

# The Spokesman

the newsletter and ride schedule of the

## Tri-City Bicycle Club

Serving Richland, Kennewick, Pasco, and environs

Volume XXXI, No 2

<http://www.tricitybicycleclub.org>

April - June 2007

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#### TCBC Officers and Board Members

President.....	Harold Udseth .....	946-1202
Vice-Pres .....	Ed Nordquist.....	627-1195
Secretary .....	Vicki Patten .....	547-2317
Treasurer .....	John Ittner .....	627-1858
Ride Coordinator .....	Ed Nordquist .....	627-1195
Newsletter Editor.....	Sue Gerkenmeyer.....	628-3084
Past President.....	George Kyriazis.....	375-1977

## From the President

Winter is drawing to a close and Spring is just around the corner. The weather this winter limited the number of riding days and many of the Saturday rides had few if any riders due to poor weather. The rare warm Saturdays had well attended rides, and I am anxious for better riding conditions and working back into longer rides. This should give everyone a chance to get their legs back into shape for the Inland Empire Century. We are fortunate to have sponsorship again this year from Group Health and look forward to another successful event. Please stay tuned for updates as to registration and dates, but as always we will be in need of volunteers to help with registration, food stops and sweeps.

This year's banquet saw an outstanding presentation by the Brittons and Kyriazis-Sereda on how to put together your own bicycle tour. Their extensive experience was on display for all to see and useful tips on planning, equipment, dealing with the unexpected, and most of all personal compatibility were picked up by everyone. Several of the local bike clubs generously donated gifts and Richland Bicycle and Fitness Equipment in the Uptown shopping center donated the night's outstanding gift of a full wheel set.

The club welcomes all types of bicycles and levels of cycling skill. Routes can be adjusted and modified as needed depending on the interests of the rides and no riders will be left behind. We are always interested in suggestions for new routes and are encouraging our members to identify hazards for bicycles that may exist on the roads and paths in the Tri-Cities. In an effort to encourage the cities to take action and create a public record, the club will post photos and descriptions of areas of particular concern on our website. Members and interested parties can send me a description of the location and hazard along with a photo, and I will see that it gets put on our website.

I'm looking forward to seeing you on a bicycle.

Harold R. Udseth

## Club Meetings

In an attempt to gain more club member interest and involvement, the club will be again holding monthly meetings. All meetings will be held at the Richland City Shops on Queensgate on the 4<sup>th</sup> Thursday of every month with the exception of June, July, August, and December. The board will be meeting at 6:00 p.m. with the club meeting to follow at 7:00 p.m. A reminder including the agenda and program will be sent out prior to each meeting. Please mark your calendars and plan to attend the next two Spring meetings: April 26 and May 24.

## Ride Calendar – Spring 2007

**Tuesday and Thursday morning rides** are starting at **8:30 a.m.** Meet at Richland Community House. Destination is chosen by group. For more information, contact **Bill Painter, 946-1076.**

**Tuesday and Thursday evening rides** are starting at **6:00 p.m.** Meet at Richland Community House. Destination is chosen by group. For more information, contact **Ed Nordquist, 627-1195.**

**Saturday rides** start from their scheduled locations and times as specified in the ride calendar.

**Ride Codes:** Green – less than 15 miles with nearly level terrain; Blue – 15 - 40 miles with moderate terrain; Black – greater than 40 miles with moderate terrain, or fewer than 40 with asphalt moguls.

**Riders:** No need to call ahead unless otherwise indicated. Just show up at the start. Feel free to call the ride leader for more information.

**Leaders and Sweeps:** Ride leaders and sweeps are always needed. As a leader, you can choose a ride that's been done before, or create the ride of your choice and have it immortalized in the next Spokesman ride calendar. The day you lead the group on your ride, you may be surprised at the number of riders who have never followed your route before. Ride sweeps provide the "rear guard" for the ride, ensuring that slower riders or those with mechanical troubles don't fall back behind the pack. **Contact Ed Nordquist at 627-1195.**

**And two more Very Important Notes:** First, **WEAR YOUR HELMET!** Second, please obey the rules of the road at all times. The Club is active in community affairs, which helps us promote legislation that could provide better facilities for cyclists. Don't ruin it by blowing through stop signs, tailgating left turns, or riding against traffic. If you wouldn't do it in a car, don't do it on a bike!

**Beginning riders and those who want a shorter ride:** Show up at the longer rides and let the ride Sweep or Leader know you'd like a less strenuous ride. They can help you with a shorter route and try to match you up with someone to ride with. We won't leave you dangling.

