

RCC News



The Newsletter of the Redmond Cycling Club Volume 2, No.15

February, 2002

Meetings & Events General Meeting: Feb. 5, 2002

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

Newsletter Submis- sions Due to Linda Knapp by the 18th of the Month.

2002 RCC Officers

President:

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

Vice President:

Peter Rankin
peter@zipcon.com

Treasurer:

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Amy Harman
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Webpage at:

<http://www.redmondcyclingclub.org>

Email List at:

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

Message from the Prez....

by Tom Killion

"To organize and sponsor events which promote bicycle riding as a lifetime sport for health and fitness in the context of a social and recreational club as those terms are used in Section 501(c)(7) of the Internal Revenue Code." RCC Articles of Incorporation

Cycling Philanthropy Remember when you graduated from the bang-the-curb-dump-the-bike-on-the-lawn-and-leave-it-out-in-the-rain era of your riding life and started to get SERIOUS about cycling? Maybe somebody said something good about your bike or how you were riding. Or maybe you saw pictures of some race somewhere, or even saw one in person. Or you met a 'grown-up' on a REAL BIKE, looking real cool!

Whatever started it, you didn't get this far in a vacuum. You had help, and lots of it. Buddies, bikeshop wrenches, books, magazines and more experienced riders all contributed to your education. But most likely it was (and probably still is) a mostly hit or miss affair, knowledge learned literally on the fly.

RCC members are generally known for their 'serious' riding attitude - long miles, tough climbs, hideous weather, no problem! - so we tend to be well-equipped by experience and ability to help novice (or not-so-novice) riders improve their technique, attitude or equipment. But while most RCCers are very generous with their time and experience on an individual basis, the Club has not taken a lead role in cyclist development or assistance programs. Until now.

In the last month the Club has been presented with two exciting opportunities where we can, both as a Club and as individual members, directly encourage the development and growth of young riders - and on a global scale.

Close to home, we have offered assistance to an enthusiastic group of Nathan Hale High School students who have begun an after-school bicycle repair shop/maintenance class (and now cycling club). While the Club has made a dona-

tion of tools, a maintenance and cycling library and the subsidy of a real-live bike mechanic to give the kids a good foundation in bike maintenance and repair, the truly exciting dimension of this project is the breadth of possible ways Club members themselves can contribute to the education of some really motivated young cyclists. Helping in a maintenance class, demonstrating safe riding techniques, proper fitting, leading a ride...the list just does not stop. And the great thing is that just our being there can give young cyclists the opportunity to learn firsthand what might have taken us years of experience.

Farther afield, Greg Sneed has given us all hope, hope that we will one day have clean(er) garages/basements/spare rooms. Greg's brother Gil and family are in Malaysia for a few years, helping build a Boeing facility there. Gil is an avid, never-give-up rider and has managed to start a bike club/racing team over there, and tells us that bicycling equipment OF ALL KINDS is in short supply and very, very welcome. Greg has all the details, but the short story is that Club members have a golden opportunity to clean out the old bike parts bin (you know - the one with the five-speed freewheels, spare chainrings, toe clips and rattrap pedals, and other very precious stuff!) and put it to good service and use - albeit on a different land mass. Just as there ARE places elsewhere on this globe where the PC-XT is a viable commodity, so is there still a place for non-indexed, non-dual-pivot, non-clipless and otherwise-non-gear. Your long-suffering spouse/partner will be astounded that you actually will get rid of something cycling-related! As Greg is wont to say, a bonus-points situation.

I encourage every member to offer what time, expertise and equipment you have to these two projects. It is not often that we get a chance to get in on the ground floor of something good. For TWO really fine ideas to show up in one month is quite a treat, and I am pleased that the Club can begin to fulfill its charter as a newly-incorporated non-profit.

WHY DO SO MANY CYCLISTS LOVE OPERA?

by George Thornton

Those who know me know I love opera. I can't explain it if you have never experienced the joy of opera. But those of us who have caught the opera bug understand. There is no experience in music or culture that is more riveting. When something wonderful is performing our attention becomes totally focused on the opera and we experience feelings and emotions that literally send chills down our backs.

I sometimes feel like a Martian. After all, opera is not the most popular music form in our culture. A lot more people are interested in listening to Britney Spears than Bryn Terfel.

