

## 2009 Capital Bicycle Club Saturday Social Rides, Challenge Rides (and selected regional 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.** Rides start at 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, riders must follow these guidelines:

- **Helmets required;** cycling shorts and gloves highly recommended
- Sign the ride waiver and participant roster
- Perform a brief safety check (tire inflation, brakes, quick releases) on 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](http://www.capitalbicycleclub.org). Questions or comments, please call Sue Duffy; [sue@dyfis.net](mailto:sue@dyfis.net); 360-918-8546

### *Pace Information*

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| 1) <i>Easy Pace: 9-12 mph, frequent stops to regroup</i> | 2) <i>Moderate Pace: 12-15 mph, occasional regroup</i> |
| 3) <i>Steady Pace: 13-16 mph, limited stops</i>          | 4) <i>Fast Pace: 16+ mph, limited stops</i>            |

February 21: *Seattle Bike Swap*, Cascade Bicycle Club, <http://www.cascade.org/EandR/bikeswap>

February 22: *Chilly Hilly*, Cascade Bicycle Club, 33 miles, all paces, <http://www.cascade.org/EandR/chilly>

**March 7: 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

**Thursday, March 12: Wayne's Birthday Bash** 62 miles, Pace 2, 3. Ride will include many of the same roads as the TRYBR route. Small hills, rest stops at gas stations. Start from Lake Lawrence. Wayne Vanderpol (360) 894-8046 [waynevp@comcast.net](mailto:waynevp@comcast.net)

**March 14: 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](mailto:papawizo@comcast.net)

March 14 -15: Group Health Bike Expo, Group Health-Cascade Bicycle Club. 206-522-BIKE; Check out the Capital Bicycling Club booth. Volunteer to fill a shift and get a free pass!

**March 21: Lion's Park Loop** 34-miles, Pace 2, 3. An early season 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. Light rain OK. Bill Keim (360) 786-5752 [keimstal@comcast.net](mailto:keimstal@comcast.net)

**March 28: Yelm Park Loop** 30 miles, Pace 2, 3. Rolling hills. Start at Yelm City Park, Wayne Vanderpool, (360) 894-8046 [waynevp@comcast.net](mailto:waynevp@comcast.net)

**April 4: 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 [mackabekandace@yahoo.com](mailto:mackabekandace@yahoo.com)

**April 11: Tumwater-Waddell-Littlerock** 30-miles, Pace 2, 3. Get warmed up on flat terrain, progress to rollers along Black Lake and Delphi Roads in preparation for the invigorating (yeah, right) climb up Waddell Creek and into Capitol Forest. Stop in Littlerock for snacks and meander back to town on back roads. Starts at Blockbuster Video Parking lot in Tumwater (Trosper/Littlerock Roads). Bill Keim (360) 786-0947 [keimstal@comcast.net](mailto:keimstal@comcast.net)

**April 18: 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

April 19: *Daffodil Classic*, 30, 40, 60 & 100 mile options, all paces, Tacoma Wheelmen. [www.twbc.org](http://www.twbc.org)

**April 25: Scavenger Hunt. Begins 9am – 11am** The CBC Scavenger hunt will coincide with Olympia's Spring Arts Walk. Register and start at Percival Landing Park in Olympia. Follow the clues to parks, art galleries, and businesses. Routes to suit all riding abilities and ages. Prizes for best costumes and more! Ends at 3pm. Cost is \$5 per person (\$3 for CBC members, students, military, or those in costume) Jody Ott, [soulbikes@gmail.com](mailto:soulbikes@gmail.com)

**May 2: Three Hill Challenge** 49 miles, Pace 3. Climb Michigan, Manners and Garrard Creek hills on this picturesque ride through the Independence Valley and Oakville. Meet at Swede Hall in Rochester. Light Rain OK. Rebekah Edwards 250-6582 or Cameron Jackson 259-0636

May 2: *Ride Around Clark County*: 18, 34, 65, 100 mile options, all paces, [www.vancouverbicycleclub.com](http://www.vancouverbicycleclub.com)

**May 9: Spurgeon Creek-Waldrick-Offut Road** 30-plus miles, Pace 2. Rolling to flat terrain with some hills. Meet for this scenic ride at Cutter's Point Coffee Shop at Ruddell Rd.-Yelm Highway intersection. Rain cancels. Julia Ehr 357-2836 [juliaehr@netzero.net](mailto:juliaehr@netzero.net).

