



# NEWS

December 2011

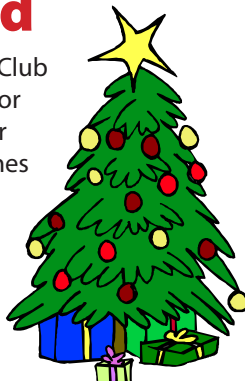
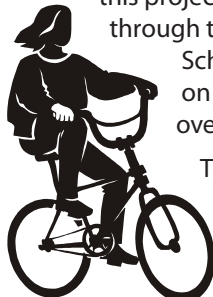
Available on the web at:  
[www.capitalbicyclingclub.org](http://www.capitalbicyclingclub.org)  
and at finer local bike shops

## Upcoming 2012 CBC Board and General Meetings

### CBC gives the gift of bicycles to kids in need

During this holiday season, our Capital Bicycling Club led by President Bill Stevenson, undertook a Bikes for Kids project. The call went out to club members for bicycle donations and Bill did receive a few used ones that will be refurbished for the program. However, the CBC Board felt that to really make an impact, they wanted to add to the program with purchased bikes. The Board unanimously authorized an expenditure of \$600 to purchase new bikes for this project. The bikes will be distributed through the Peter G. Schmidt Elementary School program to provide bikes to kids on their Free and Reduced price lunch list. They have over 100 children on that list.

Thank you to Bill for spearheading this project and bringing the gift of a new bike to local area children and brightening their holidays. Who knows, maybe we'll create some future Capital Bicycling Club members!



### CBC Holiday Event (New Years Day ride)

For those of you that are new to the CBC, you may not be aware that a major social event of the upcoming year for CBC members is rapidly approaching.

The **New Years Day party** is a potluck which follows the annual New Years Day ride, and takes place at my small house. We hope to squeeze in even more than the fifty-five plus that attended last year.

**Where:** Bill and Trish Stevenson's house

**Location:** 3800 Lorne St SE #B, Olympia

**Description:** January 1, 2011, 12 noon

**Why?:** Don't miss this holiday tradition, rain or shine! How Far? 35 mile route with shorter options. And most important – the ride is followed by a potluck. Come for the potluck around 2:30 pm.



**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: **January 4th**

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



# CBC Fall / Winter Road Ride Roster • 2011/2012

## Continuing Rides:

### • **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

## **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**

## **Approved Helmets are REQUIRED on ALL Club Rides**

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

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

## **Saturday 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](mailto: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**

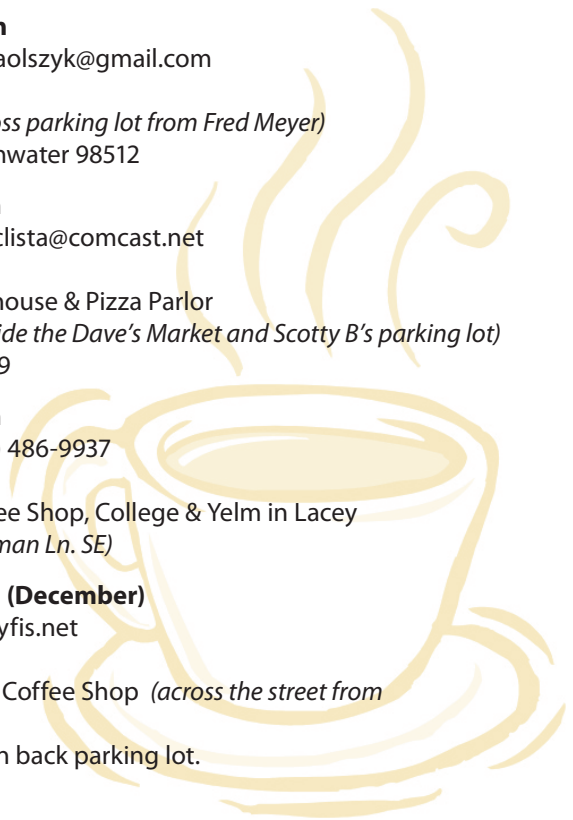
Leader: Carol DeMent / [cyclista@comcast.net](mailto:cyclista@comcast.net)  
Length: 32.7 miles  
Start Point: Tenino Smokehouse & Pizza Parlor (*corner of Hwy 99 & 507/ inside the Dave's Market and Scotty B's parking lot*)  
639 E Lincoln, Tenino 98589

### **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](mailto: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.



