



Capital Bicycling Club News

July 2010

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

Three Great Summer Rides!! Mark Your Calendars!!

Bike Your Watershed July 25

The 4th annual Bike Your Watershed / Bike the Deschutes event starts and ends at Tumwater Historical Park. There are some new routes, including some longer rides. For kids, organizers will be offering salmon art and the very popular "edible aquifers" prepared by the Girl Scouts. This more-than-just-a-ride will also have snacks, educational booths and music? The best part - the event is FREE. So, please send in your registration forms and pump up your bike tires.

Here's the website with all the information ... <http://web.mac.com/bikeyourwatershed/Site/Welcome.html>

TRYBR Aug. 14

The Tenino, Rainier, Yelm, Bucoda Rally is trying something new this year, being on a Saturday instead of its traditional Sunday slot. Who know? You just might also find some route twists and turns you haven't been on before. Starting location remains at Parkside Elementary School in Tenino. Fully supported. Registration is open from 7:00 AM to noon on the day of the ride, or on-line at <http://www.capitalbicycleclub.org>

RAPSody Aug. 28-29.

RAPSody is a 170-mile weekend bicycle event that starts and ends in Tacoma, Wash. You'll ride plenty of hills (9,000 feet worth) as you cross Puget Sound on the Tacoma Narrows Bridge, enjoy paved trails, scenic back roads and Northwest water and forest views.

RAPSody is hosted by five local bike clubs in support of the Bicycle Alliance of Washington's statewide advocacy and education. Great food, souvenir socks, luggage transport, showers and support all included. Free overnight at Shelton High School, with on-site meals supporting the Shelton youth center.

Registration closes Aug. 20. Sign up soon at www.rapsodybikeride.com

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 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.

2010 Saturday Social Rides End of July and Month of August

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 |

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

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

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

2010 Two County Double Metric Ride Recap

*Just wanted to give you a thumbs up on the bike ride last week.
It was pulled off well and gave me some new spots I'd not seen on local rides or passing through on STP. . .
(email comment by a satisfied rider)*

The 2010 edition of the Two County Double Metric Century was on a super sunny, perfect bicycle Sunday in late June. This is an accurate, truthful, complete and inadequate summary of the day's fun. We had more than 370 riders making it the best turn out in years! (wahoo) None of which would have happened without you, the members, volunteering to make the day for the riders. I like to tell stories about you, so hang onto your helmet and here we go ----

It takes about 40 people to man the event and I like to call as many of them as possible before the big day. My first surprise was calling Linda Nielson in verify she would man registration. She lives in Gig Harbor (?) these days and came down to help out because she really likes the people in our club. Linda wasn't certain she would be able to ride because of a sick finger but she toughed it out and came down to hand out numbers, smile and get others on their way.

My second surprise was finding out the Mike Ballmes was doing both mechanical support and pulling a shift as SAG driver. Thanks Mike. Speaking of SAG and mechanical challenges, Old town Bikes did a tent at Swede Hall again this year which (judging from the dead inner tubes at the end of the day) was very gratefully attended.

Bike Tech's big van truck was invaluable (thank you Dale) to haul 'stuff' first thing in the morning, get food to Mike Polodna at Swede Hall and to Jill and Ronnie over on 140th just barely ahead of the first riders. The engine hardly cooled down before Greg phoned from Twin Oaks begging for more food. Quickly grabbing muffins and watermelons (all there was at registration) the truck and I motored past Maytown (missing the guy who called for SAG and then figured out where he was before we arrived) to Twin Oaks mere moments ahead of a pair of riders. Scott and Chris who were manning the station after Greg and Barb's shift ended pointed to the last very lonely cookie and observed sternly that I had better either have more goodies or make tracks quick. Several personal size melons were speedily scarfed down by the riders while Scott and Chris took off to ride home and I packed up and headed for Swede Hall.

I did wonder why six people were fixing a flat tire by the side of the road. One flat and 5 observers giving moral support and courage. When I saw they were all Club members, that told me all I needed to know.

This is getting wordy so I'll end by saying thanks again to all of you who made the day and especially to Bill Keim for the routes and Greg and Barbara Mead without whom we would not have had a ride.

Blaine Wheeler
Ride Director

New & Renewing Members

Todd Gay, Dan Churches, Simone Javaher, Jack Daray, Janie Daray,
Byron Zarp, Kaz Kozyra, Rachel La Corte, Bill Obert, Trucene
Obert, Barbara Murphy, Jay Emry, Steve Vitus, Louise
LaForest, Michael Dearborn, Doug Wingate, Laurie
Wingate, Michelle Albert, John Albert, John
Hadden Sheila Hadden, Annie Castain,
Susan Murphy, Todd Mason, Julie
Bennett, Jennifer Santoyo,
Jeff Doyle, Rex Derr,
Anne Derr



News, Photos, Job Postings, Things to Do, Or Not . . .

