

# RCC News



The Newsletter of the Redmond Cycling Club

Volume 2, No. 16

February 2003

## Meeting and Events

**General Meeting: Feb. 3, 2003**

*Note: New location and time!*

Coco's Restaurant

Lake Forest Park Center

17535 Ballinger Way NE Lake

Forest Park, WA 98155

206-364-8910

Social meeting: 6:30 PM,

Business meeting: 7:15 PM.

Topics ... to be determined.

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## Message from the Prez: Full Plate

*By: Tom Killion*

Not home plate, or gold plate, or armor plate, or upper plate. A full plate is what Redmond Cycling Club has right now.

### Appetizer Course:

Coming right away is the RCC booth at the Seattle Bike Swap, Sunday February 16th at the Seattle Center. RCC has engaged a booth where members can have their (former) treasures displayed, in the hopes of selling same for some fraction of their original value.

Have you any such junque stashed in your garage? If so, clean it up, tag it, price it, and bring it to the club meeting on Monday, February 3. RCC will hawk your merchandise to the hordes, taking only a measly ten percent to defray costs. Four of the costs to defray are the volunteers needed to run the booth. Any takers? It's an all-day job, but you can bring your pennies and buy other peoples' junque in your spare time.

Contact Amy Harman (206-517-5428, AHarman@earthlink.net) for details and to put your name on the list.

### Soup Course:

The end of February is the Seattle Bike Expo, where RCC has two booths for the club, Cannonball, S-2-S, and RAMROD. This year we will have computer terminals (laptops) for folks to register for RAMROD, all by themselves! No more trying to figure out cramped and illegible handwriting on paper applications. No more guessing what the person really wanted in a T-shirt size.

This year is the twentieth RAMROD, so we expect a good turnout. We need a full complement of volunteers to handle booth duties on Friday after-

*(continues on page 2)*

## Mr. Don's New Year's Day Century

*By: Greg Sneed*

Mr. Don's January 1st 100-miler: thank goodness it was only eighty-six miles, as I was out of gas for the last ten. That guy is tough.

Here we are on New Year's Day, having completed fifty ugly, wet miles to get to Carnation. At the local Starbucks, I'm downing seaweed or whatever is in that Power Bar, ordering a double shot of espresso, GU, and Lovey's waffles to power up for going into it again. The half of

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## From the Prez (cont.)

noon/evening and all day Saturday and Sunday.

We are looking for folks to run the booth, and for one very special person to think up, design, and create some new stuff to decorate the spaces, which are getting a little long in the tooth.

Contact Don Harkleroad (425-672-4975, [mrdon@seanet.com](mailto:mrdon@seanet.com)) for more details and to put your name up in lights.

### Fish Course:

Yeah, fish, as in "How did I get fish-ed into doing this ride!?!": Greg's famous madness in the form of Fleche Pacifique. If you want to see people suffer, more or less willingly, for the chance to see the sun come up over Harrison Hot Springs, this is for

you. A chance to pedal 240-plus miles, in the most delightful weather imaginable, meeting interesting folk (Sumas Canadian Customs—the same guy every year) and learning to eat anything and sleep anywhere.

Contact Greg Sneed (206-784-1265, [Gr8Tandem@attbi.com](mailto:Gr8Tandem@attbi.com)) for the gory details and to put your sanity into question.

### Entree:

The real "meat" of the meal: RAMROD 2003. Twentieth running of the best d\*\*n one-day ride anywhere. This year we will have some special surprises in store for participants, so we need folks to step up EARLY to volunteer. All you quiet RCC'ers, this is the time to speak up. We need you. Lots of things to do, and you'll have a great time doing them. RAMROD riders always say

that the volunteers and support are the best anywhere. Let's keep it that way and make it even better.

Contact the aforementioned Don Harkleroad for his blessing and for the opportunity to mean so very much to so very many (at least 750) people.

### Dessert:

WIMPROD. Do the RAMROD volunteer thing up big and you can be RCC's all-expense-paid guest for a partial circumnavigation (only the best parts) of the Mountain. Not to be missed. Some pedaling required.

Volunteer early and often with MrDon.

If life is a feast, this year will be a banquet.

Call or email now to volunteer and then get out and ride!

our ride group with common sense heads back to Woodinville.

But seven of us push on, rolling south toward Issaquah in the wet. Temperatures are 40 to 45 and headwinds are at ten knots with rain.

