

# RCC News



The Newsletter of the Redmond Cycling Club Volume 14, No.9

September, 2000

## Meetings & Events

Mark this date on your calendar:  
**General meeting: Sept. 5, 2000**  
MIA ROMA  
7614 NE Bothell Way,  
Kenmore (425-486-6200).  
Social meeting starts at 6:30 PM,  
business at 7:15 PM.

## New Members:

Please join us in welcoming into  
RCC:  
George Tantzen - Kent

**Newsletter Submissions Are Due by  
the 18th of the month to Linda  
Knapp**

## 2000 RCC Officers

### President:

George Thornton, 206-283-3057  
rdyabout@seanet.com

### Vice President:

Don Harkleroad, 425-672-4975  
mrdon@seanet.com

### Treasurer:

Charlie Buchalter, 425-743-0483  
charlie@atoc.com

### Secretary:

Nicole Nelson, 206-418-0870

### Newsletter Editor:

Linda Knapp, 206-524-9630  
lkknapp@home.com

### Webpage at:

<http://www.redmondcyclingclub.org>

## Message From The Prez....

by George Thornton  
CYCLING SEASON FOR  
PACHYDERMS ABOUT TO BEGIN

Those of you with no blood, body mass or insulation are near the end of your season. For pachyderms the season is just beginning.

Let me help you understand the metabolism of a pachyderm. (For those of you who don't already know, a pachyderm is a bicycle rider with a body mass in excess of 230 lbs.)

Pachyderms do more work than you. They are stronger. Bigger. (everyone knows bigger is better) Greater volume. More insulation. More energy stores. A much larger and more powerful engine.

The one drawback to a pachyderm is that it generates more heat. Particularly if the pachyderm is a male.

I don't have any scientific basis for saying this, but it has been my personal experience that the males of the human species generate more body heat than females of the species. Maybe someone has an explanation for this, or maybe it has just been my experience. This disparity in warmth becomes even more significant where the male is also a pachyderm.

There is something scientific to the effect that small creatures have a higher ratio of surface area to body volume than larger creatures. Surface area directly relates to the ability of a body to radiate heat. The larger the surface area the greater the ability to radiate heat.

You have all heard of dinosaurs. Presumably cold-blooded, living in warm climates. You know the dinosaurs with those large fins on their backs. Scientists say those fins created large surface area and allowed the dinosaur to "vent" heat in hot climates. Blood flowing across the fins brought warmth from the interior of the body to the surface where it could be reradiated out from the body.

Another factor in heat retention and dissipation has to do with body mass.

The larger the body mass the greater the heat retention.

A simple experiment. Put a small amount of water in a teakettle. Take an identical teakettle and fill it to the brim. Place both kettles on identical burners and turn the heat on full for both burners. Which kettle boils first?

A second experiment. Put a foam cup with a small amount of water in it in the freezer. Put another cup full of water in the same freezer. Which one freezes first?

Humans are made about 95% of water. Water retains about 25 times as much heat as air. The larger the volume of water, the more heat it retains. More energy is needed to raise the temperature of a large volume than a small one. More heat dissipation is needed to lower the temperature of a large volume than a small one.

How does this apply to pachyderms? Large pachyderms have larger engines which generate more heat. Once a pachyderm's engine is fully running and the ocean-size body water mass is fully heated, the pachyderm tends to retain heat more than the average cyclist.

What does this mean in practice? Pachyderms require less clothing than other riders in order to stay warm. Pachyderms can be comfortable in a short sleeve jersey and shorts in temperatures of 50-60 degrees. If the ambient temperature is much over 75 degrees the pachyderm may need to slow down or take other measures to avoid overheating.

A pachyderm rides best when slightly cool. Pachyderms can easily wear garments to remain warm in practically any weather condition appropriate for cycling. Pachyderms can easily stay warm where other riders are freezing and unable to ride.

Pachyderms know no limits in cold weather. They can ride better and easier because they are easily able to maintain the perfect body temperature for maximum performance. Their engines are always hot enough to keep them warm in the worst weather.

The only enemy of the pachyderm is snow and ice. Because pachyderms are bigger they must ride bigger bikes. They

are higher off the ground and more unstable. They fall easily in snow or ice.

In the Seattle area the months of July and August present limits for pachyderms. They get overheated on hills easily. They must consume large volumes of water and slow down when the temperatures are in the 80's and 90's. Summer is NOT PACHYDERM RIDING TIME.

Summer is for lazing indolently in a sailboat. For swimming or diving. Not for riding a bike and boiling yourself to death.

The best riding season is in the fall and winter where you can always stay warm. If it's rainy put on booties and ride. It's just like being in a wetsuit. Fun. No limits, That wonderful warm, wet, clammy feeling.

