



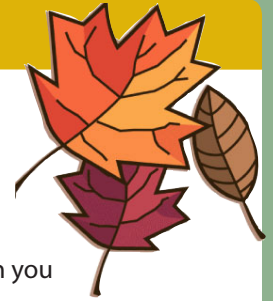
NEWS

September 2011

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

Ride Schedules

More than leaves changing this Fall!



It's been a great year of rides, thanks to our outstanding roster of ride leaders! Be sure to let them know how much you appreciate all their time, effort and community spirit!

Rides ending at the end of September:

- **Marathon Park Recreational Ride**

Last ride September 29th, then meet for pizza at 6 pm on Tuesday October 24th @ Vic's Pizza, Division St. NW, Olympia. ***Come see what your fellow riders look like in human clothes!***

- **Falls Terrace Fitness Ride**

Last ride September 29th. ***Remaining rides this month will begin at 5:30!***

- **Sunday SLOcials**

Last ride meets at Pioneer Park on September 25th.

Continuing Rides:

- **Saturday Social rides** – continue through October.

- **Bike Stand Fitness Ride**

Will continue until Thursday, October 20.

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



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. ***See ride details on pg. 2***



THE CBC BOARD WANTS YOU!

The Capital Bicycling Club is looking for a few good cyclists to volunteer and become a 2012 CBC board member. For more information, contact the current board (*email addresses on back page*) or attend an upcoming board meeting and find out how you can contribute to the bike club.

Upcoming 2011 CBC Board and General Meetings

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

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

Next meeting: October 5th

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



CBC Summer/Fall Road Ride Roster • 2011

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

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

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

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

Saturday Fixed Gear Rides: *NEW RIDE*
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 pace-line. The main concept of this ride is to work hard, sit up occasionally and have fun.
Ride Leader: Scott Smith velosmith@me.com

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

Approved Helmets are REQUIRED on ALL Club Rides

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

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

Sunday SLOcial Rides (May-September):

Meets at 10:00 am at 5 rotating locations. CBC's only controlled pace ride. 12–15 mph no matter what! 30-mile routes. Light rain OK, heavy rain cancels. Come smell the roses!

➤ **1st Sunday** meets in the parking lot behind the Dancing Goats Coffee Shop, across from the Farmer's Market.

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

➤ **2nd Sunday** meets at Chambers Lake Trailhead.

Ride Leader: Carolyn Burreseon cbburreseon@q.com
EXCEPTION: No ride on August 14 so everyone can ride the TRYBR.

➤ **3rd Sunday** meets at Starbucks, next to Lowe's in Lacey 4700 Yelm Hwy.

Ride Leader: Laura Phenix Lauraphenix1@comcast.net

➤ **4th Sunday** meets at Pioneer Park, 5801 Henderson Blvd SE in Tumwater.

Ride Leader: JD Miller 253-805-6681 Jmille2788@aol.com.

➤ **5th Sunday** (May/July) meets at the entrance of Millersylvania State Park.

Ride Leader: Carol DeMent cyclist@comcast.net

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

360.754.6499
www.rosserchiro.com
andy@rosserchiro.com

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 Saturday Social Rides • Sept.-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

◆ September 24: Tumwater-Rochester Loop

42 Miles. Pace 2, 3. Mostly flat with a section of rollers along Mima-Gate Road. Stops in Rochester and Littlerock for snacks and/or lunch, as the group prefers. Starts at Blockbuster Video Parking lot in Tumwater (Trospen/Littlerock Roads). Light Rain OK. Carol Dement, (360) 870-7010, cyclista@comcast.net

◆ October 1: Summit Lake

31 miles. Pace 2, 3. Lots of rollers on this beautiful ride. Meet at the Westside Safeway. Bill Liechty, bliechty@mac.com

◆ October 8: Lasagna Festival

35 mile, Pace 2, 3. This social ride includes McCorkle Hill "the wrong way." Finish with a sampling of vegetarian and not vegetarian lasagna. Meet at the Miller home at 1024 Surrey Trace SE, Tumwater WA 98501. JD Miller 360-357-5945, jmille2788@aol.com Please RSVP

◆ October 15: Three Hill Social Ride

50 miles. Pace 2, 3. 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. Frank Neumann, neumanfrank@mac.com

◆ October 22: Rainer 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.



