



News

The Newsletter of the Redmond Cycling Club

February 2005

Message From the Prez

By Linda Knapp

Rain, Snow, Ice, Rain, repeat. It is hard to think about the bike when the weather alternates between rain and freezing. Yet as I sit here with my coffee watching it pour outside a couple of very wet bicyclists do roll by.

The latest board meeting was held in the middle of January and we finalized the election process. (The board is elected at the December General meeting. Then the board selects the officers at the first board meeting after that.) As expected the officers are: Linda Knapp, Prez; Shane Balkovetz, V.P.; Susan Cady, Treasurer; Amy Harman, Secretary, Greg Sneed, Social Director & Anne Marie McSweeney, Newsletter. Also "serving" this year is Bob Brudvik as RAMROD Director. Please feel free to contact any of us with suggestions and/ or questions. We are here for you!

Despite or maybe because of the lack of miles on the bike lately (due in part to the weather and in part to the partying!) the planning and preparing for the next season's events seems to have sped up. "Buck-a-mile" Sneed is busy calling hotels and restaurants; lining up the perks for some of the upcoming rides.

(We look forward to another great party in Portland after the Portland 200k!). He has also been muttering about fleche routes and teams. Deathride Bob (a.k.a. Mr. RAMROD Director) has started work on this year's RAMROD. Ms. Cady is working with Active.com getting ready for the opening of RAMROD registration around Bike Expo time. Amy is organizing the bike expo booth and Tom and Greg are collecting bike bits for the RCC table at the bike swap. Everyone is very busy!! Needless to say there are numerous opportunities for volunteering at these events! Later in the year we will be calling for help with S2S, Cannonball and Mazama as well.

Speaking of events and parties and keeping busy even when it is too yucky to ride.... I have had ample opportunity lately to be happy to be part of RCC. Our club is a living breathing entity. We have an active core group of people as well as a variety of people who join in when they can or as suits them. Our membership is decent and the bank account is in the black. We are able to fund donations to a variety of bicycling related groups as well as bank-roll a variety of events through the year. More than that though we are a group who looks out for each other. I don't know if it is

(continues on page 2)

General Meeting:

Monday, February 7, 2005

Monday, March 7, 2005

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

Bike Touring in France During the Tour de France

by Sal Garcia, RCC Resident Pro-Peloton Rep.

Those wanting to do their own thing at the 2005 Tour de France and beyond, or those no longer interested in commercial tour groups and/or a combination of the same, may want to explore a new "how-to" source:

Velotainment.Com's Self-Guided Tour de France 2005 by Ted Arnold, "a comprehensive how-to for creating your own Tour de France vacation of

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

(from page 1)

From the Prez

because of some sort of pace line mentality but we do try to look out for each other. We should all be proud to be part of that. Right now one of our long-term members is having a spot of bother so to speak.... Sal Garcia is going through some fairly serious health issues and so has not been able to join us on rides. Keep him in your thoughts and give him a holler to say hello - he needs the distraction. Sal we all are behind you! And I for one look forward to watching you crest Cayuse this summer on your umpteenth RAMROD!

URGENT Need: Bob is going to need a Day of ride and non Day of ride volunteer coordinator for RAMROD as soon as he can find one or two people to fill those slots! Anyone interested in helping out with that or with other volunteer positions should give Bob Brudvik a holler.

Another volunteer opportunity of note: The folks at SIR are pulling together the Cascade1200. I looked at the new info on the website. It looks like a great ride! Especially if you want to spend a lot of miles in the hills! It will have some great volunteer spots as well if you do not wish to ride. If interested check out the SIR website at <http://www.cascade1200.com> for more info.

So sorry about the rambling message - must be the weather.... I am looking forward to the next month and the windup of the season. I am also looking forward to seeing a lot more of you out in front of me (With mud flap please!) Please send in or let me know your thoughts on Club Jerseys. Cheers! Linda

Bike Expo Volunteers wanted!