I feel like I'm a character in a Rocky III movie, where our hero has to go back to the gym to get into shape to earn his spurs to ride the big events. I'd forgotten how nasty it is out there in the dark, riding with the road kill crowd. Gone are all the comforts of home as you take your turn at the front of the peline, pulling the group into it at 18 mph. Spray is everywhere and dirt covers your glasses.

The only saving grace is that you could not have better folks to ride with in these conditions. All have heavy experience, and almost everyone has been a team captain. "Deathride" Bob [Brudvick] and his son Jason, "Mr. Don", Linda Knapp, Peter 1 [Rankin], Peter 2 [Beeson], and I ride into the black. It's even cooler over on the East Side. Death cold, in fact. We seven hold twenty BC Randonneurs' Fleche Pacifique medals among us. The smooth rotation eats up the miles. The group waits for the slower climbers and everyone helps on the flats. You couldn't have a better crew.

Every year the price to the podium at Harrison is the same.

My rain booties are full of water. At Carnation, I put a sixth layer on my upper body to keep the bone chilling cold out. I must weigh two hundred pounds with all the water soaked in everywhere. I can feel numbness in my right hand from the road pounding. With almost no traffic, Bob continues to hammer at the front with Linda and Mr. Don. I think they must be tired of me yelling at them to back it off a notch. Our ride time is seven hours, five and a half of those in the wet. Peter 2 is going to be even tougher with that new bicycle he ordered. Road grime will completely eat away the brake pads on Peter 1's and my bicycles by the end of the ride. It is like riding through cutting oil. The bicycle looks like ten pounds of horse poop has been dumped on it. That little twenty-four percent grade on the trail up to the Fall City exit off I-90 doesn't help. I have to walk part of it, even with my triple. I push the pedals but it feels like the bicycle will fall over backwards. Water is running down my back.

I sit in a hot bath at home for twenty minutes before I can feel my feet. I believe Lovey is burning my cycling clothes. Well, thanks, Mr.

Don, for some mileage in the bank and a little reminder of the upcoming cycling season.

I am going to miss those deviled eggs.

P.S. The first Zeek's Social has been moved to February 15th. Yes, Greg screwed up.

P.P.S. Remember: this coming Monday evening is the Redmond Cycling Club's new meeting date at CoCo's at Lake Forest Park, 6:30 to 8:00 p.m.

P.P.P.S. Remember to put those bloody fenders and mudflaps on.

Seeya up the road, Greg



## Paris-Brest recipe

By: Janet Heineck

To honor the many RCC members doing fierce miles in preparation for PBP in August, here is a recipe for the elegant pastry named for that classic cycling event. My source was <http://cake.allrecipes.com/az/parisbrest.asp> and at least one published cookbook stumbled across at Third Place Books in Lake Forest Park. Enjoy!

### Paris-Brest

Submitted [to the website] by: Kevin Ryan. I love the classics. This is a spectacular confection! Named for a bicycle [event] run between the two cities of Paris and Brest, this wheel-shaped pastry of choux paste is hands down impressive. The classic version is made with a praline-flavored center but this pastry cream version is just as tasty. Servings: 15.

#### Ingredients:

1 cup all-purpose flour  
5 eggs  
1/4 cup milk  
3/4 cup water  
1/4 teaspoon salt  
6 tablespoons unsalted butter, softened  
1/4 cup sliced almonds  
2 1/2 cups pastry cream (see recipe for pastry cream below)  
1 cup heavy cream, chilled  
1 teaspoon vanilla extract  
2 tablespoons confectioners' sugar

#### Directions:

Preheat oven to 425 degrees F (220 degrees C). Place a small pan containing about 2-3 cups of hot water onto the bottom of your oven (directly onto the bottom of the oven) to generate steam. Lightly grease a large baking sheet with shortening and then dust lightly with flour. Use a 10-inch pan as a template and draw a 10 inch-circle onto the flour dusted sheet using a toothpick. Set aside.

Place the 4 eggs into a small measuring cup and mix with a fork to combine. Set aside.

Combine the milk, water, salt and butter in a saucepan over medium heat. When it comes to a full boil, add the flour all at once and stir to make a paste. Continue to stir over the heat for about 40 seconds until the paste dries a little. Remove from heat and place paste into a mixing bowl. Let cool about 4 minutes.