CBC Board Meeting minutes • September 7, 2011

The meeting began at about 6:10 pm.

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

Agenda Topics:

Volunteer Coordinator Report – Dixie

Dixie reported on the TRYBR. One issue was that there were more maps needed and people to answer questions about the route at the start of the ride. Bill S. said that they had decided to bring equipment to the starting point next year to print the maps as needed. Dixie also mentioned that there was confusion about which Bald Hills Fire Station was the rest stop. Bill K. suggested that the first fire station might have been a better rest stop because it was a better distance and seemed like a nicer facility. Carole mentioned that in the feedback she received from riders there were several concerns about not having a rest stop or restroom on either of the short rides. Dixie also reported on the RAPSody ride. There were over 300 riders this year. The Club provided sag drivers on the legs both into and out of Olympia. One suggestion for the Chehalis Western Trail section was to have a bicycle set up for sag support. Tom Newcomb with Build-a-Bike said that he would offer that service next year. There were a few accidents but none our section of the ride. Dixie asked to be notified if club members heard about any problems with the ride. She also said that she would be willing to serve as Volunteer Coordinator again next year but she would like someone to fill Nathan's role as Co-Coordinator. Sue offered to work with Laura next year to coordinate the TRYBR ride. Bill S. said he would be happy to have them take over that responsibility.

Promotions – Carole

Carole interviewed riders at the finish of the TRYBR. According to her records there were about 123 people who participated. Of that number, 16 registered online. Most were from Olympia with Tacoma second in numbers. There were riders from as far away as Canada and California. Online information was the number one way folks found out about the ride. Carole was able to interview 30-40 of the riders. Positive feedback about the ride included: * Riders liked the lack of traffic. * The scenery on the routes was beautiful. * Some liked the opportunity to ride a new route in a new area. Suggestions for improvement included: * Having a single page map. * Displaying the elevations at the starting point rather than on the map. * Putting the food stops on the map. * Putting the map on the website well ahead of the ride. * Making the route markings on the road less confusing. Different colors were used to represent the different rides but the colors may have been confusing. Bill S. suggested the colors should be indicated on the map. * One person suggested putting up the recycle bags. Blaine said they have done it in the past and nothing was put in it since riders use their own bottles and don't have cans. * Having the phone number for the SAG vehicle printed on the map. Carol suggested that we let the CBC members know what we plan to do with the feedback. There were several suggestions on how to market the rides. Direct email seems to be the best way. Suggestions were offered for getting better visibility at Bike Expo.

Finance Report – J.D.

J.D. reported that he had emailed an invoice to Alpine Experience for the Two County Ride and hadn't received a payment. They had offered to sponsor the club for \$1 per rider. Bill S. suggested that J.D. email the invoice it to Joe Hyer or to Shawn. Shawn said that he told Joe he could combine the payment for Two County and TRYBR. REI would also like to give the Club \$500 but they want to get some publicity out of it. Bill S. said the he would be willing to have his picture taken but he thought that the same offer should be made for Joe Hyer for Alpine Experience's sponsorship. J.D. also reported that we have almost \$16,000 in the CAC account. The race team provided \$250 for the volunteers that we provided for their stage race earlier this summer.

Publications - Darhl

Darhl will start sending out a reminder email because there weren't any articles submitted. He asked if it was OK to reprint an article from another source if there isn't a primary article submitted. It was suggested that he be sure to attribute the source and get prior approval. Bill S. said he is willing to write if articles are needed but he needs frequent reminders. Sue asked about the deadline and Darhl said it's generally the second Wednesday of the month.

Secretary – Bill K.

Bill suggested that we get a free DropBox account so we can store various computer files in a location where anyone who needs them can have easy access. Blaine said that he would take care of getting us an account.

The meeting adjourned at 7:45.



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!