It came as a surprise to me that since I became active in the Redmond Cycling Club, I kept running into club members at operatic events. Considering how few operatic events there are, and how few RCC members, the coincidence was quite remarkable. Since then a number of us have gotten together over opera. Last year a number of us attended a Young Artists opera together. We had about ten percent or more of total RCC membership at that performance.

Why is it that so many cyclists love opera? I of course have some answers.

1. OPERA AND CYCLING DEMAND TOTAL CONCENTRATION: When I attend an opera that is well performed I am focused totally and exclusively on the event. I tolerate no noise or interruption. Speaking during an opera performance is a crime against all that is decent and right in the world. A similar feeling of total focus occurs in a long and difficult ride. You know how you feel and think when you have put your all into the ride and you are now at the survival stage. If you have ridden RAMROD, remember what you felt like while climbing Cayuse pass. There is not a lot of room for sight-seeing or idle chitchat.

2. OPERA AND CYCLING ARE ECSTATIC EXPERIENCES: Cycling stimulates the production of beta endorphins. These substances are equivalent to morphine in its effect on the brain. Beta endorphins have been evolved to keep us doing what is good for us. Exercise, as painful as it can be, is so good for us that the brain produces a natural morphine to entice us to keep it up. Opera has a similar, ecstatic effect. Good opera to an avid fan is a riveting, elevating and deeply moving experience. Opera must be good for us, else why did

our brains evolve to appreciate it so much?

3. OPERA AND CYCLING ARE DEMANDING, ACQUIRED TASTES: To appreciate the benefits of cycling requires time and training. The more you train the better you get. It gets easier and you get healthier. The enjoyment of riding is acquired from experience and time. Similarly, when you first encounter opera it seems boring, remote and strange. But when the art form becomes familiar, appreciation grows. The music becomes familiar and the beauty begins to shine through. You learn how beautiful a truly great human voice can be. There is no question that great opera voices are rather unique. They require considerable native talent and years of arduous training.

4. OPERA AND CYCLING KEEP GETTING BETTER WITH EXPERIENCE: It is not surprising that opera is an enduring art form. Mozart, who lived centuries ago, continues to be performed in all opera houses around the world. This despite the fact the only medium to preserve his work is the musical score. How popular will Britney Spears be a couple centuries from now? Opera offers complexity and depth that allows repeat listening and repeat performance. It gets better with age and experience. Similarly, cycling grows on you. The more you ride the more you get out of it.

5. CYCLISTS AND OPERA LOVERS ARE SMARTER: Cycling stimulates blood flow. Good cyclists have strong hearts and good blood vessels. Their brains are well oxygenated. The very fact that they ride proves they are smart. It has also been scientifically proven that exposure to opera stimulates the intelligence. Attend an opera performance. Most of the attendees are smart people. They are the professors, captains of industry, attorneys, doctors and intellectuals of the community.

Appreciation of both cycling and opera take time to develop, yet the potential is in all of us who are not physically or mentally incapacitated. Hollywood knows this about opera. That is why you keep finding snippets of opera in many successful movies. Have you seen *The Shawshank Redemption*? Remember the scene where the Tim Robbins character locks himself in the Warden's office and plays that aria sung by the "two ladies" to the inmates? That was one of the high points of an excellent film.

Take the time to experience cycling and opera. Give it time and let it grow on you. Your life will be enriched.

"El Nuevo Cyclismo Exotico en 2002"

By Sal Garcia

The struggle for bicycle weight savings, related technical advancement by equipment manufacturers, and, it's allure to consumers and professional cyclists, while as old as cycling it's self, has in recent years excelled to zenith proportions. Just check out the 14.5lb CAAD-7, Cannondale's latest lightweight gauntlet throw-down.

One can make a case, that cycling's present technological explosion is traceable to Greg Lemond's fantastic 1989 T.D.F. time-trial, and, overall G.C. victory over Lorent Finion. Also, Greg's penchant for equipment innovation, and, as an initiator/pied piper of trends in the Pro-Peloton, while at the same time helping to dramatically improve all-around big money for everyone in the sport.

His extensive introduction credits cover a broad range of items, from downloadable bicycle training data from Powermeters, to extra long jersey zippers, and, all kinds of hi-tech aggressive equipment combinations, like straight-bladed carbon fork bikes with inward facing handlebar drops called drop-in's, and Mavic Zapp electronic gear shifters.

