

RCC News



The Newsletter of the Redmond Cycling Club Volume 9, No.15

September, 2002

Meetings & Events General Meeting: Oct. 1, 2002

NOTE: NEW LOCATION!

Italian Spaghetti House
9824 Lake City Way NE
Seattle WA 98115
206-523-2667
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

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tkillion@gte.net

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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 Linda Knapp for Tom Killion

As the newsletter was going to press, Tom was trekking down to Enumclaw to clean up the RAMROD storage locker as well as to sag for WIMPROD. However, he has some messages for newsletter readers.

First of all, let him or one of the board members know your thoughts on the new meeting location. For those of you who have been in outer space or riding the longer brevets this last month and who may not have heard, we have a new meeting location. If you have other suggestions for meeting locations, certainly let us know.

About the new meeting location, Greg and Ruth Sneed stopped by The Italian Spaghetti House on Lake City Way and talked with Dana at the front desk. She showed them their semi-separate banquet room that seats 28. Greg thinks it could handle up to 35 if need be. Prices looked better than Mia Roma, and it is non-smoking. They also seemed to have a good vegetarian selection. The reservation will be in the Redmond Cycling Club's and Tom Killion's names. But if you walk in with bike helmet, I bet they will just point you our way. Italian Spaghetti House, 9824 Lake City Way NE, Seattle WA 98115. 206-523-2667. No separate checks and \$50 deposit required fully refundable. Tom and Don will handle the money collecting and payment. We will try this new location out and see how everyone likes it.

Secondly--Rides. We need to get some fall rides underway. Start thinking about fenders and being able to eat a lot at Thanksgiving time. And let us know when you are organizing a ride so we can get it out to the website/newsletter and to the rcc-riders@redmondcyclingclub.org alias.

Third--Hey, great turnout at the September meeting! We filled up the meeting room (hmmmm, maybe an issue there). See you in October--same place same time!

Calling for any and all bicy- cling baby pictures!

by Linda Knapp

I am collecting bicycling "baby" pictures to use in upcoming newsletters. We will be holding a "guess the club member" series. Prizes will be offered both to the provider of the best/most unique/weird/unusual bike-related photo as well as to the person who correctly guesses the most members' identities. Prizes will be awarded around the time of Bike Expo 2003. (Where the best entries may be displayed.)

Pictures must be of the club member at some period of their life and should include their bicycle at that time. Ideally, both individual and bicycle will appear in the photo.

The objective will be to guess the identity of the RCC member in the picture.

We will be pretty loose about the definition of both "baby" and "bicycle" in this contest. All judging will be done by your newsletter editors and their cohorts. No whining will be tolerated!

I can scan images into the newsletter in just about any format, so let me know if you need help getting the image into digital form. linda@bozok.org or 206-524-9630. I will treat your photos like gold and will return them.

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

WHAT HAMS DO FOR US

by George Thornton

I have been cycling for many years. I have seen these SAG vehicles go by from time to time, and I have occasionally seen a few HAM representatives, in particular the Underwoods, at RAMROD organizing meetings. I never fully understood what they do and I never gave it much thought.

This year I intended to ride RAMROD. A persistent cold interrupted my training in April and a busy work and travel schedule did further damage to my plans. So, July rolled around and my RAMROD ticket was available.

I got a call from the President. Would I agree to help with safety for the ride? I agreed. I found out I needed a HAM license. The call came on Wednesday. I would have to take a licensing exam that Saturday in order to get my license in time.

I downloaded the study materials and for the next few days immersed myself in technical radio details. I learned about baluns, half wave dipoles and the atmospheric level that reflects HF waves. I now know about Yagis, SWR readings and frequency limits for Technician Plus stations. I aced the exam and ten days later my call sign, KD7SFB, was issued. I was a HAM.

Let me tell you what I learned about HAMS.

First, HAMS, or amateur radio license holders, are completely nonprofit. In fact, the FCC prohibits most business communications on amateur frequencies.

