



Capital Bicycling Club News

May 2010

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

Kincaid Lupine Day Saturday, June 12

Do you support organic, sustainable agriculture?
Are you a wildflower enthusiast?
Do you like to eat?

If so, this is the bike ride and festival for you!

A planned 20-mile bike ride leaves the Baw-Faw Grange in Boistfort, WA at 10:00 AM. With one significant climb on the ride, you'll work up an appetite for the free lunch served at noon in the Grange, courtesy of the 31 farmer-owners of the Organic Valley Assoc..

Sponsored by the US Fish & Wildlife Service, and the Organic Valley growers, Kincaid Lupine Day celebrates the efforts of local growers to go organic and manage their lands in a way that protects and preserves our environment, including endangered species like the Kincaid lupine.

In addition to the 20-mile ride, a short easy five miler is an option, as are several very challenging options if you decide to ride all or part way to the ride. For route suggestions or to rsvp for the ride and lunch, contact JD Miller at 253 905 6681 or Jmille2788@aol.com



This year, it's easier than ever to register via the club website for an early bird discount. Day of the event registration will also be available from 7:00 AM to 100 PM. Children 12 and under ride free!

While you're at it, why not come to Olympia a day early and catch some of the state's finest bike racers at the Capital Criterium races on the State Capital Campus. Races begin at 9:00 AM and go all day long.

Not planning to do a long ride this year? We still have a few volunteer slots to fill. All volunteers ride free before or after your shift and receive a choice of hat, or t-shirt in appreciation. If you can help, contact Greg Mead (volunteer coordinator CBC) 253-376-7342 or bikeinfool50@yahoo.com

Two County Double Metric Sunday, June 27

New Start Location: Peter G. Schmidt Elem School
New Routes: 23, 36, 76, 105 and 125 miles

Same great food, prepared by cyclists for cyclists!!

The full double metric is a splendid training ride for those planning to ride a one day STP, the RAMROD, or RAPSody rides, and all routes offer great scenery and low traffic.

Future 2010 CBC Board and General Meetings

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

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

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

360 878-3967 or orroaddisciple@msn.com

www.CapitalBicycleClub.org 360.292-8925

CBC Spring-Summer Road Ride Roster April through September, 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 wdstevens@hotmai.com 402-2234, or 402-6525

Tuesday/Thursday Fitness Rides (April –Sept)

Meets at 6:00 PM at The Bike Stand. Leader- Bill Stevenson wdstevens@hotmai.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

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!

1st Sunday meets in the parking lot behind the Dancing Goats Coffee Shop, across from the Farmers Market. Ride Leader—Nathan Williams Nathanwil@hotmail.com EXCEPTION: No ride on July 4

2nd Sunday meets at the Bike Stand parking lot, 407 4th Ave E, Ride Leaders—Bill Obert (May), David Middleton (July/August), Sue Duffy (June/September) sue@dyfis.net

3rd Sunday meets at Starbucks, next to Lowe's in Lacey, 4700 Yelm Hwy. Ride Leader—Laura Phenix lauraphenix1@comcast.net

4th Sunday meets at Pioneer Park, 5801 Henderson Blvd SE in Tumwater. Ride Leader—JD Miller 253-905-6681, jmille2788@aol.com

5th Sunday repeats the 1st Sunday ride. Ride Leader—Nathan Williams, Nathanwil@hotmail.com

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 May and Month of June

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 | 2) Moderate Pace: 12-15 mph, occasional regroupings |
| 3) Steady Pace: 13-16 mph, limited stops | 4) Fast Pace: 16+ mph, limited stops |

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?tripdate=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

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

8Lakes



2010 Bike Ride
4 Routes > 8 Lakes

Saturday, August 7th > Spokane, WA

Info: 509.343.5020 = Registration forms at: www.lcsnw.org/events.html



A Benefit Ride for the Sexual Assault & Family Trauma (SAFeT) Response Center, a program of Lutheran Community Services NW

the second day *By Bert Paul*

*everything feels used.
standing gathers little sharps of pain.
muscles will not rest
and shuffle seated feet.
hands hold soreness,
thumb joints ache.
beneath where bones connected skin
to sheaths of leather
tubes of titanium,
you feel the last five miles.
and in each leg
each knee
are threads that broke.
the snap of tomorrow's cleat.
the building of the miles.
the choice
that with this chisel,
you will find who lives inside.*