Campy and Shimano are generally considered among the best overall mechanical componentry manufactures in the world today. They produce parts and use materials found in Formula One race cars. Campy, for example, makes parts for NASA and Ferrari (who makes Carbon Tubes for Colnago).

However, while gear-heads can eloquently wax on about a components meticulous close toleranced mechanisms, Shimano's [enviable process for cold forging aluminum], or, the [breathhtaking and exacting look's of Campy's carbon levers], nothing rocks the weekend-warrior or bike devotee's world, like the evocative sex appeal of "bike weight". It's almost pheromonal.

Take a compact "Lightest-Frame-Ever" from Litespeed (31 Oz/\$3,100. frame only) add a set of Dutch ADA wheels (slightly above 1,000 grams-set; about the same weight as a family size jar of Apricot jam, \$3,600.) Campy Record 10Spd gruppo W/titanium cog-set up-grade \$250.00 and new carbon cranks \$8/900.00 Cinelli's new bars \$470.00 Speedplay X/1 pedals \$250.00 and this "Jenny Craig" pushes \$10,000.00

Mega-bucks aside, some of the newer equipment is not for everyone, and requires a closer look.

Sloping-top-tube-compact-frames, allow reduction of building material in the front triangle, which helps frame stiffening, while allowing further tube-thickness tweeking for additional weight reduction. But, those needing that extra comfort derived from top-tube-knee-pinching, while navigating long, gnarly, high speed technical descents, like parts of Paradise/Box Canyon, many not like this slope and compactness. Even most European Pro's, the ones with "big stones", switch bikes, albeit, mostly off-camera.

Jan Ulrich's 2001 T.D.F. up-hill timetrial bike, was so light that it could only be ridden by him because Pinarello engineered and tuned that frame around Ulrich's almost exclusive seated climbing position. A team mate his size that stands while climbing, would break the frame in short order.

I saw one of these super-lightweight type bikes, being serviced at Mont Lake bike shop in Kirkland, made with (no joke) Columbus Airplane-7005 Aluminum tube-set, with carbon seat stays. My ohh's! and ahh's! stopped when the bike-tech., showed me that you can pinch flex the down tube walls, between your thumb and forefinger. He thought fewer cheese-burgers, chips, salsa and beer, was a better and cheaper, way to go.

A lot of these newer tube-sets like Dedacciai-U2 steel, and, various 7005 Aluminum, have a down-tube thickness of 0.7MM, and 0.6MM top-tubes. Interestingly, Classis Coke cans are 0.2MM thick.

Accordingly, several of these lightweight/compact frames only carry a 2 year warantee, and, pick-up-truck-bed-transport is unthinkable.

Newer intergrated head-set frames also save weight and are more aero that conventional ones. Simply put, the head-tube becomes a part of the head-set. Depending on the final arrangement; there are several, improper adjustment of some, may cause the head-tube to ovalize, i.e. the frame is toast.

Many of these head-sets are proprietary, making repairs, parts or replacement almost impossible in Hump-Tulips, U.S.A., or on Euro-tours.

One sure fire tried and true way out of this conundrum, is spending more time improving: VO2Max, Lactate/Anarobic Threshold(s), Strength-To-Weight-Ratio, Power Wattage Out-Put, and, thank's to Lance's T.D.F. successes, Newton Meter Out-Put (N/M= The ability to lift one kilogram one meter vertically in one second).

What the expensive equipment companies don't tell us is that these genetically gifted professional road cyclists, also average 25/30,000 miles in the saddle and race some 200 days per year. Stuff money can't buy.

Bicycle Expo 2002

by Ruth Sneed

Bike Expo is March 1,2 & 3 this year. We Need People to fill spots for both RCC & Ramrods Booths.

Friday Evening - 4-8 pm - on 3/1 need two people each for the RCC and Ramrod Booths.

On Saturday 3/2 only need RCC Booth positions; One person for the 10 to 1pm & the 4-7 time slots.

Two people for the 1-4 slot

On Sunday 3/3 Need two people each for RCC & Ramrod Booths from 10- 1 pm & 1:30pm to 5pm.

