



# Capital Bicycling Club News

June 2010

Available on the web at  
[www.Capitalbicyclingclub.org](http://www.Capitalbicyclingclub.org)  
And at finer local bike shops

## Urban Cycling Classes Summer/Fall Schedule

If you've ever wondered how to navigate a traffic circle or multi-lane intersection on your bike, this course is for you. You'll learn how to ride in traffic safely and confidently, and other skills to keep you upright and in control on your bike.

Other topics include how to shift properly to get the most from your gears, basic bike maintenance, clothing and gear tips to keep you comfy in all types of weather, and how to fix a flat tire.

Full day courses are \$45; half day courses \$25. Fee includes course materials packet. On-line registration is easy at <http://decidetoride.org>

### Full Day Courses

- July 10
- Sept 11 (women only)

### Half Day Courses

- July 24
- Aug 21
- Oct 16

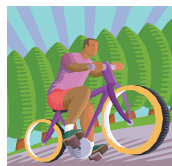
Bike and helmet required for each participant. Proceeds support future classes and other cycling education projects.

For more info, contact Sue Duffy at  
[roadride@capitalbicycleclub.org](mailto:roadride@capitalbicycleclub.org) 360-918-8546

## Two County Double Metric Save \$\$—Register On-Line!

Registrations are rolling in for the Two County Double Metric bike ride, slated for Sunday June 27. The day is fast approaching!! Are you ready? Ready to tackle a double metric? That's 126 miles, you know. And as sloppy a spring as we've had this year, who is ready for such a thing? If you're not there yet, not to worry. There are plenty of other routes to choose from.

On-line Registration—available through June 20—is simple through the club website at [www.capitalbicycleclub.org](http://www.capitalbicycleclub.org). Day of the ride registration is also available.



Remember the new start/finish point:  
Peter G. Schmidt Elementary School  
225 Dennis Street, Tumwater, WA

This is a great ride! Yummy Food! Lovely Scenery! Of course the sun will shine! Absolutely there will be no flat tires! Yes! You WILL fly up those hills! Tailwinds will blow!! Birds will sing! Dogs will sit and stay!

What's not to like? Come and Enjoy!

### *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](mailto:orroaddisciple@msn.com)*

*[www.CapitalBicycleClub.org](http://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, 5<sup>th</sup> 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

### **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

### **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](http://www.capitalbicyclingclub.org).

# Saturday Social Rides

## End of June and Month of July

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](http://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                |

**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](mailto: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](mailto:wj-martin@comcast.net) or 480-236-4328 (cell/ day of)

July 17-18: STP. 200 miles Group Health/Cascade [www.cascade.org](http://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](mailto:nathanwil@hotmail.com) & Laura Phenix [lauraphenix1@comcast.net](mailto: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](mailto:Mad-Cyclist@Att.Net), or Roni Chapman, [Spirit\\_Tmp@Msn.Com](mailto:Spirit_Tmp@Msn.Com).

### 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



**8 Lakes**  
**2010 Bike Ride**  
**4 Routes >> 8 Lakes**  
**Saturday, August 7th >> Spokane, WA**  
**Info: 509.343.5020 = Registration forms at: [www.lcsnw.org/events.html](http://www.lcsnw.org/events.html)**

Logos: GroupHealth, The First Financial for Lutherans, Northwest Dental, St. Mary's Hospital, University of Washington, and others.

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

## Volunteers Needed for Seabeck Camp

Interested in an area vacation spot in August that offers free meals and lodging? Want to experience the beauty of the Olympic Mountains while sharing the joy of cycling on mostly flat routes? The Seattle Lighthouse Blind Deaf Retreat in Seabeck, WA is again seeking bicycle volunteers this summer for their wonderful camp. SL, a nonprofit agency that helps blind and deaf-blind adults with employment, support and training, sponsors this annual camp which attracts people from the USA, Canada and Europe. The bicycle program at last summer's camp was a huge success so they are expanding the riding days from 3 to 4.