HAMS are also very smart people. Amateur radio is one of the most technically challenging and complex fields I have ever encountered. You could study this field for forty years and still be mystified.

Take antennas, for instance. Everyone knows you need an antenna for a radio. What kind of antenna? I was foolish enough to ask. I was referred to a "basic" text that consisted of something like five hundred pages saturated with technical terms, charts, and equations. I learned that, to a HAM, the ideal home would be located on top of a steep, narrow hill surrounded by salt water. There would be no limits on antenna size and the home would probably have several towers on it ranging up to two hundred feet high.

HAMS are into public service. They form organizations such as ARES, which is an organization designed to provide emergency response and assistance from amateur radios.

I also learned that HAMS are essential to the success of bicycle events such as

RAMROD. Why is this?

Cycling tours and events frequently go into rural, mountainous, and remote locations where cell phone reception is spotty or nonexistent. HAMS, with mobile radios, can communicate almost anywhere if there are enough of them and they set it up properly. With HAMS, riders in trouble can get immediate assistance. Medical response teams can be contacted. SAG vehicles can be directed to the scene. If dangerous conditions develop on the road ahead, HAMS can detect and relay this information back so that approaching cyclists can be warned. In short, HAMS watch out for and protect you.

They also help make sure rides like RAMROD can continue. You may not know that we are totally dependent on the good will of the National Park Service to be able to hold RAMROD. Without NPS approval, there would be no RAMROD.

The National Park Service has many concerns and interests it must address. A bicycle rally raises potential safety concerns and can interfere with other park uses. The Park Service has imposed restrictions on the conduct of riders and SAG vehicles. Complying with these restrictions is essential to assure that RAMROD can continue.

HAM sag vehicles are also charged with communicating the Parks Department instructions to riders. If a HAM vehicle told you to ride single file in the park, it is not because the HAM wants to control you or take the fun out of your ride. The HAM is really only communicating a message. The message comes from the National Park Service. They don't want you to ride double or triple on narrow, winding park roads because it interferes with vehicle traffic and is potentially hazardous.

The National Park Service is the law in Mt. Rainier National Park. They have the right to require you to ride single file. If you appreciate RAMROD and want others to have the opportunity in the future, you will respect and honor their authority.

HAMS work long and hard and pay thousands of dollars for the equipment they need to operate. Make no mistake about it: HAM radio is not cheap. It is hard to get an effective basic vhf/uhf HAM setup for mobile operations for under five hundred dollars. Most HAMS spend a great deal more than that. HAMS are not compensated for their service. In fact, it is illegal for a HAM licensee to use the amateur frequencies for personal profit.

To serve a ride like RAMROD HAMS must plan well in advance. Meetings are

held. Frequencies and assignments are set up. The HAMS must be on station at remote places well before the first rider arrives. In many cases this means starting in the wee hours of the morning. HAMS must also be on station until the last rider finishes. They all work long hours.

There are special courses taught for HAMS to learn how to handle events such as bicycle rallies.

So, next time you see one of those HAM vehicles during a ride, take the time to stop by and say thanks. They deserve appreciation for what they do for you.

Website/ Resource of the Month: Northwest Women's Cycling

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

“Northwest Women's Cycling (NWWC) is committed to improving the quality of women's bike racing in the Pacific Northwest. Our first method of operation was to increase the number of women in road racing. Due to lack of women's participation, race organizers were grouping all women together in one field regardless of experience. But those with less experience were getting dropped from the pack and ended up riding on their own. This problem robbed beginning-level participants of a true racing experience, of learning how to ride and corner in a pack, to react to the pack's ebbs and flows, to conclude in a sprint finish. This provided a major disincentive to racing, and women's participation suffered accordingly. In an effort to solve this problem and attract women to the sport, we put together the region's first category 4 race series last year. The Northwest Women's Race Series allowed beginning-level racers to race in their own field. As a result, it has brought many (and I mean MANY) new women to the sport of racing.”