Please contact Ruth Sneed if you can help in the booths or with setting up and tearing down. Phone Number: 206-784-1265 Email: gr9tandem@attbi.com

What? Me Director?

by Richard Gilmore

Ramrod, one of the truly great single day riding events in the US. A challenge graced by the majestic presence of one of the most beautiful mountain peaks in the world. Ramrod is an all around test of endurance and bicycling skill. It is small wonder that little effort is needed to fill the 700 ride slots every year. Redmond Cycling Club is justifiably proud of this ride as I am proud to have been recruited as the ride director for Ramrod 2002.

Hello, my name is Richard Gilmore, a new member of RCC and a lifelong resident of Western Washington. One of the first acts of your newly elected fearless leader, Tom Killion, was to ask me if I was interested in being director for Ramrod. I was somewhat hesitant at first because I wanted to be sure that I could make the time commitment needed for managing an event of this complexity. As an experienced Ramrod director, Tom described the duties and scheduling that I am likely to encounter (endure?). Tom also spoke glowingly of the membership support and experience available for putting Ramrod on the road.

Every year RCC fields a team of

volunteers that do justice to this terrific event. I look forward to hearing from everyone who has helped make Ramrod a reality in the past and from people who have comments and ideas about possible improvements for this year. My basic philosophy on management is getting the experienced volunteers to teach me how to make their jobs easier and more enjoyable and passing that information on to new volunteers and future directors. So please feel free to contact me. Of course the veterans of previous Ramrods can expect to be hearing from me soon. My e-mail address is rlg@4dreality.com. If you don't have access to a computer and the Internet, give me a call at (206) 367-0576.

Resume:

I hear some of you ask, "What's your qualifications to be the director of Ramrod?"

Bicycling:

I have bicycled all my life. No, I don't remember learning to ride. I didn't get my drivers license until I was almost 18 because I could get where I wanted to go on a bicycle or a bus.

Event Management:

In 1991 I directed the Chelan Cross-country Classic sponsored by Cloud Base Country Club. The "Classic" is a cross-country hang gliding competition that starts from the butte just west of the city of Chelan Washington. It is a seven day event. I consider this event to be similar to Ramrod for complexity. The flight operations must be coordinated with military and commercial flight training operations. We also deal with the Dept. of Natural Resources, County and City fire departments, emergency medical organizations and the FAA. Because Chelan is one of the premiere hang gliding sites in the world, this event draws pilots from all over the US and Canada.

Event Participant:

In 1998 I won the annual Chelan Bike-N-Fly competition. It is the only contest I know of that includes a bicycling task and a hang gliding task. It is, of course, the perfect contest for me.

Ride Listings

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

Ride & Event Calendar

FEBRUARY

Saturday, February 2nd 9:00am TerryZ Training Ride - Issaquah to Enumclaw

4.25 hours 60-65 miles

More info terryz@microsoft.com <http://www.seattlerandonneur.org/rides/terryzri.html>

Saturday, February 9th 9:00am Flaming Booger

Meet in Gene Coulon Park in Renton 71 miles flat to Flaming Geyser Park and back- Don't even ask about the name....

Check with Greg at gr8tandem@attbi.com or 206-784-1265

Saturday, February 9th 9:00am TerryZ Training Ride - Kitsap Peninsula (Pt. Townsend???)

5.25 hours 75-80 miles

More info terryz@microsoft.com <http://www.seattlerandonneur.org/rides/terryzri.html>

Saturday, February 16th 9:00am TerryZ Training Ride - Issaquah to Black Diamond Bakery

2.5 hours 40 miles

More info terryz@microsoft.com <http://www.seattlerandonneur.org/rides/terryzri.html>

February 15-17 & 18 B.I.K.E. Event

Greetings from the Portland Wheelmen Touring Club (PWTC). I'm Gary Brannan, Member-at-Large, sending you this invitation to a great bike ride, a benefit ride for the kids of "b.i.k.e." (Bicycling and Ideas for Kids' Empowerment), a nonprofit organization in Portland, OR. It would be greatly appreciated if you would forward this e-mail to your members and affiliates, read it at your next club meeting and/or include it in your club newsletter. "b.i.k.e." was founded by John Benenate in 1995 to put diversity in America's peloton by providing a much needed entrée for young people, predominately inner-city young people, who had not previously had access to cycling, to learn bicycle safety and maintenance skills, become adept at commuting around the city on bicycles, and have a guided introduction to the world of competitive cycling. "b.i.k.e." has already produced several state champions, and has become what USA Cycling considers "the national model of the "Kids on Bikes" program, as created by Mark Tyson and the USA Cycling family of development coaches." Go to www.kidsofbike.org to find out more about "b.i.k.e." and see a flyer about this ride.