**May 16: 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](mailto:neumannfrank@mac.com)  
Directions: <http://www.mapquest.com/maps?city=Olympia&state=WA&address=5500+78th+Ave+Nw>

**May 23: Bagel Sampling Tour** 40-miles, Pace 2. Some steep hills. We'll gather bagels from 3 bakeries and retire to a local park to sample, compare and contrast. Anyone who makes their own bagels is welcome to submit them for the Capital Bicycling Club seal of approval. We will meet at Pioneer Park 5900 Henderson Blvd SE. JD Miller. (360) 357-5945

**May 30: Bordeaux-Tour of Capitol Forest** 65 miles, Pace 2,3. Route travels Hwys 101, 8 towards McCleary; Hwy 12 over Bordeaux Hill to Littlerock and returns to start via Delphi. Begins at Westside Safeway. Rest stops in Porter, and Littlerock. Light rain OK. Doug Drake (360) 486-9937 [doug.dd@hotmail.com](mailto:doug.dd@hotmail.com)

**June 6: Beer & 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](mailto:olszyk@pacifier.com)

**June 13: So you want to bike camp?** 30 miles. Pace 1 Dust off your stove, your trailer, panniers, cooking pots and favorite camping dish. We will meet at Pioneer Park 5900 Henderson Blvd SE **Tumwater** 10:00 AM. We can ride the back roads to Millersylvania State Park Kitchen #2. We will have a potluck, then ride back to Tumwater. Contact JD Miller [jmille2788@aol.com](mailto:jmille2788@aol.com) (360) 357-5945.

June 13: Flying Wheels Century, 25, 45, 70, 100 mile options, Cascade Bicycle Club, [www.cascade.org](http://www.cascade.org)

**June 20: Paradise/ Skate Creek Loop** 79 miles, Pace 2, 3. Scenic ride with challenging climbs in Mt. Rainier National Park, almost 6000 feet of gain. Bring money for park entrance fee. Food & water are limited, be prepared. Meet at the Junction of Hwy 706 & Kernahan Road E (USFS Road 52), 2 miles east of Ashford; we will ride to Paradise then through Stevens Canyon to Ohanapeosh to Hwy 12. Lunch at Packwood then return via Skate Creek Road (USFS Road 52). This ride is not suitable for beginners. Rain cancels. Larry Cowan (360) 491-9655 [larry.r.cowan@comcast.net](mailto:larry.r.cowan@comcast.net)

June 20: Tour de Blast, 50 K, 100K, 135K, Longview Rotary Club, [www.tourdeblast.com](http://www.tourdeblast.com)

June 27: *No ride in preparation for Two County Double Metric Century*

**June 28: Two County Double Metric Century** 21, 36, 70, 85 and 126 miles (126= 200Km), All paces. A fully supported ride that starts at Millersylvania St. Park. Well-marked stops, great food stops. Capital Bicycle Club (360) 292-8925 or <http://www.capitalbicycleclub.org>

**July 4: Shelton-Elma Figure 8** 63 miles, Pace 4. Many rollers, several long moderate grades, very rural. Best suited for intermediate and above level riders, though a shorter loop of around 30 miles could work for a subgroup of hardy beginners. Optional pizza/beer in Shelton after the ride. Starts at Kneeland Park in Shelton. Light rain OK. David Beigh (360) 561-6012

**July 11: 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- follow Route 12 to Rochester, turn south at the only traffic light in town. David or Anita Olszyk (360) 456-2896,

July 11-12: STP, Group Health-Cascade Bicycle Club. 206-522-BIKE, [www.cascade.org](http://www.cascade.org)

**July 18: Beauty and the Beer** 30 miles. Pace 3. This ride explores the lovely Independence Valley, covers rolling terrain and two good hills. Meet at Dick's Brewpub, where we'll lunch afterwards. If driving, park on the shoulder of Old Hwy 99 just south of the intersection with Prather (NW Sausages/Dick's Brewing Company will be on your right). Light rain OK. Rebekah Edwards 250-6582 or Cameron Jackson 259-0636

**July 25: Tolmie Picnic Ride.** 30 miles, Pace 2, 3. Flat rollers with a few short, steep hills. Ride to Tolmie Park and enjoy a picnic lunch with your riding buddies! Meet at Chambers Lake Trailhead. Nathan Williams [nathanwil@hotmail.com](mailto:nathanwil@hotmail.com) Laura Phenix [lauraphenix1@comcast.net](mailto:lauraphenix1@comcast.net)

**August 1: McCleary/Elma/Satsop Nuke Site/Chehalis River Valley Loop** 29 or 40 miles, Pace 2, 3. Route follows rural roads of eastern Grays Harbor County. The longer option follows the Wentzel Slough road through pastureland along the Chehalis River before climbing a 1.8-mile hill to the Satsop nuke site. A nice downhill provides good views of the valley. Both routes follow the river road to Malone for a snack/lunch break. Ride starts at McCleary City Park. Jack Sisco (360) 866-0240 [jonran1039@comcast.net](mailto:jonran1039@comcast.net)