RAMROD

by Michelle Burton
*"(To the tune of "Single Girl" as sung
by Pat Carroll in the 1999 film
"Songcatcher")*

Ride around Mt. Rainier
Ride around for fun
Ride around Mt. Rainier
And don't stop 'til you're done.
Yeah, and don't stop 'til you're done.

You may be a techie
You may be a nurse
You may be teacher
Or you may just be cursed
Yeah, you may just be cursed.

Up and down and round and round
Paradise and Cayuse bound
I pedal and pedal and pedal some
more
I pedal and pedal until I'm at death's
door
Yeah, until I'm at death's door.

It might take a few hours
Or it might take all day
So ride around Mt. Rainier, ride
around for fun
Yeah, ride around Mt. Rainier and let
the good times come.

SHOVELLING COAL

by Ted Milner
Sent to your editor by way of Greg Cox.

*The following is a poem by Ted Milner who rode the back seat on a record
breaking ride with his brother across Canada a number of years ago. He orga-
nized the BC Randonneurs first Rocky Mountain 1200 in 1996.*

There are those who think the tandem is the instrument sublime
For the serious cycle tourist and the man concerned with time.
It has drive and goes much faster as it gobbles up the track,
But it's quite another matter for the guy who sits in back
Shovelling coal, shovelling coal.

Just think of the advantages with twice the power at hand
And half the wind resistance as it travels o'er the land.
The weight is less than double. This alone gives peace of mind,
But it ain't no bed of roses for the guy who sits behind
Shovelling coal, shovelling coal.

It's just like a locomotive with the front man engineer.
He sits and shouts his orders to the fireman in the rear.
It's the way to run a railroad. With a bike it's not so sweet,
To the sweating, swearing fellow on the secondary seat
Shovelling coal, shovelling coal.

The pilots work the throttles while their partners work the flaps.
They are barely more than slaves, a society of saps.
Co-pilots do the labour. They are not supposed to feel.
It's likewise with the suckers above the rearward wheel
Shovelling coal, shovelling coal.

The man up front is master. It is he who shifts the gears.
He decides when brakes are needed and on top of this he steers.
He can go the wrong direction and wind up in Timbuktu,
But refuses any protest from the guy who's number two
Shovelling coal, shovelling coal.

The view ahead is blank and to peek would be a sin,
So he can't see where he's going, only places where he's been.
He would love to lean to starboard when to port they make a turn,
But such pleasure is verboten to the crewman in the stern
Shovelling coal, shovelling coal.

Yet there will be retribution on some future day in hell
When all tandem frames have melted and the tandem leaders yell.
In agony they writhe and some mercy they request,
But the backmen just keep doing the thing they've done the best:
Shovelling coal, shovelling coal.

Ride & Event Calendar

SEPTEMBER

Saturday, September 7, 2002 - Music Calms the Savage Beast

Leader: Duane Wright 206-523-7404

Start place: Edmonds Ferry Terminal at 10:00 a.m.

Miles: 45 Pace: Moderate: 14-16 mph

Terrain: Some hills Regroup: Occasionally

Map: yes

Description: We'll catch the 10:10 a.m.

ferry to Kingston, then bike to the Olympic Music Festival. Bring \$\$ for ferry and admission. Admission fees: barn \$24, lawn \$14. You can bring a lunch or buy lunch at the festival. <http://www.olympicmusicfestival.org/index.html>.

September 7 program, "Piano Extravaganza for Four Hands", includes Mozart's "Eine kleine Nachtmusik".

Sunday, September 8 Headwaters Century

The Tacoma Wheelmen's Bicycle Club would like to invite you to the Headwaters Century Bicycle Ride on Sunday, Sept. 8. The ride starts at the Enumclaw High School, 226 Semanski Street.

Registration is 7-11 a.m. A map and directions to the start are available at <http://www.twbc.org/headdir.htm>.