"b.i.k.e." calls this ride "The McMenamins Metric Century", which is the culmination of a 3-day "Oregon Cycling Training

Camp" for all ages on Nike's corporate campus for anyone who wants to attend, February 15-17. This includes you! It features cycling's greatest stars, including Lance Armstrong's coach, Chris Carmichael. Additional information about the camp can be found at OBRA's website: www.obra.com. Basically, this ride is a metric century from McMenamins Grand Lodge in Forest Grove across Portland to McMenamins Edgefield in Troutdale. It costs \$25, or whatever more you can bear, for the kids of "b.i.k.e.", collected at the ride start, and includes the ride, and a salad bar and hot shower at the ride finish. A detailed ride description follows:

February 18, Presidents' Day "b.i.k.e." Ride(s): Distances: 62 miles (A Metric Century), and 25 miles (Scenic Loop). "No Host" breakfast 8:00am til 10:00am at McMenamins Grand Lodge, 3505 Pacific Avenue, Forest Grove. The 62 mile ride leaves Grand Lodge at 10:00am and ends at McMenamins Edgefield, 2126 SW Halsey, Troutdale, where there will be a free salad bar & hot showers from 2:00pm til 4:00pm, included for your donation. This is a fund raiser for the kids of "b.i.k.e.", put on by "b.i.k.e." (Bicycling and Ideas for Kids' Empowerment). Donations of \$25 or whatever you can bear are requested. Checks should be made payable to "b.i.k.e.", a nonprofit organization to which all contributions are 100% tax-deductible, and will be collected by the ride leader at the ride start. A presentation will be made to several "endorsers", including PWTC, and "sponsors" around 3pm. Media coverage is expected. The 25 mile ride begins at 1:30pm from the Gateway Park & Ride at SE 99th & Pacific, in the South Parking Lot (3 blocks North of Glisan St. -- take Glisan St. exit off I-205, or Exit 7 off I-84 East), and ends at McMenamins Edgefield. Both rides are levels A/B. Mechanical support will be provided by Curt Dewees of River City Bicycles. The 62 mile ride is a non-group ride: Contact: Gary Brannan, Member-at-Large (503) 232-3323. The 25 mile ride is a group ride: Contact: Wilma McNulty (503) 636-9773.

NOTE: The 62 mile ride is linear, i.e. not a loop, so you will have to make your own arrangements for return transportation to the start. Gary expects to post a minivan with a capacity of 4-6 bikes at Edgefield to transport any folks who need a ride back to Grand Lodge.

Saturday, February 23rd RollerCoaster

Meet at Fauntleroy Ferry - Ferry leaves at 9:10am Hilly 61 miles... 18th year, still the best.

Saturday, February 23rd 9:00am TerryZ Training Ride - Camano Island from Stanwood

3.5 hours 50 miles

More info terryz@microsoft.com <http://www.seattlerandonneur.org/rides/terryzri.html>

MARCH

March 1-3 Bicycle Expo

Info about the Bicycle Expo at: <http://www.cascade.org/expo/>

We Need People to fill spots for both RCC & Ramrods Booths.

Friday Evening - 4-8 pm - on 3/1 need two people each for the RCC and Ramrod Booths.

On Saturday 3/2 only need RCC Booth positions; One person for the 10 to 1pm & the 4-7 time slots.

Two people for the 1-4 slot

On Sunday 3/3 Need two people each for RCC & Ramrod Booths from 10- 1 pm & 1:30pm to 5pm.

Please contact Ruth Sneed if you can help in the booths or with setting up and tearing down. Phone Number: 206-784-1265 Email: gr9tandem@attbi.com

March 2 Seattle International Randonneurs 100 km Populaire

more info at <http://www.seattlerandonneur.org/>

March 9th - Millersylvania

85miles, hilly Bill and Melody Co-Leaders, Olympia Wheelman, Brian and his gang are putting a fleche team together.

