

RCC News



The Newsletter of the Redmond Cycling Club Volume 10, No.14

October, 2001

Meetings & Events

General meeting: Nov. 6, 2001

MIAROMA
7614 NE Bothell Way,
Kenmore (425-486-6200).
Social meeting starts at 6:30 PM,
business at 7:00 PM.

Important: Nominations for RCC officers will be taken at this meeting. If you wish to run for a officer's position (or not!) it is important that you attend the November and December Meetings

General Meeting: Dec. 4, 2001 - Election Night!

MIAROMA
7614 NE Bothell Way,
Kenmore (425-486-6200).
Social meeting starts at 6:30 PM,
business at 7:00 PM.

Halloween Party: Saturday, Oct. 27, 2001 6:30 PM

Susan Cady's House
6845 48th Ave NE; Seattle, WA 98115
206-529-1398 nwbikerbabe@yahoo.com
Potluck and BYOB. RCC will provide non-alcoholic beverages, plates, etc. Please call or e-mail me with your potluck dish so we don't end up with all desserts (not necessarily a bad thing). Costumes are optional, but if I'm the only one in costume you will all suffer the consequences.
Directions: The house is located in Wedgwood/View Ridge due west of Magnuson Park and 2 miles northeast of the UW. The nearest cross street is NE 70th St. and 48th Ave. NE. Complete directions on the events page.

Election Time....

Election Time is fast approaching. Nominations for RCC Officers will be taken at the November General Meeting on Tuesday the 6th of November. The election will be held at the December Meeting - December 4th. Positions Open are: President, Vice President, Treasurer, Secretary, Newsletter Editor and Social Director. We also need a RAMROD Director!

In general the duties of the various officers include (paraphrasing the bylaws):

President: Supervise and control all of the assets, business and affairs of the Corporation. Preside at the club business meetings, organize and preside at the board meetings. Writes the monthly "From the Prez...." section of the newsletter.

Vice President: Performs the duties of the President when the President is absent. Acts as the Club Ride Leader either directly organizing and leading rides or making sure that others are. Gets the ride list to the Newsletter Editor to publish on the website and in the newsletter.

Secretary: The Secretary shall: (a) keep the minutes of meetings of the Board, and minutes which may be maintained by committees of the Board; (b) see that all notices are duly given in accordance with the provision of these Bylaws or as required by law; (c) be custodian of the corporate records of the Corporation; (d) keep records of the name

and post office address of each member, Director, and officer; (e) sign with the President or other officer authorized by the President or the Board, deeds, mortgages, bonds, contracts or other instruments

Treasurer: The Treasurer shall have charge and custody of and be responsible for all funds and securities of the Corporation; receive and give receipts for moneys due and payable to the Corporation from any source whatsoever, and deposit all such money in the name of the Corporation in banks, trust companies or other depositories selected in accordance with the provisions of the Bylaws.

Reports on the account status regularly.

Newsletter Editor: The Newsletter Editor shall manage and edit the publications of the organization.

The Office of **Social Director** was added at the November 2000 Meeting Principal Duties are to coordinate all off bike social activities.

2001 RCC Officers

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

Vice President:
Tom Killion, 206-418-0870
tkillion@gte.net

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

Secretary:
Amy Harman
aharman@earthlink.net

Social Director:
Greg Sneed, 206-784-1265
gr8tandem@home.com

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

Webpage at:
<http://www.redmondcyclingclub.org>

Email List at:
<http://groups.yahoo.com/group/rcc-riders>

Did You Know?

We have a riders email list.
To join go to <http://groups.yahoo.com/group/rcc-riders> and join up!

RCC Minutes - 09/04/2001

by Amy Harman

The meeting was called to order by George Thornton. George apologized for missing Ramrod and the Picnic due to a family emergency.

RAMROD

Don Harkelroad gave a short report on RAMROD. We had no complaints from the park; the Rangers were impressed and we have already received back the Park Bond. We got the rider numbers of those blocking traffic and removing helmets and need to decide if they will be allowed to ride RAMROD Again. Don said Thankyou to the food stop volunteers for doing such a great job of cleaning up and also to the volunteers at the start line for keeping the mess under control. Thanks to Marilyn for the great work on the food; we will need a new food organizer next year due to Marilyn moving. Thank you also to all volunteers and especially to those who stayed late to clean up. WIMPROD is scheduled for the weekends of September 8-9 & September 15-16.

Upcoming:

Holiday Party's - Susan Cady has offered to hold the Halloween shindig at her house. Date & Time to be announced. We need someone to hold the Winter Holiday Party at their house if you are interested please speak up.