**Ride Leaders - Some hints for an enjoyable and successful ride:**

1. Introduce all the riders before starting.
2. Make sure everyone is wearing his or her helmet.
3. Brief all riders on the route, where to regroup, any problems expected. (If you are unsure of the route and its conditions, ride it yourself the week before the ride.)
4. Provide maps. You can check the website for maps to print.
5. Ask about the riding abilities of the group, if you are not personally acquainted with some of the riders. Ask someone to act as sweep (rear guard) if there are riders who can't keep up with the leaders.
6. Ask riders to let you know if they will be leaving the group before the end of the ride.
7. In hot weather, carry extra water in case another rider goes dry.
8. After a particularly good ride, if the ride leader should ask for a tip, offer him or her Tip #9.
9. Riding in the fresh air and sunshine is its own best reward.

**Saturday Rides:**

**April 7 - Benton City** - Leave from **Some Bagels in Richland at 9:30 a.m.** Ride to B.C. via I-182 and Kennedy. Lunch at Shadow Mountain Grill. Return via DeMoss, Ruppert, and Van Giesen. Blue, ~ 30 miles. **Leader: Bob Morford, 375-0839**

**April 14 - Over to Hover** - Leave from **Espresso World in Kennewick at 9:30 a.m.** Kellogg to 10th, Washington to 27th, Oak, Bowles, Haney, Finley Rd to Riek, Meals, and Hover. Return via Finley to Havana, 7th, Yew, 3rd, Chemical Dr to trail under

Cable Bridge. Back via Columbia Park Trail to Edison, up to Grandridge to Kellogg, back to Espresso World. Blue, approx. 35 miles. **Leader: Dave Gerkenmeyer, 628-3084**

**April 21 - 397 Intertie** - Leave from **Some Bagels in Richland at 8:30 a.m.** Head south to Columbia Point and cross Yakima River on new 240 bike path. Go west on Columbia Park Trail to Leslie, south to I-82. Up the hill on I-82 to Locust Grove Rd. Head east on the new intertie 397. After hitting Piert, go back to Kennewick via Finley Rd, jogging on Yew and Third to Chemical Drive. Head back to Richland via Columbia Park and back over the new 240 bike path. Black approx. 50 miles. **Leader: Bill Painter, 946-1076**

**April 28 - Cherry Hill Loop** - Meet at **Some Bagels in Richland at 8:30 a.m.** Car pool to the Dairygold dairy store in Sunnyside. Leave from the dairy store at about 9 a.m. Head east to Grandview then loop back around to the west through the orchards and vineyards north of I-182. Around Cherry Hill, return along Yakima River. Late lunch at the dairy store in Sunnyside. Blue, ~ 40 miles. **Leader: John Ittner, 627-1858**

**May 5 - Webber-Clodfelter Loop** - Leave from **Some Bagels in Richland at 8:30 a.m.** Van Giesen to Rupert Rd and Demoss Rd. Food & water stop at the service station at the B.C. exit. Climb up Webber Canyon, across Travis, Sellards and Plymouth roads and down Clodfelter. Return via Leslie Rd, Columbia Dr, and new 240 bike path. Black, ~50 miles. **Leader: Gene Weisskopf, 946-1316**

**May 12 - Inland Empire Century** - 100 miles of pure (Horse) Heaven and shorter rides, as well. All rides begin from Howard Amon Park. Watch for flyers with application forms at local bike shops or on the TCBC website. **Call Ellie Ittner, 627-1858**

**May 19 - Hillclimbers Special** - Leave from **Some Bagels in Richland at 8:30 a.m.** Lee Blvd to Goethals to Van Giesen and on to West Richland. Up Bombing Range Rd, up Dallas and on to Badger Rd. Badger Rd to Clodfelter Rd and up the hill until the legs give out or the group mutinies. Return back down Clodfelter, Leslie, Columbia Park Trail and I-182. Black, approx. 50 miles. **Leader: Dave Gerkenmeyer, 628-3084**

**May 26 - Chocolate Factory** - Leave from **Some Bagels in Richland at 8:30 a.m.** Cross Col. River on I-182, out Court to Harris, left on Harris to Dent. Left on Rd 68, right at fire station, jog right at East Vineyard Road, cross Hwy 395 and go by Preston and around back to lunch at the Chocolate Factory. Return across 395 back to East Vineyard and retrace route. Black, 45 miles. **Leader: Bill Painter, 946-1076**