March 23 Seattle International Randonneurs 200 km Brevet

more info at <http://www.seattlerandonneur.org/>

www.seattlerandonneur.org/

APRIL

Apr 13 Seattle International Randonneurs 300 km Brevet

more info at <http://www.seattlerandonneur.org/>

www.seattlerandonneur.org/

April 26-28 Seattle International Randonneurs Flèche Northwest

more info at <http://www.seattlerandonneur.org/>

www.seattlerandonneur.org/

MAY

May 11-12 Seattle International Randonneurs 400 km Brevet

more info at <http://www.seattlerandonneur.org/>

www.seattlerandonneur.org/

May 18 22nd - ANNUAL INLAND EMPIRE CENTURY BICYCLE RIDE

The TriCity Bicycle Club will be holding the 22nd annual Inland Empire Century bicycle ride on Saturday, May 18, 2002.

Proceeds from this ride will benefit the Safe Kids Coalition of Benton-Franklin Counties.

The ride will include distances of 25, 55,

75, and 100 miles through the lower Yakima River Valley. Registration forms are available at local Tri-Cities bike shops, on the web at <http://www.owt.com/tcbc> or by phoning (509) 375-0594. Registration for adults is \$20 in advance, \$25 on ride day. Registration for ages 13-17 is \$10. Children 12 and under are free but must be accompanied by a registered adult. The registration fee includes ride snacks, route maps and sag support. Inland Empire Century T-shirts will be available for a nominal cost of \$15.

The ride "START" and ride day registration will be in Howard Amon Park at the east end of Lee Boulevard off George Washington Way in Richland, WA. The start will be open from 6:30 a.m. to 9:00 a.m. Helmets are REQUIRED!! If you don't have one, they will be available at the start line for \$6, as a part of the Safe Kids Promotion. You should also bring sunscreen, a patch kit and pump, water bottles and wear layered clothing.

For more information, please e-mail tcbc@owt.com or call (509) 375-0594.

Judy Packard

Tri-City Bicycle Club

P.O. Box 465

Richland, WA 99352

MAY 25, 26 & 27 - NORTHWEST

TANDEM RALLY

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.

JUNE

June 1 - 15th Annual Apple Century Bike Ride

The 15th Annual Apple Century Ride includes outstanding scenery and reasonable, yet challenging rides of 50 or 100 miles. The ride begins in the heart of Wenatchee's historic downtown and climbs 2,100 feet up the Entiat Valley to scenic Silver Falls. The shorter, equally scenic route ends at the Entiat National Fish Hatchery. This is a good training ride with well-equipped pit stops and ride support.

Entry fees:

\$35.00 Includes pit stop food and drink, plus a commemorative ride T-Shirt if postmarked by May 15, 2002.

\$150.00 Back by popular demand is the VIP Package which includes specialty items, with hotel, meal discounts, and more.

This ride is sponsored by the Wenatchee Sunrise Rotary. Projects supported by your registration fees will go to youth and senior programs. For more information you may contact Joanne Rosenthal at 509/665-8294 or email rosenthal@nwi.net. You also may visit us at our website at www.wenatcheesunrise.org/century/index.html

June 1-2 Seattle International Randonneurs 600 km Brevet

more info at <http://>

www.seattlerandonneur.org/

June 8-9 Mazama

Details will follow in the March newsletter.

Saturday, June 22, 3:00 a.m. start Cannonball

Questions to Duane Wright at checkers@u.washington.edu

JULY

Saturday, July 6, 3:00 a.m. start (note: new start time) S2S

Questions to Duane Wright at checkers@u.washington.edu

Thursday, July 25th RAMROD

AUGUST

August 3 Seattle International Randonneurs 200 km Brevet

more info at <http://>

www.seattlerandonneur.org/

August 24 Seattle International Randonneurs 300 km Brevet

more info at <http://>

www.seattlerandonneur.org/

Sept 14-15 Seattle International Randonneurs 400 km Brevet

more info at <http://>

www.seattlerandonneur.org/

Sept 14-17 Seattle International Randonneurs 1000 km Brevet

more info at <http://>

www.seattlerandonneur.org/

Sept 21 Seattle International Randonneurs 100 km Climbifest

more info at <http://>

www.seattlerandonneur.org/

OCTOBER

October 6 Seattle International Randonneurs 600 km Brevet

more info at <http://>

www.seattlerandonneur.org/

RENEWAL TIME

Renewal Time Again! Yep it is time to renew your membership dues. RCC memberships run per calendar year and December 31st has come and gone. Membership dues are \$15 per membership per year. More than one person in a household may be included in a single membership. Please use the form on the back of your newsletter to renew for 2002.

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