



News

MESSAGE FROM THE PREZ:

By Linda Knapp

Elections

Please join us at the December meeting for Club elections. The nominations as they stand are: Shane Balkovetz, Susan Cady, Amy Harman, Linda Knapp, Greg Sneed and Barb Schaeffler Additional nominations will be taken at the December meeting before balloting so if you have a hankering to join the brave crew on the RCC board there is still an opportunity.

An Event of a Different Color or "How long can you do a rolling track stand?"

I had a great ride on Sunday. A few years ago I was "convinced" to get my HAM radio license to support RAM-ROD. Little did I know that the combination of those two events would put me on the HAM volunteer list forever.

In fact I am not the only RCCer to be in this predicament. Our own George Thornton and Steve Meadows were out

there with me as well. But I am getting ahead of myself.

The Seattle City Marathon was held on Sunday. A few years ago the HAMs added bicycle volunteers to their roster to better cover some route sections where cars could not go.

Since then each Marathon I have been spending the morning racking up miles, 1 mile at a time, back and forth between Leschi and the I-90 bridge. In the afternoon I move ahead on the course to wherever I am needed, sometimes staying with runners and walkers who are having problems or are unsure of their way. One year I did a rolling track stand the last few miles of the course behind the last finisher of the day. I think helping the last people finish in the marathon is much more satisfactory than watching the leaders. These people try so hard and work so hard and are just so happy to finish. It is a wonderful feeling to be there.

Today I had the honor of being on course when an elderly Japanese man took a hard left off-course downhill towards me. When we pointed him back up the road to the course I

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GENERAL MEETINGS:

MONDAY, DECEMBER 5, 2005

MONDAY, JANUARY 2, 2006

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

ELECTIONS

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

FROM THE PREZ

(from page 1)

went a little way with him and realized that he could barely see. I went with him at first just riding near him to see if he could keep going. When he asked "please let me hold bike" I realized he really could not see well enough to keep going alone. So off we went down the road - another rolling track stand - a little faster than my others and this time with my arm out so he could put his hand on mine to guide himself. I still do not know how he made the first 10 miles. By the time we made it out of Seward my arm and back were worn out!

Being HAMs we were in contact with the race director and the bike coordinator. Bike One asked me if I wanted to go to the finish with my runner. I really wanted to but I knew that I needed to take a break at some point and hand him off. So he called in Bike Five to meet me up the course and pick up the runner. I soon realized from the call signs and voice that Bike Five was George Thornton. I suggested he stop at Perts for some lunch and I would meet him there. As my runner and I rolled by I saw he was fin-

ishing a coffee with Greg and Ruth Sneed. (Small World!) I suggested he finish his coffee and meet me up the course. Pretty soon he rolled up and I turned back to for my coffee and gossip with Greg and Ruth before I got back on course.

Later while escorting a very stressed-out woman to the finish I heard George on the radio saying that his runner had made it in to the finish. I whooped when I heard - and then had to explain to my stressed-out walker why I was whooping.... Did I mention that this runner flew from Japan to do this Marathon? He did not speak English very well and asked me if I could understand him - I told him he spoke English very well and asked him if he understood my broken Japanese.... (No, I do not speak any Japanese!) Oh yeah, after running he was supposed to go buy his wife a Tiffany something or a Coach bag... see they have a bonus points system too!

Oh - How far did I ride in this 26 mile Marathon? 31 miles.

Cheers All!

REDMOND CYCLING CLUB – NEW YEAR'S PARTY IN LA CONNER

By Greg Sneed, RCC Social Director

Location: Hotel Planter, 715 1st Street, La Conner, WA 98257, 360-466-4710 AAA – Three Star Rated, Three types of rooms: 89, 99, and 129 dollars. Lovey and I got one of the 99 dollars rooms with king-size bed. The Hotel Planter occupies the 2nd Floor of a renovated 1907 hotel listed on the National Register of Historic Places. Smoke Free. It is high on the cute scale. The enclosed garden courtyard has a covered Whirlpool in the center, so Tom can show off his amazing body after our ride on Saturday. Date: Friday 30th December and Saturday 31st Agenda: Meet Friday evening at the La Conner Brewing Company for dinner and gossip. Saturday morning, weather permitting, a poker run, with prizes, bicycle ride to either Bellingham for lunch or a shorter ride to Deception Pass. Saturday night dinner is at Neil Thorn's Restaurant & Pub. A flashlight walk follows. So don't forget your walking jackets and flashlights. World Yinga Championships afterwards. Sunday we'll look for a breakfast place with lots of hot coffee. Any questions let me know.



