

RCC News



The Newsletter of the Redmond Cycling Club

Volume 8, No. 16

August 2003

Meeting and Events

General Meeting:

Monday, September 8, 2003

Coco's Restaurant

Lake Forest Park Town Centre

17535 Ballinger Way NE

Lake Forest Park, WA 98155

206-364-8910

Social meeting 6:30 PM

Business meeting 7:15 PM

Next Meeting:

Monday, October 6, 2003

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Message from the Prez

By: Thomas Killion

Deja Vu, all over again - the 20th Ride Around Mount Rainier in One Day.

I have NO President's message (much celebratory applause), EXCEPT to say FABULOUS JOB EVERYONE. Best RAMROD yet. 771 riders into the Park, a few crashes, some road rash, a couple of encounters with large moving vehicles on the front side (Alder cutoff) with a dislocated shoulder being (as far as I know) the most serious injury. Charlie B. broke his hand/wrist outside of Greenwater, a few cases of overheating treated as riders arrived at the Finish. A few procedural glitches on the course - but everyone got fed, watered, watched over and lovingly cared-for over the entire 154 miles.

The new Start/Finish was a success. A few site planning changes need to be made, and some logistical glitches need fixing. Any suggestions or comments are solicited and MOST WELCOME.

BUY THE JERSEY, brag to your friends.

My First S2S

By: Eric Hinderager

It all began early June when I decided this would be my get-back-in-shape summer after a very lethargic semester at school. I am a 21-year-old senior at the University of Puget Sound in Tacoma. My housemate Andy and I generally go for a run once or twice a week and I try to swim once or twice a week, but unfortunately that has been about the extent of my training. I went on three 20 to 40-mile rides on my mountain bike before riding the Tour de Blast in June (for which I rented a road bike ... my first time ever really riding one), and the next time I rode my mountain bike one of the tires went flat (still needs to be fixed). I was so much more impressed

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Armstrong Triumphs

By: Duane Wright

S2S (Seattle to Spokane on Highway 2) took place on Saturday, July 19, 2003. The weather can be summed up in one word -- **HOT!!**

In spite of the challenges of very high temperatures, the first four finishers set records in their respective categories:

Supported women

Karen Armstrong, of Spokane, riding her first S2S, finished in 16:46, beating the previous record of 18:11 set in 1993 by Julie Johnson. Karen is probably the first single (i.e. non-tandem) woman to complete S2S since Barb Schaeffler, of Seattle, did it in '95 in preparation for Paris-Brest-Paris.

Karen is an old school tri-athlete. She has completed the Canadian and Hawaiian Ironman's. Her best finish was 5th woman overall at Canada. She has also been racing the WIM mountain bike series expert class for the last several years. She has dominated her age group and is competitive with the younger gals. She has also done the Cascade Creampuff twice, the last year she did it she was third woman and finished in just over 12 hours.

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My First S2S

with the rented road bike than with my mountain bike that I convinced my dad he needed a road bike (and of course I had some ulterior motives). So, I found a frame, some wheels, and all the goodies and finally assembled the bike the Friday night before the STP. Andy (my housemate) borrowed a friend's bike, and we both rode from Seattle to Portland the next day. I rode a stationary bike for an hour Tuesday to work out my legs a little ... and left Saturday morning for the marathon (S2S).

As for the ride itself, the scenery was beautiful and I discovered features in

Washington I didn't know existed. A few things bogged me down though. First of all, I only got 15 minutes of sleep Friday night. Then, I had a hard time finding the Lake City Fred Meyers (didn't even know where Lake City was), and from there I had a hard time finding 522. I left the parking lot right at 3:00 a.m., but didn't get to 522 until 5:00 a.m. The ride went well, and I listened to "books on CD" for part of the way to help pass the time. I knew I was in trouble when the sun set with 90 miles to go, and my lids got awfully heavy after dark. I needed some coffee badly, but when I asked a cop (who had pulled me over because he thought the law required night riders to have a flashing rear reflector) where the nearest fast food joint or gas station might be, he just laughed. So, just after

1:00 am and a mile short of Davenport, I fell asleep in the grass along the side the road. My friend Monica, who was waiting for me at the finish line, called my cell phone around 2:30 a.m. and woke me up. She delivered new batteries for my headlamp (mine had gone dead hours earlier) and enough motivation to pull me to the end. After signing in at the Cedars, we found a place to eat breakfast, boxed the bike up at the greyhound station, and I caught a few winks on the bus before arriving in Tacoma at 6:30 p.m.. I unpacked the bike, grabbed a bite to eat, and headed off to work my 8 p.m. - 6:30 a.m. shift as a sandblaster. Ooooh ... what a long night!

