

2010 Capital Bicycle Club Saturday Social Rides and Challenge Rides

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

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

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

Due to the club's insurance policy, participants may ride once as a guest of the club.

Return riders must be members in good standing of the CBC. Please ask ride leader for membership information or check the CBC website: www.capitalbicycleclub.org. Questions or comments, please call Sue Duffy, Ride Captain - (360) 918-8546

Pace Information

1) *Easy Pace: 9-12 mph; frequent stops to regroup
occasional regroup*

2) *Moderate Pace: 12-15 mph,*

3) *Steady Pace: 13-16 mph, limited stops*

4) *Fast Pace: 16+ mph, limited stops*

Feb 27: Seattle Bike Swap. Cascade Bicycle Club www.cascade.org

Feb 28: Chilly Hilly. 33-miles Cascade Bicycle Club www.cascade.org

March 6: Boston Harbor/Fishtrap 20-miles, Pace 2. Lots of rollers and a couple of hills; just enough to get the kinks out of the muscles and be reminded of how great it is to be outdoors on a bicycle. Short and pretty: this ride is a good reason to dust off that frame, pump up the tires and climb back on the saddle for the Saturday Social Rides. We'll meet at the Rose Garden in Priest Point Park, ride to Fish Trap Loop, cut over to Boston Harbor for a rest stop then back to the Rose garden along Boston Harbor Road. Rain OK, ice cancels. Bring extra tubes as there may still be winter debris on the shoulders. Andy Hix (360) 867-1198

Mar 13-14: Seattle Bike Expo. Grp Health/Cascade Bicycle Club www.cascade.org

March 13: Wayne's Birthday Bash 63 miles (or cut it short if you like), Pace 2, 3. Ride will include many of the same roads as the TRYBR route. Small hills, rest stops at gas stations. Finishers *might* be treated some birthday cake. Start from Wayne's Place (15632 Topaz Drive SE) @ Lake Lawrence, call for directions to the start or e-mail for a map. Wayne Vanderpol (360) 894-8046 WayneVPol@comcast.net

March 20: McClinchy Mile 27, 34, 47, 100-mile loop all paces B.I.K.E.S www.BikesClub.org

March 20: Case - Tilley Loop 38-miles, Pace 2, 3. A relatively flat and easy early season ride that includes pretty scenery and one short steep hill on McCorkle Road. The ride starts at the Tumwater Safeway parking lot. We will do multiple regroup stops along the way but bring plenty of water and snacks. Light rain OK. Bill Keim (360) 786-5752 keimstal@comcast.net

March 27: Prather Prelude 38 miles. Moderate pace 3. Flats, rollers and one note-worthy climb. Good warm-up for the cycling season ahead. Two rest stops plus one regroup. Starts at Millersylvania State Park. Leader: Carol DeMent, cyclista@comcast.net or 360 870-7010.

April 3: Garrard Creek. 30 miles. Pace 2, 3. Flat to rolling terrain with one attention getting climb. Very rural farmlands and forest. Stop at Oakville for snacks. Starts from Swede Hall in Rochester. Light rain OK. Larry Cowan 360-491-9655 larry.r.cowan@comcast.net

April 10: Waldrick – Tenino – Case Circle 42-miles, Pace 2, 3. A beautiful tour circling from Tumwater to Tenino along Waldrick road and back along Case Rd. Moderate terrain with a few hills. Stop in Tenino for snacks and water and back to Tumwater on back roads. Starts at the Tumwater Safeway parking lot. Bill Keim (360) 786-0947 keimstal@comcast.net

April 17; West Side Ride. ~ 30 miles. Pace 2, 3. We'll meet at Marathon Park and head out the west side, via Division and Evergreen Parkway to Old Hwy 410. After riding the 410 loop we'll connect with Delphi via McKenzie. Head out Delphi and return downtown by way of Black Lake Blvd. and Sapp Rd - a beautiful ride at a nice social pace. Light rain OK. Rebekah Edwards 250-6582 or Cameron Jackson 259-0636

