

# RCC News



The Newsletter of the Redmond Cycling Club Volume 1, No.13

January, 2001

## Meetings & Events

Mark this date on your calendar:  
**General meeting: Jan. 2, 2001**  
MIA ROMA  
7614 NE Bothell Way,  
Kenmore (425-486-6200).  
Social meeting starts at 6:30 PM,  
business at 7:15 PM.

**Newsletter Submissions  
Due to Linda Knapp  
by 18th of the Month.**

## 2001 RCC Officers

### President:

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

### Vice President:

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tkillion@gte.net

### Treasurer:

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### Newsletter Editor:

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

### Webpage at:

<http://www.redmondcyclingclub.org>



George Enjoying Breakfast after failing to ride with us on a sunny Cabbage Patch Ride!

## TECHNOLOGY IMPROVES TANDEM PERFORMANCE

by George Thornton

The Redmond Cycling Club can justly take pride that it stands at the forefront of the cycling community. We offer the best quality insight into anything that benefits the experienced cyclist. We know more than they do.

The famed RCC research team, headed by your intrepid President, has done it again. We have discovered important technological information that until now has been a closely kept secret. At considerable personal risk we are now giving this information to you, our attentive and credulous readers.

There is new computer technology that promises to substantially improve

tandem performance.

Although I do not ride tandem, I have spoken with many tandem riders and have heard reports of the peculiar challenges inherent in the sport. Reportedly, the biggest problem to tandem performance is coordination and compatibility between captain and stoker. Riders must stand at the same time, sit at the same time, pedal at the same cadence (with an exception to be described below). Moreover, tandem riding places two individuals together at all times, mutually dependent on each other, including each other's moods, under physically stressful and exhausting conditions.

Let me give an example. Most of us have been or are involved in an emotional relationship of one kind or another. If you have been involved in a serious relationship, then the odds are good that you have been involved in an argument with your significant other. Imagine the worst fight of your life. Now imagine it is occurring on a tandem during the Fleche Pacifica in the middle of a driving freezing rainstorm. You are forced together for 24 hours of sheer hell and all you want to do is strangle the person close to you. Despite this problem you must coordinate your every move with this unspeakable person. Get the idea? Sound fun?

Well, secret technology has come to the rescue. There is now a device that can be surgically implanted into the Captain's brain, with a remote control device operated by the stoker. Derived from the until-now secret Husband Control Unit, the Tandem Compatibility Unit allows the stoker to directly control the actions of the captain. The stoker can do this by a tongue-operated remote control device. The stoker does not have to let go of the handlebars.

The controls available in the current unit include the following:

- Stop            -Stand
- Sit                -Pedal faster
- Pedal slower   -Shift up
- Shift down     -Shut up and stop

whining

Future units promise to allow more sophisticated commands. Some of the future options may include:

-Don't Bonk

-Don't worry be happy

-Worry like hell, you lousy no good #@\$%\$#.

-No flatulence

-Don't let go of the bike til I get off

A peculiar quirk of the technology is that the device only works if the recipient of the command is male.

We asked the manufacturer why controls don't work on women. We were told the unit works on a simple pleasure-pain principle. Compliance with the command produces extreme pleasure. Lack of compliance generates pain.

"Men have simple brains. They react positively to pleasure and negatively to pain. Give them pleasure and they become slavering giddy idiots. They do what they are told. Women on the other hand have complex brains. Their motivations are not well understood. Some of it may have to do with security, but to date no computer implant device is capable of creating a sensation of "security". As of this point, there is no computer device capable of reliably controlling the brain of a woman."

It so happens, because of average larger size, most tandem captains are men. From what I understand about tandems, you need the bigger person up front because (s)he must be able to hold up the person in back. The Tandem Compatibility Unit therefore will work with most tandem teams. The problem with giving the controls to the captain is that she cannot see the stoker and does not know when a command must be given.

As an example, in last year's Fleche Pacifica, one of the tandems was captained by a woman. The stoker was a male rider who had done an extraordinarily long randonneur ride the week before. He was fatigued at the start of the ride. Midway through the Fleche he fell asleep. The captain didn't know this fact. She recognized they were slowing down, but she thought she was bonking.

For tandems captained by a woman, other technology must be used. DaVinci makes a device allowing the captain and stoker to pedal at different rates.

It is perhaps no surprise that our Newsletter Editor, who is a woman and who frequently rides tandems, makes use of the DaVinci shifters. The problem with the DaVinci shifters is the captain can't tell if the stoker fell asleep.