# Mountain Bike Rides and Races

## **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

## **Area Rides: Recreational**

(Not all the rides listed are CBC Club rides-call the ride leader before you go!!)

### ■ **Monday Night at 6pm**

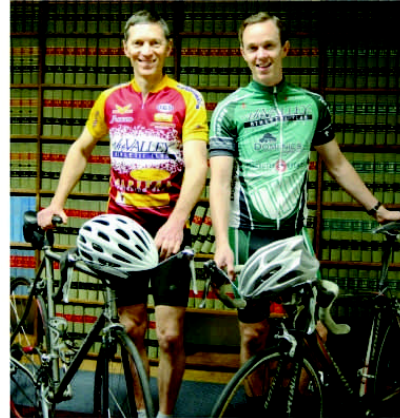
Good waterproof bright light system now needed !!  
Ride route picked day of ride. Pace varies.  
Ride is usually 1 to 2 hours including the stand around and chat time.  
Pace: This ride is intended to be beginner friendly at a recreational pace.  
Meet at the Y (Intersection of Sherman Valley Rd and Middle Waddell Rd)  
Ride Leader: Rachel [mtnbikefun@yahoo.com](mailto: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](mailto:davidsride@yahoo.com)



## **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**

**CTM** CONNOLLY TACON & MESERVE  
ATTORNEYS AT LAW • A PROFESSIONAL SERVICES CORPORATION  
201 5th Avenue SW, Suite 301 • Olympia, WA 98501

### ■ **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](mailto: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](mailto:justinselfdesigns@yahoo.com)

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



**Winter riding tips!** *With the winter rains setting in, now's a good time to pause and remind ourselves of those rainy day cycling hazards.*

**On Group Rides:**

- Allow extra braking space between riders.
- Fenders and mud flaps are a MUST.

**In General:**

- Ride smoothly and brake well in advance of where you need to stop – your brake pads will take extra time to grip wet rims. Salmon colored brake pads tend to grip better in wet conditions than black or green pads.
- Be extra alert for road debris and blow down from windy days.
- It's hard to see glass on wet pavement; carry at least one extra tube.
- Chip Seal is drier to ride on than asphalt, as the water seeps down between the chips and so doesn't spray as much.
- Metal surfaces (tracks, grates, manholes), painted surfaces (fog lines, crosswalks, etc), raised cautionary dots, and strips of sealing tar are significantly more slick than the road surface, especially when you are executing a turn over top of them.
- Be bright! It's hard to see cyclists in dark, foggy and rainy weather. Use lights, reflective tape and the safety of groups to be more visible to motorists.
- To prevent excess wear on moving parts, rinse the grit off your bike and especially the drivetrain after a ride. Dry the chain, clean off excess lube and add a touch more if needed to prevent rust.
- To preserve brake pads and rims, hold a cloth to both sides of your tire rims and spin them to remove road grit and oils.
- Periodically take a safety pin and pick the glass chips and road grit out of your tires to prevent the surface debris from working its way through the tire and puncturing your tube. It's no fun to change a flat in the rain.

## Free Bicycle Maintenance Classes

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



**December 26th**

**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.

**January 2nd**

**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 derailer cable replacement will be demonstrated. This is another class that requires few special tools and no special skills. Perfect for the "budding" bicycle mechanic.

**January 9th**

**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.

**January 16th**

**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.

**January 23rd**

**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.

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

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www.rosserchiro.com  
andy@rosserchiro.com



# Athletic Recovery: Cover the Basics, Then Get Fancy

By Dr. Andy Rosser, Downtown Olympia



*Compression Socks are one of the more fashionable additions to your recovery plan.*

I remember getting a little queasy and shaking my head the moment I saw Lance Armstrong being interviewed while he casually wore a pair of black, knee-high compression socks and white sneakers. I knew that athletic fashion-sense was about to be altered forever for the sake of recovery. In fact, over the past few years, I've heard the word "recovery" getting thrown around in all sorts of situations.

