



News

The Newsletter of the Redmond Cycling Club

February 2006

PEARLS FROM THE PREZ

By Linda Knapp

Thanks and Congratulations to the Gregster for another great New Years Bash!

As usual Greg put a lot of time and effort into organizing the bash and then herding all of us through it! (Can you say "herding cats?!") I do not envy all the arrangements he had to make to satisfy all the various trouble makers who showed up. Somehow he even managed to keep the hotel from calling the riot squad in -or- charging us for damages.... I don't feel like doing anything but laying on the couch so I must have had a great time ;-)

Thanks Greg!

Editor's Note: Photos in next issue.

SWAP 'TIL YOU DROP

By Greg Sneed

George Thornton and Greg Sneed will be operating the RCC table at the Seattle Bike Swap Meet that happens during the 2006 Group Health Seattle International Bicycle Expo. Yes, Click and Clack will be selling your no longer needed bicycle items. Tag each item (with a price) and get your item list (along with the items!) to George or Greg. The Seattle Bike Swap Meet takes place on Sunday, February 19, 2006, 9 am to 3 pm, Magnuson Park Hanger #30.

For details see page 3

GENERAL MEETINGS:

MONDAY, FEBRUARY 6, 2006

MONDAY, MARCH 6, 2006

Third Place
Lake Forest Park Town Centre
17171 Bothell Way NE
Lake Forest Park, WA 98155
Social meeting 6:30 PM
Business meeting 7:15 PM

GOT WATER?

By Dan Wolf

Editor's note: This article first appeared in the November 2005 issue of the newsletter of the Santa Rosa Cycling Club (www.srcc.com). Don Wolf lives in Santa Rosa. Thanks to alert reader Janet Heineck.

September 7th Barbara and I rode from the Mill Creek Resort over Mt. Lassen to Manzanita Lake and back. It was nearly a perfect day for what is arguably the best road ride in California; sunny, just nice and warm, almost no

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Submissions due to Duane Wright by the 18th of each month.

WATER

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traffic (like having our own personal bike path), and amazingly a following wind on both sides. Yeah, and we had good legs too. So good that I was actually singing James Brown the last five miles worth of climbing on way back. Can't get better than that, right? Well...

Barbara was riding strong and feeling great at King's Creek on the way back, but five miles later at the summit she was feeling so dizzy that we had to stop for twenty minutes till she felt steady enough to begin the 17-mile descent. By the time that we got back to the cabin she was very nauseous, and a half hour later she was vomiting. A half hour after that we were on our way to the Chester hospital, and then later she was transported via helicopter to Chico where she spent two days in the ICU. Seizure, hypercombative, unconscious, but hey, she didn't die.

The cause? Hyponatremia (water intoxication). The crazy part is that we've done this ride about 30 times in the last 18 years, and that day was no different. Same pace, same amount of water (about a bottle per hour between the three places you can get water in the park), same Cytomax in the big bottle, same food (Powerbars, Clif gels). Same

everything. And we do rides like this all the time, so it wasn't a matter of not being fit enough and going past your limit. What the?

To make it even more fun, the symptoms for dehydration and hyponatremia are about the same, especially at altitude. You've climbed two hours to go the 21 miles from Manzanita Lake to the Summit (8511'). You're dizzy and usually that's because you're at altitude and dehydrated. Usually. Not that day. If we had a scale we could have weighed her to see if she was heavier (too much water), but if you've sweated a lot you could be dehydrated and hyponatremic at the same time. And who would ride with a scale? Taking sequential serum electrolytes during the ride would have shown the problem, but who can do that?

Barbara is fine now, and as soon as she's riding our normal hard rides there will be more tests to rule out the few rare medical conditions that would predispose, but this is definitely way scary. Even when you've been riding hard for 25 - 30 years and you think you have it all under control, you might not. Too far from medical help means you die. Scared yet? Barbara doesn't remember anything after the ride, but I do. I most definitely do cuz I was there the whole time.

Words and music by Bob Nolan

COOL WATER

All day I face the barren ways
Without the taste of water
Cool water
All day and night, our throats burn dry
And our souls, they cry
For water
Cool, clear water
The nights are cool and I'm a fool
Each star's a pool of water
Cool water
And with the dawn, i wake and yawn
And carry on
To water

Cool, clear water
Say Dan, can you see that big green tree
Where the waters run free
And it's waiting there for me
The shadows sway and they seem to say
Tonight we pray for water
Cool water
And way up there, he'll hear our prayer
And show us where
There's water
Cool, clear water
Cool, clear water



Clean Out the Garage!