With a mixer on low, mix the paste and slowly add the beaten eggs. Mix slowly but thoroughly until all of the eggs have been added. Place the paste into a pastry bag fitted with a 1/2 inch round decorating tip. Pipe the paste out onto the sheet pan following the 10-inch ring you outlined. Pipe a second ring around the inside next to this ring. Finally, pipe another ring on top of these two rings. Lightly paint the set of rings with the remaining 1 beaten egg and press the sliced almonds into the paste.

Place in the oven on the lowest shelf and bake at 425 degrees F (220 degrees C) for 20 minutes. Reduce the temperature to 375 degrees F (190 degrees C) and bake about 12 minutes more or until brown. Remove from the oven and using a long serrated knife slice off the top half of the puffed ring. Remove any bits of raw dough on the inside of the ring. Replace the top and place back in the oven to crisp the dough, about 5 more minutes. Cool on a rack.

To make the filling: Whip the pastry cream until smooth. Place the heavy cream into a bowl along with the vanilla and beat on high until soft peaks are formed. Add in the confectioners' sugar and beat a little more. Fold the pastry cream in with the whipped cream and transfer to a piping bag fitted with a star tip. Pipe the cream mixture into the ring and then replace the top. If you wish, sprinkle with additional powdered sugar.

### Pastry Cream for Pies

A thick egg custard that has many uses. Spread this in a baked pie

shell and cover with fresh fruit. Servings: 8

#### Ingredients:

1 cup milk  
3 egg yolks  
1/2 cup white sugar  
1/4 cup all-purpose flour  
1 tablespoon butter  
1 tablespoon vanilla extract

#### Directions:

In a small saucepan, heat milk to boiling point and remove from the heat.

In a heatproof mixing bowl, beat egg yolks until smooth. Gradually add the granulated sugar and continue beating until pale yellow. Beat in the flour.

Pour the hot milk into the egg yolk mixture in a steady stream,



beating constantly. When all the milk has been added, place the bowl over (not in) a pan of boiling water, or pour the mixture into the top of a double boiler. Heat, stirring constantly, until thickened.

Cook 2 minutes more, then remove from the heat. Stir in the butter and vanilla. Cover with plastic wrap and allow to cool.

## Mazama 2003: Date Set!

By: *Lola Jacobsen*

This year's annual Mazama ride will be Saturday and Sunday, June 7 and 8, 2003. As usual, the ride starts in Marblemount on Saturday. We ride seventy miles on the North Cascades Highway, over Rainy and Washington Passes, and into the gorgeous Methow Valley, ending our day at the Mazama Country Inn (<http://www.mazama-inn.com/Main.htm>). We stay overnight at the Mazama Country Inn and then head back Sunday morning.

Registration opens March 1 for RCC members and April 1 for

nonmembers. Look for information in the March and April RCC newsletters.



This year, we're thinking about changing the Saturday night dinner menu. Instead of chicken, how about

grilled Copper River salmon? For vegetarians, we'd have veggie lasagna (lacto vegetarian—contains cheese). If you have any feedback or ideas about the menu or about anything else regarding the ride, contact Lola Jacobsen ([lolaj\\_acobsen@hotmail.com](mailto:lolaj_acobsen@hotmail.com), 425-641-7841).



## Membership Renewals Due

By: *Susan Cady, RCC Treasurer*

It's that time again! Be the first (or second) on your block to renew your RCC membership for \$15. With your renewal, you will continue to receive the monthly newsletter containing club news and events. As

an added benefit, RCC is sponsoring a table at the Seattle Bike Swap later this month and is accepting items for sale from current members (see the Bike Swap article elsewhere in this newsletter). Join us for the monthly meeting and bring your check book. Or, use the form on the back of the newsletter and mail your check to the post office box address listed on the form. Thanks!

## January 11th Roller Coaster Update

By: *Greg Sneed*

Fifteen riders showed up at the Fauntleroy ferry dock to ride Roller Coaster on January 11. Who would have believed it? Lovey and I thought maybe three or four riders at most, but fifteen? Wow!

Everybody was in full winter riding dress of gloves, winter hats covering the ears, heavy MEC jackets, and booties. All were eyeing the cold, mostly overcast sky. There was no wind and the temperature was in the low 40's. Everybody headed upstairs on the departing boat for coffee and conversation.

The big surprise as we rolled off the ferry at Southworth to begin the ride was being joined by Brian List from the Capital Wheelmen. Brian is

the captain for their new B.C. Randonneurs' Fleche Pacifique team. Along with Dave Read, Brian has signed up Peg Winczewski as the team's navigator. Peg completed the event last season riding with the Peter Rankin and Kristie Salinger team. Brian explained that he will have five riders on the big club's first try at the 2003 event. Brian and some of his crew plan on being at the upcoming Zeek's pizza social on February 15.

