



NEWS

October 2011

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

Upcoming 2011 CBC Board and General Meetings

Letter from the CBC President

By Bill Stevenson, CBC President

In the Charter of the Capitol Bicycling Club one of the stated goals is something to the effect of "supporting cycling in all of its varied forms." While the club is doing a commendable job of supporting sport/fitness or enthusiast cycling it is sadly lacking in virtually every other area.

Sometimes we do make an attempt, such as the class aimed at new cyclists. However, I can only guess that due to recent lack of promotion, filling those classes at a minimum of six or seven students has proved difficult or impossible. I find it difficult to believe that there are not enough Newbies out there struggling with the intricacies of shifting, braking and riding in a straight line to fill these classes.

Other areas that are woefully unsupported include children, young adults and a group I will refer to as more mature than myself.

Sometimes, like after doing tech support all day for a Cub Scouts Bicycle Rodeo, I will appreciate that one barrier keeping people from riding is the daunting cost of equipment. Having recently watched the joy my granddaughter experienced riding a "hand me down" 24-inch wheeled mountain bike I can really appreciate how the unused, and outgrown clutter in one person's garage can change another person's life. The CBC needs to be involved in this. I am willing to be involved but I can't and will not do it all myself. The need is too big and too varied. Many people could be put on unused bikes which are cluttering our lives. However storing, repairing and distributing these bikes is a daunting task. At some point we may deplete these resources to the point that new bikes are required. The CBC is not without resources however, and a project of this magnitude could and would deplete what we have relatively quickly.



I can hear many of you now thinking "blah, blah, blah. Sure we can change the world by putting everyone on bicycles" That is not what I am proposing, at least not now. I have a relationship with some people who are working with a local grade school. They have a place for storage and a method to identify needy or deserving children. Christmas is coming. I have some time I am willing to donate to repair and renew good quality used bikes which would be appropriate for K through 6th grade. What I need are the donation good used bikes, or donations for New bikes that the Bike Stand will provide at our cost. I will put together the first ten or so myself. Beyond that I may need some skilled help

Maybe changing the world by putting people on bikes is beyond our means, but I do think we can pull off putting a few grade school children on wheels, and what better time than at Christmas? If you can help out with project you contact me by e-mail at wdstevenson@hotmail.com or you can usually find me at the Bike Stand Tuesday through Saturday.

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: November 2nd

General Meeting program – Dr. Andy Rosser talking about "Gems from the Clinic: Tips and Tricks I've Learned from Taking Care of Cyclists"

Contact Shawn Stevenson for program information or to offer your ideas for programs. 360-878-3967 or roaddisciple@msn.com



CBC Fall / Winter Road Ride Roster • 2011

Continuing Rides:

- **Saturday Social rides** – continue through October.
- **Bike Stand Fitness Ride on Tues. & Thurs. night**
Meets at 5:30 pm - Will continue until Thursday, October 20.

- **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
wdstevenson@hotmail.com
402-2234, or 402-6525

NEW RIDE

Saturday Fixed Gear Rides:

Saturday mornings at 10 am from the Bike Stand.

Rides range from 25 to 45 miles with a 16+ average and moderate climbs depending on weather and season. Most days we return before 1 pm. We ride rain or shine, so fenders with mud flaps are appropriate. Gears are welcome but generally do not mix into the fixed paceline. The main concept of this ride is to work hard, sit up occasionally and have fun.
Ride Leader: Scott Smith
velosmith@me.com

**Spin Classes start
Tuesday, October 25
at THE BIKE STAND.**

**CAPITAL
BICYCLING
C • L • U • B**

Approved Helmets are REQUIRED on ALL Club Rides

- Listed start times means the time at which the action will begin, not the time at which you pull into the parking lot.
- Come 10-15 minutes early to get ready so you don't delay other riders.
- Pace may vary depending on who shows up to ride on any given day.