Future models of the DaVinci will

make use of medical technology commonly used on surgical patients. The stoker's pulse rate, respiration rate, oxygen saturation and other data will be displayed on a screen mounted on the captain's handlebars.

We have discovered the technology of the Tandem Control Unit is based on the "husband control unit". This device, kept strictly secret until our intrepid research brought it to light, has been in existence for more than a decade.

The Husband Control Unit is surgically installed in the brain of a man about to be married. This is commonly done the night of the bachelor party, when the husband has passed out and can no longer remember being taken to the hospital. Remember, this technology has been secret until now.

The Husband Control Unit is reportedly in great demand. A great deal of money has been spent on improving the technology, including the range of commands that can be given. State of the art Husband Control Units frequently have the following commands

-What's yours is mine, what's mine is mine

-Stop all boorish behavior

-Don't look at other women

-Talk to me

-Do household chores

-What part of "no" don't you understand

-Do something romantic

-Fix something

-Complete your remodeling projects

-Stop with the TV remote control already. Pick one thing and watch it.

-Get up and go to work

-Pay attention to me

-Clean up your mess

-Say yes dear and mean it

According to statistics, husbands with surgically implanted control devices are happier. Marriages aided by Husband Control Units tend to be more successful; the divorce rate is less than one tenth of the rate with "uncontrolled" marriages.

The technology is not perfect. Television, particularly when playing football, tends to create electronic disturbances that interfere with the Husband Control Unit. Future improvements are promised.

If you know a couple with an apparently successful marriage, chances are the husband has a Control Unit.

## CORRECTION:

Correction to the Dec Newsletter. In the Article "Everyone Knows Her" by Sal Garcia.

"Louise Taylor has do all but one RAMROD i.e. she has done 15 of 16 not 10 of 16. Big difference. Man just the thought of 5 more Cayuse Pass climbs.!"

## Last minute thoughts from the Prez....

by George Thornton

I have several ideas and points to report.

1. The nonprofit application is moving forward. I believe all or nearly all the needed information is in the hands of the attorney. He may have some last minute questions for Charlie. I expect the application to be filed by the end of the year.

2. As soon as the process is complete, I will circulate the new bylaws and articles of incorporation for your review and editing.

3. With respect to the newsletter, can we save some money by distributing it by email to those who request it in this form? I for the first time downloaded the newsletter by email. It even prints out better if received by email.\*\*\*

4. Thanks again to MrDon for agreeing to be next year's RAMROD chair. Let's all chip in to make sure his job is as easy as possible.

5. As your President I order you to have a merry Christmas (or Hannukah or Kwansa) and a happy new year.

\*\*\*If you would like to receive the newsletter in Adobe acroread pdf format instead of by snail-mail let me know - lkknapp@home.com

**We are looking for suggestions for RCCs charitable donations. Please give any ideas you have to Amy Harman. aharman@earthlink.net**

## The Acoustic Motorbike

by Luka Bloom

The day began with a rainbow in the sand  
As I cycled into Kerry  
Cattle grazing on a steep hillside  
Looked well fed well balanced  
Close to the edge

*Pedal on, pedal on, pedal on for miles*  
*Pedal on*  
*Pedal on, pedal on, pedal on for miles*  
*Pedal on*

I take a break, I close my eyes  
And I'm as happy as the Dolphin  
In a quiet spot talking to myself  
Talking about the rain  
Talking about the rain  
All this rain

*Pedal on, pedal on, pedal on for miles*  
*Pedal on*  
*Pedal on, pedal on, pedal on for miles*  
*Pedal on*

You see whenever I'm alone  
I tend to brood  
But when I'm out on my bike  
It's a different mood  
I leave my brain at home  
Get up on the saddle  
No hanging around  
I don't diddle-daddle

I work my legs  
I pump my thighs  
Take in the scenery passing me by  
The Kerry mountains or the Wicklow hills  
The antidote to my emotional ills  
A motion built upon human toil  
Nuclear free needs no oil  
But it makes me hot, makes me hard  
I never thought I could have come this far  
Through miles of mountains, valleys,  
streams  
This is the right stuff filling my dreams  
So come on, get up on your bike  
Ah go on, get up on your bike

*Pedal on, pedal on, pedal on for miles*  
*Pedal on*  
*Pedal on, pedal on, pedal on for miles*  
*Pedal on*

Finally  
With my face to that bitter wind  
I bombed it into Killarney  
Skin raw like a sushi dinner  
And an appetite  
That would eat the hind leg of the lamb of  
God  
Even though you know I wouldn't dream  
of doing such a thing  
Then settle down for a quiet night

## Death of RAMROD Greatly Exaggerated....

We are not sure what happened exactly. It might have been the sunshine and smooth riding on the Cabbage patch weekend (Something I have never experienced before this year!) It might have been something in the coffee or the scones- We did have several helpings of them!