The camp is held at the Seabeck Conference Center – open this link to view more details: [http://www.seattlelighthouse.org/fact\\_sheets/seabeck.html](http://www.seattlelighthouse.org/fact_sheets/seabeck.html) Free lodging and meals are available for volunteers that help with the biking. The camp looks out on the beautiful Seabeck Bay, the meals are great, the campers are terrific and very appreciative of the chance to feel the freedom of riding a bike. The riding days are scheduled for August 30 through September 2 (Monday through Thursday). We have found some safe, mostly flat riding areas to which the camp participants will be shuttled.

Tandem bicycles will be provided by Outdoors for All and you may bring your own bike to ride around. No experience riding a tandem bike? No problem. We are providing free lessons this summer and have a loaner which you can practice on. If you would like to participate in this fun outing, email Randall and Barb at [angell2@teamangell.com](mailto:angell2@teamangell.com) In your email, please indicate if you would be willing to help one day or multiple days and note your preferred day(s). Plan to arrive the evening before your ride day(s) to enjoy the setting and orientation. Please reply ASAP to reserve for lodging.



# Six days of cycling can stop a lifetime of pain.



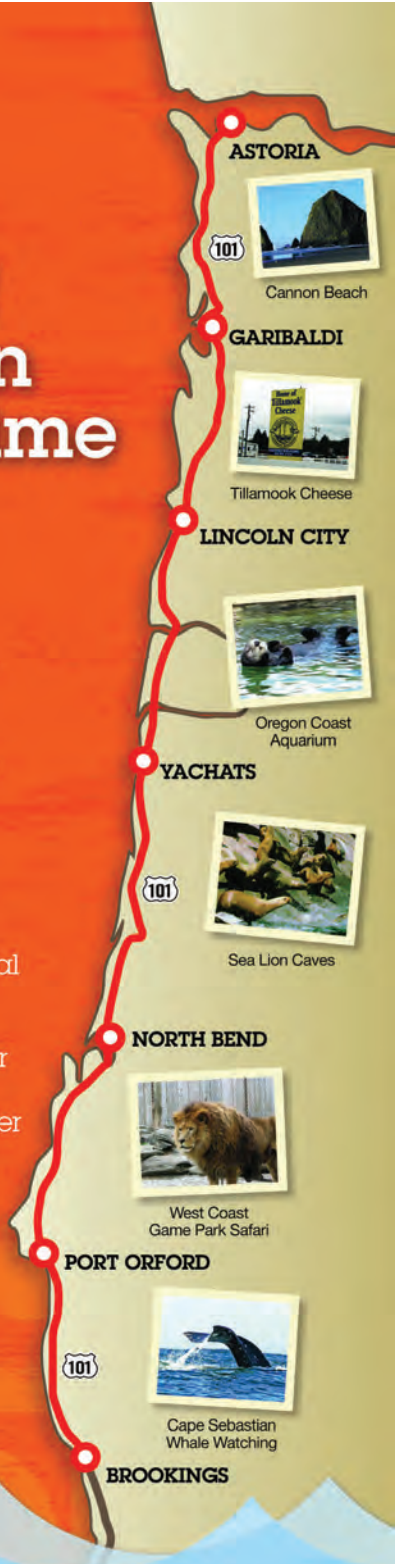
- 363 miles of cycling at your own pace
- 6 days, 52-73 miles/day
- Camping provided – hotels available
- Hot showers
- Fully supported
- Commemorative cycling jersey and water bottle
- Incentive prizes for additional fundraising beyond the minimum
- Hearty breakfast and dinner served daily
- Transportation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

## Register today!

To register, go to: [www.thepeoplescoastclassic.org](http://www.thepeoplescoastclassic.org), or contact us for more information at: [info@thepeoplescoastclassic.org](mailto: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](http://www.thepeoplescoastclassic.org)

**Rain Shmain! We've been having great rides this spring!**



*Sue, Nathan, Bill, Carol & Laura enjoy a soggy Sunday Slocial out to Nisqually Refuge and back.*

***Pssst. Watch out on the West Side!***  
 The Mud Bay/Kaiser Rd . Intersection is a mess, with torn up pavement and gravel trenches in the bike lanes.



