



NEWS

August 2011

Available on the web at:
www.capitalbicyclingclub.org
and at finer local bike shops

Upcoming 2011 CBC Board and General Meetings

Capital Coach House
211 21st Avenue SW, Olympia
(off of Capitol Way and 22nd Street)

First Wednesday of the Month:
Board Meetings - 6:00 pm
General Meeting Programs -
7:30 pm

Next meeting:
September 7th

Contact **Shawn Stevenson** for
program information or to offer
your ideas for programs.
360-878-3967 or [roaddisciple@](mailto:roaddisciple@msn.com)
msn.com

Bicycle Alliance of Washington Fundraiser coming in October

October 22, 2011
Seattle Center Fisher Pavilion
Silent Auction starts at 5:30pm



Help the Bicycle Alliance of Washington shift gears for bicycle advocacy statewide by joining us at our annual fundraiser on October 22! Proceeds from this event support our advocacy and education efforts statewide. These funds help us deliver Safe Routes to School services to districts around Washington and make it possible for us to bring our Hub & Spoke events to bike advocates in their communities. They help us shift the gears of government policies and change the minds of legislators.

Fun is a given at the auction. Besides the silent and live auctions, there is a dessert dash, wine grab bag, and a split-the-pot raffle. Nearly 300 friends of bicycling attend this gala and there's ample time to socialize, catch up with old friends and meet new ones!

Tickets are \$70 each or \$700 for a table of ten, if purchased by September 30. After that date, prices are \$85/\$850. Tickets can be purchased online <http://www.bicyclealliance.org/auction/ticketform.php>, by check, or by phone. Check our auction page for more details: <http://www.bicyclealliance.org/auction/index.html>.

We're still accepting auction donations, and we need a range of items that will generate spirited bidding. Popular offerings include unique experiences, weekend getaways, recreation opportunities, artisan handiwork, gift baskets and gift cards. Use our handy online donation form, <http://www.bicyclealliance.org/auction/procureform.php>, or contact **Louise McGrody** at 206-224-9252 x303 or louisemc@bicyclealliance.org if you have any questions.

We hope you can join us on October 22!

Ride Around Puget Sound (RAPSody) **coming soon! August 27-28**

The Ride Around Puget Sound is a beautiful bike ride organized by cyclists for cyclists. Cross the Puget Sound on the Tacoma Narrows Bridge, enjoy paved trails, scenic back roads, Northwest water and mountain views, and enjoy the company of fellow bicyclists from all over the country on this 170-mile weekend ride. RAPSody begins and ends in Tacoma and takes place Aug. 27-28.

RAPSody is:

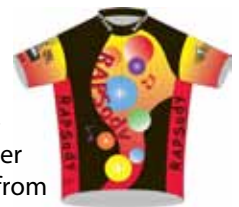
- Challenging** — Rolling hills add up to 9,600 feet of elevation gain
- Friendly** — 400 riders traveling through small communities
- Tasty** — Yogurt parfaits, calzones, sandwich bar, fresh fruit

Hosted by five local bike clubs in support of the Bicycle Alliance of Washington's statewide advocacy and education, this 8th annual ride is known for great food, a beautiful route, and good logistics.

At the halfway point of this two-day loop, there is indoor and outdoor camping at Shelton High School, root beer floats, massage, and on-site meals supporting the Shelton youth center (SOCK).

Organized by: B.I.K.E.S. of Snohomish County, The Capital Bicycle Club, Cyclists of Greater Seattle, Tacoma Wheelmen's Bicycle Club, and West Sound Cycling Club.

Visit www.rapsodybikeride.com to learn more.



www.capitalbicyclingclub.org



CBC Summer Road Ride Roster • April-September 2011

Beginning in April, club members have three rides to choose from on Tuesday and Thursday evenings. Our recreational ride is led by Blaine Wheeler and leaves from Marathon Park at 5:45 pm; Bill Stevenson leads a fitness ride from the Bike Stand at 6:00 pm, and Mike Poladna will lead a slightly faster fitness ride from Falls Terrace at 6:00 pm.

