



NEWS

January 2012

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

Upcoming 2012 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: **January 4th**

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

RIDE THE SOUTH SOUND (RSS)

◆ September 9, 2012 ◆



An intrepid team of experienced cyclists from the Capital Bicycling Club has designed a whole new ride for you to try out in 2012 and we think, no, we KNOW you'll really like it.

Ride the South Sound (RSS) offers five fully-supported routes (10, 20, 40, 60 and 100 miles). We've made sure there's a route for you, from family-friendly-easy to challenging. Our ride starts



and ends in downtown Olympia's beautiful Percival Landing waterfront park on Budd Inlet. Once you begin your ride you'll enjoy more views of Puget Sound's waterways, farmlands, and forests as you explore the peninsulas around Olympia. Whether you are a serious cyclist, a family introducing the little ones to bicycling, or a novice trying out your first organized ride, you will find a route to enjoy on RSS.

We guarantee well-spaced food stops with yummy eats, and the opportunity to stop along the way to test the food and lattes at several of Olympia's noteworthy bakeries and delis. Don't worry, there are a few good hills on some of the routes to help you burn off those extra calories!

After the ride, you can shower at the marina, stroll the mile-long boardwalk and maybe even visit the vibrant Farmer's Market with live entertainment, all within easy walking distance of the start and end point of the ride. Truly a day that the entire family will enjoy.

So save us a place on your 2012 ride calendar for **Sunday, September 9, 2012**, then try the ride and see if it's as good as we say.



We will be posting more information about Ride the South Sound (RSS), including routes and elevations, as the ride date gets closer. Please check back with us by clicking on Capital Bicycling Club's website at www.capitalbicycleclub.org.

Ride Leader Meeting: January 22, 1:00 pm

All-important meeting to set the Saturday Social Ride Schedule and voice your thoughts about ride leadership, club rides, activities and the like. It's your club; come make it happen!! There are a lot of Saturdays between March and October - The way to spread the load is for lots of you to lead rides.

It's easy - you get a map, pick a date, find the sign up sheet and show up. Well, it isn't quite that simple, but it isn't hard either. We have a ton of maps so come on out and lead a ride.

Meeting Time:

January 22 - 1:00 pm at JD and Joanna Miller's home, 1024 Surrey Trace SE, Tumwater.

To RSVP and get directions, call JD at 360-357-5945 or email treasurer@capitalbicycleclub.org

To volunteer to lead a ride, contact Sue Duffy at roadride@capitalbicycleclub.org or 360-918-8546 or show up at JDs.



CBC Winter Road Ride Roster • 2012

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: January – 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.

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





Seattle International Bicycle Expo

March 10 and March 11

(Volunteers get in free! See below for details)

This year's Seattle International Bicycle Expo is on **Saturday, March 10 (9 a.m. to 6 p.m.)** and **Sunday, March 11 (10 a.m. to 4 p.m.)** at the Smith Cove Cruise Terminal 91, 2001 W. Garfield Street in Seattle. Adult tickets are \$10. Ticket purchases are cash only but an ATM is available on site.

Come see our club's display at booth number 435 and chat with our volunteers. Then walk around and enjoy the rest of the exhibits of bikes, clothes and gear, travel and fitness. Information about the Expo's special presentations and features will be announced in

mid-January on Cascade Bicycle Club's website (www.cascade.org) by selecting "events & rides" then "Seattle Bicycle Expo."

Calling all volunteers we need volunteers to help run our club's booth at this year's Bicycle Expo. We guarantee that you'll have a great time so give it a try! You'll also get free parking and free admission as a thank you for volunteering.

Call Carole Bernhardt at 360-943-1944 or email promotions@capitalbicycleclub.org to sign-up or for more information.

Free Bicycle Maintenance Classes

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



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 Truing**

Proper "tensioning", "dishing", and "truing" 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.

January 30th **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.

February 6th **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.

February 13th **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.

February 20th **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.

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



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!**

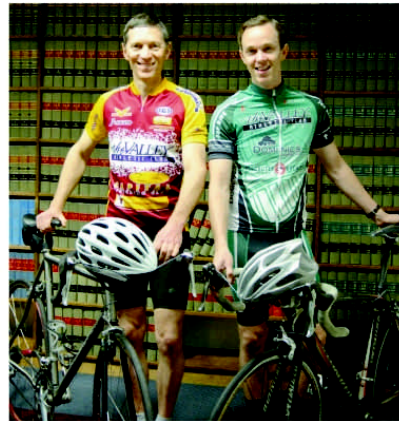
If you are heading to the Capitol Forest to ride, you now need a Discover Pass for parking.