BIKE SWAP MEET, SUNDAY FEBRUARY 19TH

The Swap Meet is once again paired with the Bike Expo in Magnuson Park (Sand Point).

RCC has arranged for a booth, and all Club Members are invited to list their excess and unneeded items for sale therein.

THE DETAILS:

RCC will take 10% of the sales price to cover the expenses of the booth and to feed the hungry booth volunteers. If the expenses are less, we'll take less – if they're more RCC will eat the difference. The RCC Treasurer is really good at this! (We have yet to take the full 10% - perhaps we will try Canlis' for takeout this year!)

Sort and **clean** your stuff thoroughly. Mark each of your items **plainly** with your initials (all three please) and your **asking price**. You may also include any amplifying sales pitch if you like, but please make sure the sticker/tag/chunk-of-masking-tape is securely fastened to the object. Inventory your stuff, in legible hand or on a spreadsheet. Include your name, phone number and address (email would be helpful as well) at the top. List each item separately, showing the item description, asking price, any special information and most importantly your rock-bottom, fire-sale, giveaway price. We would like to sell your items, not store and then return them to you, so be realistic on both the asking and lowball price. Box it all up, with **two** copies of the inventory, and bring it to either the January or February Club meeting.

We will also announce a late delivery date and place sometime between February 7th and the 18th. RCC will handle the logistics of pre-Swap Meet storage; transport, display and sales at the Meet; and gathering up the detritus after the Show. Unsold items will be available sometime in the week after the Meet – more specifics on that next month. Any items unclaimed after the Meet will be “re-cycled” to benefit the Club – you've been warned!

Club Members Only. This is one of the perks of belonging to RCC.

Seattle Post-Intelligencer

Thursday, December 22, 2005

(reprinted by permission)

KIDS TURN SWEAT EQUITY INTO RIDES AT BIKE WORKS

By Gordy Holt Seattle Post-Intelligencer Reporter

Who needs Santa when you can bring home your own bike?

Or one for Dad, as 10-year-old Theo Hopper did last year?

“He loved it,” Theo said Wednesday.

A little elbow grease and a lot of stick-to-it-iveness is all it takes at Bike Works, the little not-for-profit bike shop in Columbia City where a wrench in hand can deliver a bike to your porch if you're a kid 9 to 17 years old.

And it's not all work. Bike rides and other outings are part of the deal. Just stay involved.

When former Seattle rickshaw owner Craig Lorch sold his downtown pedicab business in 1996, he bought the little house at 3709 S. Ferdinand St. that is now filled with “pre-owned” bikes (none new), bike parts (some new) and kids.

Things have not been the same since.

Bike Works was the result of long conversations, an idea that evolved from an overly ambitious vision: Get more people on bikes -- but especially kids.

The result was the enterprise that became the only bike shop in South Seattle and the only one between Capitol Hill and Renton.

Bike Works is still focused on its original mission -- putting bikes and mostly kids together, using that old-fashioned lubricant, elbow grease.

Want a bike? Or maybe one for Mom this year?

You can have it, but grab that wrench. Please.

The Earn-a-Bike program is fairly simple: Kids learn bicycle repair and then use their skills to fix other bikes, earning as they work enough sweat equity to acquire bikes of their own.

Just 24 solid hours at the repair stand is all it takes.

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BIKE WORKS

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“You have to go over everything,” Theo said. “The frame, the tires, the front hub and back hub. Also fix up the derailleur if it needs it.”

It didn’t start out this way in the minds of Lorch and those who preceded him in the project.

“We were this group of people who were just really excited about bicycling and wanted to make bikes more widely available in Seattle,” Lorch said.

Their vision was something that might duplicate the “Yellow Bike Project” in Portland, in which old bikes were saved from the landfill, tuned up, painted yellow and dropped off around town free for the using, Amsterdam style.

That program fizzled initially and was later reconstituted as a non-profit community cycling program similar to the one now with headquarters on Ferdinand Street.

But first things first back then, Lorch said.

“One of our big issues was no location. You know, space. It was nice to have all our enthusiasm, but if we couldn’t find a place to put it -- a little space -- well. ...