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 a straight line, don't weave.
- 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"
- Form a single line to allow vehicles to pass
- Obey traffic laws for your own and the group's safety



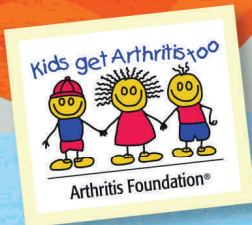
Six days of cycling can stop a lifetime of pain.



- 363 miles of cycling at your own pace
- 6 days, 52-73 miles/day
- Camping provided – hotels available
- Hot showers
- Fully supported
- Commemorative cycling jersey and water bottle
- Incentive prizes for additional fundraising beyond the minimum
- Hearty breakfast and dinner served daily
- Transportation returning rider and bike back to Astoria
- Evening arthritis education programs

Register today!

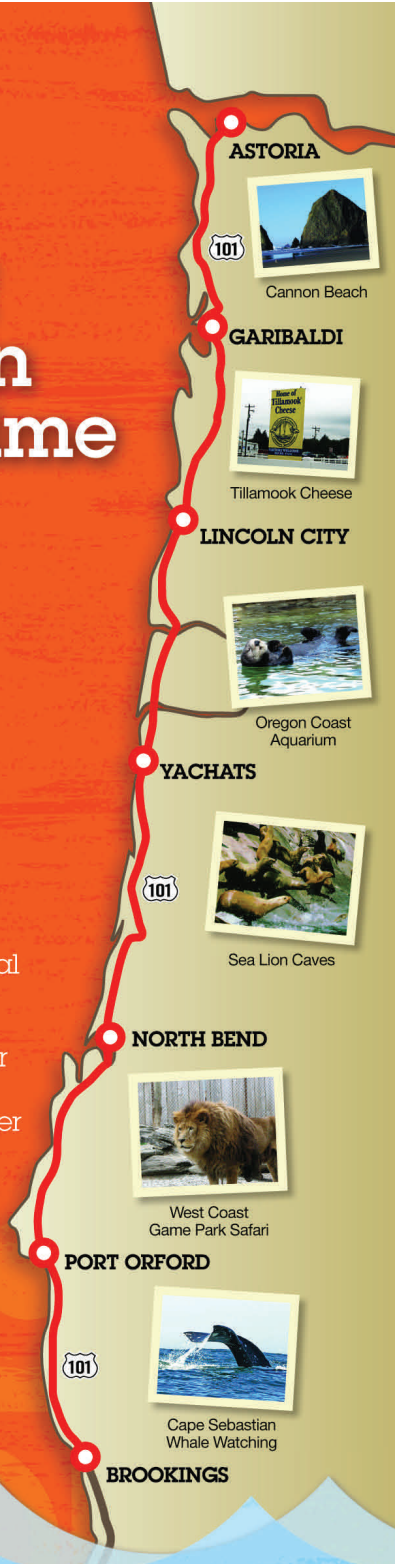
To register, go to: www.thepeoplescoastclassic.org, or contact us for more information at: info@thepeoplescoastclassic.org.
1 (800) 746-1821



The Arthritis Foundation has a 80 year history of helping children, teens, and adults with arthritis.



www.thepeoplescoastclassic.org



ASTORIA



Cannon Beach

GARIBALDI



Tillamook Cheese

LINCOLN CITY



Oregon Coast Aquarium

YACHATS



Sea Lion Caves

NORTH BEND



West Coast Game Park Safari

PORT ORFORD



Cape Sebastian Whale Watching

BROOKINGS

Letter to the Editor

Dear Capitol Bicycle Club,

I read with interest Bill Stevenson's article in the April 2010 newsletter about the Tuesday/Thursday Fitness Rides. I have been riding in these for a very long time. Bill thought that the 6:00 PM ride that leaves from Deschutes Fall Park location is leaderless.