Running out of ideas of places to ride your bike?

Here's an idea—Go Swimming!!

Think cross training if you must. Or just have fun.

Tenino Swimming Pool opens the 4th of July.

<http://www.ci.tenino.wa.us/Photos/Pool/Pool1.JPG>

319 Park Ave W., Tenino WA

Kenny Dell County Park has a beach

Take Black Lake Blvd South to Black Lake Belmore Road, South to 66th then west to the lake.

Long Lake Park is located off Carpenter Road near the County Fairgrounds. They have a swimming beach and volleyball courts.

As tempting as it is, Capitol Lake is not suitable for swimming.

Road Report

Yelm Highway between Boulevard Rd and Henderson Rd is littered with debris, dirt, rocks and gouges in the pavement as work to widen the road continues. It's a two year project . . . Get used to slowing down and riding cautiously or use other roads.

Henderson Road Railroad Tracks near Pioneer Park—All I can say is Hooray!!! Finally the powers that be have come up with a very nice fix to the dangerous corroded asphalt around these tracks. They are now nicely implanted with concrete surrounds and a gentle asphalt ramp up and down, making for a very smooth, safe crossing.

Kaiser Road/Mud Bay Road—Lots of construction happening here, along with torn up roads, lane closures, patches of gravel and the like. Road conditions seem to change on a daily basis so be alert, look ahead and be ready to take the lane safely if the bike lane turns to gravel underneath your tires.

Bicycling Advocate Job

Cascade Bike Club is hiring an Organizer for its Advocacy Department. A successful candidate will be responsible for educating and mobilizing our members and the bicycle community to advance a pro-bike agenda. They will also assist advocacy staff in educating local leaders about the benefits of bicycling and work to secure the passage of laws and policies in the Puget Sound region. Applications due July 28, 2010. Contact <http://seattle.craigslist.org/see/npo/1832728979.html> for info.



Don't Get Caught! . . . Get Help!
Roni "cons" a ride home from a helpful Trooper after she flats.



Here's a Riddle!
Why is Dave & Anita's tandem on top of the car instead of being ridden around pristine Crater Lake?



Answer:
Because there was too much SNOW on the road!! In late June!! What a year it's been for weather, here, there and everywhere.

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

Logos: GroupHealth, Thrivent Financial for Lutherans, Elin Baker's, and others.

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

Board Meeting Minutes July 2010

Present: Bill Stevenson, Pres; Shawn Stevenson, VP; JD Miller, Treas; Blaine Wheeler, Past Pres; Sue Duffy, Road Capt; Greg Mead, Vol Coord; Brian Faller, Gov Affairs; Carol DeMent, Publications
Guests: Tricia Stevenson, Dave Middleton

RAPsody— Dave Middleton reported 111 riders are registered to date. Still need volunteers for rest stops, sag drivers, signage, route marking and an assistant chair to help organize during the last month. The Bike Stand will provide mechanical support on Saturday at their store in Olympia; Joy Ride will provide mechanics for the Yelm Hwy rest stop. Contact Dave Middleton to volunteer at 360 357-7322.

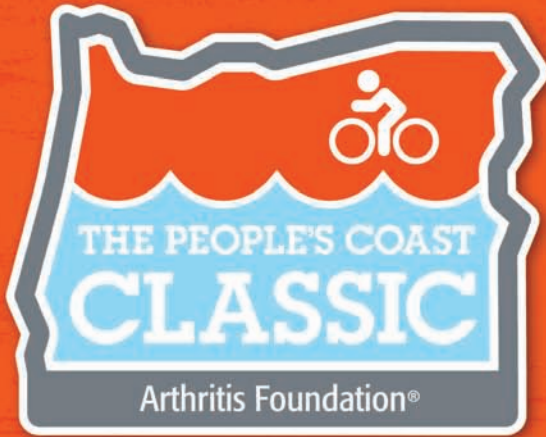
TRYBR— August 14, coming soon! An ad has gone into the Bike Paper; new route maps are in preparation. Will need some volunteers —contact Bill Stevenson for more information at president@capitalbicycleclub.org; 402-2234, or 402-6525

Two County—What a great ride! See full report on page 1.

Volunteer Thank You Postcard—Carol will make a generic thank you card that can be sent to volunteers. Greg will be in charge of getting addresses and mailing.

