

# RCC News



The Newsletter of the Redmond Cycling Club Volume 5, No.13

May, 2001

## Meetings & Events

Mark this date on your calendar:

**General meeting: May 1, 2001**

MIA ROMA

7614 NE Bothell Way,  
Kenmore (425-486-6200).

Social meeting starts at 6:30 PM,  
business at 7:00 PM.

Guest Speaker: Dan Goldman - Dutchman Marine. Subject: Across Lake Washington New Ferry Service which will take bicycles.

## Website of the Month

Check out the Maumee Valley Wheelman Website at:

<http://www.freewheel.com/mvw/index.html>

There are lots of interesting articles and photos.

## 2001 RCC Officers

### President:

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

### Vice President:

Tom Killion, 425-672-4975  
tkillion@gte.net

### Treasurer:

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### Webpage at:

<http://www.redmondcyclingclub.org>

## TIPS FOR THE NEW RAMROD ENTRANT

by George Thornton

A few years ago I rode my first RAMROD. I had the benefit of help and counsel from a number of experienced riders in the club. Their advice helped me considerably, so I am passing on some of this information to you.

### Training

Unless you are already an experienced and conditioned long distance cyclist, be warned that RAMROD is a tough ride. It is about 1 1/2 times as hard as riding the STP (Seattle to Portland Classic, about 200 mostly flat miles) in one day. Therefore, you need to start training early in the season.

If you live in the Seattle area, I recommend you consider the Goosebumps series of rides. This series is specifically tailored towards STP one day and RAMROD training. Goosebump rides tend to break into speed groups; you can go as fast as you could ever want with the animals at the front of the pack. Or you can hang back with real people like me and ride a more moderate pace.

By May you should be doing centuries. Towards the end of May a particularly good ride is the Whidbey 120. The ride starts with a ferry ride to Clinton. We ride the length of the island, returning on the mainland side through LaConner. The last part of the ride includes a nasty set of hills between Everett and Mukilteo. Although not long, the hills are steep and come at the end of a rather tiring day.

The STP in one day is both a good measure of your conditioning and a good training ride for RAMROD.

Once you complete the STP or an equivalent ride, you will still need to do some training in heavy climbing. The best way I know to train is to ride some of the passes you will have to climb on the day of the ride. One such ride involves riding into the park from the Longmire side, climb to Paradise, descend into Box Canyon, and then reverse the course

going back the other direction. A second excellent training ride is to start at Ohanapecosh at the southeast corner of the park. Ride up Cayuse, down the other side, then continue on up to Sunrise. Return the same course. That particular ride involves 72 miles and about 7500 ft. of climbing.

### Pre-Ride Preparation

Start time is 5:30AM. Particularly on warm days, the earlier you start the better. Cayuse Pass can get extremely hot in the afternoon of a nice day. Try to stay in Enumclaw the night before and get to bed early so you can have a good start.

**REMEMBER TO BE POLITE AND PATIENT TO THE VOLUNTEERS.** We know you are in a hurry to get through registration and get going in the morning. Remember that RAMROD would not be possible without the volunteers. They are NOT being paid to get up at 4:00 in the morning to put your ride on for you. We want them to come back. You want them to come back if you ever plan to ride again. **SHOW SOME APPRECIATION** for their volunteer efforts to give you a class ride. Be nice to them and thank them for their help.

**READ THE RIDE INSTRUCTIONS AND FOLLOW THE GUIDELINES SET BY THE NATIONAL PARK SERVICE.** We can offer RAMROD only with the permission of the Park. Our right to put on future RAMROD events depends on the compliance of our riders with NATIONAL PARK rules. One bad rider could spoil it for all of us.

**BE PREPARED FOR ANY KIND OF WEATHER.** That means near-freezing rain or snow. Or sometimes it is near 100 degrees, sunny and no breeze while you are climbing Cayuse pass.

**UNDERSTAND YOUR ENERGY STORES REQUIREMENTS AND EAT APPROPRIATELY.** I am a big man. I have considerable stores of energy in my body. It is not possible for me to store enough readily accessible energy in my body tissues to handle the requirements of RAMROD. In my experience with distance riding, there is a constant struggle between the body's need to shut

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down unnecessary systems ( such as digestion) to concentrate on muscle energy, versus the need to digest foods to replenish stores. Randonneurs eat frequent meals during distance rides. They do not rely on energy bars or energy drinks. They slow their pace down so the body has the energy to digest large quantities of foods.