We had two new riders, Doug Graham and Doug Hallam—both excellent riders—checking out a tough course for this time of year. Good job, guys. Could these guys be looking for a team?

We had a number of the Goosebumps gang: Bill Pence, Laura Hoey, Steve Rosanno, and, Curley Sue. Thank goodness they slowed down for a bit for us. It was great catching up with the latest gossip as

the whole gang made a potty stop at Port Orchard's Waterfront Park. We did not stop very long because it was easy to get chilled in these conditions.

On the first of the climbs up Glenwood, RCC was represented by past president Ron Himshoot and current VP Peter (a heartbeat away) Rankin as the big dogs going uphill moved to the front of the group.

We had great teamwork with everybody stopping to assist and wait in the winter cold as Ralph and Carol quickly replaced a flat front tire.

Shane Baklouetz showed us all the gear you must have to ride the big event, climbing the rollers on the way down to Purdy with full backpack and really ugly fenders. Hey Shane, don't they use that material for heating ducts? The guy always looks

*(continues on page 5)*

like he's equipped with three days' worth of rations for everybody on the ride.

After the big Wollochet descent (Ralph and Carol wired it up to 54.5



mph on the big downhill) and the climb up Chipmook Hill, a 15-percent grade, everybody was glad to

get around Carr Inlet and out of the damp Avondale woods and up to Gig Harbor for some lunch.

Suzanne's in Gig Harbor is the place to go. Oh, that hot chicken soup and tuna sandwiches were great along with hot coffee. Our group took over the whole restaurant.

Curley Sue, Peter, Bill, and Steve started first after lunch, heading up Colvos Passage toward Church Hill as weather conditions began to worsen, to catch the 2:30 boat back to Seattle. The rest of us groaned our way up the Olalla climbs after the big lunch. Those last three miles of rollers are great for tandems. With a heavy gray weather front behind us, a few drops started to fall just as our tail-end group of Shane, Doug, Ralph and Carol, Amy and Peter2, and Lovey and I rolled onto

the landing for the 3:10 p.m. ferry back to Seattle.

All of us sat inside a nice warm ferry as the weather dumped outside. We stole one, gang. Thanks for coming along.



## Support Needed to Complete Burke-Gilman Trail

Date: Tue, 28 Jan 2003

From: Louise McGrody

[louisemc@bicyclealliance.org](mailto:louisemc@bicyclealliance.org)

### Friends:

Mayor Greg Nickels was briefed today on the Seattle Department of Transportation's recommendations for completing the Burke-Gilman trail's missing link through Ballard. He needs to know that there are thousands of Seattle voters who support completion of the trail. He is hearing plenty from those opposed to the trail, who claim that completion of the trail will be the 'end of the manufacturing and fishing industry in Ballard.' Please take a minute to send an email, call the Mayor's office, or write/FAX a letter.

Of the 3 alternatives on the table, only one—the Green Route—will accommodate a pathway separated from vehicles. The other two routes will use existing streets and sidewalks. Only one route—Green—avoids crossing any arterials. Only one route—Green—makes a direct

connection to the Locks and Golden Gardens Park.

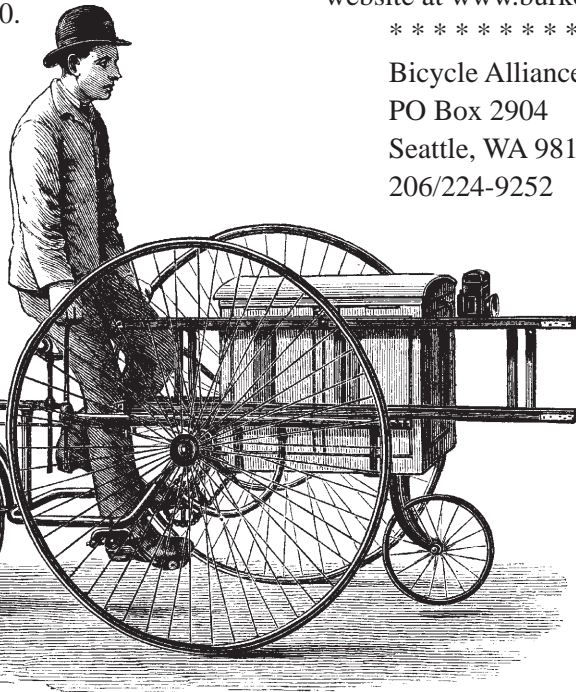
### NOW MORE THEN EVER IT'S TIME TO SPEAK YOUR MIND.