Fitness Ride: 6:00 pm, Bike Stand
Leader: Bill Stevenson, 360-402-2234
Pace: 18–24 mph average
Distance: 25 – miles

Fitness Ride: 6:00 pm, Falls Terrace
Leader: Mike Poladna bikewithmike@comcast.net
Tone: Fitness
Pace: 18–24+ mph average
Distance: 25 – miles

Recreational Ride: 5:45 pm, Marathon Park
Leader: Blaine Wheeler, 360-480-9855
Tone: Recreational
Pace 14–17 mph average
Distance: 25 – 35 miles

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

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 wdstevenso@hotmail.com 402-2234, or 402-6525

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 Farmer's Market.
Ride Leaders: Andy Hix (June 5/Aug 7) 350 915-2446, and Roxanne Lieb (May 1/Sept 4) Roxanne.lieb@gmail.com, 360-870-3700.

▶ **2nd Sunday** meets at Chambers Lake Trailhead.
Ride Leader: Carolyn Burreseon cbburreseon@q.com
EXCEPTION: No ride on August 14 so everyone can ride the TRYBR.

▶ **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 253-805-6681 Jmille2788@aol.com.

▶ **5th Sunday** (May/July) meets at the entrance of Millersylvania State Park.
Ride Leader: Carol DeMent cyclist@comcast.net

Attention cyclists! Message from the City of Tumwater:

Stolen Sewer Grates

The city of Tumwater is reporting an increase in thefts of sewer grates. This could be tragic for bicyclists who ride into an open hole.

If you witness any suspicious persons removing sewer grates from the street, please call 9-1-1 immediately.

Between July 22 and August 10, suspects have stolen several thousand dollars worth of sewer grates throughout the City of Tumwater, as well as in other areas throughout Thurston County. The majority of these thefts are occurring during daylight hours on weekday afternoons. Witnesses have reported seeing possible suspects in a blue 1989 Chevy K-1 pickup. The suspects have been described as Caucasian or Hispanic males dressed in "construction-type clothing".

Anyone with information regarding the sewer grate thefts is requested to contact the **Tumwater Police Department** at **(360) 754-4200**.

The Tumwater Public Works and Police Departments appreciate your assistance in this matter.



CBC Saturday Social Rides • August-Oct. 2011

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.capitalbicyclingclub.org. Questions or comments, please call Sue Duffy, Ride Captain – 360-918-8546

PACE INFORMATION

- ➊ Easy Pace: 9-12 mph; frequent stops to regroup
- ➋ Moderate Pace: 12-15 mph, occasional regroupings
- ➌ Steady Pace: 13-16 mph, limited stops
- ➍ Fast Pace: 16+ mph, limited stops

◆ **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 (Trospen/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, blichty@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



CBC Board Meeting minutes • August 3, 2011

The meeting began at about 6:30 pm.

Members Present: Bill Stevenson, Shawn Stevenson, J.D. Miller, Bill Keim, Brian Faller, Darhl Avery, Carole Bernhardt, Sue Duffy, Blaine Wheeler.

Agenda Topics:

Mountain Bikes – Justin Self contacted Blaine and asked that we add links to the newsletter and website with information about the passes that are required to park in State Parks and DNR. Blaine will take care of including that information.

Finance Report

 – J.D. Miller

There is almost \$14,000 in our account. The final revenue from the Two County ride was about \$3,800. At this point there are only 10 riders registered for TRYBR. J.D. suggested that we offer free rides for various community auctions. There would be little cost to the club and it would help get our name out there. Blaine moved that the Club provide two free ride tickets for our two club events to the Bicycle Alliance for their auction. Bill S. seconded the motion and it passed unanimously.

President Report

 – Bill S.

