixing a flat tire, and much more!
- All classes end with a slow-paced ride, practicing everything learned in class.

Classes are held from March through October and they fill up fast! Instructors are trained by the [League of American Bicyclists](#), and all curricula are developed by the League.

For more information or to register for a class, visit the CBC website education page and follow the link to "Decide to Ride."



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 wdstevenson@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

Spin Classes! Ending soon! Get 'em while they last!

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).

Tuesday/Thursday Fitness Rides (April –Sept)

Meets at 6:00 PM at The Bike Stand. Leader- Bill Stevenson wdstevenson@hotmail.com 402-2234, or 402-6525

Riders who are welcome on this ride:

1. **Will be required to ride in a single pace line**, particularly on narrow or high traffic roadways. We ride at a high traffic time of day and taking up excessive amounts of the roadway and impeding traffic is not acceptable.
2. **Will follow all traffic laws!** No cutting through oncoming traffic's right turn lane to avoid stop signs, no blowing through stop signs, etc.
3. Can comfortably maintain an 18-24 mph +/- average speed for a 25 to 40 mile loop OR are comfortable finding their own way by following Dan Henry arrows.
4. Are always willing to wait for other riders when they flat.
5. Value their safest riding buddy over their fastest riding buddy. After all this is NOT a Race Team Ride.

Tuesday/Thursday Recreational Rides (April – Sept) NEW START TIME!!!

Meet at 5:45 PM at Marathon Park on the west side of Capitol Lake. 14-17A MPH Average. Speedier folks are encouraged to try the fitness rides above. Same rules of etiquette apply, with less emphasis on formal pace line riding and more emphasis on getting to know and enjoy fellow cycling enthusiasts. Leader: Blaine Wheeler blainekw@yahoo.com 360-705-1148

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.

Saturday Social Rides End of March and Month of April

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.

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

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.

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

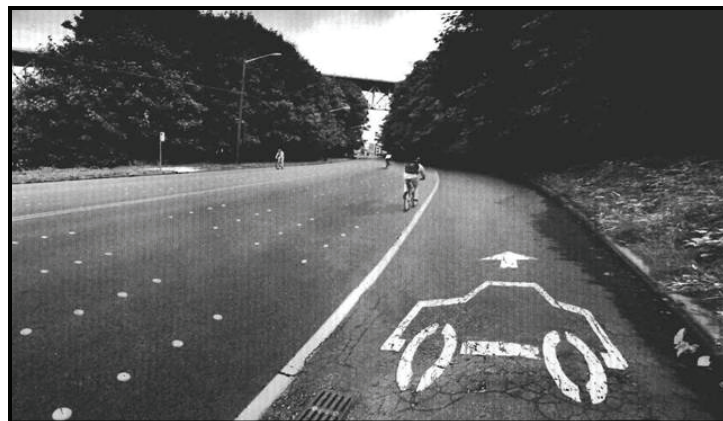
April 24: Across the Delta and Back 30 - 40 miles, Pace 2, 3. Across The Delta And Back. We'll start at North Thurston High School (park near the tennis courts and swimming pool bldg.) and work our way over to the Yelm Hwy, across the reservation, and then up to Northwest Landing for a rest stop. Coming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

Group Riding Guidelines

- Use hand and voice signals for turns and to indicate slowing or stopping
- Pass on the left, don't squeeze in between another rider and the curb
- Point or call out road obstacles, such as grates, debris in the bike lane, potholes, railroad tracks, etc.
- Ride in straight line, and try to avoid any sudden changes in speed or direction
- Let other cyclists know of your position using common terms like "On your left," "On your wheel"
- Warn of approaching cars using "Car back," "Car left," "Car right" and form a single line to allow vehicles to pass
- Obey traffic laws for your own and the group's safety

Club and Local Cycling News Stay Informed!

- **Tax Deduction!! Donate your Laptop/projection system!!**
Your club needs one to project videos and a power point presentation during the Urban Cycling classes and general meetings. Contact Sue Duffy at roadride@capitalbicycleclub.org
- **Urban Cycling Classes Scheduled!!**
First and 3rd Saturdays of the month, April through October with a couple of exceptions. Complete info on the website on the education page (click on link to "Decide to Ride.").
- **Martin Way Overpass Grand Opening!!**
Grab your bike and join in this grand community celebration of the long awaited pedestrian/cyclist overpass spanning Martin Way. The event is Wednesday March 31st at 11:30 AM, so take an early lunch and let our local and state government officials know how much we appreciate this fabulous addition to Thurston County's cycling infrastructure. On hand will be the majors of Lacey, Olympia and Tumwater, Congressman Brian Baird and the Board of County Commissioners.
- **Another Legislative Victory!!**
Senate Bill 5482 was signed into law and requires traffic lights to be calibrated to register the presence of a cyclist or motorcyclist to trip the signal to change and allow us our turn to proceed safely and legally. Now is a great time to begin to take note of which signals operate properly and which don't and inform the proper jurisdiction so this can be addressed. Simply use the CBC website Unsafe Road tab to make your report.