Due to the club's insurance policy, participants may ride once as a guest of the club. Return riders must be members in good standing of the CBC. Please ask ride leader for membership information or check the CBC website: www.capitalbicyclingclub.org

Saturday Morning CUPPA Rides: November – February

Meets at 10:00 AM at rotating start points (below). If the weather is too crummy, relax and have a cuppa java with your cycling pals instead. Weekly CUPPA Start Locations:

1st Saturday of the Month

Leader: Laura Phenix /

Length: 30 miles

Start Point: Dancing Goats Coffee Shop (*across the street from Oly Farmer's Market*)

111 Market St., Oly - Meet in back parking lot

2nd Saturday of the Month

Leader: Anita Olszyk / anitaolszyk@gmail.com

Length: 32.1 miles

Start Point: Starbucks (*across parking lot from Fred Meyer*)

5312 Littlerock Rd. SW, Tumwater 98512

3rd Saturday of the Month

Leader: Carol DeMent / cyclista@comcast.net

Length: 32.7 miles

Start Point: Tenino Smokehouse & Pizza Parlor

(*corner of Hwy 99 & 507/ inside the Dave's Market and Scotty B's parking lot*)

639 E Lincoln, Tenino 98589

4th Saturday of the Month

Leader: Doug Drake / (360) 486-9937

Length: 29.5

Start Point: Starbucks Coffee Shop, College & Yelm in Lacey

(*official address; 4660 Whitman Ln. SE*)

5th Saturday of the Month (December)

Leader: Sue Duffy / sue@dyfis.net

Length: 30 miles

Start Point: Dancing Goats Coffee Shop (*across the street from Oly Farmer's Market*)

111 Market St., Oly - Meet in back parking lot.



CBC Saturday Social Rides • 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

- 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

◆ October 22: Rainier 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, bikein-fool50@yahoo.com

◆ October 29: 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.

This is the last ride of the Saturday Social Rides for the year.

See the road ride roster for all available club rides throughout the fall and winter months.

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

CAPITAL BICYCLING CLUB

*New and renewing members
Thank you!*

Dan Fender, Nancy Nelson, Jeffrey Ott, Allen Fricke, Mark Knight, David Brine, Greg Mead, Carol Cairone, Nick Toompas, Kally Toompas, Greg Wendel, Josh Newkirk, Lynne DeLano

LIGHTS!



Don't forget to get lights on your bikes if you don't already have them on. The days are getting shorter with less daylight and you want to make sure you can see and be seen!



CBC Board Meeting minutes • October 5, 2011

The meeting began at about 6:30 pm.

Members Present: Bill Stevenson, Shawn Stevenson, J.D. Miller, Bill Keim, Justin Self, Carole Bernhardt, Blaine Wheeler.

Agenda Topics:

Aero Bars

There was a general discussion about the use of aero bars on club rides. The concern was expressed that in a pace line the use of aero bars is unsafe. Braking is slower and there is less control with aero bars. The question is whether there should be a Club position about their use on their sponsored rides. Bill suggested that we develop some language to be included with our ride information, similar to helmets required, stating that aero bars should not be used on Club rides when riding in a group or pace line. It was moved by Carole and seconded by Bill S. that we add such of statement to our information about club rides. The motion passed. Bill S. said that he would develop a statement.

Mountain Bike Captain - Justin

Justin said it was good that the notice appeared in the newsletter about the required Discovery Pass when parking in the Capital Forest. He suggested that it should be in every newsletter for awhile. Justin also reported that it was a very good mountain bike season. An exciting development is that Stevens Pass has installed lift assisted mountain bike courses. There were 400 riders last week but the area will close soon for the season. Justin also suggested that there should be a notice in the newsletter that hunting season was open so riders should be mindful of the potential danger. Bright colors are a very good idea. Justin announced that he planned to hold a race next fall since the bridge has been replaced on Noschka Road. It has been out for about two years and is a necessary access point for race support vehicles.