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
- 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!

olylaw.com • (360) 943-6747

CTM CONNOLLY TACON & MESERVE

ATTORNEYS AT LAW • A PROFESSIONAL SERVICES CORPORATION

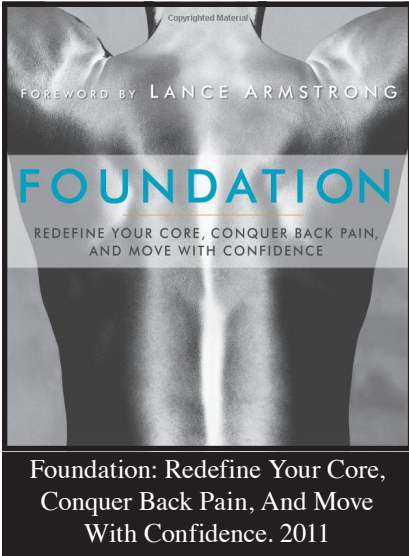
201 5th Avenue SW, Suite 301 • Olympia, WA 98501



Building a Better Cycling Posture

By Dr. Andy Rosser, Downtown Olympia

Recently, I listened to an excellent podcast by Victor Jimenez of Bicycle Lab (www.bicyclelab.com.) He was interviewing Peter Park and Dr. Eric Goodman, two people who I have developed a bit of a fascination with in terms of holistic back care. In 2011, they published a book called **Foundation: Redefine Your Core, Conquer Back Pain, and Move with Confidence**. It was written to introduce people to new concepts in core conditioning/training, and to create a new framework for thinking about how our bodies function. From my perspective as a care provider, here are some of the main things that I took away from the interview that may be of interest to you, as well:



First of all, they make the point that most of us have faulty movement habits when it comes to using our core. Instead of moving through the hip joints and keeping the spine stable, we tend to move through the lower back joints. This overloads the joints, discs, ligaments, and muscles that support the spine, and over time, can lead to injuries. These habits develop from years of sitting and other activities that encourage rounding and slumping forward. From a cyclist's perspective, rounding the lower back when you're riding causes significant stress on the lower back by compressing the discs and stretching the ligaments of the spinal joints. Add into the equation pushing down on pedals, and the stress on the joints jumps up exponentially. One of the goals of getting comfortable on your bike is by finding a position that maintains as near neutral as possible.

During this interview, the authors also note that the "Core" is not where most people think it is. Unfortunately, magazine articles and dated thinking is still influencing exercise techniques. Many people still do sit ups in an effort to strengthen the core, without realizing that they are doing very little towards that goal. In the authors' eyes, the core is the collection of muscles, tendons, and ligaments that make up the posterior chain, namely, the back, hips, and hamstrings. The exercises they have developed and borrowed from pilates, yoga, and other disciplines all include a focus on these areas.

Lastly, they addressed a topic that comes up quite frequently in my office. It is that people become frustrated that they can't hold an upright posture for very long before becoming tired and slumping again. In the interview, they spoke of the concept of "effortless posture." Once we address strength and flexibility in the muscles that maintain our posture, we can naturally stand and sit for longer. When it comes to cycling that means that we might get in that extra hour or so on the bike and not have it lead to lower back pain, shoulder pain, hand pain, etc. Many riders I know aren't limited by their fitness, but by their comfort on the bike.

Hear the Podcast: <http://bicyclelab.com/interview-peter-park-and-eric-goodman/>



Here I am performing The Founder, one of the basic exercises of the program.



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.



CBC Board Meeting minutes • January 4, 2012

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:

Finance Report – J.D.

As of January 4, the Club's balance is \$15,450.77. J.D. also provided copies of the proposed 2012 budget and the year-end 2011 report. For 2011, the budget assumed a negative \$1,750 balance for the year, but the actual was positive by \$572 for the year. Dixie suggested changing the TRYBR to RSS in the budget. Carole had some questions about the Promotions activities in the budget. Some of the expenses fall under the Two-County and RSS rides as expenses. It was agreed that we should take action on the budget at the next meeting.

Webmaster – Blaine

Blaine reported that the Two County Ride expenses will be about the same as last year. Instead of giving shirts to riders we will be ordering hats. The consensus of the discussion was that hats are more popular than shirts.