—To send an electronic message to the Mayor (limited to 250 characters) visit:

[www.cityofseattle.net/mayor/citizen\\_response.htm](http://www.cityofseattle.net/mayor/citizen_response.htm)

—To reach the Mayor's Office by phone, call 206-684-4000.

You can speak to the person answering the phone to convey your message, or



if calling after business hours, leave a message.

—To send a letter to the Mayor, FAX to 206-684-5360 or mail to:

Mayor Greg Nickels  
600 4th Ave, 12th Floor  
Seattle WA 98104

For more information about the community's effort to complete the Burke-Gilman Trail, check out the Friends of Burke-Gilman Trail's website at [www.burkegilmantrail.org](http://www.burkegilmantrail.org)

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Bicycle Alliance of Washington  
PO Box 2904  
Seattle, WA 98111  
206/224-9252

## Touring with Children

By: Duane Wright

Paula Holmes-Eber and her husband Lorenz Eber have been touring with their two children, daughters Anya and Yvonne, for over twelve years. Their travels have taken them to Alaska, Canada, the Midwest, and various spots here at home in the Northwest. At the January meeting of the Cascade Bicycle Club, Holmes-Eber talked about the various challenges of bicycle touring with children. She addressed the specific demands of children at different ages, including food, comfort, entertainment, and that intangible item, morale. Lorenz Eber focussed his portion of the presentation on equipment selection and the pluses and minuses of the various choices. Anya and Yvonne talked about what they liked about the adventure of bicycle touring, including what they tell their friends is so much fun about it.

During their everyday life, all four family members are bicycle commuters. Paula's daily trip even includes a ferry ride.

Paula emphasized the most critical factor of touring with children: their happiness. Unhappy kids can cause a well-intentioned tour to grind to a halt. Children need toys, entertainment, snacks, and frequent potty breaks. They love visits to state

parks and interesting tourist attractions. They especially like swimming.

Don't expect to cover long distances each day. The many distractions will have you spending a fair amount of time off the bike. But don't worry. You'll still get as much exercise as you would have had you been cycling the longer daily miles familiar on a tour, since you'll be lugging a lot more weight! And don't forget to have a back-up plan, so that



when the inevitable surprises and delays occur, the group can head to a suitable overnight destination nearer than the one originally planned.

Lorenz talked about cycling equipment. For children ages 2 through 6, a trailer works best. Make sure it can protect the occupant(s) from wind and rain. For those hot days, it should allow adequate ventilation.

Trailers that attach to the left rear of the bike, near the rear hub, are

the most stable. This connection may interfere with larger rear panniers, however. Some newer trailers attach to a special rear rack. This method accommodates panniers. Some trailers offer space for storage.

For ages 6 through 10, a trail-a-bike, with multiple gears, allows the child to contribute to the pedaling (yippee!). Combining a trail-a-bike with front panniers on the lead vehicle can create stability problems. It may be worth experimenting with different loads.

For ages 10 through 15, a tandem is the best solution. A tandem will be a wonderful reward for the parent who has patiently contended with years of touring with trailers and trail-a-bikes. The bike is once again stable, if longer, and efficiency is greatly improved.

This year the Holmes-Eber family will begin a very ambitious endeavor: a 15,000 mile world tour. Their twenty-month ride, through twenty-five countries, aims to raise money for asthma research and for programs for children with asthma. Paula, a long-time asthma sufferer, pointed out that in poorer countries the cost of asthma medication can exceed a victim's annual income, a situation that poses a very grim future.

To learn more about this family's travel plans, visit: [www.bikeforbreath.org](http://www.bikeforbreath.org).

## Seattle Bike Expo - Volunteers Needed

By: Tom Killion

The Bike Expo will be held the end of this month, February 28 - March 2 (Friday - Sunday) at the Stadium Exhibition Center next to Seahawks Stadium.

Same booth locations as the last two years, but we will have computerized registration instead of paper forms. That way the entrants can make their own mistakes. We will probably have three laptops at the Expo, bolted down and guarded by big dogs and bigger guys with guns. (Right!) More info to follow.