If you have not already registered, you can still register through Aug. 30 at the lower fees of \$15 individual, \$35 family (maximum 2 adults over 18), and reserve a souvenir glass mug for \$10. After Aug. 30, the fees will be \$18, \$40, and \$12.

Downloadable forms are available at our website at <http://www.twbc.org/headw.htm>

Or you can register online using a credit card at http://www.active.com/event_detail.cfm?event_id=982753.

The 45, 65, and 100-mile routes are primarily flat or rolling terrain with little traffic and great scenery. There is a 1.6-mile hill that climbs up to Black Diamond after the first rest stop. The 65- and 100-mile routes also have a series of short climbs returning from Maple Valley.

The 100-mile route begins on a loop through Buckley, rejoins the main route at the start, diverges at Black Diamond and rejoins the main route at Ravensdale.

The Headwaters Century will feature great food and support like all of TWBC's rides. Don't forget to have dessert with us at the finish.

TWBC actively supports the Bicycle Alliance and contributes \$1 from each rider's registration from the club's ride events, including the Headwaters Century.

Please contact me at

headwaters@twbc.org if you have questions. I look forward to seeing you at the ride! Linda Higgins; TWBC, Ride Chair

Sept 14-15 Seattle International Randonneurs 400 km Brevet

For more Information visit: <http://www.seattlerandonneur.org/> or contact Mark Thomas (206) 612-4700

Sept 14-17 Seattle International Randonneurs 1000 km Brevet

For more Information visit: <http://www.seattlerandonneur.org/> or contact Mark Thomas (206) 612-4700

September 14-15, 2002 - 24 Hours of Adrenaline

At Snoqualmie Pass. The 24 Hours of Adrenalin is coming to Washington state for the first time on September 14-15. Take a look at our website at www.24hoursofadrenalin.com.

September 14 The Bellingham Traverse

The Bellingham Traverse is an endurance multi-sport challenge that simulates the life journey of salmon. Soloists, tandem and relay teams will compete for survival on the course that demonstrates the urban and natural challenges that salmon face in their journey.

The disciplines of the course are Run, Mountain Bike, Road Bike, Trail Run, Sea Kayak and Trek. For the "trek", the tandem and relay teams must complete the last leg together across finish line. The course winds through the scenic greenways, back roads and open water on Bellingham Bay, demonstrating the unparalleled beauty of our area.

Register online @

www.BellinghamTraverse.com

Each Bellingham Traverse participant is required to choose an environmental group from the exhibitors at the Sustainable Connections Eco-Expo. The 'green group' that they choose will be whom they will be raising funds for through pledges for their entry fee. Each entrant is required to raise a seventy-five dollar minimum. This event is unique in that participants have the opportunity to choose the group that their pledges will benefit.

Sustainable Connections Eco-Expo (www.EcoExpo.org) will be positioned at the start/finish line of The Bellingham Traverse. Local and regional environmental organizations will be on display to offer an opportunity to applaud their efforts to maintain, improve and create the places of natural beauty that we use daily. Closing Ceremonies will be held at Boundary Bay Brewery Saturday evening. Get ready to have some fun. Begin by putting teams together or training to do it solo.

Sunday September 15 Spokane Bicycle Club's 23rd Annual Autumn Century and Family Fun Rides

Put on by the Spokane Bicycle Club:

<http://www.spokanebicycleclub.org>

The Spokane Bicycle Club sponsors the Autumn Century and Family Ride each year to provide the cycling community with a cycling event for the entire family. The Autumn Century offers a variety of courses. The 20 mile course is designed as a challenging route for an individual or young families who have trained for this event. It climbs from Peone Prairie to beautiful Pleasant Prairie. The 20 miler is supported with a food stop and can be enjoyed for its fairly level terrain and rural scenery. The 62 and 100 mile courses provide more challenges and a beautiful tour on rural roads. These longer routes offer significant climbing challenges with lots of food and mechanical support along the way. It is important to remember that the Autumn Century is a ride, not a race! It affords the opportunity to meet new friends, enjoy cycling at an enjoyable pace or if you want to push yourself - go for it!