Some of us take anti-inflammatories the day of the ride to minimize muscle pain. A side effect of anti inflammatories is stomach discomfort. This could slow intake of foods, causing a consequent lack of sufficient nutrition for the ride.

You need to make sure to eat enough. If you do not, you will bonk. Probably on either Backbone Ridge or Cayuse Pass.

#### THE 17-3-9 RULE

Remember these three numbers. Seventeen. Three. Nine. They are the distances of the three major climbs of the ride. The climb from the Kautz Creek entrance to Paradise is 17 miles. The Backbone Ridge climb is 3 miles. The Cayuse climb is 9 miles. Note your odometer setting at the beginning of the climb. This will be valuable psychological tool for you in these interminable climbs. You will be able to measure your progress even though it seems like the hill goes on forever.

#### CAYUSE PASS

Last year I was unable to train adequately for RAMROD so I volunteered as an official sag driver. I was able to see the expression on the faces of the riders while they climbed Cayuse pass. I know NO ONE who can handle Cayuse Pass without suffering. By the time you reach Cayuse Pass you will have already ridden 100 miles and climbed 7500 feet. You are going to be tired.

The climb to Cayuse Pass starts gently. Don't be fooled. It gets worse. In fact, the closer you get to the top the worse it gets. The climb can be stiflingly hot; pay attention to hydration during that climb on hot days. There is a water stop halfway up the pass. A few miles from the summit you will encounter a dark tunnel. Be careful; sudden changes in visibility can be disorienting.

Once you are over the top of Cayuse, you have "made it". But you still have 40 miles to go!!!!

#### SAFETY AND DESCENTS

There are a number of long descents connected to the ride. Roads wind through mountain switchbacks and road conditions can be poor. There are a number of gouges in the road from falling rocks, particularly on the descent from Paradise. Metal grates can also be found

in that stretch of road; watch the road and be careful.

Remember there is traffic on the road. One serious accident happened when a rider strayed into the oncoming lane of traffic on a switchback during a rapid descent. This event is not timed. Take your time, be safe and enjoy the ride.

A poorly equipped or maintained bicycle can be disastrous on one of these steep descents. A sudden flat or broken wheel can cause a disastrous fall. Make sure your equipment is in good operating order.

Finally, be particularly careful during the descents in bad weather. While the wet and cold may have helped you keep cool during the arduous climb, things can turn abruptly and dangerously cold during the following descent. You can lose control of your bicycle from cold tremors during a steep descent in bad weather. Bring enough clothes and wear them.

#### THE FINAL 40 MILES

Although you have completed all the serious climbing once you scale Cayuse Pass, you still have 40 miles to go. The first 20 are quite easy; all you have to do is stay on your bike. The deli stop is at the foot of the descent after Cayuse; that is a good place to stop, rest and eat.

The final 20 miles are mostly flat with slight rollers. But don't be lulled. In clear weather there are usually headwinds, sometimes strong, preventing you from romping to the finish. Be careful; everybody is tired.

There is a turnoff to Mud Mountain Dam road about six miles from the finish. Make sure you catch the turnoff.

The Mud Mountain descent is one of the most pleasant experiences of the ride. By the time you get there you REALLY know you are going to make it. The descent is short and pleasant, a small winding back road in a beautiful forest with no car traffic. You end up on the flats on the outskirts of Enumclaw with about two miles to go to the finish line.

#### PERSONAL SAG VEHICLES

There is no reason why anyone needs to have a personal sag vehicle. There is no reason why anyone needs to have a personal sag vehicle. There is no reason why anyone needs to have a personal sag vehicle. Am I clear?

Personal sag vehicles are a hazard to all of the bicyclists. They ride constantly through the riders and significantly increase the traffic that must be endured by the other riders. Many of the mountain roads have few places to stop. There are risks of accidents with other riders, with

other cars, with pedestrians in scenic areas.