Regarding *Map My Ride*, Blaine sent an email to board members asking if we should renew. The cost is \$90 a year and it didn't seem like there was a lot of interest in keeping it. Sue also asked about Decide to Ride. There's a \$45 cost for the website. There was a consensus that we should continue with the program and cover that cost. They would also like to have more instructors trained for the program by the League of American Wheelmen, but since there is a cost, it needs to be people who will follow up and provide the training.

Blaine also said he will be redesigning the website and asked for pictures that might be good for the top of the webpage.

Mountain Bike Captain – Justin Self

Justin is planning a mountain bike event this year. The race is scheduled for Oct. 20 after most of the other events are over. It will be a three stage downhill race, utilizing three different trails. Justin will provide transportation from the large Waddell parking lot to the top of the first run. The next two runs will connect in sequence from the end of the first ride.

Interest has grown quickly in the race through word-of-mouth so Justin thinks it will be a very popular activity. He is more concerned that there would be more interest than space available in the ride. Justin also wanted information about renting Porta-Potties and how to handle on-line registrations. Blaine offered to help with a registration site on the club's website.

Justin also requested an increase in the \$300 Mountain Biking annual budget to help front costs for the event. Justin is confident, though, that revenue and donations will cover those costs. Some potential confusion arises with the multiple parties involved. The Friends of Capital Forest are supporting the event but may or may not be willing to be a co-sponsor of the

event. Blaine will meet with Justin to further develop the proposed club involvement and bring that back to the next board meeting.

Promotions – Carole

On behalf of Laura, Carole asked for someone to take pictures of Harbor House, East Bay Drive, Boston Harbor, Johnson Point, Delphi Valley, Capital Forest, Steamboat Island and Carlyon Beach for marketing the RSS.

Carole has gotten ads in the NW Tour Guide, the Bike Paper, and BAW Newsletter about the Club's two sponsored rides. She has also paid for the Club's booth at the Bike Expo which is scheduled on March 10 and 11. The price went up by about \$200. Carole will also come up with an article about the Expo for the next newsletter.

Carole mentioned that we're the only Club she could find with no information on our website yet about our 2012 sponsored rides. She asked that we get information posted. Carole also provided a draft of a business card sized handout with brief info about the Club rides with web addresses. The intent is to use those as handouts for people walking by our booth at the Expo.

Secretary – Bill K.

Bill K. continued the earlier discussion about changing the official start time of our Board meetings. He then moved and Blaine seconded that we move the Board meeting to 6:30 pm. The motion passed.

Volunteer Coordinator – Dixie

Dixie reported that the first RAPSody meeting will be held next week. Blaine reminded her to let them know about the change in TRYBR to RSS since it will no longer be available as a training ride.

President's Report – Bill S.

Bill S. reported that he had received a check from Alpine Experience for their contribution as a ride sponsor for 2011. On the Bike for Kids project, Bill hadn't been able to find any suppliers that offered children's bikes so he didn't use the funds authorized at the last meeting to purchase any discounted bikes. There were eight used bikes donated though, which Bill refurbished. Seven of them went to Peter G. Schmidt Elementary, and one went to a returning veteran's group.

Bill also said that he would like to spend about \$60 for a stopwatch to be used for spin class and for time trials that he plans to restart next summer. Blaine said it would be fine to make the purchase from the President's budget.

The Board Meeting adjourned at 7:45 and the General Membership Meeting began.



Interested in connecting with the CBC and staying updated on all the upcoming events?



Visit us online at our club website:
www.capitalbicyclingclub.org



Or follow us on Facebook at:
www.facebook.com/capitalbicycleclub



Or follow us on Twitter at:
[@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!!!

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.

Winter riding tips!

With the winter rains here, 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.

NEW AND RENEWING CLUB MEMBERS

Thank you!

Ann Hartman, Tim Hartman,
Kent Wienker, Deborah Behre,
Gregory Harrison, Mark Gray,
Steve DuBois

**COME JOIN US
AND ENJOY THE
BENEFITS OF CLUB
MEMBERSHIP!**



2012 CBC Board

President: Bill Stevenson..... president@capitalbicycleclub.org; 402-2234, or 402-6525
Vice President: Shawn Stevenson..... vicepresident@capitalbicycleclub.org; 360-250-1098
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
Webmaster/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 Two County Double Metric and RSS rides

Plus 10% Member Discounts at these local businesses:

- The Bike Stand (parts & accessories)
- Joy Ride (parts & accessories)
- BikeTech (parts & 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?