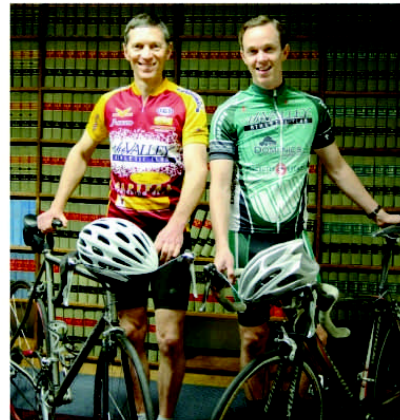
If you are heading to the Capitol Forest to ride, you now need a Discover Pass for parking.

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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Local Rider Races in Belgium at UCI World Championships

By Dr. Andy Rosser, Downtown Olympia

My timing was very good. I sent Jim Holbrooks a text to see if I could talk to him sometime soon about his recent adventures on his bike. As it turns out, he called me right away, just after touching down in Seatac. He was on his return flight from Stavelot, Belgium where he competed in the Masters World Championships. What got him there and back is a story worth sharing.

Personally, I've known Jim through my own years on the OOA/CBC Racing Team. He's a strong, generous cyclist with many years of experience racing and riding, and he's always kind with his advice for newer cyclists. I'm grateful, though, that I'm a teammate and not a competitor. To race against him would be daunting. With a tall, muscular physique and dark beard, his presence on the starting line more than deflates his competition's hopes of an easy ride. When Jim shows up, he's ready to work (...and work, and work.)

Back in November 2010, Jim hatched the goal of competing in the USA Masters National Championship race in Bend, OR. Top on his list was to be competitive in these races and leave feeling like he'd done his best. To do so, he enlisted the help of a cycling coach and a nutritionist to help guide the way towards reaching his goals. As a seasoned racer, he was used to putting lots of time on the bicycle and working hard, but his coach helped him prioritize his efforts and turn up the intensity on the bike.

Working with the nutritionist helped him reach some specific goals including safely reducing his overall bodyfat composition, and tailoring his food choices to match the demands of his training plan. Along with the support of those around him, these relationships proved to be critically important components to his journey.

Throughout the year, he raced and trained with his OOA teammates locally. As an observer I could see him pouring himself into the efforts of his teammates and also gaining some great results for himself, including a handful of wins and podium finishes. He was also a member of the Men's Cat 3 Squad that helped Dave Gordon win the General Classification of the inaugural year of the Capital Stage Race here in Olympia.

In August, he took a trip to ride and race at altitude in Colorado. During that time, he raced in the time trial and road race at the Ft. Collins Cycling Festival. Both of those races were qualifiers for UCI World Masters Championships, but he was there to use them as training races as he prepared for Nationals in Bend. Then again, Jim always shows up to work, right? He placed 12th in his category (Masters Men 50-55yo) in the road race, and 2nd in the time trial. It was the time trial finish that qualified him to race in Belgium.

Qualifying, as it turns out, was but one hurdle. Actually getting to Belgium and the starting line was an entirely different story. Through connections and excited supporters, though, he was able to get all of the necessary paperwork, licensing, and USA Cycling approval that he needed to get there.



What he found in Belgium on race-day was rainy weather that any PNW cyclist could appreciate. Over the 20 km course of flats, climbs, descents, and cobblestones, Jim raced into the ancient city of Stavelot into 4th place, just seconds away from the podium and a desire to come back in 2012.

Despite the whirlwind tour that led him around the world to compete, he was very clear that his most gratifying moments on the bike were spent right here at home. To him, there was nothing like being able to train and race on his home turf and make a footprint for his team and all of its supporters. Next time you see him, please give Jim the World Class greeting that he deserves.

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.