We have had MANY complaints by Park Officials and other riders concerning the conduct of personal sag vehicles. Official SAG vehicles are given instructions and equipment, and all of them carry excess food and water for the cyclist in trouble. Official sag vehicles are clearly identified with signs.

We are able to do RAMROD because the National Park permits us to conduct this ride. The permit could be revoked at any time. **YOU ARE RESPONSIBLE FOR THE CONDUCT OF YOUR PERSONAL SAG VEHICLE.** We need to satisfy the Park's requirements on safety. In order to preserve the ride for future years, we must respond to the Park's concerns. If there is a problem **YOU COULD BE BANNED FROM MANY FURTHER RIDES.** It is the only sanction available to us, and we have used it in the past in order to preserve the ride for all of us.

**EVERYTHING YOU NEED TO HAVE A SAFE RIDE** is provided. There is enough food available at rest stops. If you get in trouble, RAMROD provides a number of official SAG vehicles that can get you off the mountain and safely back to the start area.

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## Harold Bridge vs car

from Danelle Laidlaw of the BC Randonneurs

Thought you might like to know that Harold Bridge was hit by a car on Monday (his fault - ran an amber light on a six lane road and unfortunately, the car on the right of the intersection approached as the light was turning green and went ahead with their plans to make a right hand turn - clipped Harold's front end).

Harold is in the Royal Columbian hospital with a fractured pelvis (2 places), fractured ribs, concussion and some internal bleeding. The bike has damaged front forks and maybe worse. Harold, though quite uncomfortable, counts himself lucky to be alive. He did quite a bit of damage to the car - bounced off the hood, broke the windshield, and dented the roof. I think they are still trying to get shards of glass out of his helmet!!

*Duane and Greg sent flowers to Harold Bridge at The Royal Columbian Hospital in R.C.C.'s name after his accident.*

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## Redmond Cycling Club Minutes – April 2001

The meeting was called to order by club President George Thornton at about 7:15 p.m. at Mia Roma Restaurant off the Scenic Burke Gilman in Bothell. George had the all the members introduce themselves to the new members that showed up.

New Business and Announcements included information on:

WIMPROD – the ride the club holds for the RAMROD Volunteers that contribute above and beyond the call of duty. WIMPROD this year is set for the first two weekends in September after Labor Day with the slim possibility of a weekend in August due to a few hardworking volunteers having conflicts with Cycle O – if and when this happens we will let all qualified RAMROD volunteers know.

MAZAMA – the annual club ride from Marblemount over Rainey and Washington passes to the Mazama Country Inn is Scheduled for June 9-10. At the point of the meeting MAZAMA is about ¼ full and can accommodate approx. 40 – 45 riders. If your interested in attending this ride the forms are located on the Redmond Cycling Club website and the cost is \$73 for club members and \$78 for non members.

BIKE EXPO 2001 – Wow we have 40 new members WELCOME to RCC – “Where Hill is not a Four Letter word” – its great to have some new blood and we all look forward to riding with you. We again had two separate booths at Expo – one for RAMROD and one for RCC & our cross state rides of CANNONBALL & S2S. Our RAMROD booth generated 150 registrations – got the ride off to a great start. I believe we had more fun entertaining people with the notion of crossing the state in a day then getting entrants for CANNONBALL & S2S – you Ultra Marathoners & Randoneers – see Duane Wright about doing these rides and look for upcoming information on the RCC website.

We also sold lots of jerseys and T-Shirts from past events. Big KUDOS to all the Expo Volunteers especially Christie & Peter for being such good club ambassadors.

RAMROD – at the time of the meeting was about 65% sold out – by the time your reading this we are SOLD OUT – thanks Dick Pado for the great on line registration and Don Harkleroad is setting the pace for RAMROD Directors to come – it seems like he has all his Ducks in a row – Ham Radio crew is lined up thanks

to Steve Meadows and the Permitting process is almost complete.

A few announcements followed – Duane Wright has all the T-Shirts from CANNONBALL 2000 – if you bought one or would like one contact Duane – also he said the Starlight Hotel is no longer going to be the finish line Hotel – so make your reservations elsewhere in Spokane.

