2011 Capital Bicycle Club Saturday Social Rides

Welcome to the Social Ride Series! These rides are designed to give plenty of opportunities to chat with fellow cyclists, smell the roses, view the scenery and stop at bakeries or other points of interest. Riders should be capable of riding for 2-3 hours at the lowest pace noted for the ride. There may be more than one pace group on each ride, **but no one will be dropped.** Ride start time is 10 AM (unless otherwise noted) and most rides proceed even if it is lightly raining. Maps and cue sheets will be provided on each ride. Feel free to contact the ride leaders with questions ahead of time.

Never done these rides before? For your safety and that of the group, please follow these guidelines:

- **Helmets are required;** cycling shorts and gloves highly recommended
- Sign the ride waiver and participant roster
- Perform a brief safety check of your bike (brakes, tire inflation, etc) before beginning the ride
- Use appropriate hand/verbal signals to warn other riders of obstacles, turns, speed changes, etc.
- Make sure you have the means to fix a flat or an alternate way to get home
- Pass other riders on the left; make your presence known when you come up behind another rider
- In pace-lines or when riding in close proximity, ride in a straight line at a consistent speed
- Obey all traffic rules; do not obstruct traffic; likewise, yield to other riders as needed
- Bring enough water, food, money, etc. for the type of ride you are joining
- If you decide to leave the ride, or have problems or concerns, inform the ride leader

Due to the club's insurance policy, participants may ride once as a guest of the club. Return riders must be members in good standing of the CBC. Please ask ride leader for membership information or check the CBC website: www.capitalbicycleclub.org. Questions or comments, please call Sue Duffy, Ride Captain – (360) 918-8546

Pace Information	
1) Easy Pace: 9-12 mph; frequent stops to regroup	*2) Moderate Pace: 12-15 mph, occasional regroups*
3) Steady Pace: 13-16 mph, limited stops	*4) Fast Pace: 16+ mph, limited stops*

Feb 13: Seattle Bike Swap**.** Cascade Bicycle Club www.cascade.org

Feb 27: Chilly Hilly. 33-miles Cascade Bicycle Club www.cascade.org

March 5: Boston Harbor/Fishtrap 20-miles, Pace 2. Lots of rollers and a couple of hills; just enough to get the kinks out of the muscles and be reminded of how great it is to be outdoors on a bicycle. Short and pretty: this ride is a good reason to dust off that frame, pump up the tires and climb back on the saddle for the Saturday Social Rides. We'll meet at the Rose Garden in Priest Point Park, ride to Fish Trap Loop, cut over to Boston Harbor for a rest stop then back to the Rose garden along Boston Harbor Road. Rain OK, ice cancels. Bring extra tubes as there may still be winter debris on the shoulders. Bill Obert centerforempowerment@earthlink.net, 951-6363 (cell), 491-4076 (home)

Mar 12-13: Seattle Bike Expo. Grp Health/Cascade Bicycle Club www.cascade.org

March 12: Wayne's Birthday Bash 64 miles (or cut it short if you like), Pace 2, 3. Ride will include many of the same roads as the TRYBR route. Small hills, rest stops at gas stations. Finishers *might* be treated some birthday cake. Start from Wayne's Place (15632 Topaz Drive SE) @ Lake Lawrence, call for directions to the start or e-mail for a map. Wayne Vanderpol (360) 894-8046 WayneVPol@comcast.net

March 19: McClinchy Mile 27, 34, 47, 100-mile loop all paces B.I.K.E.S www.BikesClub.org

March 19: 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 26: Prather Prelude 38 miles, Pace 2, 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. Carol DeMent, cyclista@comcast.net or (360) 870-7010.