This is not the case. Mike Polodna has become the de-facto leader of this Tuesday Thursday ride. Mike decides the route and lets everyone know where we are going at the beginning of the ride. This group rides on average between 17 and 19 mph. We have a policy of no-drops. That is, if the group gets separated by hills or other uneven pace occurrences, at the next intersection or appropriate spot, those in front wait for those behind to catch up. Hence it remains a 'group ride'. If faster riders want to continue on ahead, this is fine.

These rides are fun and all club members are welcome to join us. The rides have been mildly moist of late, but the weather is drying out nicely and I am sure that soon glorious weather will be the norm for these rides.

Information on this ride is on Facebook at: Tumwater Falls Ride

Sincerely,

Bill Sloane

Club & Local News You Can Use

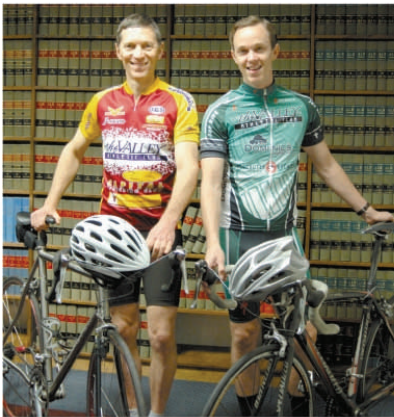
Cool Stuff: The Club received a check for \$37 from Amazon.com this month thanks to all the members who have simply traveled to Amazon via the link on the club website. That's all it takes! A portion of the dollars you spend are donated back to the club every time you visit their site via our link. You'll find the link on the right-hand sidebar of our website homepage. Thank you!

Wow! So much new pavement! Marine Drive is rideable again, and the Boulevard Roundabout is done but for landscaping. Can anyone explain why the roundabout perches atop its own little mound? Didn't used to be there . . . Maybe we should call it the Boulevard Roundabump.

Build-A-Bike now has electricity and a phone number. The location is still the same: 2602 18th Ave SE behind the Pit Stop Market where Boulevard Road and 18th come together. Our new answering service is 539-0955. The landowner provides us with electricity, maintains a portapotty onsite and hauls away the trash. Please call this number if you want to schedule a time other than our normal Sundays Noon to 4pm hours. Please don't leave donated bicycles or parts unless one of us is there to accept them.

Bike the Deschutes—May 25th. Here's the website: <http://web.mac.com/bikeyourwatershed/Site/Welcome.html> Check out this family-friendly eco-cycling event, now in its 3rd year!

Bicycle Accident? Auto Accident?



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

olylaw.com • (360) 943-6747

CTM CONNOLLY TACON & MESERVE
ATTORNEYS AT LAW • A PROFESSIONAL SERVICES CORPORATION
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New & Renewing Members

Jeff Greaves, Diane Greaves, Yasko Howell, Liz Hoenig, Dennis Niles, Nanette Baker, Avelin Tacon, Dennis Skewis, Derik Archibald, Michelle Kautzmann, Sarah Everett, Ray LaForge, Barb LaForge, Wayne Allen, David Parker, Wade Stine, Steve Thunell, Ganzfried

(If you see your name misspelled, please let us know. We do our best to read your handwriting . . .)

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posture • balance • movement

sports injury
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wellness

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

360.754.6499
www.rosserchiro.com
andy@rosserchiro.com

Sink Your Teeth Into This Book: The Athlete's Plate

(Adam Kelinson/Velo Press 2009)

By Dr. Andy Rosser, Downtown Olympia

One of my hobbies is reading nutrition books and trying to make sense of the confusion that exists around the topic of diet. Secretly, I've even harbored the fantasy that I would some day write a book that covered the topic of whole food cooking for the athlete. Well, maybe I'll choose a different topic now. I recently bought Adam Kelinson's new book, The Athlete's Plate (Velo Press, 2009), and it covers all that I would have wanted to write, and much more. The book is about 1/3 lifestyle and dietary background, and the rest of the book is loaded with a number of recipes based on Kelinson's principles.