Whatever it was we have a new RAMROD director! Yep Don Harkelroad - the esteemed Mr. Don, has stepped up to lead this year's RAMROD. To add to the joy, random acts and hysteria of the occasion Dick Pado volunteered to help Don by taking on the registration duties again this year and Linda Knapp (Yep me, myself and I - and I know I was NOT drinking, well maybe there was something in the coffee?!?! ) will take on Non Day of ride volunteer coordinator - with the caveat that I will be gone a good part of June and possibly July so I need those volunteers in ASAP!

So RAMROD is happening - Start thinking about how you can help!

Think about what I've seen and done  
And wonder

There's a reason for this  
Now is the time to speak of the problem  
troubling my mind  
Sick of the traffic choking our towns  
Freaking me out, bringing me down  
Knock down houses, build more lanes  
Once was a problem, now it's insane  
My solution it's one that I like  
It's Muddy  
The Acoustic Motorbike  
So come on, get up on your bike  
Ah go on, get up on your bike

*Pedal on, pedal on, pedal on for miles*  
*Pedal on*  
*Pedal on, pedal on, pedal on for miles*  
*Pedal on*

Ah go on, Ah go on  
The day began with a rainbow in the sand  
As I cycled into Kerry  
Cattle grazing on a steep hillside  
Looked well fed well balanced  
Close to the edge

*Pedal on, pedal on, pedal on for miles*  
*Pedal on*  
*Pedal on, pedal on, pedal on for miles*  
*Pedal on*

Ah go on, Ah go on  
Get up on your bike  
Get up on your bike

## Display Your Haberdashery Genius

Show your colors and strut your stuff with 'official' Redmond Cycling Club shirts. These are high-quality and comfortable long-sleeved 100% cotton denim shirts, with button-down collar. They're stylish and attractive, but best of all they have the colorful \*new\* Redmond Cycling Club logo proudly embroidered above the pocket.

Unisex sizes from XS to 2XL, and the price is a very reasonable \$35 for RCC members and \$40 for non-members. Contact Nicole Nelson at 206-418-0870, email Nicole at [tkillion@gte.net](mailto:tkillion@gte.net), or attend our regular Club meetings at Mia Roma in Kenmore. (Hey non-members, join RCC for \$15 and get a break on Club attire <jerseys coming soon!> and supported Club rides, too!)

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## DUES ARE DUE!

YOUR ANNUAL RCC DUES ARE DUE. RCC dues are \$15.00 per calendar year. Please mail your checks to the club's PO box address shown on the newsletter. Don't forget to use the Membership Subscription Form to indicate any changes to your information.

Each paid membership gets a monthly newsletter and one vote on any issue put to the membership for voting. Family memberships are the same price and each person gets their own listing in the official RCC Roster, however, only one copy of club mailings is sent per membership and all family members will be shown as having the same address. Phone numbers and email addresses may be different for each member.

If you can't recall if you already paid your 2001 dues, look in the upper right corner of the mailing label on your newsletter. The last two digits indicate the year through which your dues are paid.

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## Alsace and the Loire Valley Trip?

Check with Lynn McLaughlin if you are interested in the Loire Valley Trip she is trying to organize.

Here is an excerpt from last month's newsletter:

My thought is to stay in one place with a lot of cycling possibilities for about a week. Then maybe move on to another place for a week. The two places I have in mind are Alsace and the Loire Valley.

Alsace is an area of eastern France. To the east is the Rhine River and Germany. Then, moving a bit west, a valley with some hills and lots of vineyards and charming towns, plus the city of Strasbourg in the north and the small cities of Colmar and Mulhouse in the south. Then a bit further west, the Vosges Mountains.

Not the Alps by a longshot, but very beautiful, with roads going through forests and then coming out onto treeless ridges with great views. I saw a lot of people riding there. We could stay in one of the small towns - I stayed in and loved Riquewihr. Each day there would be multiple choices - riding in the valley, or in the mountains, visiting wineries, museums in the towns, hiking. Non-riding family members would find plenty to do as well as riders of all abilities. We'd rent a vehicle of some sort to facilitate things.