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S2S Results

Unsupported men

Jan Heine, of Seattle, an S2S veteran, finished in 15:45, beating his own record of 15:57, set in 1998. Jan plans to ride PBP on his vintage Rene Herse tandem.

Supported men (two way tie)

Tom Jacobson, of Sedro Wooley, an S2S rookie, and Brent Schlangen, of Spokane, riding in his second S2S, finished together in 14:33, beating the previous record of 14:50 set by Dan Woods, of Seattle, in 1997. Three weeks earlier, riding his first Cannonball, Tom came in first. Last year, as an S2S rookie, Brent came in first.

Next to finish was Scott Youngren. Scott was feeling the results of his

efforts, by the time he reached the finish line, and spent a fair amount of time in the horizontal position, on the grass, before feeling well enough to get into his support vehicle and be driven away.

Shortly after sundown came a group of three riders, veteran Brian Houser, of Cheney, rookie James Dong, of the Seattle area, and rookie Pete Rankin (aka the VP), looking surprisingly fresh. All rode unsupported.

Shortly after midnight Tim Brooks arrived, looking not only fairly fresh, but also sporting a great sense of humor. Tim is headed to PBP.

At 5:00 a.m. 21-year-old Eric Hinderager, riding unsupported, arrived. For details on his ride, and his post-ride, see separate article.

At 7:00 a.m., Jeff Tilden arrived, showered, biked to the airport, flew back to Seattle, and made it to his noon business meeting (which lasted most of

the afternoon). Truly a marathon two days for Jeff, who is also PBP bound.

The two fixed gear riders, Kent Peterson and Will Roberts, covered most of the distance before succumbing to the intense heat. Archives showed temperatures of 105 at certain weather stations, but riders saw even higher temperatures in the coulees.



Weather Observations at Spring Canyon, WA

Date	Time	Temp	Dew	RH	Wind
19	5:16pm PDT	103	35	9	SW
19	4:16pm PDT	103	35	9	W

Weather Observations at Coulee Dam, WA

date/time	24h cur	max	min	tmp
19 05:00pm PDT	100	62	98	

Weather Observations at Davenport, WA

date/time	24h cur	max	min	tmp
20 08:00am PDT	95	50	73	

Time	Last Name	First Name	Sup/Unsup.	Miles	Bike
14:33	Jacobson	Tom	Supported	285	Single
14:33	Schlangen	Brent	Supported	285	Single
15:45	Heine	Jan	Unsupported	285	Single
16:46	Armstrong	Karen	Supported	285	Single
17:06	Youngren	Scott	Supported	285	Single
20:37	Dong	James	Unsupported	285	Single
20:37	Houser	Brian	Unsupported	285	Single
20:40	Rankin	Peter	Unsupported	285	Single
22:36	Brooks	Tim	Supported	285	Single
27:00	Hinderager	Eric	Unsupported	285	Single
29:00	Tilden	Jeff	Unsupported	285	Single
DNF	Neugebauer	John	Supported	???	Single
DNF	Peterson	Kent	Unsupported	193	Fixed Gear
DNF	Roberts	Will	Unsupported	234	Fixed Gear

Area riders headed for Paris-Brest-Paris

By: Duane Wright

Local randonneurs are getting excited about the upcoming 1200km randonnee, Paris-Brest-Paris, taking place on Monday, August 18, through Friday, August 22. If you wish to monitor their progress, go to the following web site:

<http://parisbrestp.cvf.fr/servlet/RechPassage>

If you enter the rider's last name, information on the rider's progress will be provided.

Here are the riders:

Dan Austad,	Bremerton
Peter Beeson,	Seattle
Brian Blue,	Seattle
Tim Brooks	Seattle
Robert Brudvik	Edmonds
(third departure time)	
Ken Carter Mukilteo	(first departure time)
Gregory Cox	Kent

William Dussler	Burien
Donald Harkleroad	Lynnwood
Jan Heine	Seattle
Kevin Humphreys	Redmond
Paul Johnson	Olympia
Phil Jones	Bellingham
Jack Kelly	Tacoma
Kenneth Krichman	Seattle (third departure time)
Ronald Lee	Seattle
Brian List	Olympia
Robert Magyar	Seattle
Ray McFall	Kent
Peter McKay	Seattle
Jon Muellner	Port Townsend
Amy Pieper	Renton
Robin Pieper	Renton
Dave Read	Tumwater
Owen Richards	Seattle
Dennis Slaback	Covington
Donald Smith	Everett
James Sprague	Seattle
Adam Stritzel	Redmond
Mark Thomas	Redmond

Brad Tilden	Issaquah
Jeff Tilden	Seattle
Lynne Vigesa	Seattle
Peg Winczewski	Tacoma
Duane Wright	Seattle
Cindi Yates	Olympia
Georges Yates	Olympia
Terry Zmrhal	Kirkland
(third departure time)	

There will be over 4,000 riders, which will be a new record.