April 18: Easter Daffodil Classic 20, 50, 80 & 100-mile loops, all paces, Tacoma Wheelmen www.TWBC.org

April 24: Across the Delta and Back 30 - 40 miles, Pace 2, 3. Across The Delta And Back. We'll start at North Thurston High School (park near the tennis courts and swimming pool bldg.) and work our way over to the Yelm Hwy, across the reservation, and then up to Northwest Landing for a rest stop. Coming back we'll take a different route. Some hills. Light rain OK. Keith Templeton 412-1597

May 1: Ride Around Clark County 18, 34, 65,100 miles; Vancouver Bicycle Club www.vbc-usa.com

May 1: Tumwater-Rochester Loop. 42 Miles. Pace 2, 3. Mostly flat with a section of rollers along Mima-Gate Road. Stops in Rochester and Littlerock for snacks and/or lunch, as the group prefers. Starts at Blockbuster Video Parking lot in Tumwater (Trosper/Littlerock Roads.). Light Rain OK. Maggie Cable (360) 561-2949

May 8: Lewis County Historical Ride; 20, 46, 72.100 miles; <http://cyclelewiscounty.org/lchr/>

May 8: **Late Spring Ride** 15 or 30 miles, Gallagher Cove/ Oyster Bay/ Steamboat Island. 15 and 30 mile options, Pace 2 / Pace 3, 4 respectively. Both routes start and finish on Totten inlet at Carolyn and Frank's home with post-ride refreshments and snacks with a view - 5500-78th Ave NW. Frank Neumann, neumannfrank@mac.com, co-leader Sue Duffy, sue@dyfis.net
Directions:<http://www.mapquest.com/maps?city=Olympia&state=WA&address=5500+78th+Ave+NW>

May 15: Tono Hill Ride. 46 miles, Pace 2, 3. Two steep hills that you'll enjoy (or not). Several food stops, one at DQ or a store at the same location. Starts @ Littlerock Elementary School. Rain will cancel. Some heavy traffic sections with no or bad shoulders. Doug Drake (360) 486-9937 doug.dd@hotmail.com

May 22: Vashon Island Ride. 30 mile ride around Vashon Island. Social pace 2, 3. We will meet at Point Defiance in Tacoma to catch the 10:05 ferry. The cost of a ferry ride is \$5.45 for an adult with a bicycle. Some significant hills. We should be able to find the bicycle tree as we circumnavigate the island. <http://www.wsdot.wa.gov/ferries/fares/FaresDetail.aspx?tripdate=20100205&departingterm=16&arrivingterm=21> JD Miller jmille2788@aol.com, (253) 905-6681 (cell) and (360) 257-5945.

May 29: Tour de Yelm. Approximately 30 miles in and around Yelm. Channel JZ, ride through a quiet forest road on Fort Lewis, enjoy some low traffic backcountry roads. Pace 2, 3. 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

June 5: Bike-N-Brats. 45 miles, Paces 2, 3. Lots of short hills. Includes Tolmie State Park, Johnson Point, Fish Trap Loop and Boston Harbor. Shorter options available. Begin at Olszyk residence; 6810 44th Ave. NE. Beverages and snacks afterwards. 44th Ave. is a left-hand turn off Marvin Road going north toward Tolmie. The house is the last on the right before the Forest Park Equestrian Center. Light Rain OK. Anita & David Olszyk (360) 456-2896 olszyk@pacifier.com

June 6: Peninsula Metric 50, 100 km www.TWBC.org

June 12: Flying Wheels Century 25,45,70,100-Miles all Cascade Bicycle Club www.cascade.org