We need volunteers to staff both booths (RAMROD and RCC) for Friday afternoon and evening, and all day Saturday and Sunday. Typically 3 hour shifts, with four people per shift.

There will be a signup sheet at the February Club meeting, and you can email to the Club website as well.

Line up and sign up.



# Seattle Bike Swap - Sunday February 16th

By: Tom Killion

OK folks, spend some time this weekend clearing out your parts stash.

RCC has reserved a booth at the Seattle Bike Swap for Club Member use. Here are the guidelines:

Get your sellable parts, clothing and other cycling gear together.

CLEAN all parts thoroughly (dirty, greasy stuff will be tossed in a box, never to be seen by a willing buyer!).

Label each part with a tag made of masking tape by making a 'flag' of tape folded over on itself. Put the desired selling price, and your INITIALS, on the tag. Be realistic on price - price the item to sell, not just for display purposes. Do this for each and every item you wish to sell.

Then make a master list of all the gear you have labeled, listing the

item, condition, any qualifying description, desired selling price, and most importantly the rock bottom lowest price you will accept.

If you don't have a negotiating price make sure your set price is low enough to trigger a sale, as the Club doesn't want to have to pack up a load of unsold junk to return to members. We would prefer to just hand you crisp bills!

Put your name on the top of the master list, make a copy for yourself and include the original with your bundle of parts and stuff.

Bring your stuff to the February Club meeting, Monday February 3rd, 6:30 to 8:30 at Coco's in the Lake Forest Park Center. Duane Wright has graciously offered his garage for temporary storage of all our treasures.

If you cannot attend the meeting, contact Duane to arrange to get your treasures to him:

[checkers@u.washington.edu](mailto:checkers@u.washington.edu)

206-523-7404

Barring that, contact me via email ([tkillion@gte.net](mailto:tkillion@gte.net)) and we'll work something out. But don't delay too long, the Swap Meet is only two weeks away.

The Club takes 10% off the top to defray the expenses, and for the care and feeding of the four volunteers who will hawk your stuff to a gullible public at the Meet.

Unsold stuff will be returned at the March Club meeting, along with your share of the proceeds.

Simple.

- 1) CLEAN PARTS
- 2) Clearly labeled and priced
- 3) Fairly priced
- 4) Master list with bottom-line prices
- 5) Bring to February Club meeting at Coco's if at all possible
- 6) Pick up unsold stuff and your share of the proceeds at the March Club meeting

CLUB MEMBERS ONLY, so get your dues paid for 2003 NOW.

Any volunteers for staffing the Meet booth?

## McClinchy Mile

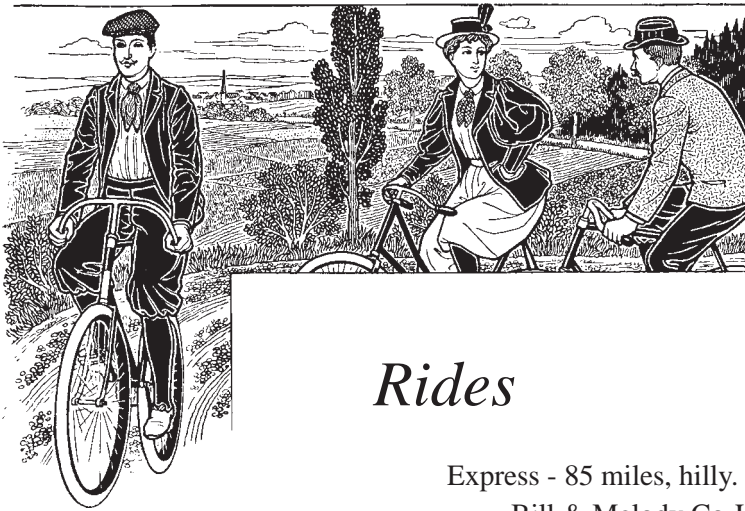
The BIKES Club of Snohomish County (<http://www.bikesclub.org/index.html>) invites all Redmond Cycling Club members to join them for their annual McClinchy Mile ride this year on Saturday March 15. From the start point at the Monroe Junior High School on Main Street, Monroe, riders choose among three loops through beautiful Snohomish County farmland, river valleys, and rolling hills. Distances range from 25 to 70 or more miles.

A printable registration form can be found on the club's website. Preregistration by March 12 is \$17.00. Day of ride registration is \$20.00 and opens at 8:00 a.m.