Legislative Update — A new bill will be presented this coming session which advocates for a balanced approach to sharing the road, and outlines both motorist and cyclist responsibilities and rights. The City of Tumwater has a new city manager who is bike-friendly. Brian will contact.

Meeting adjourned.



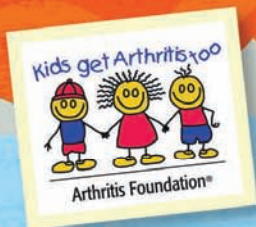
Six days of cycling can stop a lifetime of pain.



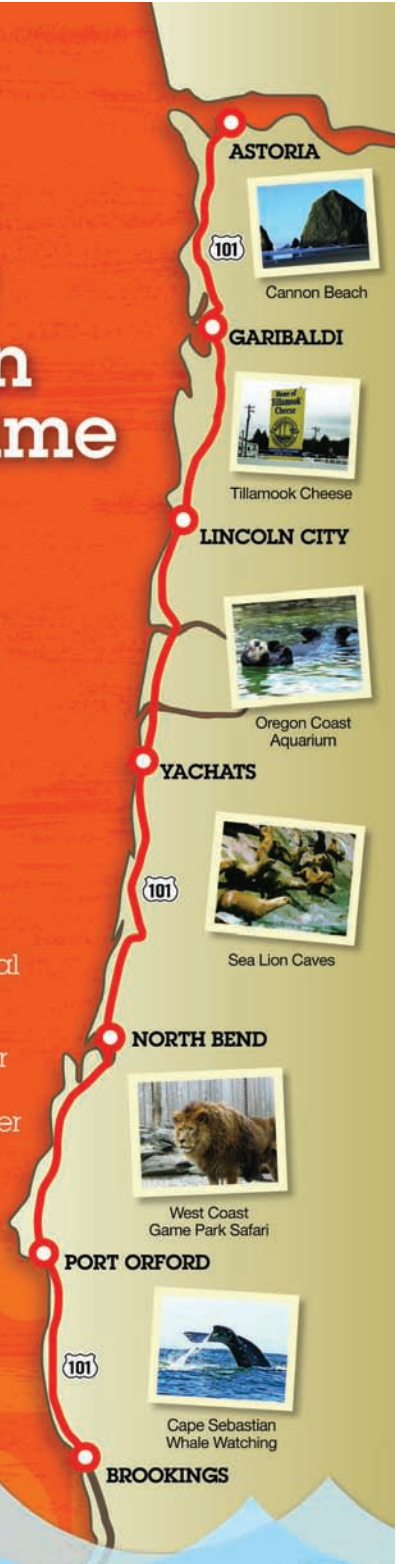
- 363 miles of cycling at your own pace
- 6 days, 52-73 miles/day
- Camping provided – hotels available
- Hot showers
- Fully supported
- Commemorative cycling jersey and water bottle
- Incentive prizes for additional fundraising beyond the minimum
- Hearty breakfast and dinner served daily
- Transportation 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 60 year history of helping children, teens, and adults with arthritis.



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



www.thepeoplescoastclassic.org

Letter to the Editor

I had a rather unfortunate altercation with another cyclist today on the stretch of Yelm Highway that construction crews are widening between Ward and Hewitt Lake. The loose gravel, small rocks and grooves that the construction equipment is etching into the concrete in the bike lane make this stretch dangerous these days. I was hugging the left side of the bike lane going about 18mph, trying to stay as far away from the mess when over my shoulder I hear, "on your left." My understanding of this term (and how I use it) is to make another rider aware of the fact that you are passing them on their left. It is not a request for that other rider move over and even if it were I would not have done so in this case. It would not have been safe for me to do that. This other cyclist was oblivious to the fact we were in a construction zone and that the conditions of the road were less than ideal. He threw a fit when I did not move over and in his haste to pass me he ended up riding through a pothole out in the lane with the car traffic. As we approached a flagger holding a stop sign I told him I had nowhere to go and asked if he had even noticed the condition of the bike lane. He called me an "idiot" and stopped ahead of me at the flagger.

I coasted up to him and asked why he felt it was necessary to call me an idiot—we are both cyclists (I have this

rather naïve notion that we are all brothers and sisters on two wheels). He looked down at my ride first then looked at me and asked whether I was from Washington and I said "yes" and asked where he was from. He said Connecticut and then declared, "You guys don't like confrontation." I was flabbergasted!