Bill reported that we have a new place to replace Wolf Haven as a rest stop. It is the Kick Stand Espresso and they have already agreed to serve as the rest stop. The location is just past Wolf Haven where that road meets Highway 99. Bill will talk with the owner about the possible need for a SaniCan. He has not been able to get ahold of any one at the Grange so we won't be able to use that location for rest stop again.

Promotions

 – Carole

Carole checked with Vivala about their participation in the Clubs 10% discount. Since they no longer sell cycling cloths the owner asked to be taken off the list of businesses that provide the discount.

Publications

 – Darhl

Last month was Darhl's first time doing the newsletter and there were lots of details he needed to learn. Since we mail so few the Club no longer qualifies for a permit so stamps are required. Darhl asked if could buy stamps in bulk ahead of time so he didn't need to go each month to buy them. He was authorized to do that as long as the expenses are within the newsletter budget. Darhl asked that any articles for the August newsletter be sent to him by the end of the weekend.

Build-a-Bike Request – Bill S. said that the Build-a-Bike program had requested \$75 to purchase a chop saw. Blaine moved and Bill S. seconded that we approve the request. The motion passed unanimously.

The meeting adjourned at 7:15.

CAPITAL BICYCLING CLUB

*New and renewing members
Thank you!*

Susan Powell, Baron Powell, Andy Newman, Bianca Wulff, Alex Young, Mark Wishnie, David Beigh, Doug Wingate, Laurie Wingate, Peter Bradford, Daniel George DeBold, Martha Trupp, Marvin Doster, Jill Lane, Jeffrey Mason, Wim Verhoef, Yasko Howell, Laurie Rechholtz, Laurel Wolff, Samuel Chun, Christopher Swanson, Bill Sloane, Gerardo Chin-Leo, Bill Ireland, Robert Boyd, Jill Siegrist, Brian Rich, David Middleton, Greg Allen Pickett, Bob Forbes, George Taggart, Tom Newcomb

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

*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)*



Mountain Bike Rides and Races

Area Rides: Recreational

(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 Waddell Rd)

Ride Leader: Rachel mtnbikefun@yahoo.com

Saturday at 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 Waddell Rd)

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

Ride Leader: David davidsride@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 Waddell Rd)

Ride Leader: David davidsride@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 Waddell Rd)

Ride Leader: Whoever 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

Area Rides: Competitive

2011 FOCF Friday Night Race Series

Super D Racing, June 24

July 22 - Run #6 & Hill Climb Battle #2

July 29 - Run #7 & Hill Climb Battle Finals

August 5 - Run #8 and #9

August 12 - Last Run Barbecue and Awards.

GL6racing.blogspot.com for more information

Northwest All Mountain Championships

August 13-14

Saturday: XC Race and Poker Run

Sunday: Super D Race

www.capitolforestclassic.com for more information

**General questions about local mountain biking?
Contact Justin Self, CBC Mountain Bike Captain for
more information.**

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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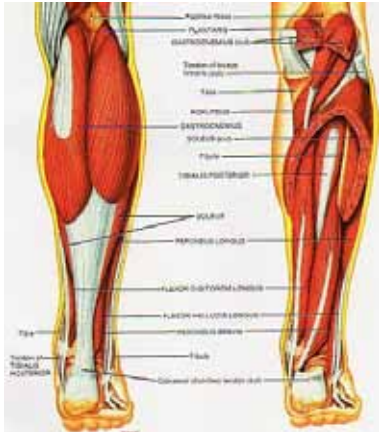
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Calf and Lower Leg Pain During Cycling

By Dr. Andy Rosser, Downtown Olympia

Some of the more familiar complaints that cyclists have are in the hips, lower back, shoulders, etc. Many of us, though, suffer with pain, stiffness, and aching in the lower leg/calf area. Since it's a bit less common, we may not even register that it's related to our cycling, even though the symptoms may be there when we ride. Hopefully the information in this article will shed a little light on the topic and give you some techniques to try if you need them!