Used as an adjective, it's a powerful word that has magically transformed otherwise normal objects and activities into cycling-specific miracles of enhanced performance. Drinks, shakes, meals, stretches, beer, soda, candy, socks, tights, baths, naps, massage... you name it. Moving into the high-tech realm, muscular electro-stimulation machines, anti-gravity treadmills, compression chambers for the legs, etc. are all part of the array of aids that are available to athletes for recovery. Some are cheap, some cost more than my car.

The truth is, I'm just as infatuated with most of the techniques as anyone else, especially with my interest in health and healing. In fact, as I typethis article, my calves feel like they are being squeezed by boa constrictors in my first pair of compression socks. (Who knew I'd ever be excited about getting SOCKS for my birthday?!) I can only imagine the elite-level recovery techniques that are, for the moment, hidden from us, but will eventually trickle down to the average athlete.

But, even with all the sexiness that these gadgets and techniques offer, I do feel drawn to keep them in a little perspective. So far, I haven't seen a gadget on the market that is as powerful as dedicated focus on some of the most basic habits that we all, from time to time, take for granted: good sleep, good nutrition, and a reasonable training schedule. The rest of this article will touch on some of the benefits that these healthy basics can make to your overall recovery plan. I hope they help you, too!

**Sleep:** Just ask anyone who has suffered from inadequate sleep on an occasional or chronic basis how they feel. Proper sleep, has the power to unlock our body's amazing healing potential. It affects the repair process, mood, motivation, immunity, reaction time, and general vigor.

**Nutrition:** Choices of foods and timing of our meals can deeply affect our performance and the repair process that follows exercise. Good food choices can make or break the ability to come back from a hard workout and then do it again. There are probably few things as powerful as food when it comes to meeting or torpedoing your goals.

**Training:** Last, but not least, is creating a training plan that gives you a balance of exertion and downtime in order to give your body the stimulus and space it needs to make change. Cyclists are known for their tendency to ride fullsteam, but wisdom is knowing when going easy will ultimately making you stronger.



*Viparita Karani is a restorative yoga pose that can relieve congestion in the legs after hard exercise.*



Read more about Dr. Rosser's adventures as an amateur cyclist [www.rosserchiro.com](http://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](mailto:andy@rosserchiro.com).



# CBC Board Meeting minutes • December 7, 2011

The meeting began at about 6:40 pm.

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

## Agenda Topics:

### Newsletter – Darhl

Darhl discussed the timing of the December newsletter. He needs any submissions by Dec. 16 to get it out just after Christmas and ahead of the New Year's ride. Darhl also suggested getting a club Twitter account and volunteered to set it up. The board members agreed that it would be a good idea. Bill K. suggested that we put a note on the website encouraging folks who shop on Amazon.com to do so through the Club link. Blaine said he would add it to the website and Darhl said he would put something in the upcoming newsletter. J.D. asked that there be a permanent note in the newsletter about the Amazon rebate the Club receives.

### President's Report – Bill S.

Bill S. requested funding again to cover food for the New Year's Day ride. Blaine moved and J.D. seconded that we authorize \$150 for that purpose. The motion passed unanimously. Bill also reported on the Bikes for Kids project and requested that we spend \$500 to purchase new bikes. He has received three used ones that will be refurbished for the program, but would like to add to that with the purchased bikes. The bikes would be distributed through Peter G. Schmidt Elementary School program to provide bikes to kids on their Free and Reduced Lunch list. They have over 100 kids on that list. Bill has contacted a supplier and asked them to help sponsor with a reduced price for the bikes, but he hasn't heard back yet. Blaine moved and J.D. seconded that we authorize \$600 to purchase up to five bikes for this project. The motion passed unanimously.

### Finance Report – J.D.

J.D. provided a financial report which hasn't changed much from last month. The Club has a balance of about \$16,000 with about \$8,000 in checking. J.D. suggested that some of the checking account funds should be moved to a CD. Bill K. asked about the revenue from Amazon.com. J.D. said that last month we received \$43 from them which may cover a couple of months.