**June 2 - B.C. to Prosser** – Leave from **Benton City Park & Ride at 9:45 a.m.** Up Weber Canyon to County Wells Rd. Over to Patterson Hwy, and down into Prosser for lunch at Blue Goose. Back via Old Inland Empire Hwy to Benton City. Black approx. 35 miles. For those wanting a longer ride, start at 8:30 a.m. from Some Bagels in Richland, go out via Van Giesen, Ruppert, DeMoss. **Leader: Gene Weisskopf, 946-1316**

**June 9 - Ellensburg to Roslyn** - Carpool from **Some Bagels in Richland at 7:30 a.m.** Leave from parking lot at Perkins Restaurant at **9:30 a.m.** Manastash Century Route on Thorp Hwy and Peoh Point Rd. Lunch at microbrewery. Return to E'burg on Hwy 10. Black, 50 miles. **Leader: John Ittner, 627-1858**

**June 16 - Wannawish Dam** - Leave from **Some Bagels in Richland at 8:30 a.m.** Bike path and Haines to Van Giesen. Van Giesen to Grosscup and Harrington. Follow Harrington to the pavement end beyond the Wannawish Dam. Return same route. Blue, approx. 25 miles. **Leader: Bob Morford, 375-0839.**

**June 23 - Hat Rock to Pendleton Loop** - Meet at **Some Bagels in Richland at 7:30 a.m.** Car pool to Hat Rock Park. Leave Hat Rock Park at about 8:30 a.m. Hat Rock to Pendleton through the wheat fields north of Pendleton. Water, food stop in Pendleton. West to Echo along the Umatilla River, then return to Hat Rock. Black, approx. 70 miles. **Leaderless at time of printing.**

**June 30 - Tour de Hanford** – Leave from **Some Bagels in Richland at 8:30 a.m.** Go north out of Richland onto Rt 4S. Follow Rt 4S to the Wye Barricade, and turn back on Rt 10. Continue on Rt 10 and Horn Rd to Benton City. Possible lunch stop at Shadow Mountain Grill in Benton City. Return via Kennedy, Queensgate, I-182 trail, Goethels, and Lee. Black, 48 miles. **Leader: John Ittner, 627-1858**

**July 7 - Sagemoor I** – Leave from **Some Bagels in Richland at 8:30 a.m.** I-182 to Harris and Dent, left on Rd 68 and out to climb Sagemoor. Right on Taylor Flats back to Sandifur to Harris and Court. Blue/Black, 50 miles. **Leader: Bill Dunbar, 627-0167**

**July 14 - Zintel Dam** - Leave from **Espresso World in Kennewick at 8:30 a.m.** Take Kellogg to 10th, then Union to 27th. Ride up to Dam. Continue through Canyon Lakes to Ely. Left on 27th and retrace back to Kellogg. Black approx. 25 miles. For those wanting a slightly longer ride, start at Some Bagels at 7:30 a.m. **Leaderless at time of printing.**

**July 21 - Clodfelter Road Loop** – Leave from **Some Bagels in Richland at 8:30 a.m.** Jadwin to Acme, up I-182 bridge trail to Queensgate, Keene, Leslie, cross Badger, and up to Clodfelter. Make long climb to Plymouth Rd, Sellards, Travis and Weber Canyon. Stop at Kiona for break, return on DeMoss Rd to Ruppert, Van Giesen, and back to Some Bagels. Black, 50+ miles. **Leaderless at time of printing.**

## Upcoming Spring Biking Events

### Cherry of a Ride (Dalles, OR)

**Sunday, April 22**, Sponsored by St. Mary's Academy. This fully supported ride offers five scenic loop options of spectacular views of the gorge. Heading east out of The Dalles, you will meander through the blossoming cherry orchards and green wheat fields of rural Wasco.

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

### Northwest Crank

**Thursday, April 26 through Monday, April 30**, Wenatchee, Washington. Northwest Crank is a cycling festival to meet and ride with your fellow cyclists from around the state of Washington and the Northwest.

<http://www.northwestcrank.com/index.html>

### Group Health Yakima Ridges

**Saturday, April 28**, Spring Barrel Tasting Weekend. Choice of 4 scenic routes: 25, 50 75, or 100 miles. Winding over the ridges of the Upper Yakima Valley, each route features rewarding landmarks of the area.