Jim Holbrooks and Dave Gordon



CBC Membership Form

Name: _____ Email _____

Mailing Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

(CBC does not share or sell personal contact information to outside organizations)

Membership Type:

New Member Renewal

Individual one-year \$15

Individual two-year \$25 (Save \$5)

Family one-year \$25

Family two-year \$45 (Save \$5)

\$10 Newsletter Printing & Postage Surcharge

Interests:

Event Volunteer Ride Leader

Mountain Biking Time Trials/Racing

Bike Commuting Bike Advocacy

Bike Safety Education

Meetings/Social Events

Bike Touring Other



Please send my newsletter via: US Postal Service (Add \$10 surcharge to membership dues)

E-Mail (no surcharge)

Ride Waiver

The undersigned, in consideration of the Capital Bicycling Club accepting my membership, hereby waive and release any and all rights and claims for damages resulting from sickness, accident and/or any injury that may occur during and/or after participation in any and all CBC sponsored bicycle rides, including weekly club and special event rides. This waiver includes any rights and claims on my part against the Capital Bicycling Club, its officers, ride leaders and any sponsors. I also agree to accept all rules, regulations and policies set by Capital Bicycling Club, to defer to the authority of the ride leaders, and to obey all applicable traffic laws while participating in this Capital Bicycling Club ride.

Signature(s)

Date

Desired Ride Types:

Beginner Pace, Instructional

Social Pace: 12-15 MPH Average

Fitness Pace 16-20 MPH Average

Race Team Training Rides 21+ Ave MPH

Mountain Bike Rides

Signature(s)

Date

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

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

Bicycle Alliance of Washington Fundraiser coming in October



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

Help the Bicycle Alliance of Washington shift gears for bicycle advocacy statewide by joining us at our annual fundraiser on October 22! Proceeds from this event support our advocacy and education efforts statewide.

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

We're still accepting auction donations, and we need a range of items that will generate spirited bidding. Use our handy online donation form, <http://www.bicyclealliance.org/auction/procureform.php>, or contact **Louise McGrody** at 206-224-9252 x303 or louisemc@bicyclealliance.org if you have any questions.



2010-11 CBC Board

President: Bill Stevenson..... president@capitalbicycleclub.org; 402-2234, or 402-6525
Vice President: Shawn Stevenson..... vicepresident@capitalbicycleclub.org; 360-878-1098
Secretary: Bill Keim secretary@capitalbicycleclub.org; 360-786-5752
Treasurer, Membership: J.D. Miller treasurer@capitalbicycleclub.org 360-357-5945
Road Captain: Sue Duffy roadride@capitalbicycleclub.org 360-918-8546
Mountain Bike Captain: Justin Self..... mountainbike@capitalbicycleclub.org
Youth Coordinator: Riley Kendig youthcycling@capitalbicycleclub.org
Government Affairs: Brian Faller advocacy@capitalbicycleclub.org 360-943-1752
Past President: Blaine Wheeler pastpresident@capitalbicyclingclub.org 360-705-1148
Promotions: Carole Bernhardt..... promotions@capitalbicycleclub.org 360-943-1944
Publications: Darhl Avery publications@capitalbicycleclub.org 360-790-0782
Webmaster: Blaine Wheeler webmaster@capitalbicycleclub.org 360-705-1148
Education Programs: Vacant
Volunteer Coordinator Team: Dixie Cattell dcattell@comcast.net, Team Leader with Nathan Williams and Greg Mead



★ CLUB MEMBERSHIP BENEFITS ★

- ✓ Tandem rental @ The Bike Stand (\$10/day)
 - ✓ Bike box rental @ The Bike Stand (\$25 per use)
 - ✓ Free winter spin classes
 - ✓ CBC Newsletter 12 times per year
 - ✓ Free non-commercial classified ads in the newsletter
 - ✓ Umpteen group rides with great folks to fit all riding styles
 - ✓ Seasonal events (picnics, parties)
 - ✓ Discount on TRYBR and Two County Double Metric rides
- Plus 10% Member Discounts at these local businesses
- The Bike Stand (parts & accessories)
 - Joy Ride (parts & accessories)
 - BikeTech (parts and accessories)
 - Connolly, Tacon & Meserve, PC, Avelin Tacon & Carter Hick, Personal Injury Attorneys



CAPITAL BICYCLING CLUB

P.O. Box 642
 Olympia, WA 98507

Is it time to renew your membership?