The 2004 Seattle Bike Expo is just around the corner and volunteers are needed to staff the Redmond Cycling Club booth. The dates are Saturday February 19th and Sunday February 20th. This year we will be selling RCC shirts and items from the RAMROD inventory. If you can lend a hand, please contact Amy Harman at 206-910-8581 or e-mail at aharman@earthlink.net. I'll also be at the February meeting. Please specify day(s) and time(s) you are available and I'll do my best to accommodate you. Don't forget the Bike Expo is going to be at Sand Point this year. If you have already signed up to volunteer I have you on the list and will contact you shortly to confirm times.

Thank you.

(from page 1)

Touring in France During TdF

a lifetime." 57 pages. \$19.95. See <http://www.cafepress.com/velotainment.14370194>. Review and additional information is available at www.cyclingnews.com.

Happy travels! The peloton awaits you.

Bicycle Lobby Day

By Barbara Culp, Bicycle Alliance of Washington Executive Director

We want to see you in Olympia!

Bicycle Lobby Day Thursday, February 24, 2005 Coach House (behind the Capital Museum) 214 22nd Ave SW in Olympia

Lobby Day begins at 9:00 AM with a legislative update, and a briefing on our legislative priorities. This year we are supporting legislation to amend Washington statutes with regards to safe vehicle passing; we'll also be supporting a Share the Road License Plate bill, and watching carefully revenue for Safe Routes to School and additional bicycle facilities. Then off you'll go to talk to your legislators about these issues! Light lunch with a noon time speaker.

Please contact the Bicycle Alliance at 206.224.9252 if you plan to attend Lobby Day. We'll take care of scheduling your appointments and can help arrange car pools. Lobby Day details and this session's legislative priorities will be posted on the Bicycle Alliance website (www.bicyclealliance.org) after January 20th.

Thanks, and we're looking forward to seeing you in Olympia for Bicycle Lobby Day!



Indoor track racing at the Burnaby Velodrome, January 7, 8 & 9, 2005. (For more photos see page 3)

Burnaby Velodrome Photos

By Duane Wright

Results:

http://www.burnabyvelodrome.races/bvcjan05_final.html



Matched Sprint



Snowball Race



Pacer leads Keirin riders

Cold weather could NOT keep these dedicated fans away



Boothby [the elder] Gets Some Much Deserved Miles in Florida

By Don Himself

I suppose I should feel guilty about this, but I really don't. It has been a long, long time since I have been able to take a day and spend it just focused on my bike. The last time I did a century ride was RAMROD last year and with my work load the way it has been, I have not had the time or energy to spend a lot of time in the saddle since the first of four hurricanes took me away from my leisurely schedule and threw me into a frenetic pace of 15-18 hour workdays 7 days a week. I really wanted to do a century ride at least once while I'm here and the winter weather in Florida is very pleasant. Last week I got just a bit of a sunburn when Mimi and I did a 40 mile ride on New Year's Day. I know everyone will feel my pain and extend great sympathy.

I did a tune up ride of 30 miles yesterday and had a flat just after my turnaround point when I hit a piece of hurricane debris in the road and sliced my tire. I got into my seat bag and discovered that I had no rim tools (I remember sometime last winter Sal telling me I should always have at least 2). I did have a broken pair of vice grips and the keys to my rental car which are attached to one of those plastic ID tags. I managed to get the handle of the vice grips under the rim and get it started and then with much effort, used the ID tag to remove the tire. As I was finishing, I noticed that the message on the backside of the ID tag is for emergency road service, but I didn't figure they'd be much help since I wasn't driving my rental and even more important, since I had also forgotten my cell phone. I discovered a large slice in the tire and had nothing that would fashion a good boot so put my spare tube in and didn't inflate it too far, thinking maybe I could at least get a little closer to home. Once I finished the ride, of course, all the bike shops are closed and I don't have a spare tire with me here, so I spent some time last night using a coffee can lid and a bunch of self adhesive tube patches to make myself a boot.

When I woke up this morning at 5:30, I was debating whether I'd need my arm and leg warmers for the start of the ride, but I went outside and discovered that it was already 65 degrees, so I opted to leave the accessories behind. I opted for an spf-30 sun screen, knowing I'd be out in the sun for a long time. The wind yesterday was out of the southeast which was just what I wanted since I was going to be riding down Highway A1A. That would let me ride into the headwind for the first half and cruise home. Ahhh, best laid plans....