Promotions – Carole

As a follow-up to the discussion at our last board meeting Carole provided a few examples of ride maps. The Cycle Oregon map was professionally produced by a map company for \$1,000. She also followed up with the Canadian man who rode TRYBR and the system recommended was Ride With GPS. The third example was a Google map that was used on last Saturday's ride. Blaine mentioned that Bike Toaster is another option that's available. Carole suggested that someone take on the responsibility of reviewing options and then come up with an alternative. Bill K. offered to map a ride with various options so the Board could see the difference. Blaine suggested that he redo the 70 mile ride for the Two-County. Bill agreed and will begin working on it.

Finance Report – J.D.

J.D. reported that we have about \$16,000 in the Club account. Anita is interested in having the membership data base management taken over by someone else. J.D. said that if there wasn't anyone else interested he would handle it until someone could be found. He also asked if it would be OK to have an electronic version of the card that members could print themselves. There seemed to be support for the idea but a few board members said they liked the laminated cards.

Webmaster - Blaine

Blaine said he is going to replace the calendar on the website to create a more visually appealing one. He is also considering changing the look of the website during the winter. The question came up about jersey orders and Blaine said there were about 10 at this point. Blaine also suggested that membership information be placed in the DropBox folder that he recently set up so everyone on the board has access to it.

Board and Volunteer Positions - Shawn

Shawn asked if the Twin County position is vacant. Blaine said he was willing to do the ride again but he would like to train someone else. Riley is interested in continuing as Youth Director. For Volunteer Coordinator Shawn has listed Dixie with one or two other volunteers. In response to the election email Shawn sent to the membership, he received 19 proxy votes for the proposed slate of candidates. We need 25 votes for the election of Board members.

The Board Meeting adjourned at 7:30 and the General Membership Meeting began.

Board Election

Bill S. explained that the slate of candidates was sent out by email and proxy votes were submitted by 19 members. Bill then asked for a vote on the nominees and all 11 members in attendance voted in favor of the slate of candidates.

Following the election the movie *Seasons* was shown.



Deliver more power to your pedals with the Body-Weight Squat

By Dr. Andy Rosser, Downtown Olympia

Who's willing to suit up in lycra and take a picture of himself doing a body-weight squat for all the world to see? That's right... This guy! I didn't choose this exercise lightly, either. I think it's a very important one for all cyclists. It mirrors some of the movement patterns that we require to ride a bicycle, and it's easy to learn. (No equipment required!) The rest of this article will focus on how and why you should be doing this exercise for your cycling health.

One of the reasons that the squat is so powerful is that it calls multiple areas of the body into action in a coordinated movement pattern. The legs, hips, and spine are all linked together, just as they would be with other natural movements of the body. Another reason it's such a good exercise is that it's done while standing up on our feet, instead of laying on the ground or on the sled of an exercise machine. It's just you and your body against gravity, *au naturel* (plus lycra, if you like.)

Those of you who have read some of my previous articles will know that I frequently talk about having strong and mobile hips and a strong and stable spine. In other words, "Move the hips, stabilize the spine." This is a basic concept of healthy human movement that I bring up over and over in my office, and here it is again with this exercise. When you attempt to do this exercise, try to feel where your body moves. It should be primarily through the hips, with very little stress on the knees and very little stress on the lower back. Our anatomy is designed to work this way, and the big strong muscles of the hip are there to make it happen. Without proper engagement of the gluteal muscles, the knees and lower back are in danger of being injured over time due to wear and tear. It's very easy to start thinking of this squat exercise as a way to potentially prevent overuse of the lower back and knees. The bottom line is that this exercise will help you deliver more power to your pedals and prevent early fatigue by engaging your strong gluteal muscles instead of relying on other muscles to do the work. Let's take a look at how to do this exercise:

Directions:

- 1) Stand with feet approximately hip to shoulder width apart and toes pointing straight forward or just slightly out.
- 2) With arms forward, bend at your hips and slowly push them backwards, as if you are trying to sit back on a chair.
- 3) Lower yourself until your knees are bent to about 90 degrees.
- 4) Hold for a count of 1-2 seconds.
- 5) Return to standing by pressing your heels into the ground and extending your hips by squeezing the gluteal muscles.
- 6) Repeat 10 times.