The Loire Valley is a bit south and

west of Paris. It is most famous for chateaux. I have never been there, but Al and Diane have. I have a friend who told me about a group of 10 of his friends who rented a chateau in the Loire Valley, complete with cook and housekeeper, for a very reasonable per-person price. If there is one place like that, I'm sure there are others as well. The riding there would be more mellow as far as the terrain, the main things would be visiting chateaux and historic towns, and of course the mileage could be made longer for those who need it.

I'll tentatively schedule the meeting for Friday evening, 5 Jan., at my house, with food, at 7:00 pm. Call Lynn for details. 425-827-1882.

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*reprinted from April 2000 newsletter:*

## Club Rides 101

by Duane Wright

There are a few things to think about, when participating in club rides, which will make life easier for all parties involved.

First, punctuality (a personal forte) allows the group to get rolling so that, on those rare cold and rainy days, people aren't forced to stand around and get hypothermia. They can always get hypothermia later in the ride, anyway.

Show up with your equipment in good working order. Old tires are more prone to flats and flats slow up the group. When in doubt, replace worn tires; you'll be happier you did and the other riders will be happier you did.

If you keep only one component properly adjusted, let it be the brakes.

Safety can not be emphasized enough. At stop signs, each rider is responsible for him/herself. Don't proceed into an intersection, without looking, simply because the cyclist in front of you did so - maybe it was safe for that rider to proceed but an oncoming TRUCK will now make it unsafe for you.

Think of yourself as an ambassador for cyclists. Be friendly and courteous to drivers. And try to refrain from expressing frustrations to drivers who are less than courteous to you. Exactly how to balance this is a personal thing but try not to get someone mad at the rest of the group. On a bright note, I've found that hostile drivers are much more likely to reveal themselves when I'm riding alone than when I'm riding with a group. So, enjoy the strength in numbers.

When lining up at a stop light, try not to take more lanes than are needed. And, when you are not turning, try leaving right turn lanes open for vehicles that are turning. This is not always possible, of course, but do what you can to accommodate others.

At four way stops, don't forget to give drivers a chance to go through the intersection. It's one thing for several bikes to go through, on the same turn, but a large group can cause a long wait for cars and this gives bikers a bad name.

Navigation warrants it's own column, but briefly, if you don't know the route, stay BEHIND the ride leader(s). If you get in front of the ride leaders, and the route turns out to be different than the one you had anticipated, you could end up losing the group. If the ride goes somewhere that is completely new to you, a map might make the adventure more enjoyable AND keep it from turning into an even bigger adventure in the event that you become lost.

Bring along appropriate clothing (be prepared for downward turns in the weather), a spare tube (or two) and a few tools. Bring water and some food. If possible, study the route in advance. When riding in unfamiliar territory, bring a map.

Pace line skills are essential. It takes time to learn to be comfortable riding close behind the person in front of you. Start out cautiously, maintaining a comfortable distance. Pedal smoothly. Sudden braking, with a rider immediately behind you, can cause complications. If you need to slow down, feather your brakes. Sometimes just sitting up, or moving slightly to the left of the slip stream, will be all you need to slow down slightly. When it is your turn to be at the front of the pace line, don't take a longer pull than you are comfortable with. You don't need to be so tired that you end up losing the group.

Try to maintain a comfortable speed when in a pace line. If you wear people out, or drop people off the back, you've defeated the purpose of the pace line.

Riding in a group, with wet pavement, can be a messy situation; fenders, with a mud flap on the rear one, will keep your group happy. The only thing worse than riding in the rain is riding in the rain with a group that has no mud flaps.

That's all for this month. Stay tune for next month's column, when I'll talk about club ride fashion considerations (another personal forte).

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## Ride & Event Calendar

### January 6,13,20,27 - LBP

Every Saturday Dick Pado leds a moderate paced ride out of Logboom Park. 40 miles, moderate, some hills, no map, occasional regroup, 10:00am from Logboom Park, Heavy rain cancels

A moderate paced ride. For coffee or morning treats, meet at the Lake Forest Park shopping center Starbucks or Great Harvest Bakery at 9:30 am (located approx. 1/4 mile west of Logboom Park. Please use the crosswalks to cross Lake City Way. Dick Pado (425)821-9124.