April 2: 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. The ride starts from Swede Hall in Rochester. Light rain OK. Larry Cowan (360) 491-9655 larry.r.cowan@comcast.net

April 9: 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 10: Daffodil Classic 40, 60 & 100-mile loops, all paces, Tacoma Wheelmen www.TWBC.org

April 16; Spurgeon Creek-Waldrick-Offut Road 30 miles, Pace 2, 3. Rolling to flat terrain with a hill or two. This very scenic ride starts at the Starbucks behind Lowe's at the College - Yelm Highway intersection (4660 Whitman Ln SE, Lacey). Light rain OK, heavy rain cancels. Bill Obert centerforempowerment@earthlink.net, 951-6363 (cell), 491-4076 (home)

April 23: Margarita/ Enchilada Ride: 30 miles w/36-mile option, Pace 2, 3. Head out Black Lake Blvd. to Delphi, and on to Steamboat Island to enjoy the hills around Gravelly Beach Loop, add on Ellison Loop if you're up for more. Return via Mud Bay Road and 101. Ride ends at Dixie's house to celebrate with margaritas and enchiladas. Starts at Olympic National Forest Headquarters (2 blocks from the Ellis' home) 1835 Black Lake Blvd. SW, Olympia, WA 98512-5623. Leaders: Laura Phenix/ Dixie Ellis (360) 951-4210. Please RSVP, if possible.

April 30 Overnight to Centralia Starting from the Bike Stand, we'll ride to Centralia and spend the night. Plans are to get together for dinner (and a movie?) at McMenamins, 360-736-5164, www.mcmenamins.com/451-olympic-club-home. We'll head back to Olympia on Sunday. Riders need to reserve their own overnight stay in Centralia. Book your room early to guarantee availability. Further details to come. Ride leader; Bill Stevenson wdstevenso@hotmail.com (360) 402-2234

May 7: Ride Around Clark County 18, 34, 65,100 miles; Vancouver Bicycle Club www.vbc-usa.com

May 7: Bike Tour Cookout 20 – 30 miles, Pace 2, 3. Dust off your touring gear. Lets find our panniers, trailers, or a spouse following with a motorhome to do a trial run with a support group of people who think it is normal and even admirable to ride a bicycle with camping gear attached. Bring your stove and a cookable lunch. We will ride to a local park set up our cooking gear and have a potluck. Then we will relax a bit, compare equipment, talk about tour plans, and ride back to the start. Meet at the Mason Jar Restaurant in Tumwater 408-C Cleveland Ave, Tumwater, http://themasonjar.net/ Lots of parking is available in the Safeway parking lot. JD Miller, (360) 357-5945 jmille2788@aol.com

May 14: Tono Hill Ride 46 miles, Pace 2, 3. Two steep hills that you'll enjoy (or not). Several food stops, one at DQ or a store at the same location. Starts @ Littlerock Elementary School. Rain will cancel. Some heavy traffic sections with no or bad shoulders. Doug Drake (360) 486-9937 doug.dd@hotmail.com

May 21: Bike-N-Brats #1 45 miles, Pace 2, 3. Lots of short hills - includes Johnson Point, Fish Trap Loop and Boston Harbor. Shorter options available. Begin at Olszyk residence: 6810 44th Ave. NE. Cold beverages, brats and snacks afterwards. 44th Ave. is a left-hand turn off Marvin Road going north toward Tolmie State Park. The house is the last on the right before the Forest Park Equestrian Center. Light Rain OK. Anita & David Olszyk (360) 456-2896 david.olszyk@gmail.com or anitaolszyk@gmail.com

May 28: Ride Then Relax Approx 30 and 40+ mile options, paces 2, 3, 4. Start at Tolmie State Park and ride out to Johnson Point with optional routes over to Fishtrap and/or Boston Harbor tbd. Join us after the ride at our house near Tolmie SP for lunch and beverages on the deck, and enjoy the beautiful south sound views. Rain cancels. RSVP Julia Ehr, juliamary123@comcast.net, 360-357-2836

June 4: Bikes and Birds 30 miles, Pace 2, 3**.** Start in the Dancing Goats Coffee Shop parking lot across the street from Olympia's Farmers Market and ride out to the Nisqually Wildlife Refuge. The ride is mostly flat with a couple of gradual climbs and one moderate hill. Bring lunch, walking shoes and a lock. Plan to lock your bike, take a walk on the boardwalk and enjoy lunch. Sue Duffy (360) 918-8546, sue@dyfis.net

June 11: Flying Wheels Century 25,45,70,100-Miles all Cascade Bicycle Club www.cascade.org

June 11: 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

June 18: Tour De Blast 33, 54, 82 mile routes. Longview Rotary Club *www.Tourdeblast.com*

June 18: 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 25: No Ride in preparation for the Two County!