****Tips:**

During the entire exercise, the front of the knees should not drift forward of the toes. Doing so will cause unnecessary stress on the knees and diminish the benefits of this exercise. Also, maintain a neutral curve to your spine, don't stress your joints by rounding the back. Keeping your eyes up and focused ahead will help you do so.



Tips on how to perform the body-weight squat: 1) Scoot your hips back first, 2) keep your knees behind your toes, and 3) maintain the curve of your lower back.

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.



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

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



Reminder to MTB riders!

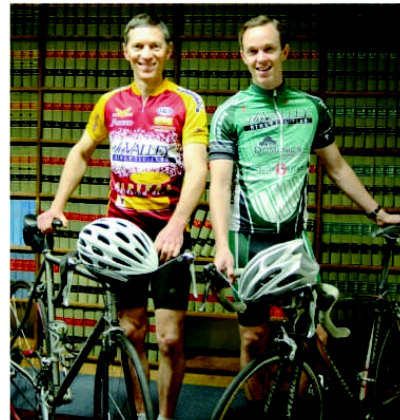
If you are heading to the Capitol Forest to ride, you now need a Discover Pass for parking.

The Discover Pass must be displayed on your vehicle when visiting state recreation lands managed by the Washington State Parks and Recreation Commission, the Washington State Department of Natural Resources and the Washington Department of Fish and Wildlife. The fine for not displaying the pass is \$99.

The Discover Pass may be purchased:

- Online
- In person from any of nearly 600 recreational license vendors where state fishing and hunting licenses are sold.
- By phone (866) 320-9933
- When you renew your vehicle license (beginning fall of 2011)
- At State Parks headquarters and region offices, and at state parks when staff is available

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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Help! I need cycling photos

Mike McQuaide from Bellingham here.

I've got a question/request — I'm looking for some decent, high-resolution photos of riders taken from routes in the the Rochester-Rainier-Vader (ish) area? If anyone might have pics from these routes, could you please contact me? I'd like to use them for my book. Unfortunately, I can't pay but I can give photo credit and a free copy of the book. Here's a photo of the book cover.



Thanks much and I hope to hear from you soon.

Sincerely,

Mike McQuaide

www.mcqview.blogspot.com

www.facebook.com/mcquaide.mike

rosserchiropractic

posture • balance • movement

sports injury
core fitness



prevention
wellness

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

360.754.6499
www.rosserchiro.com
andy@rosserchiro.com

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The shop voted the best bike shop for women wins a Terry Symmetry Bicycle and a women's event night hosted by Terry in their store. The person that nominated and submitted the winning story also wins a Terry Symmetry Bicycle. It's easy to enter—no photo required, just a heartfelt note about your favorite shop. Entry deadline is October 26th.

http://www.terrybicycles.com/RIF?utm_medium=email&utm_source=cpmaster&utm_campaign=EM20111005

Incoming 2011-12 CBC Board members



President - Bill Stevenson
VP - Shawn Stevenson
Secretary - Bill Keim
Treasurer, Membership - J.D. Miller
Road Captain - Sue Duffy
Twin Country Ride Director - Assistant needed
TRYBRR Directors - Laura Phenix and Sue Duffy
Youth Co-ordinator - Riley Kendig
Government Affairs - Brian Faller
Past President/Web Master - Blaine Wheeler
Promotions - Carol Bernhardt
Newsletter/Publications - Darhl Avery
Education - VACANT
Mountain Bike Captain - Justin Self
Volunteer Coordinator Team - Dixie Cattel + 1-2 VACANCIES

We need an assistant to help Blaine prepare Twin County. Ideally, someone who would be willing to learn how to be lead organizer next year. Education is still vacant. We also need 1-2 people to help Dixie on the Volunteer Co-ordination Committee.