Club Officer Nominations will be at the November meeting which is also election day so vote early and then come to the meeting.

Awards: Come on people think some good ones up - ie most improved rider; most expensive person to ride with; bike you could eat off.

Rides that are scheduled for the month were announced.

09/08/2001 - Camano Island; 09/09/2001 - Headwaters Century with Pappa Goose and his flock; 09/29/2001 - Port Orchard Farmers Market; 09/29/2001 - Gas Works to Greek Festival.

Mark from Seattle International Randoneers came to the meeting and invited us to come on their September rides a 100 kilometer ride on September 23 with over 4300 feet of climbing and a 200 kilometer ride to Fall City & Back.

Miscellaneous:

The club now owns a canopy which we used for the Picnic and it is available for use at club events. We also now own some shelving units, a projector screen, card table & chairs and several coffee pump pots. All of these items are stored at the new storage locker in Lynnwood which is more accessible than the locker in Buckley where all the RAMROD stuff is

stored.

Tom Killion said that there is a cool bike / sports store in Start Up Washington called the Sports Junkie and that it is worth checking out.

Mia Roma Update: Due to no meeting in August, they did not have additional staff on for the September meeting thinking we had flown the coop and also our room wasn't reserved. Starting with the October meeting we will have to do meals buffet style to continue meeting there. We are still working out the Prelims but right now we have a \$14.00 Dinner option or a \$7.50 small plate option. The manager will be accepting payment for meals prior to the meeting. You will not have to eat to attend the meeting but if you choose to do so this will make it easier for the restaurant.

RCC Board Meeting 09/25/2001

by Amy Harman

Meeting was held at George Thornton's house to discuss pressing issues.

Mia Roma - due to no one notifying them that we were not holding an August meeting they thought we had quit meeting there and our room was not reserved and they did not have additional staff on to serve a big group at the September Meeting. Mia Roma's manager said she would like to switch us to a buffet style set up. Greg Sneed is working with her to figure out an appropriate charge. A full dinner buffet will be \$14.00; small dinner buffet will be \$7.00.

Website: We need more content and then we need it jazzed up - need to impress upon the members to lead and submit rides. Tom Killion & Linda Knapp will work on this.

09/11/2001 - We are making a \$1,000 donation to the Washington Branch of the Red Cross to help out and will have a card at the meeting in November for club members to sign.

October Meeting - Pres, Treasurer & Secretary will all be absent - the Vice President Tom Killion will run the meeting.

Tax Status - is 501C non profit; our legal work for the Incorporation Status is being done by Chris Beau at Invicta Law Firm. We will have a few hours of work every year to keep the Minute books up to date and to maintain our status.

RAMROD; we have made the first payment to Don Harkelroad for directors fees and will make the second payment

upon completion of report. We will decide on the bonus once all the financial reports roll in.

Payments for Services - If we have payouts over \$500.00 we need a written contract for services.

We paid Dick Pado \$2,000.00 for his software use that we used for registering folks for RAMROD.

RCC Meeting Minutes - 10/02/2001

by Linda Knapp

President, Secretary and Treasurer were all absent so meeting was run by Tom Killion.

Meeting/ Dinner was in the new banquet format we are trying out. The Mia Roma owner was there to collect your money at the start of the meeting. \$14 for the full banquet, \$7 for salad. They had two different salads and pasta dishes each plus bread. We will be trying this format for a couple meetings so let the board members know how you like it.

Announced that we have decided to give \$1000 to Red Cross in RCC's name.

Susan Cady announced details about the Halloween Party which will be at her house on Saturday October 27th. It will be a potluck starting at 6:30pm. Details are in the events section of the newsletter and on website.

Susan will also be leading a Lake Loop ride on 21 October - check with her for details. There may also be a stealth Papagoosebumps ride this week. Other rides announced included the Himshoot Himperial Hundred and the Fall Colors rides. Also may have quite a number of RCC riders on the Kitsap Color Classic this weekend.

At this point meeting moved to the speaker who was Michele Burton . Michele helped us with first Aid at the finish line at RAMROD and she talked about a variety of First Aid and bicycle safety/ health issues.

Nominations for officers will be taken at the Nov. Meeting and Elections will be held at the December meeting.