After announcements we tied up the business meeting and announced our speaker Glenn Erickson – for those of you who don’t know Glenn he has long been a presence in the Seattle area cycling community and is a bicycle builder and runs cycling tours in Europe during the non rainy months in Seattle. Glenn showed slides of his most recent trips to Europe including the one, which coincides with the Tour de France (Go Lance). We love to hate your job Glenn and you have us all saving our dracmas for one of your tours.

May’s presentation will be about the new Ferry Service on Lake Washington – Magnuson to Kirkland – on a boat forget the 520 Bridge – and a few other friendly routes – Sounds like fun for the Summer.

Keep Riding –  
Your Club Secretary  
Amy Harman

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## Treasurer’s Report

Charlie Buchalter

The short story is that the club is doing just fine. Money is in the bank, nothing unexpected is happening, etc.

The long story is as follows: The club currently has \$111,812 in the bank. The vast majority of this comes from Ramrod receipts for 2001, which have been flooding in for the past month. Ramrod is now full so we’re at the high point of being cash rich at the moment. Jersey sales will continue to bring in dollars but upcoming event expenses will also begin soon. For those interested in the finer details, the Ramrod accounts have \$93,828 in them and the RCC accounts have \$17,984, plus there are \$379 in undeposited funds. Since April 1<sup>st</sup> Ramrod has sold the



**Amy and Charlie Doing the Tulips**

following (excluding sales tax):  
657 non-member registrations = \$45,920  
81 member registrations = \$5,265  
166 jerseys = \$10,680  
21 t-shirts = \$290  
3 previous year jerseys = \$187  
13 previous year t-shirts = \$70

In addition, RCC has sold the following (excluding sales tax):  
64 individual memberships = \$960  
5 family memberships = \$75  
3 denim shirts = \$97  
21 Mazama member registrations = \$1,465  
11 Mazama non-member registrations = \$780

Also, to date this year we have had only 2 bounced checks. Both were from Ramrod, both were accidental overdrafts, and both have been resolved.

It is worth noting that of the 69 memberships logged in April, 55 of them were received in combination with Ramrod registrations. The member discount program definitely brings in memberships. A few of these were late renewals.

## MAZAMA 2001 The Tradition Continues - Update

by Charlie Buchalter

We need 1 more sag driver for this year's Mazama Ride. Sag drivers attend the ride free of charge in exchange for providing sag support. I can also make sure that sag drivers get one of the coveted 2-person rooms. If you or someone you know (perhaps a spouse) would like to be a sag driver please have them contact me a.s.a.p.

Mazama is filling up early this year! As of this writing we are already over 75% full. If you want to attend the Mazama Ride this year you better think about doing so soon. To sign up please fill out the Mazama registration form and mail it to me at the address on the form. There's a link to the form on the Rides page of the RCC web site, [www.RedmondCyclingClub.org](http://www.RedmondCyclingClub.org). If you don't have internet access call me at 425-743-0483 and I can fax or mail you a form. Brief ride details are in the ride listings. Please see the web site for additional details.

By the time you read this everyone that has registered should have received a confirmation of registration for the ride. If you haven't please give me a call or email. Note that for those signing up in groups I've only sent a confirmation to the group leader so please check with him/her. You'll receive day of ride details during the first week of June.

### Ramrod is full!

by Don Harkleroad

As of April 26th, Charlie Buchalter, our omnipresent treasurer, has informed me that we have officially filled ramrod. Those that have sent in registration waiver forms and checks will be informed by email that if they don't see their name displayed on the web site as paid, their names will be placed on a waiting list or if they prefer we will refund their money.

Other news, we still are waiting on our permit from the Park. We have our insurance for the ride courtesy of the uscf. As far as I know Tom Killion and Linda Knapp are filling volunteer spots diligently, but if anyone wants to help out, I'm sure a spot can be found especially for day of ride. That's all folks! See you next month, hopefully with a park permit.

## WRQ's Bike to Work Day

Join thousands of cyclists for WRQ's Bike to Work Day Friday, May 18th 6-9am. Bike to Work Day is a national event sponsored by the League of American Bicyclists and celebrated in cities throughout the US. Cascade Bicycle Club is proud to have produced an increasingly successful event for the past ten years. This year, we are proud to welcome our title sponsor, WRQ, and thank them for their help in producing this year's event.