June 12: Kincaid Lupine Day Celebration. 20 mile loop. Pace 2. A bike ride and a walk in a beautiful meadow. Join the Boistfort Valley in celebrating the Kincaid Lupine. We will meet at the Baw Faw Grange at 995 Boistfort Road in Curtis WA at 10:00 *sharp* (to be back in time for lunch). Parking is available at the Boistfort Elementary School, 983 Boistfort Road next to the grange. Limited parking is available at the Baw Faw Grange. The ride includes at least one significant hill. Lunch will be available at the Grange between Noon and 1:00 PM. After lunch you may take a ride to a nearby organic dairy farm for a walk in a meadow for a botany and butterfly walk. The town of Curtis is about 40 back road miles from Olympia. If you want to make it a longer ride you could ride from home or from any of the towns south of Olympia. A flat scenic 5 mile loop ride is available if you are looking for a easy route. Contact JD Miller jmille2788@aol.com, (253) 905-6681 (cell) and (360) 257-5945.

June 19: Tour De Blast 50, 100, 136-K all Longview Rotary Club www.Tourdeblast.com

June 19 Mason Lake/ Hood Canal Loop 45 miles, Pace 2, 3. Enjoy rolling hills out to Mason Lake and beautiful views along the Hood Canal. Rest stop at Hunter's Farm. Some steep hills. Meet at Shelton Walmart, park on the west side of the parking lot, north of the Arco gas station. Light rain OK. Kandace MacKaben (605) 641-1980

June 26: No Ride in preparation for the Two County!

June 27: Two County Double Metric Century. 5 different routes, 20 miles – 200K. (126= 200Km). All paces. **NEW START POINT!!!!** – Peter G Schmidt Elementary School, 225 Dennis St SE, Tumwater. Well-marked stops, great food stops. Register at the start or in advance at <http://www.capitalbicycleclub.org> Capital Bicycling Club (360) 480-7356

July 3: Fir Tree/ Yelm Loop 32 miles, Pace 2,3. Meet at the Fir Tree trailhead on the Chehalis Western Trail. This social ride covers portions of the C-W trail and rolling farmlands. Two moderate climbs. Bill Obert centerforempowerment@earthlink.net, 951-6363(cell), 491-4076(home)

July 10: Spurgeon Creek-Waldrick-Offut Road 30 mile ride. Pace 2 Rolling to flat terrain with a hill or two. This very scenic ride starts at the Cutter's Point Coffee Shop at the Ruddell Rd. - Yelm Highway intersection. Limited parking. Please carpool or ride. Light rain OK, heavy rain cancels. Bill Martin wj-martin@comcast.net or 480-236-4328 (cell/ day of)

July 17-18: STP. 200 miles Group Health/Cascade www.cascade.org

July 17: STP Alternative Ride 53 miles, Pace 2, 3. Rochester to Elma and return. Almost level ride follows the Chehalis River through the village of Porter. Very low traffic roads, beautiful scenery. Bring money for a tasty lunch at the Saginaw Deli. Carry along lots of water/drinks, as the only place to refill is Elma. Meet at Swede Hall 3 blocks South of the traffic light in Rochester. David or Anita Olszyk (360) 456-2896,

July 24: Tolmie Picnic Ride. 30 miles, Pace 2, 3. Flat rollers with a few short, steep hills. Ride to Tolmie Park and bring a picnic lunch to enjoy with your riding buddies! Meet at Chambers Lake Trailhead. Ride leaders Nathan Williams nathanwil@hotmail.com & Laura Phenix lauraphenix1@comcast.net

July 31: Gallivant to Anderson Island. Pace 2, 3. 55 miles. Meet at the C-W Chambers Lake Trail Head, 10:00 a.m. sharp. Join us as we ride from Lacey to Steilacoom for a ferry ride to Anderson Island on back roads with pretty scenery. On the Island one can tour, do sightseeing, eat lunch, or just plain relax. There is a small store for munches and drinks or you can bring your own. We will catch the Noon ferry to the island. Cost of the ferry is currently \$4.70 round-trip. Rain Cancels. Pat Byers, Mad-Cyclist@Att.Net, or Roni Chapman, Spirit_Tmp@Msn.Com.