As soon as the flagger flipped her sign from "stop" to "slow" I rode off with him somewhere behind me. When we got up to the stoplight at Boulevard I stopped for the red and he coasted up behind me and continued through the red light by riding through the crosswalk. I called out after him in an antagonistic tone, "Oh yah you're from Connecticut alright." I couldn't help myself and now wished I hadn't. This is because him being from Connecticut had nothing to do with how aggressively he rode or how he chose to break the law. No, that was all him personally.

He took off at full speed once he got through the red light. And once I got the green I took off. I could hardly contain my anger and cranked after him. I was incensed that he would question my riding etiquette and then run a red light. I also knew when I caught up to him my mouth would betray my better judgment by saying something snide. I caught him at Rich Road because the light was red. However he rode up on the sidewalk and pressed the crosswalk button to cross. His pulling off was quite unexpected and when the light turned green I rode off and didn't look in his direction. I was really happy it was over and wanted to get back to enjoying my bicycle ride. I had let this guy get the best of me by putting me in a "road rage" kind of way.

My wish is that every cyclist here in Olytown takes the time to recognize how dangerous construction zones are and to keep that in mind when they are overtaking other cyclists. This area of Yelm Highway will be a mess for some time to come.

Neil Twilla

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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andy@rosserchiro.com

My Race of Truth: Outrunning a Hungry Bear

By Dr. Andy Rosser, Downtown Olympia

The individual time trial is called “the race of truth,” because it is stripped down to its bare essentials: a rider, a bike, and a watch. So far, I’ve ridden in two of these time trials myself, and... well, the truth has hurt. After the suffering that it took to even finish the race, I was looking for some other reward than what I got: In both the 2009 and 2010 Mutual of Enumclaw Stage Races, I got dead last. Just in case you started sobbing (or laughing) I would like to point out that relative to the person who matters the most to me in the race (the guy who was next to last) I was 4 seconds faster in 2010. In 2010, I was only 7 seconds behind him. For the 2011 version of the same race, I’m looking for about 10 seconds. Like the old wisdom that you only have to run *slightly* faster than your hiking partner in bear-infested woods, I only have to make up a few seconds next year to break my streak. Call it an annual goal. The following are some of my discoveries on how that might happen.

Since I’m looking for non-pharmaceutical and non-motorized ways of improving my form, I have to look to research to sort out my plan of attack. What I’ve come across is an article written by Asker Jeukendrup, one of cycling’s most published researchers. When it comes to getting the most bang for your buck in cycling performance improvement, he turned to the time trial for his answers. Each of the following tips is based on average performance improvements made in a 40k time trial by professional cyclists. Maybe one of these tips will get me those 10 seconds I’m looking for, and maybe they’ll help you with some of your goals, as well!

<u>Fine Tuning Tip</u>	<u>Seconds Saved</u>
-Specific Training for Time Trial Effort	60-420 seconds
-Altitude Training	24-34 seconds
-Drinking Carbohydrate/Electrolyte Solution	32-42 seconds
-Caffeine	55-84 seconds
-Aerodynamic Frame	77-104 seconds
-Aerodynamic Wheels	60-80 seconds
-Aerodynamic Position	120-150 seconds
-Bicycle Weight (10kg to 7kg)-	5 seconds
-Frontal Surface Area (decrease by 1.84%)	19 seconds



Grimacing from a hard effort in the Capital Criterium 2010. photo by Brian Koder



Depending on how and where you obtain these improvements, the total price tag for these “fixes” might cost upwards of \$20,000 or more as a total package. That’s about \$500 per second (not including airfare and lodging in Colorado Springs, CO.) Between now and next May, however, I don’t anticipate finding a new sponsor to finance my escapades, so I’ll have to do it on a budget. Clip-on aero bars and a cup of coffee AND some dedicated training are my most likely changes for next year. Look out fella! I’m right behind you and I’m being chased by a hungry bear.

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](#), 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 davidslide@yahoo.com

Saturday 9AM

Ride route picked day of ride. Pace varies. Usually 15 plus riders.

Ride is usually 1 to 3 hours including the stand around and chat time.

Meet at the Y (Intersection of Sherman Valley Rd and Middle Weddell Rd)

(1st Sat of every month is trail work day 9AM to 3PM)

Ride Leader: David davidslide@yahoo.com

Sunday at 9AM

Some folks show on Sunday regularly now instead of Saturday

Meet at the Y (Intersection of Sherman Valley Rd and Middle Weddell Rd)

Ride Leader: Who ever shows and wants to lead.

Sunday at 9AM

Shuttle or other Freeride DH activity.

Ride route is randomly decided when you show

Meet at Bike Tech

Ride Leader: Justin Self justinselfdesigns@yahoo.com

*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.

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)
 - Valala (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?