### January 7, 14, 21, 28 - The "D" Ride

Dick Pado and Don Harkelroad are leading the "D" ride on Sunday morning at 9:30am out of Logboom Park to wherever. Check with Dick or Don for more details. Dick Pado - 425-821-9124 or dpc@halcyon.com or Don Harkelroad - 425-672-4975 or mrdon@seanet.com

### January 28, 2000 The Fixte Gear Faction

The Fixte Gear faction invites one and all to ride with those who ride one gear and never coast! Join us the last Sunday of every month this winter. Rides will be flat and not overly long. Those of you who are hampered by having gears are welcome to join us. We just ask that you do not shift or coast! Well ok you can shift, just try not to dust us too often. This ride is designed as a great social and/or recovery ride. We try to meet for breakfast before the ride and coffee or lunch after.

Ride start about 10am For more info call or email Linda Knapp at 206-524-9630 or lknapp@home.com. Or check the ride page at <http://www.redmondcyclingclub.org>

### Meeting Guest Speakers:

Sue Cady is on for our Redmond Club Feb. 6th Meeting. Sounds like she has a few things for show and tell. Estelle is on for March 6th.

## Fleche Pacifica Training Series:

**Jan 27th (Sat) Zeek Pizza 4 to 6 pm.** - A general meeting for introductions and updates on rules for the 2001 Season. More importantly great food and beer.

**Feb 10th Flaming Booger** - Meet at Gene Coulon at 09:30 ride to Flaming Geyser Park and back. 66 miles flat and windy. Dress warm. We stop for lunch in Auburn. After overeating for two months. Just sit on and turn over.

**Feb 24th RollerCoaster** - 61 Hilly miles to Gig Harbor (lunch) and back to Southworth. Catch the 9:25 am Ferry from Fauntleroy to Southworth. Strange how often this is a sunny ride.

**March 10 Millersylvania with Olympia Wheelman Bill & Melody.** - 85 or 200 K. Two options. The 200K is very tough with hard climbs. it can be wet. You get noticed by the Fleche Team Captains if you can complete this 200K course.

**March 24th Zeek's Pizza for Team Selection and latest updates.** - By this time everybody can tell who been riding. General Team Selections

**April 7th Portland 200K** - Marvin wants to ride with us. Best course and worst lunch. Everybody rides for the party at The Mallory afterwards.

**April 14th Tillamook 300K** - Ugly course, Ugly weather, Ugly riders, Saddleback Pass throw in. Well Lee is going to be 1 out of 3 or 2 out of 3 for greg. Even the drive down on Friday Night sucks....

**April 21st Wenatchee Sampler** 100 or 120 miles in the dry. - Azwell is like going back in time. Difficult 1.1 mile climb up Nuevro Coulee Pass. A brute for tandems. Work the paceline on the headwinds past Rocky Reach.

**May 5th Hoods Canal 200K Bremerton to Bremerton.** - Lunch at Hoodsport. excellent team course to work on rotation.

**May 18-19-20 Canadian Fleche Pacifica** - It appears there will be more teams this year. The club a good number of past metalists riding the 2001 event. Stick to them like glue.

## Baiku

by Tamara Stephas

Cold wind, three black crows,  
a panting dog, my shadow:  
today's peloton.

Rattle of fast claws,  
barking jaws swiftly gaining.  
I meant to sprint here.

### March 30-April 1 Bike Expo

The RCC and RAMROD booths at bike Expo will be under the care of our expo volunteer Tom Killion. If you have any suggestions or would like to help contact Tom.

### June 9-10 2001 Mazama

RCC has the entire Mazama Country Inn booked for the weekend of June 9-10, 2001. We'll publish details of this great ride later in the year.

### June 30, 2001 - Cannonball

Duane Wright  
checkers@u.washington.edu is organizing this ride this year.

### July 14, 2001 S2S

Duane Wright  
checkers@u.washington.edu is organizing this ride this year.

### Marvin's list of Rando Events for 2001

(More details later...)

**April-7-01 Portland 200K** - Ah! Vernonia here we come. Hope the Redmond Club's official taste tester will be with us. George oh! George....

**April-14-01 Tillamook 300K** - Saddleback Pass at night

**May-12-01 Washougal 400K** - Love that descent off Tower Cape in the rain, right Duane

**May-19 & 20 - 01 Mount Hood 600K** - Hope for no snow.

**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  
Bothel, 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 Line2

\_\_\_\_\_  
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**