August 7: West Mason County Loop. 55 miles, Pace 2, 3. Meet at the Shelton Airport off SR101. Nice country ride through undeveloped Mason County on county/country roads with rolling hills. Mostly flat and easy terrain. Stops at Matlock General Store, Truman Glick County Park, Schafer State Park, Country Store. This is a fairly long ride with potential for warm weather. Train adequately and hydrate. John Keates. 360-427-8384, Keates3@msn.com

Aug 13-14: RSVP. 188-miles all paces, Cascade Bicycle Club www.cascade.org

SATURDAY-August 14: TRYBR. Multiple loops. All paces. Start from 7AM to noon at Parkside Elementary School, Tenino. Fully supported ride. Great food stops, beautiful scenery, progressive difficulty. Register at the start, or in advance at <http://www.capitalbicycleclub.org> Capital Bicycling Club (360) 480-7356

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

THURSDAY August 26: Sunrise Challenge. 40 miles, moderate pace (2) One big hill- 4000ft of climbing in 20 miles. Meet at 9:30 at Ranger's Station at entrance to Mt. Rainer Park. Dress for the weather at summit. Maggie Cable (360) 561-2949 mecable@comcast.net

August 28: Steamboat Island Pizza Party. 35 miles, Pace 2, 3. Meet in the parking lot at Division and Harrison. Mostly flat except for a few short/steep inclines along Madrona Beach and Gravelly Beach Loop. Plan to lunch at Vic's Pizza after the ride with us. Rain or Shine. Rebekah Edwards 250-6582 or Cameron Jackson 259-0636

September 4: Delphi Loop. 32 miles, Ride to Littlerock via flat back roads with a stop at Hillbilly Beans Espresso. Travel back via the rolling Delphi Valley. Meet at Marathon Park. . Bill Martin wj-martin@comcast.net or 480-236-4328 (cell/ day of)

September 11: 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

Sept. 12: High Pass Challenge 114 miles 2,3,4 Cascade Bicycle Club www.cascade.org

September 18: Lincoln Creek/ Independence Valley. 34 miles, Pace 2 to 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. Andy Hix (360) 867-1198

September 25: Grapeview, Belfair, Union, Hood Canal Loop in Mason Co. approx 50-55 miles Pace 2 to 3. Nice country ride that tours through scenic parts of Mason County. This includes Grapeview Loop with great views of Case Inlet, to Belfair and along Hood Canal, Twanoh State Park, then down hwy 106 to Union. 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 out of Union). Light rain OK. Starts and finishes at the ride leaders home, John Keates. 360-427-8384, Keates3@msn.com

October 2: Bordeaux-Tour of Capitol Forest. 60 to 65 miles Pace 2, 3. Start point: Westside Safeway. We will go down to Mud Bay Rd., cut over to Hwy. 101, then to Hwy. 8, follow this to (almost) McCleary. Go over to Hwy. 12, up Bordeaux Hill (D Line), down to Littlerock, Delphi, and back to Safeway. Food and water @ Porter, Littlerock. Light rain OK. Maggie Cable (360) 561-2949 mecable@comcast.net

October 9: 4-Sister Clubs' Bike Ride. Join us as we bike with members of other clubs: Tacoma Wheelmen, West Sound and Seattle Bicycle Club. Meeting place/ route lengths TBA. Check the club web site for updates. Pat Byers, Mad-Cyclist@Att.Net; Sue Duffy sue@dyfis.net

October 16: Three Hill Social Ride 50 miles, Pace 2. Enjoy a relaxed/social pace ride through back country Thurston County. Easy/steady pace on the flats and intense efforts on 3 significant hills; Michigan, Manners, and Garrard. Begin at Littlerock Elementary. John Vincent papawizo@comcast.net

October 23: Tenino – Tono Grand Prix approximately 30 miles, Pace 2, 3. One short steep hill, the rest are small by comparison, rest stops at gas stations. Start from Tenino City Park. Wayne Vanderpol (360) 894-8046 WayneVPol@comcast.net

October 30 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 at Rainier. Bill Obert centerforempowerment@earthlink.net, 951-6363 (cell), 491-4076 (home)