This morning the wind had shifted and was coming almost straight out of the east so it was more of a cross wind than a head wind, but I noticed as I continued south that it was shifting a little

bit, and by the time I got off of Hutchinson Island, it was coming out of the northwest. This was nice for the final 10 miles of my southerly sojourn, but then I had to turn around and ride the last half of my ride.

The course I rode took me along A1A from Vero Beach and into Fort Pierce. The only hills on this ride are when I had to cross the causeways. There are three of them, so that meant a total of 6 hills, all less than 1/2 mile climb, and not overly steep, though a couple of them are a bit on the scary side because of grated bridge deck and not very good road surfaces. South of Fort Pierce going along Hutchinson Island the paving is very rough, partly from the hurricanes, but mostly just because it is chip and seal and cracked badly with no shoulder and lots of little chunks which are torn up. Then, of course, are the places where sand is still a problem. It is all worth it, though, when I ride along and feel the ocean breeze and can watch the pelicans, egrets and other sea birds and in places have an excellent view of the Atlantic Ocean. Then, too, crossing over the causeways gives a great view of the intercoastal waterways.

I wanted to stop for breakfast at Alice's Restaurant, a little place in Stuart with outdoor tables that Mimi and I went to last weekend, but they were full up so I went to another place and, in the shade of some palm trees, dined on grits and eggs with bacon and biscuits, a wonderful southern breakfast that got me down the road a bunch more miles.

The last 50 miles riding back north was pretty grueling as the sun got hotter, reaching 81 degrees and I had to stop and take a 5-minute power nap under some palm and banyan trees at a little park. As I was getting ready to leave, I had a little conversation with myself about whether I should take my jersey off (as a lot of folks tend to do down here) and ride bare chested. I looked down at my extremely pale, bald chest and protruding gut and decided that the world wasn't ready for that yet, so left my clothes on, if for no other reason than to spare these fine folks down here the pain of having to see any more of my skin than absolutely necessary.

I am looking forward to being back home soon and getting back into the habit of trying to find enough things to keep myself warm and dry so I can keep up with the gang, but for now, it does feel awfully good to have completed my first century of 2005 in the flats, in the sun and slathered in sunscreen. It took me four water bottles of Cytomax and two 70-oz. bags in my Camelbak in order to keep hydrated, but I finished in just over 8 hours, with almost 2 hours of breaks for eating, watching the scenery which included a short walk on the beach to check out the latest bikini designs and, of course, that wonderful little nap in the park. January in Florida is great. I just wouldn't want a steady diet of it.

SIR Hosts 1200km 'Social Ride' in Summer

by Paul Johnson of our Olympia Bureau

"And on the third day of the ride " or "Randonneuring (like Hill) is not a four letter word". Many of you know that randonneuring is long-distance unsupported endurance riding and while tales of epic rides such as a 600 or 1000K brevet through the Cascades tend to dominate randonneuring lore, the reality is that there are lots of events of 300K or less that are very enjoyable, even for "normal" people.

Seattle International Randonneurs (SIR) has announced it's ride schedule for the 2005 season. Starting with a 100K Populaire on March 5, SIR will host a total of 14 brevets. Of those, seven are 300K or less giving riders many opportunities to get a taste of the experience while avoid a slog through Humptulips at 3:00 am in the rain. My point is that rando riding has a certain "reputation" and, like all reputations it is a little bit based in fact and a little bit reputation. A list of all SIR rides is at <http://www.seattlerandonneur.org/rides.html>

New for this year is the Cascade 1200, sure to add to the lore. It will start in Monroe on June 25th at 6:00am, and will return to Monroe at midnight on June 29th. This fast tour around the state will take in the sights of Eastern and Western Washington, and give riders a chance to ride through the Columbia Gorge, and the North Cascades, with 6 mountain passes along the way. You can find a map and details of the route at <http://www.seattlerandonneur.org/cascade1200/index.html>