Event Type: Fun bicycle rides of 20, 62 (100k), and 100 miles

Description: 20, 62, and 100 mile scenic rides on rural roads with mechanical & sag support. Maps, great food, and more cookies than you can eat. All routes have some climbing with several challenging hills on the 62 and 100 mile courses.

Entry Fee: \$25 - \$30, xxl shirt add \$3. Late fee after August 25, \$5

For an application: Call (509) 325-1171 or visit: <http://www.spokanebicycleclub.org>

Club address: P.O. Box 62, Spokane, WA 99210

Director: Jon Rascoff (509) 747-6048 or email him.

Sept 21 Seattle International Randonneurs 100 km Climbfest

For more Information visit: <http://www.seattlerandonneur.org/> or contact Mark Thomas (206) 612-4700

Saturday September 21, 2002 - "4th Annual "Meet the Teams" Rides

Sponsored by NWWC <http://www.nwwc.org>

Everyone will ride together. The rides will leave from Pert's Deli (120 Lakeside Avenue, Seattle, WA 98122), in the Leschi neighborhood of Seattle. There is ample parking nearby. Meet at Pert's at 9:20am for a 9:30am departure. There are team with riders as far away as Spokane and Olympia, so even if you live outside of Seattle, this may be the place to find a team closer to home. The rides will follow

the "South End of the Lake" route, which is a 2-hour ride.

This week's team: Subway Women's Team <http://www.soundvelo.com> Nicole Novembre - nicole_novembre@yahoo.com

Saturday September 28, 2002 - "4th Annual "Meet the Teams" Rides

Sponsored by NWWC <http://www.nwwc.org>

Everyone will ride together. The rides will leave from Pert's Deli (120 Lakeside Avenue, Seattle, WA 98122), in the Leschi neighborhood of Seattle. There is ample parking nearby. Meet at Pert's at 9:20am for a 9:30am departure. There are team with riders as far away as Spokane and Olympia, so even if you live outside of Seattle, this may be the place to find a team closer to home. The rides will follow the "South End of the Lake" route, which is a 2-hour ride.

This week's team: Wheelsport <http://www.wheelsportcycling.com> Dave Bachman - dbachman@libertycontrols.com

OCTOBER

Tuesday, October 1, 2002 - RCC Meeting - NEW LOCATION!

Italian Spaghetti House
9824 Lake City Way NE; Seattle WA 98115
206-523-2667

Saturday October 5, 2002 - "4th Annual "Meet the Teams" Rides

Sponsored by NWWC <http://www.nwwc.org>

Everyone will ride together. The rides will leave from Pert's Deli (120 Lakeside Avenue, Seattle, WA 98122), in the Leschi neighborhood of Seattle. There is ample parking nearby. Meet at Pert's at 9:20am for a 9:30am departure. There are team with riders as far away as Spokane and Olympia, so even if you live outside of Seattle, this may be the place to find a team closer to home. The rides will follow the "South End of the Lake" route, which is a 2-hour ride.

This week's team: Armondo's <http://www.seattlevelo.com> Erik Olsen - erik@synopsys.com

October 6, 2002 - Seattle International Randonneurs 600 km Brevet

For more Information visit: <http://www.seattlerandonneur.org/> or contact Mark Thomas (206) 612-4700

Saturday October 12, 2002 - "4th Annual "Meet the Teams" Rides

Sponsored by NWWC <http://www.nwwc.org>

Everyone will ride together. The rides will leave from Pert's Deli (120 Lakeside Avenue, Seattle, WA 98122), in the Leschi

neighborhood of Seattle. There is ample parking nearby. Meet at Pert's at 9:20am for a 9:30am departure. There are team with riders as far away as Spokane and Olympia, so even if you live outside of Seattle, this may be the place to find a team closer to home. The rides will follow the "South End of the Lake" route, which is a 2-hour ride.