A FEW RIDE AND RIDING NOTES:

By Linda Knapp

The weather has been decent lately and except for the fact that darkness falls so darn early it is pretty good riding out there. As it is the words of the day are lights and fenders and mudflaps. And don't forget your woolies - it's chilly out there....

Greg and Ruth Sneed are still leading Mudflaps every Tuesday night out of Gasworks. The routes have been slightly adjusted to accommodate rain- and leaf-strewn streets. The Seward Park loop detours up the hill behind Leschi and over I90 to Mercer Island and back. On the Magnolia route the suicide drop down behind the stables in Discovery Park has been given a miss and we are taking a little less leaf-strewn street. If the weather is truly hideous or Greg's back is acting up too much they may shorten or give the ride a miss. BUT there will still be noshing at the restaurant afterwards. These days the watering hole is Norms in Fremont.

If you would like to lead a ride just send in the details to Shane for the website and Duane for the Newsletter or for those last minute occasions ship and email around. Whenever there is a hint of nice riding weather (we redefine "nice" as need be) we need to get out there and enjoy it.

Come out and ride and come join us at meeting night.

LAKE FOREST PARK CITY COUNCIL ELECTION RESULTS

By the Editor

Candidates sympathetic to the Burke Gilman Trail have won two of the four seats up for grabs in the Lake Forest Park City Council Election. This is good news for efforts by King County Parks Department to improve this section of the trail.

Election results:

Council Position 1

Alan Kiest	1,327 (53%)	▪ trail opponent
Catherine Stanford	1,184 (47%)	

Council Position 3

Sandy Koppenol	1,442 (62%)	▪ trail supporter
Chuck Paulsen	879 (38%)	

Council Position 5

Don Fiene	1,339 (57%)	▪ trail supporter
Tom French	995 (42%)	

Clean Out the Garage!

BIKE SWAP MEET, SUNDAY FEBRUARY 19TH

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

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

THE DETAILS:

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

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

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

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

Council Position 7

Marjorie Ando	892 (37%)	
Donovan Tracy	1,529 (63%)	▪ trail opponent

"HEART OF THE VALLEY TANDEM RALLY"

NORTHWEST TANDEM RALLY (NWTR) 2006

Corvallis, Oregon June 30-July 3, 2006

by *Becky Steinmetz*

The Mid Valley Bicycle Club is proud to be the hosts of 21st Annual Northwest Tandem Rally 2006. We would like to invite you to consider visiting Corvallis and join us in pedaling some of the most scenic roads in western Oregon.

Corvallis, meaning "Heart of the Valley," is nestled in the green, fertile Willamette Valley in Oregon. The area enjoys mild temperatures and has easy access to the Pacific Ocean, the Cascade Mountains, the high desert of Eastern Oregon along with the big city amenities (*and airports*) of Portland and Eugene.

Summer days are pleasantly warm and perfect for cycling, with an average maximum temperature of 80 degrees from July through August.

Corvallis is among 14 cities recently recognized by the League of American Bicyclists for being one of the most bike-friendly communities in the USA by accommodating bicyclists and encouraging residents to bike for transporta-

tion and recreation. The city received one of two gold-level awards. We hope that after your visit to "our town" you will agree that it truly is a very unique place to experience on your tandem. The proceeds from NWTR 2006 will go towards the continuing support of the bicycle education program in the local community schools.

This will be the fourth time that the NWTR has been held here (1986, 1992, 1999, and 2006) and the organizing committee for this event is actively working on having this rally be another memorable, successful and fun rally indeed. The routes will be varied for all levels of riders, including flat riding on some of the shorter routes and also offering hills for the tandem teams looking for some very nice longer and scenic rides. This rally is definitely one not to be missed and we will hope that you consider extending your visit in Corvallis to explore some of the self-guided routes that will be offered and to also enjoy the July 4 holiday festivities, Red White & Blues Riverfront Festival. There is just so much to see and do here in the Willamette Valley!