While the Cascade 1200 may not appeal to you, there is a way you can feed your voyeuristic tendencies. SIR is looking for volunteers to help make this event a success for the 75 lucky participants from around the world. There will be 16 controls along the route, and lots to do at the start and finish. If you are interested in seeing other parts of the state, consider volunteering to staff the control in Farmer (Grant County) from 7:00 am to 1:00pm on June 26th, or if you want to stay a little closer to home, be there in Monroe to help the last rider off his or her bike at 11:59 pm on June 29th. Volunteer "opportunities" can

be found at http://www.seattlerandonneur.org/cascade1200/volunteer_list.html

Our hope is to develop an event with the same status and legendary support as RAMROD, and your participation would really help us meet that goal. For more details on the event contact Mark Thomas, SIR Brevet Administrator at rba2005@seattlerandonneur.org

We look forward to seeing you out on the roads this year! (You'll recognize us by our lights, fenders and Carradice saddle bags, really dirty bikes, and a certain 'high-mileage' expression on our faces.)



This is your big chance to see a whole Washington State worth of Cascade Mountains.

McClinchy Mile Bike Ride March 12

By Janet Heineck

BIKES of Everett invites you to explore the peaceful river valleys, rolling hills and picturesque farms of Snohomish County. We offer three loops: a flat 34 miles, a hilly 27, or a challenging 47-miler which finishes off on the newly expanded Centennial Trail. Come join us and ride as many loops as you fancy.

New starting point: Arlington Post Middle School, 1220 East Fifth Street. Take exit 208 off I-5. Cost: \$17 postmarked by March 5; \$20 day of ride. Entry fee includes foodstops, map, and ride support. This ride supports the Bicycle Alliance of Washington and recreational cycling in Snohomish County. For information or registration, visit www.bikesclub.org or www.active.com.

Bikecenturies.com is launched

By Ben Madden

Bikecenturies.com, the largest U.S. cycling event calendar, launched its beta version today [12/30/04]. The Web site currently contains 980 rides for 2005 and 2006, though that number is expected to double within the next three months, says site developer Ben Madden. The beta launch gives ride promoters the opportunity to check listings for accuracy prior to the mid-January hard launch.

Madden formed the site with the help of several Albuquerque, NM cycling enthusiasts who were seeking a comprehensive, easy to access bike-event calendar on the Web. Throughout the fall of 2004, a group of riders researched every U.S. biking event available. The calendar does not include road races, but lists 100-mile events (centuries), aid-supported club rides and charity fundraising tours. The site also lists brevets - timed, ultra-marathon rides which generally do not offer support. Several standout mountain bike rides, such as Colorado's Leadville 100, are also posted, Madden notes.

More significant than the number of rides is the site's proprietary worksheet format, which places the most useful information first, including its home state, date, distance, difficulty and fees. "The name is one of the last fields - unless it's 'Hotter N Hell' or 'The Markleeville Death Ride,' it really doesn't tell you much about what you're in for," Madden notes.

Early in 2005, companion sites will sort the calendar in a number of ways, including order of difficulty. More than 300 hours of effort were devoted to developing bikecenturies.com, which is seeking cycling-related advertisers to keep its labor-intensive database accurate and up-to-date. Nonetheless, Madden, 41, refers to the site as a labor of love: he received his USCF racing license in 1984 and completed his first 300-kilometer ride the same year. Maintaining his enthusiasm for long-distance events since, he is currently a member of the Rio Grande Racing Team, in Albuquerque.

Madden can be reached for comment at ben@bikecenturies.com.

New York City Artist has Criminal Case Resolved

By Joshua Kinberg

Editor's note: A story about Kinberg's attempt at public art, via his bicycle, during the Republican Convention in New York City, appeared in a previous edition of the RCC newsletter.

After 5 months, my case was finally dismissed on January 20, 2005 -- the same day George W. Bush was inaugurated for his second term of office.

The prosecution offered an ACD ("Adjournment in Contemplation of Dismissal"), which means that if I am not arrested again within 6 months then the case will be dismissed and the records sealed. So, I will not have a criminal record and my equipment should be returned as soon as the paperwork is processed. I've been told that at this point, between 60-70% of the nearly 2000 peaceful activists arrested during the 2004 Republican National Convention have accepted ACDs.