If Only!

Road News:

- Big changes coming on Yelm Highway between Blvd Rd and Henderson. Expect two years of work to widen the road, add sidewalks and center planters and even extra lanes in each direction. Telephone poles are being moved now leaving lots of gunk in the bike lanes.
- Blvd Rd roundabout has a little bike lane in the construction zone now. Still a bit dicey.
- Marine Dr. - Best avoided.

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

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Simple Mobility Exercises for the Middle Back and Shoulders

By Dr. Andy Rosser, Downtown Olympia

Spending hours on a bike takes its physical toll, especially on the shoulders and upper back. As a result of the stresses on the soft tissue of our upper body, these areas can feel achy, stiff, and painful. While bike fit and other factors can play a major role in comfort on the bike, one of the major issues is that our bodies are placed into an abnormal position and held relatively fixed into place for the duration a ride. Proper fit (especially reach to the bars and stem height) can improve this, but some attention off the bike can also go a long way to helping alleviate these symptoms. For some people, these problems are a major hindrance to enjoying the bike at all! The short and long term affects of stress on the upper body can be pain, stiffness, headaches, joint irritation and inflammation, and muscle spasms. If you've ever had a hard time looking back over your shoulder for traffic at hour three of a ride, I think you know what I'm talking about. Below are just a few simple mobility exercises designed to target this specific area cyclists. There's nothing fancy here, but rather my recommendation to do these exercises consistently to get the benefit. Click through find my [VIDEO](http://www.youtube.com/watch?v=i3L4SY6GJ4U) of these exercises. (<http://www.youtube.com/watch?v=i3L4SY6GJ4U>)

Perform the following set of exercises 3-5 times per week for optimum benefit.

Exercise 1: Shoulder Roll Forward 8-10 reps

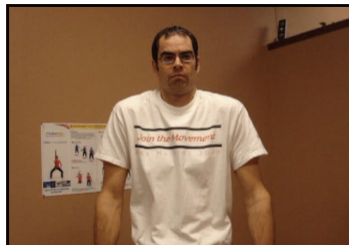
Exercise 2: Shoulder Roll Backward 8-10 reps

Exercise 3: Thoracic Mobility 8-10 reps

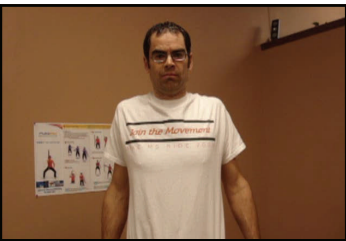
Repeat this list of three exercises 2-3 times per session.



Step 1: Shoulder Roll Forward



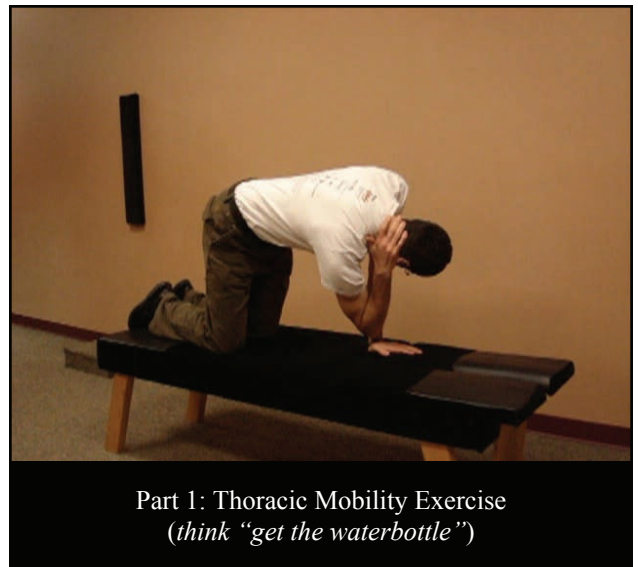
Step 2: Shoulder Roll Forward



Step 3: Shoulder Roll Forward



Step 4: Shoulder Roll Forward



Part 1: Thoracic Mobility Exercise
(think "get the water bottle")



Part 2: Thoracic Mobility Exercise
(think "look for cars")



Read more about Dr. Rosser's adventures as an amateur cyclist www.rosserchiro.blogspot.com

.Andy is the team chiropractor for the [CBC Racing/Olympia Orthopaedic Associates Racing Team](http://www.cbc-racing.com), 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).

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.

**“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?