*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)*



Winter fitness training classes ready to start

Fall is in the air and the days are rapidly becoming shorter. What seems like only weeks ago we were complaining about temperatures in the 80s and 90s and were able to ride in the evenings until nearly 9 o'clock with adequate light. Last night the temperature was in the low 60s and well before 8 o'clock the light was iffy. We will soldier on for another week having moved the starting time of the Tuesday and Thursday night rides up to 5:30. But soon forced by worsening weather and the earlier onset of darkness we will be making a change. On Tuesday October 25th we will begin a series of classes which will be given every Tuesday and Thursday night throughout the winter and early spring. This program is promoted by The Bike Stand, in co-operation with The Capital Bicycling Club with the express goal of preserving the fitness of our seasoned friends and customers and helping to build the fitness and technique of those just getting started.

Once again this year the classes will take place in the upstairs loft at The Bike Stand beginning at 6:00. To participate you will need a bicycle, and an indoor trainer. To maximize the class a heart rate monitor is extremely helpful as is in bicycle computer with a cadence feature. And while numerous fans will be provided, a towel to wipe the sweat off your forehead and water bottle for fluid replacement are handy. This year storage for your bicycle and trainer will be available between classes on a first come first serve basis in the upstairs loft.



As in the past I will teach these classes based on a program developed by Lance Armstrong's personal coach Chris Carmichael which he calls "Train Right, Train Smart". The basis of the program is a series of efforts or varying lengths and intensities which are controlled by heart rate and pedal speed. The program is specifically intended to improve cycling fitness and technique as well as building and maintaining cycling specific musculature. As with most modern training programs the workouts are broken into four week sections with week one starting with a series of intervals usually four sets and an additional set intervals added each week through week four. Each month long series is aimed at a particular cycling skill such as climbing, time trialing, sprinting, endurance building, or improving pedal speed. Typically the first weeks class last about 50 minutes increasing about 10 minutes a week until week four is about one hour and twenty minutes. I know to some of you this seems like a long time to spent on an indoor trainer. However, in practice the effort regulating method of using heart rate and pedal speed to control exertion has allowed some complete beginners to successfully take part in the program. In addition, the social aspect of having a group to train with cannot be dismissed. I know I find it much easier to spend an hour and twenty minutes on a trainer when I have a group of sweaty, red-faced friends to look at. And each class starts with a ten minute warm up and each set of intervals is followed by a rest period during which you keep your feet spinning but don't work too hard.

Another interesting social aspect of the classes has been the friendships that have been started and built up during past classes between people of very different cycling skill levels. Remember, no one gets dropped in an indoor trainer class. In fact no one even knows how hard you are even working so there is no artificial distinction created between people of differing fitness levels based on how fast you can go. Nor will I ever ask anybody for a little more effort or intensity. The classes are what they are each program is available at the beginning of each four week section in writing. You supply the intensity. If the most you can bring on Thursday is to make your feet go round, so be it. No one will be the wiser and you'll be ahead of where you would have been if you'd have gone home and sat on the sofa.

Oh and one last thing the classes are free! The space and my time provided by The Bike Stand/Alpine Experience, because we think it's in our long term advantage to keep you fit healthy and on your bicycle. So be there or be square every Tuesday and Thursday night at 6 o'clock. You'll thank yourself come spring.

**Spin Classes
start Tuesday,
October 25
at the
Bike Stand.**



Free Bicycle Maintenance Clinics

Mondays 7:00 to 8:00 p.m. at THE BIKE STAND

October 24th Drive Train Overhaul

During this class the drive train of a modern multi-speed bicycle will be completely disassembled, cleaned, and reassembled. This is a job that every cyclist should learn how to do. In this climate drive train overhauls need to be performed often. The job requires only a few special tools and is well within the skill set of almost anyone with the will to do the job. If you were to ask your friendly bicycle mechanic to perform this job for you he would charge you somewhere in the area of \$90.