Between 6 and 9am\* on May 18th, 33 WRQ Commuter Stations will be located throughout King, Pierce and Snohomish counties. Volunteers at these stations will encourage and cheer you on as you coast through our streets, parks, trails and pathways to your final destination. Stop at a station, pick up free giveaway items, enter to win a free raffle prize, grab a free bicycle map, or buy merchandise, including the official event T-shirt and bicycle jersey.

At most stations, a mechanic provided by our station sponsors will provide free bike maintenance. Sign up for the chance to win a free raffle prize, also provided by our station sponsors. These prizes are valued between \$100 and \$1000 dollars! Check out our website, [www.biketoworkday.org](http://www.biketoworkday.org) for event information and merchandise, or call us at 206-522-BIKE.

## Loire Valley 2002

Who wants to spend a week in a chateau in the Loire Valley next summer, biking and whatever? The price below is for the whole place, and it sleeps about 14. Contact Lynn at [LMCLAUGHLIN01@earthlink.net](mailto:LMCLAUGHLIN01@earthlink.net) if you think you're interested. Here is the information from the owner:

"Rent for one week is \$1,750.00; two weeks \$3,250.00. Included in the price beds are madeup, towels, etc. Please note that we charge for bed linens and towel if they are changed more than once a week. We provide hot water and electricity, gas for the stove. If the central heating is turned on we charge for the fuel consumed. Telephone, food, and if you hire our cook (about \$10/hour) these are your expenses."

## RAMROD Training Series

Due to work and travel conflicts, the ride leader is not able to commit to fixed dates for leading the training series this year. Thus the training series will not be offered formally for 2001.

Those who wish to do the rides on their own or with friends, will find the cue sheets at the website [http://www.redmondyclingclub.org/ramrod/rts\\_top.html](http://www.redmondyclingclub.org/ramrod/rts_top.html). However, be aware that this information may not be up to date with construction changes or road closures.

Some of the rides may be offered on an informal short-notice basis. Interested riders should submit their email address to [paul\\_oelund@hotmail.com](mailto:paul_oelund@hotmail.com) to be placed on the distribution list for ride notifications.

## Riding in the STP? Consider Pedaling for a Purpose, July 7-8 2001

Cyclists can on a strictly voluntary basis, use the STP as a way to raise money for one of 12 selected Northwest charities through a program called Pedal for a Purpose, and this year the Brain Injury Association of Washington is one of them! It's a great way to support our cause and if you raise over \$350 for BIAWA, we will return your STP entry fee. You ride the STP for free! Earn additional prizes for higher levels of fund raising.

You must register with BIAWA to receive fundraising materials. However, please note, registering with the Brain Injury Association of Washington DOES NOT substitute for STP registration.

To volunteer and receive information packets and pledge sheets contact Bryanne at the BIAWA office at 425-895-0047. For more information on the STP and Pedal for a Purpose, please visit their website at <http://www.cascade.org/>, or for more information about the BIAWA visit our website at <http://www.biawa.org/>.

## Ride & Event Calendar

### May 2001

#### May 5th Hood Canal 200K Winslow to Bremerton.

We'll catch the 6:20 am ferry in Seattle for Winslow. We'll do the counter clockwise Loop - Winslow up the main drag to the Hood Canal Bridge, Left at Center Road and south to 101, up over Walker Pass on Hiway 101 with a stop at Union for a great lunch spot. Around the boot and up to Belfair and the straight shot Bremerton and The Ferry back to Seattle. About eight hours ride time. Greg Sneed for info. gr8tandem@home.com

#### May 5 - BC Randonneurs 300k

Start at Burnaby Lake SP. More Info:  
<http://www.randonneurs.bc.ca/>

#### May 6 - Erickson's monthly tandem ride

Erickson's monthly tandem ride around Lake Washington, 9:30 a.m. meet at Leschi, 9:45 departure. This is a fast-paced, paceline style ride.

#### May 12 - Evergreen Tandem Club

40 mile ride around the north end of Lake Washington from Cascade Bike Club. Brisk pace. Rain cancels. Led by Rita Jensen. This will be a joint Cascade-ETC ride. Check out <http://evergreentandemclub.org/Rides/rides.html>

#### May-12-01 Washougal 400K

Love that descent off Tower Cape in the rain, right Duane?