### Webmaster – Blaine

The bill has come in for website hosting for next year which Blaine paid with the debit card. It's \$115 for the year. Anita agreed to work with Blaine to assist with the Two-County ride. The tentative date is Sunday, June 24 which is the same week as last year and the routes will be pretty much the same as well. The TRYBR has been renamed and redesigned as the Ride the South Sound (RSS). It will be held on Sept. 9 and will start and end at Percival Landing.

### Promotions – Carole

The Bike Expo folks are asking if we want a booth and if so, where. We were on the second floor last year in an area with similar groups. That seemed like a good location and the group agreed that the Club should have a booth again. Carole also asked if we could have maps of our rides available. Blaine said that any map we provide would be tentative since there will likely be road construction closer to the event that will change the route. The Bicycle Newspaper is also asking if we want to run ads again this year. It was agreed that we should put the description in now and take out an ad closer to the event. Carole will write a paragraph for each of our Club rides and submit them. Bill suggested that she request the camera ready copy to proof so the description isn't inaccurate like it was last year. Carole also asked about the Bicycle Quarterly and whether we should put an ad in the publication. The group agreed that she should go ahead again.

### Govt. Affairs – Brian Faller

Brian reported on the Bicycle Alliance. They are not doing much legislatively this year. When their bills progress through the Legislature, he suggested that we notify our membership to inform them and generate support.

The Board Meeting adjourned at 7:25 and the General Membership Meeting began.



Mark Your Calendars ....  
It's Coming and You are Invited.

**Get Your Goals 2012 Party**

Sat., Jan. 21, 3 - 6 p.m.

*GoGetItGal.com Launch Party and  
Joy Ride Sale for Women*

Don't miss the fun: sale on women's gear,  
community, music, vendors and prizes.

Keynote Interview with Local cycling legend  
Louise Taylor talks about longevity  
in your sport. (@ Joy Ride Bikes in Lacey)

Go to: [www.gogetitgal.com](http://www.gogetitgal.com) or  
[www.joyridebicycles.com](http://www.joyridebicycles.com) for more details.



**Go Get It Gal**   
for women who dream big and play hard

*Spin Classes every Tuesday and  
Thursday night, throughout early  
spring. 6:00 pm at the Bike Stand.*

Spin classes 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 cycle computer with a cadence feature.



This year storage for your bicycle and trainer will be available between classes on a first come first serve basis in the upstairs loft.

**NEW AND RENEWING CLUB MEMBERS**

Thank you!

Mark Thornton, Carol Woodward, Matt Ferrel,  
Bridget Sipher, Mark Samson, Paul Elwood,  
Deborah Campbell

**COME JOIN US!**

**LOOK FOR DETAILS  
COMING NEXT MONTH  
FOR THE NEW  
"RIDE THE  
SOUTH SOUND"  
CLUB RIDE COMING IN  
SEPTEMBER, 2012!**



VISIT US ONLINE AT OUR CLUB WEBSITE:  
[WWW.CAPITALBICYCLINGCLUB.ORG](http://WWW.CAPITALBICYCLINGCLUB.ORG)



OR FOLLOW US ON FACEBOOK AT:  
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CAPITALBICYCLECLUB](http://WWW.FACEBOOK.COM/CAPITALBICYCLECLUB)



OR FOLLOW US ON TWITTER AT:  
[@CBC\\_OLYMPIA">WWW.TWITTER.COM  
\(@CBC\\_OLYMPIA\)](http://WWW.TWITTER.COM)

*Hey CBC members,  
help the club by making your  
amazon.com purchases through the  
Capital Bicycling Club website.  
Click through the Amazon banner  
on the CBC homepage, and the club will  
get a portion of the purchase price,  
at no extra cost to you!!!*



## 2011-12 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  
**Web master/Past president:** Blaine Wheeler.. webmaster@capitalbicycleclub.org 360-705-1148  
**Promotions:** Carole Bernhardt..... promotions@capitalbicycleclub.org 360-943-1944  
**Newsletter/Publications:** Darhl Avery..... publications@capitalbicycleclub.org 360-790-0782  
**Education Programs:** Vacant  
**Volunteer Coordinator Team:** Dixie Cattell .... dcattell@comcast.net, Team Leader  
 + 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 Coordination Committee.*

## ★ 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?