Registration includes snacks, map, and a one dollar

donation to the Bicycle Alliance.





## Rides

### Greg's Calendar of Long Distance Cycling Events for 2003

by Greg Sneed

January 25th (Sat.) 4-6pm - Zeek's Pizza Social on Phinney -6000 Phinney

Ph 206-789-0089 2002 - First meeting of the Pedalheads for the 2003 Season. Ride List, Introductions, Rules, Start Locations. Newcomers welcome and encouraged.

**Editor's Note: Above date is very tentative. Confirm first.**

February 8th (Sat.) 9:00am Gene Coulon Park in Renton - Flaming Bugger Ride - 71 miles, flat. Don't even ask how this ride got named....

February 22rd (Sat.) Fauntleroy Ferry, leaves at 9:10 am - Roller Coaster - 61 miles, hilly, lunch in Gig Harbor. 20th year and still the best!

March 1 (Sat.) - S.I.R. 100K Populaire, An excellent club (SIR) and Event and first Rando Ride and I like the award pins. Check the S.I.R. Website for latest Details

[www.seattlerandonneur.org/](http://www.seattlerandonneur.org/)

March 8th - Millersylvania

Express - 85 miles, hilly.

Bill & Melody Co-Leaders, Capitol Cycling Club.

Brian Johnson and his gang are putting a Fleche team together. Yea ... it's hammer time again.

March 15th - S.I.R. 200K

[www.seattlerandonneur.org/](http://www.seattlerandonneur.org/)

March 22th - Zeek's Pizza Social - Greenwood.

2002 Ride List Updates, Team Selections, Captains & Navigators Meeting.

4:00pm to 6:00pm.

March 29th - Portland Randonneur - 200k - Marvin's Ride Hosted by Marvin Rambo, Portland Wheelmen - 503-774-3605

Normally about a dozen RCC riders drive down Fri. for this annual event

The Mallory Hotel - 1-503-223-6311 (Sat. Marvin's Dinner in the Grand Dinning Rm.)

Best Western at the Meadows - 503-286-9600 (Sat. 5am Morning Breakfast at Sharis across parking lot from The Best Western ). Lunch at George's favorite restaurant in Vernonia.

April 12th - Wenatchee Sampler - 105 miles

Counterclockwise Loop. Wenatchee, Orando, Chelan Bridge, Azwell Turnoff, Chelan for lunch,

north to 25 Mile Creek Campground, Climb Nuervo Couly Pass over to Highway 97 past Rocky Reach and Wenatchee. Kristie's Favorite.

La Quinta Motel, Wenatchee. Breakfast at 7:30am in the hotel. Ride Starts at 8:30 am

La Quinta Inn - 509-664-6565

April 18th - SIR Fleche Northwest. RCC will enter its first team ever for this wonderful event.

[www.seattlerandonneur.org/](http://www.seattlerandonneur.org/)

May 3rd - Hood Canal - 200K - RCC Ride

Yes, we have to cross the Hood Canal Bridge and Walker Pass. Lunch at a great place - Hoodsport Marina Cafe.

May 16,17,& 18th, **B.C. Randonneurs Fleche Pacifique**

Chehalis to Harrison Hot Spring 425K Course

Best Western Parkplace Inn  
201 SW Interstate Ave.  
Chehalis WA 98532  
360-748-4040

Enumclaw to Harrison Hot Springs 370 K Course

Kings Motel Enumclaw - 360-825-1626

Charlie's Restaurant - Enumclaw (Opens at 5am)

Wonder if Greg will make resevations on the right day!

Motel Six - Bellingham - 360-671-4494

No Sleeping on the job this year gang! Dinner at Denny's. A nice shower and a change of clothes at our favorite Motel Six would not be a bad idea. Bonnie, Help!

What's that great Italian Restaurant we ate at in Monroe?

Harrison Hot Springs Hotel -

800-663-2266.

Exec-Hotel.

Bring your bathing suits gang, the Hot Springs are waiting.

Black Forest Restaurant - 604-796-9343 - Nicole's Favorite.

Minter Gardens - For those playing hooky. Lovey's Favorite.

FLECHE PACIFIQUE Rules -  
Yea, Yea, ask Duane or  
Ron...Dave,,Ken...Fred...