News from Malaysia

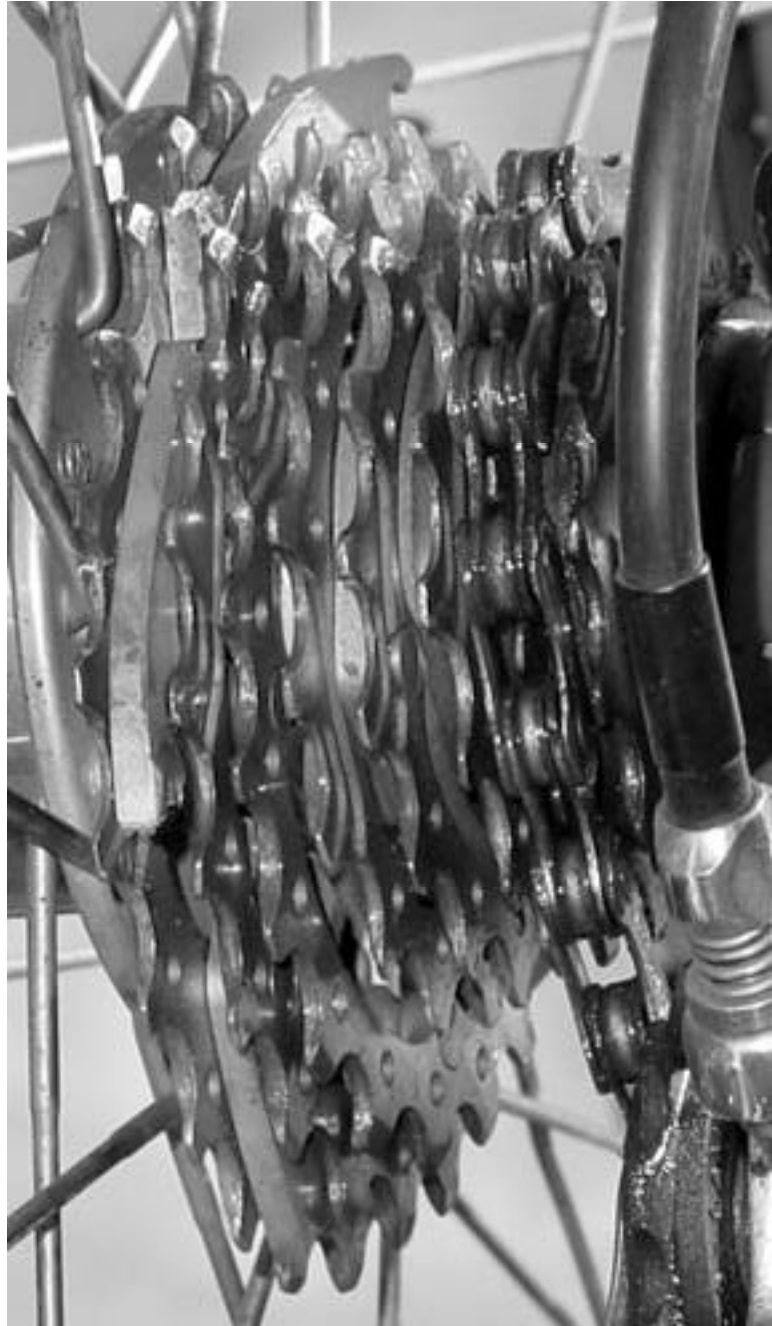
by Gil Sneed

Apa khabar (how's it going)? Rode 175k yesterday and I'm trashed. After riding about 110k we went up Gunung (Mount) Jerai which is a constant 10% grade for 11k. I have NEVER ridden anything that steep and that long before. It's about the same steepness as Whitney Bridge hill except it goes for 11k and the road is rough with lots of potholes. Coming down was worse than going up as your hands would cramp from the braking. Also, along the way are large groups of macaque monkeys and they enjoy running out at you and acting like tough guys (I don't recall ever seeing that on Cayuse). The last 20k was hell as my legs totally cramped where I couldn't turn the pedals for a bit and just had to coast until I could get my legs to rotate. The reason, of course, is lack of water. Now, I drink like a fish while riding, but in this hot and humid climate it's almost like you can't stop drinking for even a second or you'll dehydrate. I haven't ever gotten nausea from riding because I'm climatized. Next Sunday is the Sungai Petani (Petani River) Open and I've decided to race in that to prepare for the Perlis Open in mid-October. Racing in the Perlis Open is going to be ridiculous as many of Asia's national teams will be there. I told my team that there is going to be one unknown person at the Perlis Open who will be very glad that I was there.....the person who would have finished last. Anyway, it will be a wonderful photo opportunity. At least by being 51 they will look at me as at least having an excuse for my ineptitude. Back on the subject of yesterday, I wish someone had a camera as after the ride I was sitting in front of a bunch of "hawker stalls" (food carts) drinking a teh ice (tea with milk and ice) out of a plastic bag that looks kind of like a Zip-Loc but thinner and no zip. You just stick a straw in the bag and drink. I was also sitting with 3 muslim elders on each side who were wearing their traditional white caps and we were talking "bikin". They asked where I was from and told them America expecting some sneers, but instead they smiled and asked how old I was and how long had I been riding a bike. I was wearing my RAM-ROD jersey and a red bandana so I'm sure I was quite the sight to these folks. I was told here by folks to not go riding outside of the population centers for fear of what the extremists might do. well, that's not going to happen as riding out in the sticks is the best riding anywhere.....and I've found that the folks in the sticks look