#### May 19 6-9am Bike to Work Day

Check out <http://www.biketowork.com> or Call 206-522-BIKE for more info.

#### 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. More info from Greg Sneed or <http://www.randonneurs.bc.ca/>

#### May-19 & 20 - 01 Mount Hood 600K

Hope for no snow.

### May 26-27 SIR 400k Brevet

Sponsored by SIR look for info on: <http://www.seattlerandonneur.org>

### June 2001

#### June 3 19th ANNUAL PENINSULA METRIC CENTURY

FUND-RAISER FOR: Tacoma Wheelmen's Bicycle Club helmet's program, advocacy efforts, rides and more.

Registration 7:00 AM to noon Pre-registration, before May 23 \$15 individual, \$35 family, \$12 shirt

Day of Ride: \$18 individual, \$40 family, \$15 shirt

Begin the ride at the Southworth Ferry Terminal (50K, 100K, or 100 mile) or the Gig Harbor Fire Station on Kimball Drive (100K or 100Mile). The route includes miles of waterfront and roller coaster hills. Each rest stop will provide an enticing array of food. Great mechanical and sag support. Prizes will be raffled upon return to registration points.

Contact: Dianne Koch [pmc@twbc.org](mailto:pmc@twbc.org)  
<http://www.twbc.org> 253 564-3271  
TWBC PMC, P.O. Box 112078, Tacoma, WA 98411

#### June 9-10 2001 Mazama 2001 The Tradition Continues

RCC's traditional Mazama Ride continues in 2001 on the weekend of June 9-10. We meet in Marblemount and the majority of us ride the 70 miles across Rainy and Washington passes and on into the Methow valley. We rest up for the night at the Mazama Country Inn and then head back the next morning. There is also plenty of flat road riding, mountain biking, hiking, and general relaxing to be had for those who prefer not to pedal over the passes. The cost is \$73 for RCC members and \$78 for non-members. The price includes sag support for emergencies and to carry your overnight bag both ways, a bed to sleep in, a snack when you arrive and dinner on Saturday, and breakfast Sunday morning.

Mazama is filling up early this year! To sign up please fill out the Mazama registration form and mail it to me at the address on the form. There's a link to the form on the Rides page of the RCC web site, [www.RedmondCyclingClub.org](http://www.RedmondCyclingClub.org). If you don't have internet access call me at 425-743-0483 and I can fax or mail you a form.

### June 23-24 SIR 600k Brevet

Sponsored by SIR look for info on: <http://www.seattlerandonneur.org>

June 24 Cascade Bike Club - Flying Wheels

<http://www.cascade.org>

#### June 23rd GO THE EX- TRA MILE FOR WASHINGTON'S NA- TIONAL PARKS

Bike any of three routes: 30, 60, or 100 miles. Rides start and end at the Colonial Creek Campground on State Route 20. The century ride reaches Winthrop, over Rainy and Washington passes, for an elevation gain of 8,500 feet. For more information, visit <http://www.wnnpf.org/>  
June 30, 2001 - Cannonball

Duane Wright  
[checkers@u.washington.edu](mailto:checkers@u.washington.edu) is organizing this ride this year.

### July 2001

#### July 7-8 STP

More info: <http://www.cascade.org>

#### July 14 S2S

Duane Wright  
[checkers@u.washington.edu](mailto:checkers@u.washington.edu) is organizing this ride this year.

#### July 26 RAMROD

RAMROD is FULL!

At this time we are looking for volunteers to help with RAMROD 2001. All positions are needed. If you are interested in helping out this year (and earning points towards riding WIMPROD!) email [rcc@redmondcyclingclub.org](mailto:rcc@redmondcyclingclub.org)

### August 2001

#### August 10-11 - RSVP

<http://www.cascade.org>

#### August 17-19 SIR 1000k Brevet

Sponsored by SIR look for info on: <http://www.seattlerandonneur.org>

#### August 19-24 RAW

<http://www.cascade.org>

**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 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 number is (206) 781-3903.

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 email us at [info@redmondcyclingclub.org](mailto:info@redmondcyclingclub.org). You can visit us on the Internet at <http://www.redmondcyclingclub.org>.



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