The number of French: 2018; the number of foreigners: 2076.

For the first time there will be more foreigners than French.

Breakdown of riders by departure time:

1st departure (8:00 p.m. Monday, August 18): 1007

2nd departure (10:00 p.m. Monday, August 18): 2666

3rd departure: (5:00 a.m. Tuesday, August 19): 421

All of the above-mentioned riders are departing at 10:00 p.m. Monday except as indicated.

Public Health News Release Friday, July 18, 2003

From King County

Board of Health Website

Bike helmets now the rule in Seattle

King County Board of Health extends the bike helmet regulation to Seattle

KING COUNTY, WASHINGTON - Today, the King County Board of Health voted unanimously to amend the King County bike helmet regulation to include Seattle. The new rule will go into effect on August 17, 2003. After that date, bicyclists in Seattle cited for violating the bike helmet regulation could receive a \$30 fine.

"This is an important step for reducing traumatic brain injuries," said King County Board of Health Chair Carolyn Edmonds. "As a result of this regulation, we will spare hundreds of local families the ordeal of watching their children or other family members suffer through a devastating injury or of losing a loved one in a senseless, preventable tragedy."

Many communities in Washington State have recognized the importance of bike helmet ordinances and regulations as part of a sound injury prevention strategy. King County, outside of Seattle, has had the rule in place since 1994. Seattle, with its large number of bicyclists and bicycle injuries, will now join the growing list of communities with bike helmet regulations.

"The evidence is clear. Requiring riders to wear bike helmets will save lives and reduce serious bicycle injuries," said Dr. Alonzo Plough, Director of Public Health - Seattle & King County. "This thoughtful action by the King County Board of Health protects the scores of Seattle residents who ride bicycles for pleasure or transportation every day."

Several studies have shown that legislation in combination with education increases helmet usage and decreases head injuries. In addition, local researchers have found that bike helmets reduce head injuries by 65 - 85%. Moreover, Public Health-Seattle & King County, with support from the Harborview Injury Prevention and Research Center and the Centers for Disease Control, has estimated that \$10 million a year could be saved if every bicyclist in King County

wore a helmet.

This Board of Health action is consistent with a Seattle City Council resolution, passed unanimously in June, supporting the extension of King County's mandatory bicycle helmet rule into City limits.

Many organizations in Seattle and King County provide low cost bike helmets. Public Health - Seattle & King County maintains a list of these providers on its website at:

www.metrokc.gov/health/injury/helmets.htm



STP Photos



The start of STP 2003. 5:00 a.m.



By Spanaway, the day has become warmer.



*Shane and Chantel, making it look easy.
Shane's performance secret -- bean burritos
from Spanaway food stop.*



The finish line, Lloyds Center, at dusk. The long day of headwinds was behind. And most restaurants were closed. Sigh.

tact: James Dong
(jamesld20@hotmail.com)

Saturday September 27
Pas Deux sans Trois

Start: Mud Dam Road parking lot. See insert.

Contact: Greg Sneed
(gr8tandem@comcast.net)

Saturday October 4
Ellensburg Manashtash Metric Century/Half-Century Bicycle Tour

Start: Ellensburg Public Safety Building (2nd and pearl)

Contact:

<http://www.elltell.net/XCski/details.html>

Duane's World

By: The Layout Editor

Apologies for lateness slimness of newsletter. Everyone is quite busy this time of year.

Amy Harman recently returned from a hot ride across Georgia. She was lovingly cared for by Bubba.

Charlie Buchalter took a spill, near Greenwater, as he neared the end of RAMROD. "Broke my wrist, probably cracked a few ribs, only fairly minor road rash," explains Charlie. Get well soon.

Rides

Sunday September 14
SIR Mountain 100 km

<http://www.seattlerandonneur.org/>

Start Location: Issaquah Park and Ride.

Saturday September 20
SIR 200 km

Start Location: To be determined

Friday September 26
SIR 1000 km

Start Location: To be determined

Saturday September 20
Quincy Loop

Start Location: Quincy Rest Stop. 6:00 a.m. Con-

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
Post Office 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

Day Phone

Address Line 2

Evening Phone

City State Zip Code

Email Address

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

Redmond Cycling Club Information

The Redmond Cycling Club (“Where HILL is not a four-letter word”) is a group of cycling enthusiasts from the greater Seattle area. We meet on the first Monday of each month at 7:15 p.m. at Coco’s Restaurant, Lake Forest Park Center, 17535 Ballinger Way NE, Lake Forest Park, WA 98155 (206-364-8910). 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>.



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