Its been quite a long ordeal, and I want to thank everyone again who supported me and Bikes Against Bush throughout this process.



Inn-to-inn mountain biking across the Alps

By Christoph Grieser

For cyclists, Europe is usually near the top of the list of places to go and for good reason. Our expanded tour schedule in 2005 is ready and we once again extend our group discounts (5% - 15%) to members of your club.

Our tour roster should be of interest to just about any enthusiastic, traveling cyclist - 'easy or epic', 'short or long', 'down-to-earth or deluxe' - we offer a tour for just about every taste. Browse around on our website www.transalpriders.com and call / write us for any information we could be of assistance with.

email: info@transalpriders.com

phone: 1-800-920-ALPS

The Year Rounder Century Challenge

By John Hughes

Larry Schwartz Year-Rounder Century Challenge Club centuries are the highlight of many endurance riders' seasons: the fun of a day on the bike with friends and the challenge of riding 100 miles. And, at least for the day, an unrestricted diet!

The Year Rounder is for century riders looking for a new challenge: consistent performance throughout the year! Can you ride a century (or longer) every month of the year? You can maintain your fitness and have more fun cycling.

The Year-Rounder is a division of the UMCA Mileage Challenge. All you need to do is sign up for the Mileage Challenge, and submit your centuries - we'll do the rest. Centuries can be either Organized centuries or Personal rides that you design yourself (explained below).

Mileage Challenge participants receive: - an e-book Century Tips on training, nutrition, equipment and technique; - an e-newsletter, sharing tips and stats; - a bi-monthly Year Rounder column by Crista Borrás and Chuck Wood, who ride centuries every weekend; - a section at www.ultracycling.com devoted to the best century stories sent in by riders; - a rider with at least 1,000 miles in the Mileage Challenge gets a discount on Accelerade and EnduroxR4.

If you reach the goal, we'll award you a Year-Rounder medal.

Although the goal is a century a month, it might be too snowy or icy some months; so we'll allow two make-up rides. For example, if you get snowed out in January, just do two centuries in February.

For routing reasons some centuries are just under 100 miles. In the Mileage Challenge a Century is a ride of 90 - 149 miles.

To get started, go to

<http://www.ultracycling.com/about/join.html>

Join the UMCA, add 10 bucks for the Year-Rounder, put on your wool jersey, head out the door, and we'll do the rest.

You don't have to ride alone - UMCA members lead HUB rides in many parts of the country. These are low-key rides - no t-shirts, no catered rest stops - just friends out for a day on the bike. More information at:

<http://www.ultracycling.com/events/hubdirectory.html>

The Year-Rounder honors Larry Schwartz, who won the

UMCA Mileage Challenge in 2001, was second in 2002, and was leading in 2003 when he was struck and killed by a school bus. For a profile of Schwartz go to: http://www.ultracycling.com/about/hof_schwartz.html

Rules Summary: An "Organized" century is a ride with: a name, designated start/finish location and starting time(s), route plan, organizer, and advance publication of the ride or ride series in club newsletters, etc.

A "Personal" century is a personally designed ride. For credit, you must complete at least 90 miles in a 12-hour period including off the bike time (and maintain an 8.33 mph average after that). Personal centuries provide century-length riding opportunities for riders in seasons or locales where Organized centuries are sparse.

Any Mileage Challenge ride counts in the Year Rounder: brevets, double centuries and ultra events.

We like to keep the holidays free for time with the family, so the Mileage Challenge and Year Rounder will end on December 21, 2005.

For complete rules and ride documentation form, go to: <http://www.ultracycling.com/standings/umcrules.html>

The Year-Rounder is a program of the UltraMarathon Cycling Association, Inc. www.ultracycling.com umcahq@aol.com PO Box 18028 Boulder, CO 80308-1028 (303) 545-9566 fax (303) 545-9619

Clean Out the Garage!

Bike Swap Meet, Sunday February 20th

This year the Swap Meet is once again paired with the Bike Expo, and at a new location 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!

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.

Club Members only, please. This is one of the perks of belonging to RCC.