August 8: *No ride in preparation for the TRYBR.*

**August 9: TRYBR.** 20, 30, 50, 80 and 100 mile loops. All paces. Start from 7AM to noon at Parkside Elementary School, Tenino. Fully supported ride. Great food stops, beautiful scenery, progressive difficulty. Capital Bicycle Club (360) 292-8925 or <http://www.capitalbicycleclub.org>

**August 15: Garrard Creek** 30 Miles. Pace 2, 3. Flat to rolling terrain through rural farmlands and forest with one attention getting climb. Stop at Oakville for snacks. Starts at Swede Hall in Rochester. Sue Duffy (360) 918-8546 [sue@dyfis.net](mailto:sue@dyfis.net)

**August 22: Rainier Medley** 26 miles, Pace 1, 2. Truly a scenic route that follows a portion of TRYBR on the Vail Loop around Lake Lawrence and Smith Prairie. Starts from the gravel parking behind the Exon Station at Centre St and HWY 507 in Rainier. Bill Hine (360) 923-0244 [bandlhine@comcast.net](mailto:bandlhine@comcast.net)

August 22-23: RAPsody. A challenging supported ride - approximately 165 miles and 9,000 feet gain. Start and finish at Tacoma Community College. Fundraiser for Bicycle Alliance [www.rapsodybikeride.com](http://www.rapsodybikeride.com)

**Friday, August 28: Windy Ridge Challenge Ride** Approximately 68 miles of climbing. Starting from Randle, Washington, cyclists will climb over 7,500 feet in elevation gain. The summit of the ride is at scenic Windy Ridge, overlooking the Mount St. Helen's blast zone. This ride is similar to the Cascade High Pass Challenge Ride without the Packwood/Randle loop. Meet at the Cowlitz River Ranger Station east of Randle. Maggie Cable (360) 561-2949 [mecable@comcast.net](mailto:mecable@comcast.net)

**August 29: 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](mailto:Keates3@msn.com)

**September 5: Morton Meander** 45 miles, Pace 2, 3. Bring your camera and appetite for a scenic ride from Onalaska to Morton, where deli sandwiches on fresh-baked bread await. Ride along the Newaukum and Tilton Rivers, past the rustic hamlets of Bremer and Cinebar in the shadow of Bergen Mountain. Be ready for rollers and a climb or two, with an optional challenge hill. Allow an hour for travel to the start point at the Onalaska Family Bakery Shoppe. Carpooling encouraged. Pat Byers, [mad-cyclist@att.net](mailto:mad-cyclist@att.net); Carol DeMent, (360) 870-7010 or [cyclista@comcast.net](mailto:cyclista@comcast.net)

**Sept. 12: 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](mailto:doug.dd@hotmail.com)

**September 19: 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

**Sept. 26: Littlerock/ Tenino loop** 33 miles, Pace 2. Meet at Littlerock Elementary. We will do a loop heading east over McCorkle Road with a stop in Tenino. John Vincent [papawizo@comcast.net](mailto:papawizo@comcast.net)

**October 3 Grapeview, Tahuya Peninsula, Hood Canal Loop in Mason Co** 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, through Belfair to Belfair State Park, then with a nice tour through the Tahuya State Forest back to Belfair, proceeding along SR106 with beautiful views of Hood Canal and the Olympic Mountains to Trails. Mostly flat with rolling hills, with one extremely steep (short) uphill off SR 106 to Trails End Road. Light rain OK. Starts and finishes at the ride leaders home, John Keates. (360) 427-8384, [Keates3@msn.com](mailto:Keates3@msn.com)

**October 10: Fiber Fest** 65 miles, Pace 2 to 3. Hilly, rural route best suited to intermediate and above riders. Stops in Montesano to visit the Fiber Festival, a fiber arts faire filled with high quality, handmade goods – perfect for Xmas gifts. (Any purchases will be delivered to Olympia the following week.) Starts and ends in Shelton at Kneeland Park. Heavy rain cancels. Carol DeMent, (360) 870-7010 [cyclista@comcast.net](mailto:cyclista@comcast.net).

**October 17: Pickering-Harstine Island** 30 miles., Pace 1, 2. Ride through farm and forestland to Agate, Pickering Passage and Harstine Island. Route splits for a hilly round island or a shorter hilly route to Jarrell Cove State Park for lunch/snack before return. Ride starts at the Pickering Rd. Rt. 3 intersection Park n Ride in Mason County. Light rain OK. Maggie Cable (360) 561-2949

**October 24: 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. Greg Mead [bikeinfool50@yahoo.com](mailto:bikeinfool50@yahoo.com)

**October 31: Delphi Loop** 32-miles, Pace 2, 3. 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. Sue Duffy (360) 918-8546 [sue@dyfis.net](mailto:sue@dyfis.net).