This week's team: Ashmead College <http://www.unionbaycycling.com> Eric Johnson - eiii@mindspring.com

Saturday October 19, 2002 - "4th Annual "Meet the Teams" Rides

Sponsored by NWWC <http://www.nwwc.org>

Everyone will ride together. The rides will leave from Pert's Deli (120 Lakeside Avenue, Seattle, WA 98122), in the Leschi neighborhood of Seattle. There is ample parking nearby. Meet at Pert's at 9:20am for a 9:30am departure. There are team with riders as far away as Spokane and Olympia, so even if you live outside of Seattle, this may be the place to find a team closer to home. The rides will follow the "South End of the Lake" route, which is a 2-hour ride.

This week's team: Nantucket-Aurora <http://www.auroracycling.com> LaVonne Cason - llcason@yahoo.com

Saturday October 26, 2002 - "4th Annual "Meet the Teams" Rides

Sponsored by NWWC <http://www.nwwc.org>

Everyone will ride together. The rides will leave from Pert's Deli (120 Lakeside Avenue, Seattle, WA 98122), in the Leschi neighborhood of Seattle. There is ample parking nearby. Meet at Pert's at 9:20am for a 9:30am departure. There are team with riders as far away as Spokane and Olympia, so even if you live outside of Seattle, this may be the place to find a team closer to home. The rides will follow the "South End of the Lake" route, which is a 2-hour ride.

This week's team: There was an open spot this year so SIR will be using that opportunity. Wear your SIR jerseys. Here's the chance to spread the word about SIR a little more.

NOVEMBER

Saturday November 2, 2002 - "4th Annual "Meet the Teams" Rides

Sponsored by NWWC <http://www.nwwc.org>

Everyone will ride together. The rides will leave from Pert's Deli (120 Lakeside Avenue, Seattle, WA 98122), in the Leschi neighborhood of Seattle. There is ample parking nearby. Meet at Pert's at 9:20am for a 9:30am departure. There are team

with riders as far away as Spokane and Olympia, so even if you live outside of Seattle, this may be the place to find a team closer to home. The rides will follow the "South End of the Lake" route, which is a 2-hour ride.

This week's team: Recycled Cycles <http://www.recycledcycles.com/racing.html>

Robert Trombley - rtrombley@hotmail.com

For Sale

Rodriguez Stellar Prototype, 650 wheels, Shimano components. Top and downtube measures about 51cm. A sweet riding bike, it is just too small for me - also my significant other has been saying things about how the bikes seem to be multiplying.

Old Silver - **Burley Tandem Rock and Roll** with a soffride in back. Sized for me in front and I ride about a 53cm bike, but taller people have ridden it, rear goes down enough for someone a little below 5' 8" or so (with a soffride high jacker). This bike has done RAMROD as well as several STPs and RSVPs. It even carried Duane and I up Snoqualmie one Cannonball..... With 26" wheels and mountain style bars I figured it would make an offroad bike with knobbies and on road with slicks if you wanted.

Make me an offer!.... Linda Knapp 206-524-9630
linda@bozok.org

Rodriguez Toucan 2000. Medium frame. Captain is 5'10 and Stoker is 5'4 (long legs). Photos & measurements at <http://www.s2cycle.com/4Sale/4sale.html>. It's in excellent condition and includes: Shimano derailleurs & bar-end shifters, Dia Compe Brakes, Hope Hubs, 26 x 1.5" NEW kevlar belted tires, Serfas RX saddles, SPD pedals, Arai drum brake, Cateye Astrale computer with cadence, Stoker suspension seat post, Fenders & rear rack, Kick stand, Mirror, Unique green/purple Kameleon paint job, Pump and 4 water bottle cages painted to match. Asking \$3000. Sheila & Spencer 206.329.8777,
sheila@newslettersandmore.net

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 7:00 p.m. at Italian Spaghetti House 9824 Lake City Way NE; Seattle WA 98115 (206-523-2667). 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

NEW MEETING LOCATION!