Carol and Ralph Nussbaum unveil their very high performance new steed

Rides +

2005 SIR Brevets

Schedule

<http://www.seattlerandonneur.org>

Tuesday, July 19, 2005

Gold Rush Randonnee (1200 km)

Begins in Davis, CA

<http://www.davisbikeclub.org>

2005 RCC Rides

<http://www.randonneurs.bc.ca/schedule/schedule-overview.html>

Saturdays, February 5 12, 19 & 26, 2005

Terry Z Training Rides

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

Sunday, February 13, 2005 4-6pm

Zeek's Pizza Social and Gossip Hour

Zeek's Pizza on Phinney -6000 Phinney - Ph 206-789-0089 2002 - First meeting of Team Captains, Crews and support drivers for the NW Fleche and Canadian Fleche Pacifique - 2005 Season... Ride List, Introductions, Rules, Start Locations.. Newcomers Welcome. Great opportunity to meet the Team Captains, Riders, and Support crews. For more info: Greg Sneed

Saturday & Sunday, February 19-20, 2005

Bicycle Expo

RCC has a booth for this event come see

2005 RCC Officers

President:

Linda Knapp, 206-524-9630

linda@bozok.org

Vice President:

Shane Balkovetz

shane@seattlecyclist.com

Treasurer:

Susan Cady

nwbikerbabe@yahoo.com

us there.

Sunday, February 20, 2005

Fixte Faction

See Sunday, January 23, 2005

Sunday, February 20, 2005

Bike Swap

http://www.pazzovelo.com/events/bike_swap.shtml

Sunday, February 20, 2005

Fixte Faction

(Date adjusted from 3rd Sunday this month only!)

Tis the Season to drag out and dust off those fixed gear bikes! This is a continuation of our monthly fixte ride. Start at Honey Bear Bakery in Lake Forest Park for breakfast at 9:00AM ride out by 10:00 We will try for about 15-20 miles on the flat. Those of you too deprived to own a fixed gear bike may ride with us but shifting and coasting will be frowned on! Location of next ride will be decided during this ride! For more info: Linda Knapp

Saturday, February 26, 2005

Flaming Booger!

Fort Dent to Black Diamond Bakery Course change for 2004 (Sat.) 9:00am Fort Dent Park in Renton - Flaming Booger Revised - Ride - 71 miles, flat..Don't even ask how this ride got named....to Black Diamond Bakery for lunch and return. For more info: Greg Sneed

Saturday, March 5, 2005

SIR 100km Populaire

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

Secretary:

Amy Harman, 206-517-5428 (h), 206-910-8581 (c)

aharman@earthlink.net

Social Director:

Greg Sneed, 206-784-1265

gr8tandem@attbi.com

Board Member:

Anne Marie McSweeney,

425-868-8581

annemarie_mc@msn.com

Sunday, March 6, 2005

Roller Coaster

Fauntleroy Ferry Lvs at 8:35 am - - 61 miles, Hilly. Lunch at Susanne's in Gig Harbor. 22th year and still the best. For more info: Greg Sneed.

Saturday, March 12, 2005

Millerslyvania Express

85 miles, hilly, Brian List, Paul Johnson & Dave Read, Olympia Wheelman Brian and his gang are putting a Fleche team together. Yea...it's time for the Big Dogs to get rollin. For more info: Greg Sneed

Saturday, March 26, 2005

Northshore Street Scramble

Thirty checkpoints are marked on a map of Kenmore/Bothell.

On foot or bicycle, visit as many as you can in 90 minutes.

Team or solo. Prizes, refreshments included. 3 hour option.

Easter egg hunt for kids.

Kenmore Rhododendron Park, 6910 NE 170th St., Kenmore

\$3-\$15, \$25/family.

Offered by the Cascade Orienteering Club

www.StreetScramble.com

Info: Eric Bone,
eric.bone@comcast.net, 206-634-2279

Newsletter Editor:

Duane Wright

checkers@speakeasy.org

Webpage at:

<http://www.redmondcyclistclub.org>

Email List at:

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

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 Third Place, Lake Forest Park Town Center, 17171 Bothell Way NE, Lake Forest Park, WA 98155. 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
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Bothell, WA 98041-1841