This popular Randonneur Team event is patterned after the Fleche (Arrow) Velocio in France where each Easter weekend teams cycle a minimum of 360 kms (224 Miles) to a common meeting place in the hills above the Cote d'Azur. In Canada, we are permitted to hold this event up to 40 days after Easter. Trophies will be awarded to the teams cycling the longest distance in various categories. As well, the rides can contribute toward the Randonneur 5000 award.

For more info:  
Randonneurs USA:

[http://www.rusa.org/rides\\_search.html](http://www.rusa.org/rides_search.html)

B.C. Randonneurs:

<http://www.island.net/~randos/>

Seattle International  
Randonneurs:

[www.seattlerandonneur.org/](http://www.seattlerandonneur.org/)

## Central Valley Tandem Rally

*Shari Rice CVTR*

*Press & Public Relations*

\*\*\* Press Release \*\*\*

12th Annual Central Valley Tandem Rally The Fresno Cycling Club will be presenting the 12th Annual Central Valley Tandem Rally in Visalia, California on April 11-13, 2003. This weekend of rides and social activities for tandem riders and their families is the ideal time to experience Spring in the Central Valley of California.

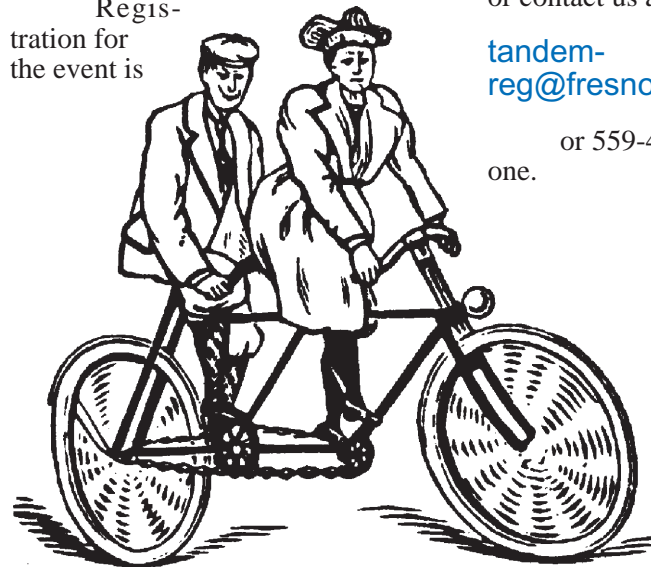
Our multiple routes meander through the flatlands and foothills of the beautiful San Joaquin Valley in bloom, while accommodating all rider abilities. The Friday afternoon ride is a short, simple warm-up and get-to-know-each-other ride for the weekend. On Saturday, the rides start as early as 7:00am and include routes of 30, 40, 45, 65 or 80 miles. The 30 mile ride (the Exeter Mural Ride) takes you to the picturesque city of Exeter, with its famous murals on the walls of the downtown businesses. This route also offers an optional additional 10 mile add-on with some mild hills for those inclined. It is an excellent choice for those towing families. The 80 miler (Badger Butt Buster route) is a ride for experienced teams with a taste for climbing the mountains, as it has a 3000 ft. climb in approximately 20 miles. On

Sunday, the Wake-Up Ride is a before breakfast romp that takes you to one of Visalia's parks with its terrific valley oak trees.

Returning to the rally are the Saturday evening buffet dinner and the Sunday morning All-American breakfast. These social events are chance for all riders to gather and share stories of their adventures on the rides. These events are priced separately from the registration, in order to allow the riders to determine their own schedules.

New to the rally this year is a CVTR Swap Meet. Weather permitting, during the Saturday afternoon social time outside the rally headquarters, tables will be provided for riders to bring cycling items that they would like to sell or trade.

Regis-  
tration for  
the event is



\$50.00 for tandem teams, \$60.00 for tandem team + child, and \$25.00 for singles adult riders accompanying a tandem team. This registration fee covers route maps, SAG support, rest stops, before ride snacks and goodie bags. The Saturday night dinner and Sunday after ride breakfasts are available for \$19.00 and \$8.50 for adults respectively. The limited edition CVTR 2003 jersey will be available for \$55.00 and the official CVTR T-shirt is priced at \$12.00. Jerseys and T-shirts will be subject to availability.

Complete information on the event will be available at [www.fresnocycling.com](http://www.fresnocycling.com) in late January, including drawings of the jersey and T-shirt design. Registration forms will be available at the website or contact us at

[tandem-reg@fresnocycling.com](mailto:tandem-reg@fresnocycling.com)

or 559-434-4004 to request one.

**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](mailto: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