June 26: Two County Double Metric Century. 5 different routes, 20 miles – 200K. (126= 200Km). All paces.– Peter G Schmidt Elementary School, 225 Dennis St SE, Tumwater. Beautiful riding on five different routes, from a family friendly 23-miles to a grueling 200 K that will challenge experienced cyclists. Ride the low traffic roads of Thurston and Lewis Counties. Planned by cyclists for cyclists. Great food stops. Register at the start or in advance at http://www.capitalbicycleclub.org Capital Bicycling Club (360) 480-7356

July 2 Bordeaux Capital Forest Oakville Ride 32 & 56 mile options, Pace 2, 3**. 9 AM start time for 56 mile option!** For 56 milers, we will leave Tumwater Falls Park at 9:00 am and ride to the Little Rock, Hillbilly Beans espresso stand. 32 mile riders, start from Hillbilly Beans espresso stand (6533 128th Avenue Southwest) at 10:00 am (park at the elementary school one block away). We will take Bordeaux and re-group at the pass and the d-line through Cap Forest. After reaching HWY 12 and we wend our way on beautiful back roads to Oakville to eat at a convenience store. Then we will follow Mima Gate Road back to espresso stand, and then return to Tumwater Falls Park. The Bordeaux and d-line hills are memorable but the remainder of the ride is relatively flat and gorgeous. Brian Faller brianfaller@comcast.net

July 9-10: STP. 200 miles Group Health/Cascade www.cascade.org

July 9 &10: July 9 &10: Tokeland Tour; A real STP Alternative, a 2-day tour with an overnight at the historic Tokeland Hotel on the Washington coast. The route will be announced on the club web site and in the newsletter when finalized. Riders can count on a rolling 75-mile ride from Chehalis (perhaps Adna) to Tokeland on Saturday and returning Sunday over a similar route. The club will provide luggage transport and a few snack stops along the way. Participants must reserve their own overnight stay in Tokeland. We offer 2 recommendations, but you're welcome to do your own thing.

1. Stay at the Tokeland Hotel website: http://www.tokelandhotel.com/home.html 360-267-7006.
2. If you own an RV, stay at the Bayshore RV Park, right across the street from Tokeland. (RV only, no tent camping) 800-638-7555.

Once in Tokeland, count on an afternoon relaxing while listening to the surf hit the beach. We'll all get together for a meal at the Hotel, then get ready to roll on home the next day. Hotel rooms are first come, first serve, so book early and don't miss out. If you have any questions regarding this tour or the logistics involved, feel free to contact Dave via email: david.olszyk@gmail.com. In addition, please drop him an email if you're interested in taking part in the ride. That would help greatly in the planning process. Anita & David Olszyk (360) 456-2896.

July 16: Tenino – Tono Grand Prix approximately 30 miles, Pace 2, 3. One short steep hill, the rest are small by comparison, rest stops at gas stations. Start from Tenino City Park. Wayne Vanderpol (360) 894-8046 WayneVPol@comcast.net

July 23: Vashon Island Ride 32 miles, pace 2, 3. For those who want to carpool, meet at the Tumwater Safeway at 8:45 am to load up bicycles. I will have a 7 passenger van which has roof rack and a heavy duty hitch rack that together can hold 7 bicycles. If you are willing to drive also, please bring a rack if you have one. Otherwise, we will meet at Point Defiance in Tacoma to catch the 10:05 ferry. The cost of a ferry ride is $5.55 for an adult with a bicycle. Some significant hills. We should be able to find the bicycle tree as we circumnavigate the island. Plan on eating lunch on the Island. Brian Faller brianfaller@comcast.net

July 30: West Mason County Loop 55 miles, Pace 2, 3. Meet at the Mason County Public Works Office, 100 West Public Works Drive, Shelton. Nice country ride through undeveloped Mason County on county/country roads with rolling hills. Mostly flat and easy terrain, with a few gradual hills. Stops at Matlock General Store, 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

August 5-6/6-7: RSVP I & II 188-miles all paces, Cascade Bicycle Club www.cascade.org

August 6 Gallivant to Anderson Island 55 miles**,** Pace 2, 3. 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, sightsee, eat lunch, or just plain relax. There is a small store for munches and drinks if you don't bring your own. We will catch the Noon ferry to the island. Cost of the ferry is currently $4.70 round-trip. Roni Chapman, Spirit_Tmp@Msn.Com

August 13: No ride in prep for TRYBR

SUNDAY-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 20: Bike-N-Brats #2 40 miles, Pace 2, 3. Ride the Chehalis Western Trail, Rainier Road, Spurgeon Creek, Reservation Road. Shorter options available. Begin at Olszyk residence: 6810 44th Ave. NE. Enjoy cold beverages, brats and snacks afterwards. 44th Ave. is a left-hand turn off Marvin Road going north toward Tolmie State Park. The house is the last on the right before the Forest Park Equestrian Center. Light Rain OK. Anita and David Olszyk (360) 456-2896 david.olszyk@gmail.com or anitaolszyk@gmail.com.