“So we started looking.”

Just about then, Lorch sold his pedicab business and thought, why not? He scouted around, found a house in Columbia City a half-block west of Rainier Avenue and bought it.

“Let’s say I was actually able to come up with the funds to purchase the place,” he said. “So I became a landlord and renovated this crummy little building to house the program.

“Columbia City back then was a bit more down and out than it is now,” he said, “so we thought it would be the perfect place to start. It was an area that needed a bike shop, but it also was a community of less-advantaged people who had kids needing bikes -- at least kids wanting bikes.”

Lorch said the critical ingredient was Suzanne Carlson, one of the group’s founders, the program’s first executive director who is now in Chicago completing a master’s degree in public administration.

As the shop’s Energizer Bunny, Lorch said, Carlson organized the programs and thumped the drum loud enough to get attention, and away they went.

The raw material -- all of it -- is used and donated, such as the bike Bill Curry brought in Wednesday.

“My daughter’s,” he said.

He found Bike Works by letting his fingers do the walking on the Web. Just how?

“I put in ‘Seattle and Bike and Donation,’ or something like that,” he said. “No. It was ‘Donate Bike Seattle.’”

Annie Chan is a Highlands Elementary School fourth-grader who, at age 10, also is a graduate of Bike Works’ elbow-grease program.

She has a BMX bike to prove it, she said.

Annie was the first to greet program manager Evan Dick at 11 a.m. Wednesday as the shop opened for business. Usually a day such as Wednesday -- an off day for shop work -- would be a “ride day,” a chance to get out into the fresh air and pump those pedals.

But it was raining.

Dick, nevertheless, had things under control. As the kids showed up, he had them sew chunks of old inner tube into nifty coin purses, using small rings of bicycle bearings as buttons to snap the purses closed.

As he cut open an old tube to start the process, Annie was all eyes.

“Know how to sew?” he asked.

“Yes,” she said. “But it depends on what you want me to sew. Maybe you better show me.”

So he did.

ON THE WEB

To learn more about the program, see the Web site at

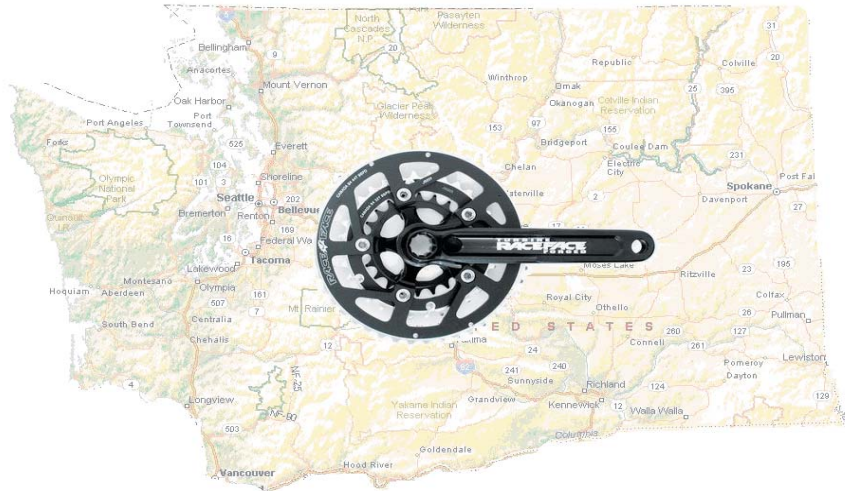
www.bikeworks.org

“It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them. Thus you remember them as they actually are, while in a motor car only a high hill impresses you, and you have no such accurate remembrance of country you have driven through as you gain by riding a bicycle.”-- Ernest Hemingway, *By-Line*. From Bill Strickland, “The Quotable Cyclist”, New York, Breakaway Books, 1997, p. 266. (Thanks to Janet Heineck)



*Dim Sum ride, Ocean City restaurant, International District (Seattle), Sunday, November 13, 2005.
(Photos by Janet Heineck)*





Northwest Crank

April 28 — May 1, 2006
Wenatchee, Washington

Ready, set, *crank!*

Mark your calendar and prepare your bike! Join your fellow cyclists in Sunny Central Washington from Friday, April 28th through Monday, May 1st for Northwest Crank, a spring cycling festival. Don't miss this great opportunity, hosted by the Seattle International Randonneurs, to build your spring base miles and have a great time with riders from all over the region.