October 31st The Care, Feeding, and Adjustment of Bicycle Drive Trains

During this class the adjustment of front and rear bicycle derailleurs will be demonstrated and discussed. In addition derailleur cable replacement will be demonstrated. This is another class that requires few special tools and no special skills. Perfect for the "budding" bicycle mechanic.

November 7th Cable Activated Brakes, How they function and how to adjust them

During this class the various designs of bicycle brakes will be shown as will the various methods of adjustment be demonstrated, as will brake pad replacement. This is an important skill for the cyclist to at least understand due the serious safety aspects. Cable replacement should be done at least annually and is easily accomplished by most new mechanics. Few special tools are required and parts are quite inexpensive.

November 14th Bicycle Wheel Building

During this class a tried and true method of spoking a wheel will be demonstrated. However, the intention of the class is not to turn loose a new batch of wheel builders on the community but to use the process to make a complex subject more accessible. Particular emphasis will be placed on making good component choices. Numerous secrets of the dark art of wheel building will be revealed.

November 21st Wheel Trueing

Proper "tensioning", "dishing", and "trueing" will be demonstrated and discussed as we take the wheel we spoked last week from loose to tight round and straight. Once pointed the right way, most "budding" mechanics can relatively easily acquire this skill if riding regularly will find it particularly useful.

November 28th Gear Ratios

How to compute, use them efficiently and change them if necessary. Learning these skills can change your life as a cyclist. This is literally the "Holy Grail" of cycling. This class is a little dry but even if you only "get" part of it, every cyclist can benefit from learning some of these secrets.

December 5th Bicycle Bottom Brackets

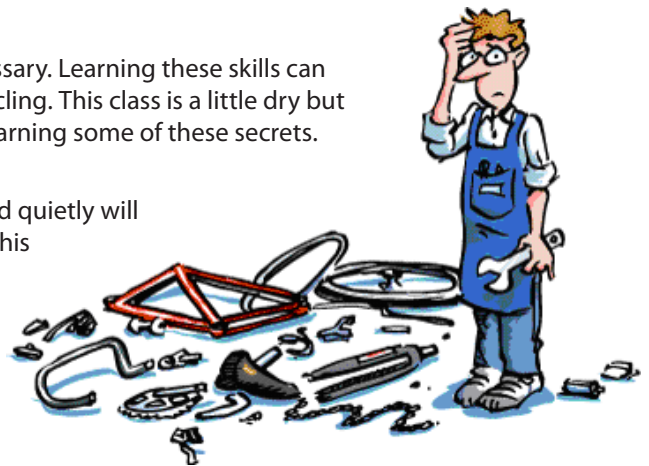
This bearing unit which allows the crankset to turn smoothly and quietly will be disassembled, cleaned, lubricated, and reassembled during this class. In addition, national thread standards will be explained and discussed. Several examples of new designs will be shown and their virtues and vices explained. As always, tool requirements and costs will be part of the discussion. Like most bearing surfaces, bottom brackets should be lubricated at least once a year.

December 12th Bicycle Headsets

During this class examples of both threaded and threadless headsets will be disassembled, cleaned, lubricated and reassembled. Required tools and their costs will be discussed as will national thread standards. In addition, examples of the newest technology in headsets and fork design will be shown.

December 19th Bicycle Hubs

During this class a front and rear hub will be disassembled, cleaned, lubricated, and reassembled. Axle threading, bearing size, and required tools will also be discussed. Again this job should be done at least once a year and requires only a few relatively inexpensive tools for most hubs. This is a perfect first job for most aspiring mechanics.



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
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Is it time to renew your membership?