<http://www.desertvalley.com/rides/07YakimaRides.pdf>

### **Ride Around Clark County**

**Saturday, May 5**, Beautiful rides through the scenic Clark County, Washington, countryside. Four great loops to choose from (18, 34, 65, and 100 mile). All distances start and finish at Clark College on Fort Vancouver Way.

<http://www.vancouverbicycleclub.com/racc.html>

### **15th Annual Rhody Bike Tour**

**Sunday, May 6**, Metric and half-metric Century presented by the Port Townsend Bicycle Association. There are three route choices, 32, 45 and 62 miles. The ride is fully supported, with food/water stops, grocery/convenience stores along route & SAG. Route is marked with pavement markings plus route map and cue sheet.

<http://www.ptguide.com/rhodytour/>

### **Group Health Inland Empire Century**

**Saturday, May 12**, TCBC's 27th Annual Century Ride. Routes showcasing the Columbia and Yakima rivers — through parks and over bridges — join the traditional route in the Horse Heaven Hills. Ride options are from an easy 25 miles to challenging 50, 75 or 100 mile tours. All routes showcase the scenic beauty of the lower Yakima/Columbia River valley with its vineyards, wheat fields and fruit orchards.

<http://www.tricitybicycleclub.org/IEC2007/IEC2007.html>

### **The Group Health Challenge**

**Saturday, May 19**, Klickitat Valley Hospital Memorial Foundation in partnership with Group Health welcomes you to Goldendale. You can choose from three different rides...the 37 mile Centerville Valley Loop ~ the 70 mile High Prairie Metric Century ~ or the 100 mile Tour de' Klick n' Back Century Rest stops and snacks will be served along your route.

<http://www.cityofgoldendale.com/events.shtml>

### **NW Tandem Rally in Wine Country**

**May 25 - 28**, Yakima, WA. Apple Valley Kiwanis of Yakima, Washington is pleased to host the 22nd Annual Northwest Tandem Rally on Memorial Day Weekend. Apple Valley Kiwanis is working with Valley Cycling and Fitness, Revolutions Cycles, Yakima Amateur Radio Club, Rattle Snake Hills Wineries, and numerous other organizations and sponsors to make the NW Tandem Rally in the Yakima Valley Wine Country an amazing experience.

<http://www.nwtr.org/2007/>

### **Century Ride of the Centuries Bike Rally May 26 - 28, Pendleton, OR.**

Century Ride of the Centuries will take you past a number of beautiful farms and ranches, rising from Pendleton into the highlands of the nearby Blue Mountain foothills. You'll also travel through the Confederated Tribes of the Umatilla Indian Reservation. You'll have a choice of rides, full century, metric century or half-metric century. Wildhorse Resort & Casino, will provide the starting point for rides on Saturday and Sunday.

<http://www.cyclependleton.com/index.htm>

### **Apple Century Ride**

**June 9**, Wenatchee, WA. Come and enjoy one of North Central Washington's favorite rides, it runs along the Columbia River from Wenatchee to Silver Falls campground. The 20th Annual Apple Century Ride is one of the premier cycling events in the Northwest, with outstanding scenery and rides of 50 or 100 miles

<http://www.applebikeride.com/index.html>

### **Flying Wheels**

**June 16**, Marymoor Park Velodrome, Redmond, WA. Enjoy Puget Sound's finest rural riding! This is a true celebration of cycling with a finish line featuring food and beverages, track racing and much more! Each route takes you through rural scenery and some great rest stops. For those that want hills, come ride the 65- and 100-mile loops. For riders not into hill challenges, the 25 and 50-mile loops have only a few.

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

### **Tour de Blast**

**June 23**, Toutle, WA. Presented by Longview Rotary. Ride the new road into the Mount St. Helens blast zone! The Spirit Lake Memorial Highway winds its way up the Toutle Valley to the Coldwater Ridge Visitor Center.

<http://www.tourdeblast.com/>

### **Seattle to Portland (STP)**

**July 14 & 15**. Group Health Seattle to Portland Bicycle Classic. Celebrating its 28th year, the 200-mile bicycle ride is the largest multi-day bicycle event in the Northwest, with up to 9,000 participants riding from Seattle to Portland in one or two days. Listed as one of the best cycling events in the nation by Bicycling Magazine.