I don't know about you, but now that summer is about over this pachyderm is looking forward to the beginning of cycling season.

*Editor's Note: Sounds like a Fleche Pacifica Candidate to me.....*

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## King County to Close Sammamish River Trail for Renovation

King County Parks Dept. will close a 2-mile segment of the Sammamish River Trail between Sammamish River Park in Bothell (near 102nd Ave NE) and Wilmot Park in Woodinville (near 124th Ave NE) for resurfacing and widening. The closure begins on Monday, September 18 and is expected to last through Friday, November 10.

The County Prosecutor has refused to allow the Parks Dept. to sign a detour route, so cyclists will be forced to find their own route around the closed segment. The County is suggesting that cyclists use Metro buses to make their way around this area.

The trail construction project will widen this portion of the Sammamish River Trail from 10 to 12 feet. The two bridges along this segment will also be widened to 12 feet. For more information about the project, contact K.K. Soi at 206/296-4250.

Bicycle Alliance of Washington  
PO Box 2904  
Seattle, WA 98111  
206/224-9252  
<http://www.bicyclealliance.org>

## From the Bicycle Alliance of Washington

Friends:

Your help is needed to pass the Conservation and Reinvestment Act (CARA), a major bill that would provide funds for public lands acquisition, urban recreation programs, wildlife protection and coastal impact assistance.

If passed, CARA will reinvest nearly \$3 billion annually in federal Outer Continental oil and gas revenue into natural resources and conservation. This bill would create thousands of acres of new public lands and create new opportunities for trails--including trails for mountain bikers.

CARA passed the full House in May and the Senate Energy & Natural Resources Committee in July. It must still pass the full Senate this session.

Action needed!

Please contact Senators Gorton and Murray ASAP and ask them to vote yes on CARA. (Note: Gorton voted against this bill in committee). A few points worth making include:

- CARA's full funding of the Land & Water Conservation Fund will provide much needed money for national, state and local parks and forests. It will provide increased opportunities for trails and outdoor recreation.

- CARA does not create new taxes. It will reinvest revenues generated from fees paid by oil companies for offshore oil drilling.

- CARA returns conservation funds to states and local communities. 80% of the money in the bill will go to states for conservation and recreation projects that meet local needs.

You can contact Senators Gorton and Murray through the Capitol switchboard at 202/224-3121 or at the addresses listed below. Thanks for taking action!

Senator Slade Gorton  
730 Hart Senate Office Building  
Washington, DC 20510  
<http://www.senate.gov/~gorton/webform.html>  
Senator Patty Murray  
173 Russell Senate Office Building  
Washington, DC 20510  
[senator\\_murray@murray.senate.gov](mailto:senator_murray@murray.senate.gov)  
For more info on this bill, go to <http://www.ahrinfo.org>.  
Bicycle Alliance of Washington  
PO Box 2904  
Seattle, WA 98111  
206/224-9252  
<http://www.bicyclealliance.org>

## I-90 Shoulders Closed to Bikes East of Issaquah

Washington State Department of Transportation has temporarily closed the shoulders of I-90 to bicyclists between the Issaquah/Front Street exit and the High Point Road exit. This closure will be in effect until mid October.

There are no easy alternate routes for cyclists traveling in this transportation corridor. Cyclists with mountain bikes can use the Highpoint Trail on the north side of I-90 or the High School and Tradition Lake Trails (Tiger Mountain) on the south side of I-90.

The best bet for cyclists on road bikes is Issaquah-Fall City Road across the Sammamish Plateau.

For road route information, you can consult the King County Bicycling Guidemap online at <http://www.metrokc.gov/kcdot/tp/bike/bikemap.htm>. Trail system information is available through Issaquah's Interagency Trail office at 425/837-3318 or you can consult the Tiger Mountain map. For more information about the I-90 Sunset Way/South SPAR construction project, contact Matt Preedy, project engineer, at 425/649-4436.

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## Newsletter Submissions Requested

If you would like to share your bicycling experiences with the rest of RCC please submit articles to [lknapp@home.com](mailto:lknapp@home.com). If you would like to help edit and produce the RCC Newsletter please contact Linda at [LKKnapp@home.com](mailto:LKKnapp@home.com) or 206-524-9630. Thanks, Linda

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## Feedback From RAMROD:

**To:**  
**ramrod@redmondyclingclub.org**  
**RAMROD was terrific!**  
**Thanks for putting on**  
**such a great ride!**