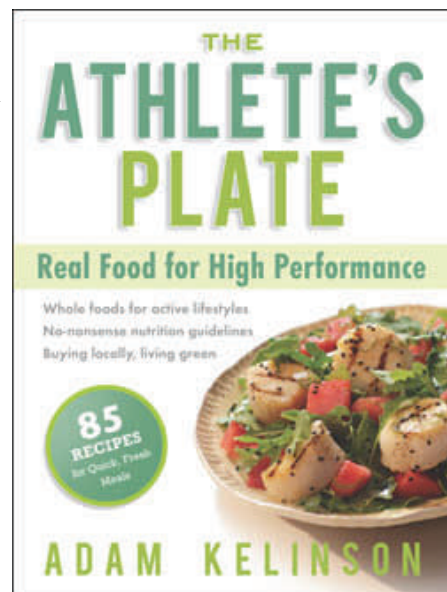
Without delay, the author builds the foundation for healthful eating which is made up of several principles including, buying local meats and produce, and buying organic foods when possible. That guidance is coupled with eating what is in season and avoiding certain ingredients like high-fructose corn syrup and many of the chemicals that make up a typical athlete's foods and snacks. Within the first chapter, his recommendations lay waste to many of society's current dietary practices.

The second chapter describes the framework of a whole foods diet. Within this approach, the avoidance of pesticide residue in our foods, the impacts of genetically modified organisms, the reasons for choosing organic foods, and eating native foods within their season are the highlights. I was particularly attracted to his discussion of the "superstition" pattern of eating that athletes develop. This is where a person's diet is whittled down to a slim number of foods eaten and prepared the same way, almost every day. Eventually, the repetition fails to address nutritional needs and leads to physical breakdown and fatigue. I know many who would argue, as well, that this is one of the ways to develop allergies to particular foods due to the body's constant exposure.

One of my favorite topics that Kelinson addresses is that he encourages people to follow their instincts when it comes to eating. If your diet isn't polluted with processed foods, your taste and cravings can be your guide to healthful eating that meets your needs. The opposite of this is micromanaging your foods. His discussion reminded me of my reaction to reading a story about Lance Armstrong's weighing of every ounce of food that he ate. Honestly, I can't comprehend it as a sustainable practice. Creating sustainability is the name of the game in The Athlete's Plate.

For those of you who have read some of my other articles, you know how interested I am in the topic of post exercise recovery. The author treats this topic with the kind of reverence it deserves. In addition to using gels and prepacked "just add water" drinks, he steers people who desire something more substantial in the direction of whole foods that can be easily digested and put to use in refueling the body after hard efforts.

So, now to the business of the recipes! If your cooking is in a rut and you tend to cook with the same spices, I think this book offers some fun and interesting preparations. I've tried several of the dishes out of the cookbook and all have been with delicious results. Some of my first adventures have been to try the soba noodles with grilled Asian meatballs (p. 166), and the chicken with mint, peas, and mushrooms (p. 208.) I've been impressed with how simple the recipes are and how few ingredients make up each dish. I think it's one of the ways that he tries to make an athlete's life a little easier. Just think, it's easy to shop for, and then easy to put together. I have had to tone down some of the Asian marinades in terms of salt to make it palatable to our household. There is also a definite "tamari-ness" to many of the dishes, and many of the Asian recipes use similar marinades, so the taste can be a bit repetitive. Then again, I think I've used more fresh ginger in the past few weeks than I have in my whole life. Usually, the ginger is one of those fixtures in the refrigerator that gets replaced after it shrivels away in the drawer, but not so with this book! I'm excited to try some of the more adventurous sounding recipes, including the grilled sea scallops with watermelon and arugula (p. 194).



For its approach to building healthy habits around food, I love The Athlete's Plate. For offering interesting and simple recipes, I also love this book. I hope that it introduces you to a new perspective to your relationship with food and helps you become a healthier cyclist. See you on the road!

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 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
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
Education: vacant	

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?