Cycling Anatomy of the Lower Leg

Most of us will recognize the gastrocnemius and soleus muscles of the back of the leg. They are the most superficial muscles that we see in the calf. Underneath them, however, is a complex collection of smaller, slender muscles that provide movement and stability to the ankle, foot, and toes. If you hold on to the back of your leg and flex and extend your toes, you will feel these deep muscles contracting under your fingers. They are specialized for detailed movement, and are the fine control that we need for coordinated walking and running. To some degree all of these calf muscles are active and tense throughout the pedal stroke, with peak activation at about 90 degrees forward. At that position, they keep the ankle joint and foot rigid as they transfer power to the pedal. The rigid ankle of cycling is very different from the natural motion provided by our gait, and can lead to overuse of these muscles.

Signs of Muscular Overuse/Treatment

In my experience, both on the bike and in the office, I've observed the larger muscles (gastrocnemius and soleus) recover more quickly than the deeper muscles. Some common complaints in this area are aching legs, heaviness, swelling, cramps and fatigue, as well as tenderness when the muscles are poked or squeezed. Generally these symptoms are worse after cycling, but may be present to some degree all the time. The main goal of relieving these symptoms comes from helping to speed the recovery process, and there are a variety of ways to do so. Since no one technique will work for everyone, I offer this list of ideas to cover some of the basics of good care for athletic recovery. May they serve you well, and keep you pedaling along!



- ✓ Proper stretching of the calf and lower leg, including using a foam roller, or The Stick to help encourage circulation in these muscles.
- ✓ Professional massage therapy is a valuable investment in your recovery, as it can accelerate the healing process and improve your range of motion.
- ✓ Nutritional support in the form of recovery foods following exercise and a natural diet filled with omega 3 fatty acids, lean protein, abundant fruits and vegetables, including anti-inflammatory powerhouses such as blueberries, cherries, ginger, and turmeric.
- ✓ Daily habits that support effective drainage of the legs: proper hydration, elevation of the legs above the heart, and compression socks to improve circulation efficiency.



Read more about Dr. Rosser's adventures as an amateur cyclist www.rosserchiro.com. He is the team chiropractor for the CBC/Olympia Orthopaedic Associates Racing Team, and assists other athletes in the community. For more information, he can be contacted at andy@rosserchiro.com.



PHOTOS FROM THE TRYBR, AUG. 14TH

On the road headed to the TransAlta power plant.



Two anxious riders ready to hit the road.



Bill Stevenson, CBC President, working his magic at the bike support tent.

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:

Signature(s)

Date

(Family memberships require the signatures of all adults aged 18 or older)

- 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

Send this form with your check to: CBC Membership, PO Box 642, Olympia, WA 98507

2010-11 CBC Board

President: Bill Stevenson..... president@capitalbicycleclub.org; 402-2234, or 402-6525
Vice President: Shawn Stevenson..... vicepresident@capitalbicycleclub.org; 360-878-1098
Secretary: Bill Keim secretary@capitalbicycleclub.org; 360-786-5752
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: Riley Kendig youthcycling@capitalbicycleclub.org
Government Affairs: Brian Faller advocacy@capitalbicycleclub.org 360-943-1752
Past President: Blaine Wheeler pastpresident@capitalbicyclingclub.org 360-705-1148
Promotions: Carole Bernhardt..... promotions@capitalbicycleclub.org 360-943-1944
Publications: Darhl Avery publications@capitalbicycleclub.org 360-790-0782
Webmaster: Blaine Wheeler webmaster@capitalbicycleclub.org 360-705-1148
Education Programs: Vacant
Volunteer Coordinator Team: Dixie Cattell dcattell@comcast.net, Team Leader with Nathan Williams and Greg Mead



★ CLUB MEMBERSHIP BENEFITS ★

- ✓ Tandem rental @ The Bike Stand (\$10/day)
 - ✓ Bike box rental @ The Bike Stand (\$25 per use)
 - ✓ Free 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)
 - BikeTech (parts and accessories)
 - 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?