As this was my first 'attempt' (turned out to be successful) at RAMROD I wasn't quite sure what to expect; besides a fair amount of climbing, and quite a few miles all in one day. I'd be lying if I said that I wasn't worried while watching the weather forecast the night before the ride. And I was less than thrilled when my friend and I were walking from the hotel to the car the morning of the ride, and realized there were some raindrops falling. But - I was committed, and not going to bail-out before even getting started! After a good breakfast, and a last minute check of the bikes, we were ready to roll. It was now plenty light (although still overcast), and no drops were falling as we left the fair grounds. It wasn't cold, just a slight nip in the air - and arm and leg warmers seemed to be just the right thing. The first 35 miles (to the bakery) went quickly, and we were able to get into a couple good pacelines, and talk to some interesting folks. The next 30 went more quickly, and the weather seemed to be improving - a quick food stop at Kautz Creek (shed the arm warmers) - then it was time to hit the hills! This is what we were here for - the ride up to Paradise was fun, and we were feeling good. Then, down to Box Canyon - more food and beverages (shed the leg warmers - the weather's better, and the day's quickly warming). The climb up Backbone Ridge was quick, and Cayuse Pass was great - 80 degrees, and sunny - I was loving it! Downhill from here - sandwiches and a Coke at Silver Springs, just the ticket. Thirty five miles of fast rollers brought us home - a very good (nearly perfect) day! No flats, no mechanicals - just rubber on the road. Thanks very much to Redmond Cycling Club, and all the volunteers and sponsors who helped to make this an excellent ride - I'm sure I'll be back next year!

Sincerely, Stephen Becker-Brown

As a postscript to the above - I said 'nearly perfect' instead of 'perfect' because of one problem - which had nothing to do with the volunteers, club, sponsors, or other organizational staff. The problem was unfortunately with fellow riders. I was surprised when I

noticed an empty wrapper from one of those gel packets lying on the side of the course (Gu, or Cliff-Shot, or whatever). I thought to myself "Surely that must have fallen from somebody's jersey pocket as they reached for something else - a fellow cyclist wouldn't intentionally throw garbage on the road, would they?" I was certain this must be the case - and I tried to convince myself this was true. But as I continued the ride I noticed more and more of these packets on the ground - what made it seem even more disturbing was that a majority of them were within the park. For the life of me I can't figure out why cyclists would choose to throw garbage on the road - were they delirious from exertion, or suffering from heat exhaustion and not able to use good judgment? Do their elbows not bend enough for them to put trash back into their jersey pockets (surely they must, since they probably pulled them from their pockets in the first place)? Were they afraid that they would get their jersey dirty from any sticky residue left on the package (like they're not going to have to wash it after a 155 mile ride, anyhow!) ? Were they just inconsiderate jerks who don't care what sort of impression the cycling community gives to non-cyclists? I talked to a lot of people during the ride - and none of them seemed like jerks, or idiots. So - I'm stumped as to why people choose to do things like this - actions like these are certainly not going to convince the park service that we are responsible and should be allowed to come back year after year to ruin the scenery for others. I'd have to rank this behavior as a close second to tossing cigarette butts out the car window! Come on people - catch a clue and pack your trash!

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**To:**  
**info@redmondyclingclub.org**

**Subject: Congrats on a great RAMROD!**

I just wanted to pass on a word of thanks and congratulations for the awesome job your club and volunteers did on the RAMROD. What a great day and a great event.

Also in case this is important to your stats: I finished without my number (654 I think?? between Val Stoufer and Russel Stover) because I left my hydration pack next to our support vehicle in a pullout on

Cayuse pass and haven't seen it since. So I wasn't able to provide my number at the top of Cayuse or at the finish line. So if anyone turned in a Camelback Mule with my number on it please E-mail me and I'll arrange to pick it up. Your folks were understanding and I did get a patch.

Thanks again for a great event. I'm already looking forward to next year.

Kendall Stover

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## Seattle Transportation Department (SEATRAN) needs your help!

They will be conducting a count of bicycle commuters in downtown Seattle on Wednesday, September 20, from 6:30 AM to 9:00 AM. Approximately 35 volunteers are needed to help with this count.