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

## Inland Empire Century Update

May 12, 2007

The 2007 Group Health Inland Empire Century is off to another great start. Tri-City Kiwanis Clubs have been contacted to help with the rest stops. This will help alleviate the perennial problem of finding enough TCBC members to staff the stops and also frees most of us to do what we would rather do - ride the century. It will also put some of the IEC revenue back into the community. The biggest change this year will be an end-of-ride celebration. Local food vendors have been solicited to set up their carts and huts near the ride finish. The Richland Knights of Columbus will also set up a beer garden in Howard Amon Park. A frequent comment from riders in the last two centuries was a desire for a place to stop, refresh, brag, and socialize. The party was especially missed by our out-of-town guests. Despite the help from Kiwanis and others, we will still need TCBC members to help. We want TCBC members at the Start-Finish and the rest stops as long as they are open. Committee Chair Ellie Ittner and others (Dave & Sue Gerkenmeyer, Ed & Kathleen Nordquist, and John Ittner) will be looking for help as we get closer to May 12. We're not ready to turn the entire event over to other community groups just yet. As usual, Group Health will be providing major event sponsorship. Thanks to the TCBC donation to the Bicycle Alliance of Washington, the IEC is listed as a BAW-supporting ride. This means that a notice went out to over 2,000 riders on the BAW email list. The IEC is also listed in 15 other club newsletters and websites. The frequent electronic registrations via Active.com show that the word is out. Group Health and BAW also passed out 400 IEC flyers at Bike Expo on March 10-11. All we need now is another beautiful ride day like the 2006 IEC. Note that in addition to providing some revenue for local service clubs, the Inland Empire Century also funds substantial TCBC contributions to the local Safe Kids Coalition for children's bicycle helmet purchases and provides significant club donations to three organizations that lobby for and promote our legal and safe use of roads and highways: Bicycle Alliance of Washington, League of American Bicyclists, and Adventure Cycling Association. Please call 627-1858 or email the club at [info@tricitybicycleclub.org](mailto:info@tricitybicycleclub.org) and ask the committee to contact you with needed times and places.

## Email

Unfortunately, the club continues to lose electronic contact with members every month. Rarely messages go out from [info@tricitybicycleclub.org](mailto:info@tricitybicycleclub.org) without a few bouncing back as no longer valid. By the time the Membership Chair knows who missed the message and can get some postcards sent, about two-three weeks have elapsed and the news is quite stale. Please keep TCBC informed of your latest email (and snail-mail) addresses so you don't lose out on Club communications.

## Bicycle Needed

Nick Wigginton is a Ph.D. student at Virginia Tech who recently accepted a summer internship at PNNL. His house is about three miles from work, and he needs to bike to work everyday. Since it is not feasible or economical to ship a bike from Virginia out to the Tri-Cities, he is looking for a bike to buy, borrow, lease, or rent from April 28 to July 18. Nick is a bit tall so a larger frame is preferable. If you have an extra bike and can help out a fellow cyclist, please contact John Ittner at 627-1858 or email Nick at [wigginto@vt.edu](mailto:wigginto@vt.edu)

## New Bike Maps of the Tri-Cities

Many of you may have seen the recent article "Agency offers new guide for bicyclists" in the Tri-City Herald. The Benton-Franklin Council of Governments has prepared an updated map of the Tri-Cities that includes best routes and newest amenities for cyclists. Some of our TCBC members were among local riders providing information for the new maps. The new map will be available on-line at [www.visittri-cities.com](http://www.visittri-cities.com). Printed copies are also available at area bike shops and city government offices. The complete article can be found on the Tri-City Herald website at: <http://www.tri-cityherald.com/tch/local/story/8731797p-8633509c.html>

## League of American Bicyclists

In the League of American Bicyclists' 2007 LAB Almanac, the Tri-City Bicycle Club was listed as a LAB contributor and League-affiliated club.

Although TCBC has been a League-affiliated member for over ten years, the LAB contributor part was significant. For the first time a club our size had a per capita contribution to LAB that put us in the top ten percent of club contributors. Thanks to the financial boost from the Inland Empire Century, the donation did not require using any member dues. The LAB Almanac is an annual publication which lists bicycling facilities, clubs, federal, state and local transportation agencies across the USA.

## Adventure Cycling "Bike Bits"

The following information is from Bike Bits, Adventure Cycling's biweekly electronic bicycle bulletin.

### SHARE THE ADVENTURE!

We're trying to drum up some action and get Adventure Cyclist magazine into the hands of a greater number of cyclists. Toward that end, we wonder if you, the typical Bike Bits reader, might be willing to help out. Simply mention the "Grab a Free Issue" campaign to your friends and on any cycling forums or blogs you may participate in. All you need to do is tell them to go to our homepage and click on the "Grab It" icon at the lower right-hand corner of the page. And by all means, if you don't already receive the magazine yourself, be sure to take advantage of this free offer for your own enjoyment and benefit.