The website link to Heart of the Valley Tandem Rally (www.nwtr.org) is presently being worked on by our webmaster and should be up and running in the very near future. We hope you will consider coming to Corvallis and experience for yourself why it is appropriately called "Heart of the Valley."

RALPH AND CAROL SEE THE USA

(Ed. Note: RCC members Ralph and Carol Nussbaum have done what most of us dream of, retiring and taking the BIG trip around the country. From their RV/command post they have sent these dispatches.)

Dear Cycling Buddies- Hope this finds you well! We're having a great time. We left Seattle 10/15 and a week later we dropped off the Toyota to our daughter Alix in Brooklyn, NY. Along the way we visited our niece in Madison, WI and got in a short 30 mile bike ride. From NYC we drove up to Lake Placid where we saw fantastic fall foliage and our first snow of the year. Now we've made our way down the east coast - first along the Jersey-Maryland-Delaware shore and then along the Blue Ridge Parkway and Smokey Mountains.

Generally the weather has been incredible and we've managed to ride a couple more times. One day riding around Manhattan (which was a blast), then a ride in the Virginia hills to Monticello, and then 2 days ago an attempt up Brasstown Bald (on the Tour de Georgia course). We fi-

nally met a hill we couldn't defeat! We had a few mechanical delays and it was getting dark (plus having to stop about every ½ mile to catch our breath!) so we hitched a ride the last ½ mile in a van. The 'Bald' makes Alpe d'Huez seem like a pimple! On the way back down we gave our disc brake its first real test and it passed with flying colors.

Yesterday we got a personal tour of the Litespeed plant where our tandem was born. We were there for nearly 2 hours and got to talk to many of the machinists and workers on the floor as well as the engineer who actually did the custom design work. We learned that Litespeed only builds three or four tandems a year so we really have a rare ride. Tomorrow we're off to Florida where we hope to do some riding in the Keys. Then back through the gulf states and Texas to Tucson where we will spend a couple of days riding with Don and Jeannie Jovag before heading back for Seattle. We should be back by 12/15. Best wishes for Thanksgiving!

We've landed with Carol's sisters here in NW Louisi-

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SEE THE USA

(from page 4)

ana. Spent the last couple of weeks in Florida seeing some amazing flora and fauna. Saw an incredible number of bird species, both those that spend the year there and many that just winter over. Saw scores of alligators and were surprised to see that the Everglades aren't a traditional swamp (Like the Okeefenokee Swamp nearby – Ed.) but rather a huge watery prairie with miles of sawtooth grasses and then a few islands of trees. Rode our tandem for a day in the National Park and then a week later rode through the eastern-most keys to Key West.

Saw an awful lot of destruction from hurricane Wilma in Florida. Many boats just tossed around and a lot of ruined homes and businesses - but nothing prepared us for what we saw in Biloxi and Gulfport, and later that day in New

Orleans. Katrina's destructive powers simply cannot be described in words, and even all of the video clips we'd seen didn't prepare us for the experience. New Orleans was like a ghost town except for the French Quarter, so we had our usual beignets and coffee at Cafe du Monde - but that was all that was normal about our visit there. What misery that storm has brought to the poorer (and mostly black) citizens of this proud city.

Next week we're off to Austin and San Antonio before meeting up with Don & Jeannie Jovag in Tucson. They used to own a great bike shop in Stanwood before retiring to the sunshine and warmth of Arizona and hope to share some of that climate by taking us on a couple of tandem rides.

Bests wishes to all for the holiday season, Ralph & Carol Nussbaum

INDOOR CHALLENGE 2006

Too cold, snowy, icy, or rainy to ride outside? Not enough snow to cross country ski? Then take the Indoor Challenge!

The Indoor Challenge is a low-key winter fitness challenge. It is a fun way to motivate those who live in climates where the winter weather may be inhospitable for outdoor cycling. But riders in warmer regions can also participate. Riders track each of their indoor rides of two hours or greater and submit them for points.