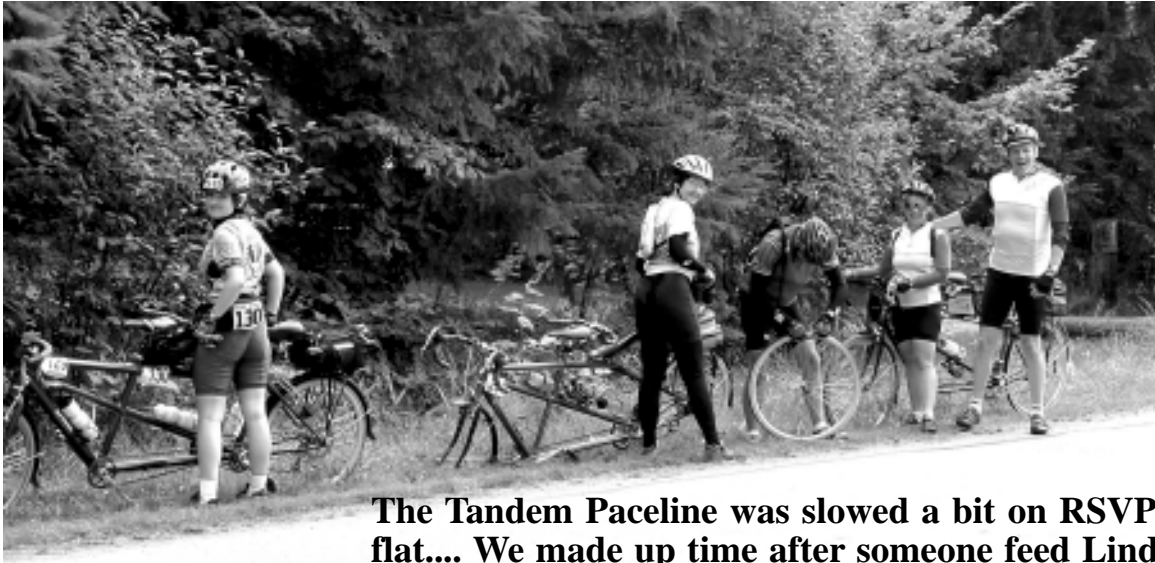
SEATRAN has conducted two previous downtown bike commuter counts--one in 1992 and a second one in 1995. The second count focused on 13 of the most important bicycle routes identified in the 1992 study. SEATRAN found that bike commuting had increased at these locations by 28%, from 840 to 1073.

The locations with the largest increase were those for which bicycle improvements had been made. This is the kind of outcome which makes funding future bicycle projects easier to justify.

The task for volunteers is simple. You need to count each cyclist passing by and note the bicyclist's gender, helmet use, and if they are using the sidewalk. To volunteer, contact Pauh Wang at 206/684-8562 or [pauh.wang@ci.seattle.wa.us](mailto:pauh.wang@ci.seattle.wa.us). Bicycle Alliance of Washington  
PO Box 2904  
Seattle, WA 98111  
206/224-9252  
<http://www.bicyclealliance.org>

### Humor? Actual label instructions on consumer products:

On a helmet mounted mirror used by US cyclists -  
REMEMBER, OBJECTS IN THE MIRROR ARE ACTUALLY BEHIND YOU.



**The Tandem Paceline was slowed a bit on RSVP by a flat.... We made up time after someone feed Linda three shots of espresso and sent her off at the head of the pace line.**



**A future Randonneur catches a mid ride nap.**



**RCCers hobnob with a future rider while enjoying a cooling squirt from his spray gun!**



**Congratulations to Our esteemed RAMROD Director Tom Killion and Stoker Extraordinaire Nicole Nelson on there nuptials! They are off honeymooning on the bike somewhere in the Sunshine and Mountains!**

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**Redmond Cycling Club Membership Subscription Form**  
Individual/ Family\* Membership Dues: \$15 per calendar year

Please complete this form and mail it with  
your dues to:

Redmond Cycling Club - Membership  
P.O.Box 1841  
Bothell, WA 98041-1841

New Membership       Renewal       Information Change; start date: \_\_\_\_\_

\_\_\_\_\_  
First Name      Last Name

\_\_\_\_\_  
Membership# (first 3 digits in top right of address label)

\_\_\_\_\_  
Address Line 1

\_\_\_\_\_  
Daytime Phone

\_\_\_\_\_  
Address Line 2

\_\_\_\_\_  
Evening Phone

\_\_\_\_\_  
City      State      Zip Code

\_\_\_\_\_  
Email Address

\* One vote is allowed per membership when voting on RCC issues and one copy of the RCC newsletter is mailed for each membership. Use additional copies of this form if multiple family members are to be listed under this membership.

**Redmond Cycling Club Information**

The Redmond Cycling Club ("Where HILL is not a four-letter word") is a group of cycling enthusiasts from the greater Seattle area. We meet on the first Tuesday of each month at 7:15 p.m. at Mia Roma restaurant, 7614 NE Bothell Way, Kenmore (425-486-6200). Social hour starts at 6:30 p.m. Club phone numbers are 425-739-8609 and 425-739-8610. Our members participate in endurance riding, racing, training and informal social rides. We sponsor the popular Ride Around Mt. Rainier in One Day (RAMROD) and the cross-state ultramarathons CANNONBALL and S2S. For more information, attend one of our monthly meetings, write us at P.O. Box 1841, Bothell, WA 98041-1841, or e-mail us at [info@redmondcyclingclub.org](mailto:info@redmondcyclingclub.org). You can visit us on the Internet at <http://www.redmondcyclingclub.org>.



**Redmond Cycling Club**  
**P.O. Box 1841**  
**Bothell, WA, 98041-1841**