at me as some wild ragin' bike racer and haven't looked at me as an American or something else. When I ride in the sticks all the kids yell "go go go" and the regular folks smile and wave and seem to really enjoy seeing me. I do, however, wear my Malay jersey (the Tour de Langkawi points jersey.....green, of course, with Petronas logos on

it....Petronas is the Malaysia state run oil company) and not Mercury or other things that could mark me as an American.....no use in pressing one's luck.

Hingga jumpa lagi, (Until next time)
Gil



When a good cogset goes bad! Talk to Tom and Nicole for the details on this one!



The bikes holding up that tree....Notice the string of helmets!



Drinking Greek Coffee



**Ruth getting set to ride out to the Greek Festival
on a new high tech rig.**

At times you ride on top of the world.
Other times you feel you can't turn the pedals even once more.
You've lost energy and you're not going to get it back;
then comes perserverance and going beyond
what the physical body can do. - Ed Pavelka

Ride & Event Calendar

October 2001

Sunday, October 7 - Kitsap Color Classic

On Sunday, October 7, Cascade Bicycle Club presents the 9th Annual Kitsap Color Classic, the season finale party. Take an autumn ride guaranteed to invigorate all of your senses. Pedal along the gorgeous Kitsap Peninsula and check out our three loops through some of the best riding country in the state! Friendly communities and terrific fall scenery make this a fun, must do event. For more information, write to cbckcc@cascade.org or call the CBC hotline at (206) 522-BIKE or visit the webpage at <http://www.cascade.org/kcc/>

Saturday, October 13 - Traditional Fall Colors ride

Meet at Lake Wenatchee at 10:00 AM. Normal loop down Tumwater Canyon into Leavenworth for lunch and back Chumstick Road through Plain. Great route for tandems. Fun ride for all. Nobody gets left behind. Call Ron Himschoot 206-328-6324 for details.

Saturday, October 20 - Himschoot International Himerial Hundred

Meet at Haller Bridge Park in Arlington at 7:30 for an 8:00 AM start, or at Denny's (Hwy 530 exit off I-5) for breakfast at 6:30AM. Approximately 100 relatively flat miles, give or take a few. We'll ride north through Sedro Wooley for elevensies, west to Bay View State Park for a water refill and south into Mt. Vernon for a sit-down lunch. Then it's down to Stanwood and back to Arlington in time for dinner. The plan is to finish before 5:00 PM. There will be a short-cut by-passing Bay View into Mt. Vernon if it looks like we might run out of daylight. True pessimists will want to bring lights--just in case. Fenders with mudflaps will be appreciated by your companions if the roads are wet. Call Ron Himschoot 206-328-6324 for

details.

Sunday, October 21st 10am - Tour de Susan

A high-moderate/low-brisk clockwise loop of Lake Washington with a food stop enroute. 52 miles with occasional regroup. Rain Cancels. Details: Susan Cady (206)529-1398

A cascade Listed Ride: http://www.cascade.org/rides/descriptions_october_2001.html#Tour_de_Susan_21

Saturday, Oct. 27, 2001 6:30 PM - Halloween Party

Susan Cady's House
6845 48th Ave NE
Seattle, WA 98115
206-529-1398
nwbikerbabe@yahoo.com
Potluck and BYOB. RCC will provide non-alcoholic beverages, plates, etc. Please call or e-mail me with your potluck dish so we don't end up with all desserts (not necessarily a bad thing). Costumes are optional, but if I'm the only one in costume you will all suffer the consequences.
Directions: The house is located in Wedgwood/View Ridge due west of Magnuson Park and 2 miles northeast of the UW. The nearest cross street is NE 70th St. and 48th Ave. NE.
From the eastside or northbound I-5, take

the Ravenna/65th St exit. Go straight to NE 65th St. and turn right. Follow for a couple of miles to 48th Ave. NE and turn left. (There is no 48th to the right). The house will be on the left just before 70th. From southbound I-5, take the NE 80th/85th St. exit and follow the exit as it turns left to cross over I-5. Get over to the right immediately (before the light) and follow the road as it goes right and then curves left to become NE 75th St. After a mile or so, turn right onto 40th Ave NE (stop sign) and left onto NE 70th (stop sign). Turn right onto 48th Ave NE. House is the 3rd on the right.