Last year Bill Ingraham finished first. He logged 315 hours in 62 sessions. Afterwards he wrote:

“The greatest technological advance in bicycle engineering to date? The remote. You've seen the muscle beach weight lifter types? I tell 'em that no one ever died of a bicep attack. No one ever got hit by a semi riding a wind load either. Lots of riders have missed really good shows because they were outside riding.”

Paul Zbiek took second; he rode for 133 hours and 30 sessions. Over the past three years Zbiek has raised over \$20,000 for charity while riding a spin bike

The Indoor Challenge runs November 1 through March 31, 2006. Rides can be done on any indoor bike. A ride must be at least two hours to earn points. A rider can take one 5-minute break per hour.

Points are earned as follows:

First full two hours in a session	2 points
Next full hour (3rd hr)	2 points
Next full hour (4th hr)	3 points
Next full hour (5th hr)	4 points

Next full hour and subsequent full hours 5 points each hour

Participants who complete at least 40 hours total will be entered in a drawing for a copy of VeloLogger(tm) Version 3.01 software.

The Indoor Challenge is organized by the UltraMarathon Cycling Association. For more information and complete rules go to:

<http://www.ultracycling.com/standings/indoorchallenge.html>

Any UMCA member can participate in the Indoor Challenge. Membership is just \$35 / year - or \$50 through the end of 2006. If you're not already a member, go to:

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

Remember, no whining!

John Hughes Director
UltraMarathon Cycling Association, Inc
PO Box 18028 Boulder, CO 80308

www.ultracycling.com

AN EXPLOSION OF RANDONNEURING OFFERINGS SOUTH OF THE BORDER

By the Editor

Changes are brewing in the randonneuring world south of the border. That's south of the Washington-Oregon border. The new RBA (Regional Brevet Administrator), Susan France, has been energetically expanding the menu of rides. The 2006 season offers two full series: In addition, there are currently 14 permanents available to be ridden any time one darn well pleases.

The Oregon Randonneurs website can be found at: <http://www.orrandonneurs.org/>

This RBA change marks the end to the long tenure of RBA Marvin Rambo at the helm. Marvin has hosted the Portland series for at least 11 years. Baring mudslides and other acts of nature, this series created a tradition of the four routes: 200k Vernonia, 300k Hillsboro – Cape Mears, 400k Goldendale, 600k PBP (Portland – Bremerton – Portland). For several years now, after the season opening Vernonia 200k, Marvin has joined the RCC bunch for another proud tradition – dinner!



Greg Sneed, Steve Rossano, and Don Boothby contemplate departure from Newberg. Photo by Janet Heinick



RCC members Steve Rossano, Ruth Sneed, Amy Harman, Susan Cady, Don Boothby and Greg Sneed the morning after riding the August 27, 2005 Newberg, Oregon 200k. Tom Killian, Jim and Ann Jensen not pictured. Photo by Janet Heinick

Rides +

2006 SIR Brevets

Schedule

<http://www.seattlerandonneur.org>

2005 RCC Rides

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

Sunday, January 1, 2006

Mr Don's First of the year Century

Ta-dah!!! When, you ask? Why, of course, New Years Day. Where, pray-tell? Log Boom Park, Kenmore. What time, s'il vous plait? 0800 hours.

Where we going, dude? The usual, Woodinville, Cathcart, High Bridge, West Snoqualmie, Carnation, Preston, Issaquah, Mercer Island, and back on the trail.

Snow and Ice cancels: we'll go to who ever is having breakfast and sponge off them if the roads are too bad.

425-318-0663

Saturday December 18, 2005

Presidents Ride

Start: Marymore Velodrome, 9:00 a.m.
Bring money for parking.

We will ride to Snohomish for brunch at Mardini's, "A Mediterranean/European menu that includes pasta, seafood, lamb, prime rib and chicken dishes."

101 Union Ave 360-568-8080

Sunday, March 12, 2006

Cape Argus Pick 'n Pay Cycle Tour

109km. Must complete in 7H00.

Cape Town, South Africa

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

Registration closes November 10

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

2005 RCC Officers

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linda@bozuk.org

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Webpage at:

<http://www.redmondcyclingclub.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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