Experience life at its purest for 4 days: Ride, eat, sleep, lie... repeat!

Details: <http://www.seattlerandonneur.org/rides/nwcrank/>

NEW BICYCLE AND PEDESTRIAN WALKWAYS PLAN MAKING STRIDES

By Paula Reeves, Bicycle & Pedestrian Program Manager (special thanks to Larry Senn)

OLYMPIA - Pedestrian and bicycle transportation has gained firm footing in Washington with the completion of the state's Bicycle and Pedestrian Transportation Plan.

"In addition to the legislature's 2005 Transportation Partnership Act, and reaffirmation of the funding by Washington voters this November, the state is poised to move forward with a serious commitment to improving conditions for walking and biking in the state," stated Paula Reeves, Bicycle & Pedestrian Program Manager.

For this plan, the primary goals are to improve pedestrian

and bicycle safety, while also increasing the number of people bicycling and walking. The strategies for achieving these goals are: maximizing funding through partnerships; raising awareness of bicycle and pedestrian safety needs; and sharing information on bicycle and pedestrian issues between Washington's agencies, jurisdictions, and organizations.

In Washington State, bicycling and walking currently account for approximately five percent of all trips and over six percent of work trips in urban areas. An average of 88 pedestrians and bicyclists are killed in traffic crashes across the state each year. The majority of the bicycle and pedestrian crashes that result in serious injuries and death involve

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PLAN

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young children or the aging. WSDOT will be monitoring and reporting on these and other benchmarks annually.

WSDOT produces the Bicycle Transportation and Pedestrian Walkways Plan for Washington State (RCW 47.06.100). This process involves all state, regional, and local agencies, and organizations with a role in bicycling and walking.

For additional information about the 2005 Bicycle Transportation and Pedestrian Walkways Plan, visit

www.wsdot.wa.gov/bike/bike_plan.htm



Matt sports a frosty beard on the president's ride



*Beautiful Mercian, Ely Cathedral, Cambridgeshire, UK, October 2005.
(Photo by Janet Heineck)*



*Touring cyclists and their bikes
outside Horyuji Temple, Nara, Japan,
March 2003.
(Photos by Janet Heinick)*



Rides +

2006 SIR Brevets

Schedule

<http://www.seattlerandonneur.org>

2006 RCC Rides

<http://www.redmondyclingclub.org/Events/>

Saturday February 4, 2006

Winter Ride Series VIII - Ride 5

9 a.m. from Vashon Island (estimated 8:20 Ferry!!!)

Distance: 44 miles

<http://www.seattlerandonneur.org/rides/terryzrides.html#5>

Saturday February 11, 2006

Winter Ride Series VIII - Ride 6

9 a.m. from Auburn Park and Ride at 101 15th St NE, Auburn.

Distance: 54 miles

<http://www.seattlerandonneur.org/rides/terryzrides.html#6>

Saturday, Feb 25

100 km Populaire (RUSA)

Wayne Methner/Tom Lawrence

Spring [!!] Populaire starts the SIR season!

<http://www.seattlerandonneur.org>

Sunday, February 26

Chilly Hilly

With Chilly February weather and 2,675 feet of Hilly climbing, the name says it all!

<http://www.cascade.org/EandR/chilly/index.cfm>

Saturday, Mar 11

200 km (ACP)

Greg Cox

Dinner afterwards, at the home of Mary and Greg Cox, is NOT to be missed.

<http://www.seattlerandonneur.org>

Sunday, March 12, 2006

Cape Argus Pick 'n Pay Cycle Tour

109km. Must complete in 7H00.

Cape Town, South Africa

35,000 (!) participants are expected. And YOU thought the STP was crowded.

Registration closes November 10

<http://www.cycletour.co.za/home.asp>

March 11, 2006

McClinchy Mile Bike Ride

Arlington Post Middle School

1220 E. Fifth St.,
east off I-5 exit 208

Snohomish County BIKES Club invites you to explore the peaceful river valleys, rolling hills and picturesque farms of Snohomish County.

3 Loops: 4 foodstops, a flat 34, a hilly 27, or a challenging 47 which finishes off on the expanded Centennial Trail.

Contact: 360-658-2462

Email: bikesclubboard@hotmail.com

<http://www.bikesclub.org/html/mcclinchy/mcclinchy.htm>

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