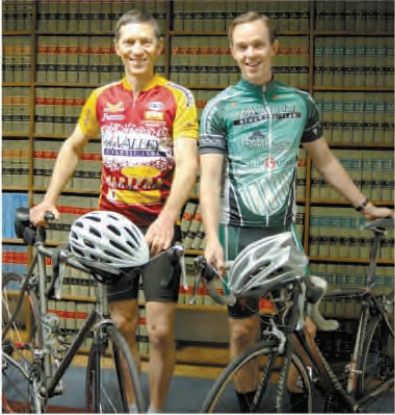
*Riders set off to earn their bratwurst, at a recent Bike and Brats ride hosted by Anita and Dave Olszyk.*

**New & Renewing Members**  
 Jill Lane, Richard Downing, Carol Grisso, Kelly Hutchins, Christina Blackemer, Taryn Givenchy, Laurie O'Brien, Brian O'Brien, Randy Sweeney, Howard, Weaver, Jeff Zuckerman, Greg Kirkpatrick, Vince Holthaus, Linda Sieg, Jean-Luc Davis, Don Smith, Mary Meteyer, Alan Coyle, Rebecca Coyle, Joe King, Roxanne Lieb, John Crabtree, Matthew Mintzer, Jen Rinehart, Beth Rogers

*Coming off the ferry from the Vashon Island Ride*



**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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 andy@rosserchiro.com

# Protecting the Lower Back from the Stresses of Cycling

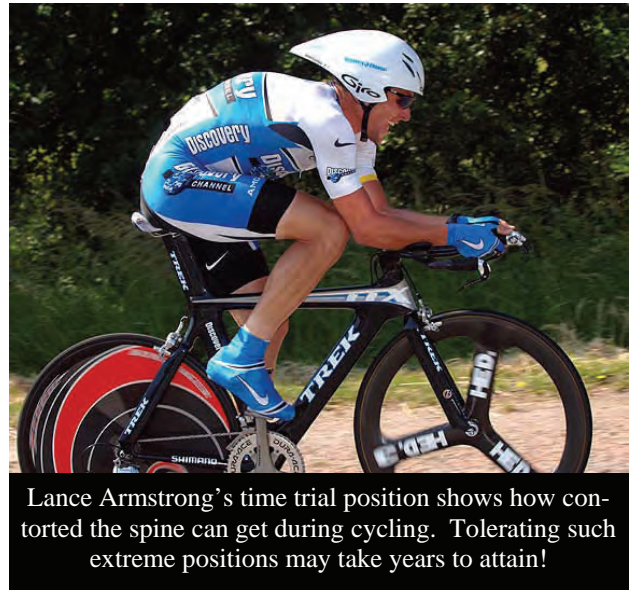
By Dr. Andy Rosser, Downtown Olympia

I recently spent an evening looking at the world through a radiologist's eyes. Believe me when I say it doesn't look pretty. One set of images I saw that night struck me profoundly. It was a series of three MRIs taken of the same person over a fairly short span of a few years. With the high resolution imaging, I saw some of the nasty effects of instability and progressive degeneration in the lower back. Through it all, I kept wondering how some of the damage could have been prevented or, at the very least, minimized. Here are some of my thoughts as an avid cyclist and health care provider:

To start with, several months ago, I wrote an article that outlined a short series of core exercises aimed toward the active cyclist ([Feb 2010](#).) Since then, I've made a few small modifications to that article and have been giving it out to nearly every patient in my office, athlete or not. To me, these and other core exercises are a part of the maintenance program that's required to take care of the hardware (bones, muscles, ligaments, etc) we've been provided for this lifetime. To draw an analogy, I think that those exercises are as important to our basic spinal health as brushing and flossing our teeth are to maintaining a healthy mouth. The choice is ours, and, of course, we need only brush the teeth we want to keep.