August 27: Lincoln Creek/ Independence Valley 34 miles. Pace 2, 3. Meet at Swede Hall in Rochester for a tour along the rolling hills of Lincoln Creek, a short climb up Manners Road, a wonderfully long downhill on the other side and return to Rochester along Independence Creek. Moderate pace. Riders who want more miles and more hills have the option of taking on the Garrard Creek Loop on their own, or bicycling to the ride start from Olympia. Roni Chapman Spirit_Tmp@Msn.Com

September 3: Tour de Yelm Approximately 30 miles in and around Yelm. Pace 2, 3. Channel JZ, ride through a quiet forest road on Fort Lewis, enjoy low traffic backcountry roads. 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

September 10: **Grapeview, Allyn, Belfair, Scenic Hood Canal, Loop** in Mason Co. approx 40-55 miles depending on preference, Pace 2, 3. Nice country ride that tours through scenic parts of Mason County. This includes Grapeview Loop with great views of Case Inlet, to Allyn, Belfair and along Hood Canal. Enjoy beautiful views of Hood Canal and the Olympic Mountains with rolling hills and a few long steeper hills (one long challenging hill toward the end off SR 106). Light rain OK. Starts and finishes at the ride leaders home, John Keates. 360-427-8384, Keates3@msn.com

September 17: Bald Hills Loop. 49-miles, Pace 2, 3. Stops at 15 and 27 miles. Semi-flat. Start in QFC parking lot on corner of Yelm Hwy. & Rainer Rd. Light rain is OK. Doug Drake (360) 486-9937 doug.dd@hotmail.com

September 24: Tumwater-Rochester Loop. 42 Miles. Pace 2, 3. Mostly flat with a section of rollers along Mima-Gate Road. Stops in Rochester and Littlerock for snacks and/or lunch, as the group prefers. Starts at Blockbuster Video Parking lot in Tumwater (Trosper/Littlerock Roads.). Light Rain OK. Carol Dement, (360) 870-7010, cyclista@comcast.net

October 1: Summit Lake 31 miles. Pace 2, 3. Lots of rollers on this beautiful ride. Meet at the Westside Safeway. Bill Liechty, bliechty@mac.com

October 8: Lasagna Festival. 35 mile, Pace 2, 3. This social ride includes McCorkle Hill "the wrong way." Finish with a sampling of vegetarian and not vegetarian lasagna. Meet at the Miller home at 1024 Surrey Trace SE, Tumwater WA 98501. JD Miller 360 357 5945 jmille2788@aol.com please RSVP

October15: Three Hill Social Ride 50 miles, Pace 2, 3. Enjoy a relaxed/social pace ride through back country Thurston County. Easy/steady pace on the flats and intense efforts on 3 significant hills; Michigan, Manners, and Garrard. Begin at Littlerock Elementary. Frank Neumann, neumannfrank@mac.com

October 22: Rainer Roundabout 30 miles, Pace 2, 3. This is some of the best riding in the Tenino-Rainier area. Mostly flat to rolling terrain exploring rural/farm countryside on both sides of Hwy 507 in the area. Low traffic,low stress. High enjoyment. Meet behind Rainier square at corner of Hwy 507 and Centre st. There is a coffee shop right there on the corner to grab a cup of joe or a bite to eat before and or after the ride. Greg Mead 360 878-2648, bikeinfool50@yahoo.com

October29 Lion's Park Loop 34-miles, Pace 2, 3. An easy ride that includes a dozen or so miles along the Chehalis Western Trail system. Two noteworthy climbs, one that can be bypassed. Starts at Lion's Park; rest stop in Rainier. Sue Duffy (360) 918-8546 sue@dyfis.net