Sunday, October 28 - The Fixte Fools Ride Again!

Join the fixed gear faction for the perfect recovery ride. Meet for Breakfast at Portage Bay Cafe at 9AM. Over coffee and food we will decide our route. Always Flat- about 20miles. This is a nice social group, No one gets dropped and the pace is a nice easy spin! If you don't have a fixed gear join us anyway. Just try not to shift too obviously and make us feel deprived! Recommend Brakes and Fenders on the bikes. Contact Linda Knapp lkknapp@home.com or 206-524-9630 for more details.

Ride Listings

Please send your Ride Information for the RCC Newsletter and/or the RCC Webpage to lkknapp@home.com or call me at 206-524-9630



Yes it does exist! Max's famous camel from the Hood Canal 300k

Want to Support the Red Cross and See a Great Musical?

by Linda Knapp

A little off the bicycle topic however I just saw the performance of A Little Night Music by Stephen Sondheim at 5th Avenue Theater and enjoyed it immensely. The cast was very well chosen and includes Haley Mills. Tucked into my program was the following notice.

The cast, crew, musicians and staff for A Little Night Music by Steven Sondheim have unanimously chosen to add one more performance to the schedule on Sunday, October 14 at 7:00 pm at the 5th Avenue Theatre. Every single person involved with that night's production will be donating his or her time, so 100% of the ticket sales revenue from that performance will go to the American Red Cross.

All tickets for that performance are just \$25 and seating will be general admission. Benefit tickets are on sale in person at the 5th Avenue Theatre Box Office, by phone or online with Ticketmaster at 206-292-ARTS or www.ticketmaster.com. Ticketmaster is supporting this effort and has agreed to waive all their service fees for this performance as well.

NORTHWEST TANDEM RALLY

MEMORIAL DAY WEEKEND - MAY 25, 26 & 27, 2002

BOISE, IDAHO

Boise has been selected to host the northwest tandem rally (NWTR) on the Memorial Day Weekend, 2002. Typically, 300 to 500 tandem teams with as many as 1000 riders attend the rally. Three days of incredible rides in the Boise Valley with a great banquet dinner Sunday night. Great sponsors, great food and great rides. Come see why Boise is such a great place to live. Visit our website at www.nwtr.org.

THE RIDES

Rides of 30 miles, 55 miles and 85 miles will be supported on Saturday and Sunday. Saturday's ride can be described as mostly flat with some rollers. The routes take you through downtown Boise in front of the State Capitol Building to Harrison Boulevard and its historic homes and along the base of the Boise Foothills. Once in the country, the 55-mile route makes a big loop through farmland, mint fields and a small commercial iris garden. The 85-mile route will cross over the Middleton Foothills into the Emmett Valley and will take you through apple and cherry orchards along the Emmett Foothills. The one climb on this route will be up the old Freeze-out Hill onto Highway 16 back to Boise.

Sunday's ride can also be described as mostly flat, but will have a few more rollers and climbs for all three routes. The route takes you up Capitol Boulevard along Crescent Rim Drive for a spectacular view of downtown Boise. The route has one short, moderate climb up to the Birds of Prey Interpretive Center, which will be the first rest area. The 30-mile route will take you back to Boise through some of the more quaint residential areas, while the 55- and 85-mile routes will continue to the west through farmland to Kuna. These rides offer a combination of desert, farmland and urban settings.

Monday is a self-supported, self-directed day. Riders can enjoy a mosey along the Boise greenbelt or take a strenuous ride up to our local ski area, Bogus Basin. The greenbelt follows the Boise River to the east to Lucky Peak Reservoir and to the west into Garden City. For those with strong legs, a massive cardiovascular system and good brakes we offer the ride up Bogus Basin Road - 15 miles and 3500 vertical feet of riding with beautiful views of the Boise Valley. For you mountain bike tandem riders our local riders will lead you on some of the single track in the Boise Foothills. See why Mountain Bike Magazine selected Boise as the No.1 mountain biking community in the U.S.

Dues are Due Soon

Yep, it's getting to be that time of year again. Remember, RCC dues run for a calendar year and the year is almost over. 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.

Bicycle Airline Passes

Because of our membership in USCF we have 2 United Airlines 1-way bicycle passes. They are good through the end of the year. If you would like one or both of them call Charlie Buchalter at 425-743-0483. This is a first come first served offer but we will want a newsletter article telling us where you took your bike in exchange for the passes!

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, or attend our regular Club meetings at Mia Roma in Kenmore.

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. You can visit us on the Internet at <http://www.redmondcyclingclub.org>.



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