When I'm working with cyclists who have lower back pain, there are a few things that I keep in mind that are different from working with my non-cycling clients:

First, understanding how the spine moves while it's on the bike is extremely important. For most cyclists on our road bicycles, the lower back will flex into a slight reversal of the normal lower back curve. This happens as we reach forward for the bars and it's accentuated even more when we go into the drops. The magnitude of this displacement can result in biomechanical stresses and strains that injure the soft tissue surrounding the spine, especially if the muscles that are there to protect the joints are too weak to do so. As you might expect, proper bike fit can be a very big factor in assisting with how much strain is induced in the spine. Even a great bike fit, though, may not take into consideration some of your physical abilities and muscular strength.



Another area of interest for me is looking at how the low back responds when it's put under load from pedaling. Our bicycles move forward as a result of the transfer of force to the pedals. The mechanism that creates that force is extremely complicated and begins by using the lower back as the stable platform for transferring that energy as effectively as possible. A strong lower back holds the hips in place so that the legs can push down onto the pedals. And so it is that the back has to be the strongest part of that system in order to resist wear and tear damage from powerful legs. Weakness in the lower back can be discovered on longer rides where the low back muscles may fatigue before the legs. Another place that low back weakness may show up is while climbing. As our cadence slows and leg force increases to go uphill, the lower back may quickly become stiff, achy, and painful because it is overwhelmed by the amount of force being generated by the legs. Again, this makes the case for building a better back by increasing muscular strength and endurance.



If you don't have a copy of that article from February or want a .pdf version of it in your email inbox, please let me know. My intention in writing this article is to continue to bring awareness to the lower back as an area of interest and concern to you, as a cyclist. It requires as much maintenance and attention as any of the basic components of your bicycle. As always, please contact me for more info about this or any topic you'd like to see me write about. Happy Riding!

Read more about Dr. Rosser's adventures as an amateur cyclist [www.rosserchiro.blogspot.com](http://www.rosserchiro.blogspot.com). Andy is the team chiropractor for the [CBC Racing/Olympia Orthopaedic Associates Racing Team](#), and assists other athletes in the community. For more information, he can be contacted at [andy@rosserchiro.com](mailto:andy@rosserchiro.com), or on the web ([www.rosserchiro.com](http://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](mailto: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](mailto: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](mailto: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](mailto: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 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

<b>President:</b> Bill Stevenson	president@capitalbicycleclub.org; 402-2234, or 402-6525
<b>Vice President:</b> Shawn Stevenson	vicepresident@capitalbicycleclub.org; 360-878-1098
<b>Secretary:</b> Sharon Abegg	secretary@capitalbicycleclub.org
<b>Treasurer, Membership:</b> J.D. Miller	treasurer@capitalbicycleclub.org 360-357-5945
<b>Road Captain:</b> Sue Duffy	roadride@capitalbicycleclub.org 360-918-8546
<b>Mountain Bike Captain:</b> Justin Self	mountainbike@capitalbicycleclub.org
<b>Youth Coordinator:</b> Joseph (Jody) Ott	youthcycling@capitalbicycleclub.org 360 878 3967
<b>Government Affairs:</b> Brian Faller	advocacy@capitalbicycleclub.org 360-943-1752
<b>Past President:</b> Blaine Wheeler	pastpresident@capitalbicyclingclub.org 360-705-1148
<b>Promotions:</b> Jeff Cook	promotions@capitalbicycleclub.org 360-561-2567
<b>Publications:</b> Carol DeMent	publications@capitalbicycleclub.org 360-870-8070
<b>Volunteer Coordinator:</b> Greg Mead	volunteer@capitalbicycleclub.org, 360-556-9809
<b>Web Master:</b> Blaine Wheeler	webmaster@capitalbicycleclub.org 360-705-1148
<b>Education:</b> 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?