<http://www.adventurecycling.org>

## Traveling With Your Bicycle

Are you planning a cycling trip this summer but at a loss as to how to get you and your bicycle to the start of your ride? A recent article in Adventure Cycling Association's BikeE-News had great tips for boxing and shipping your bicycle.

### HOW TO BOX AND SHIP YOUR TWO-WHEELED DREAM MACHINE

By Adventure Cycling's Tours Department

Although airlines, bus companies, and railways are generally accustomed to transporting bicycles, there is always a risk of damage. Proper boxing can minimize the risk of damage or loss. You must

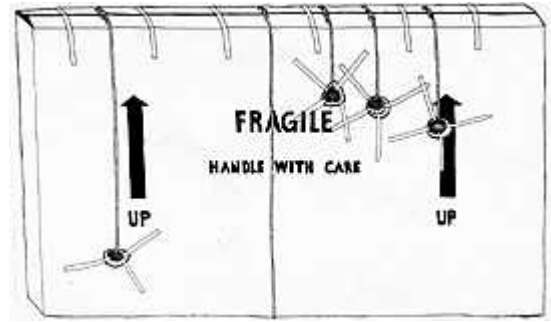
anticipate the possibility that your bike will be dropped, stacked in cargo bins, or otherwise handled roughly once it leaves your sight. Don't travel with your bicycle unless it is boxed! Some airlines have boxes available. Some airlines require several days' advance notice that you'll be traveling with a bicycle. Give this notice directly to the counter where you will be departing. You can often get used boxes from bicycle shops, especially if you call a few days ahead. While you're at the bicycle shop, get two boxes (for each bike you want to ship), preferably one slightly larger than the other. A single box can be modified to protect your bicycle fairly well, but one slipped inside another to form a double-walled container, braced internally, will give your bike better protection and give you greater peace of mind.

It takes time to box a bicycle, especially if it's your first try, so don't wait until a half-hour before your flight is scheduled to depart to begin working on it. You'll need a pocket knife, some extra strips of cardboard, some scrap wood, tape (filament or duct tape), and some light rope, twine, or stout cord.

### Disassembly

1. Shift the gears so that the cables are slack.
2. Deflate the tires halfway for more shock-absorbing capability.
3. Remove seat and post as a unit.
4. Remove the front wheel. Cut a small block of wood to fit between the front-fork dropouts, and tape it in place. This will help prevent the fork blades from being bent.
5. Remove the brake cables from the brake levers. If your bicycle has a very long wheelbase, it may help to completely remove the front brake so the fork can be rotated 180 degrees.
6. Remove the handlebars and stem as a unit by loosening the stem bolt two full turns. Then, protecting the bolt with scrap wood, hammer to loosen the internal wedge, and pull the stem out of the steering tube. Retighten the stem bolt to avoid losing the wedge.
7. Remove the pedals. Remember that the left pedal is a left-hand thread; the right pedal is a standard right-hand thread.
8. Tie or tape the front wheel to the right side of the frame, padding between the wheel and the frame with cardboard. Turn the crank arms parallel with the box bottom and tape in place.

9. Make two 6-inch square "washers" of several layers of cardboard with a center hole. Make them thick enough to prevent the front-wheel axle or quick-release end from puncturing the box. Tape these in place over the exposed front axle end and the end of the rear axle opposite the derailleur.
10. Unbolt the rear derailleur (but don't disconnect the cable) and tape it to the rear wheel spokes below its normal position so it doesn't stick out past the frame. Pad the derailleur with a roll of cardboard also taped in place.
11. Cradle the handlebars and stem over the top tube or around the fork and head tube if space permits.



In this illustration, holes have been punched corresponding with the cardboard tubes which will protect the bike against side loads. The tubes have then been held in place with tape. Finally, rope acts as both support and temporary carrying handles.

### Preparing the Box

1. Cut five pieces of cardboard, each about one foot in length, and wide enough to fit snugly across the inside width of your box. Form tightly rolled tubes and fit them inside the box. These tubes will absorb forces from the sides and prevent the box walls from collapsing into the bicycle.
2. Place one tube inside the box near the lower end of the front fork. Place two tubes, slightly flattened to fit, through the rear wheel and tape them in place. Place other tubes where the top and down tubes meet, through the front-wheel spokes, and below the top tube, toward the front of the bike. Tape each tube in place.
3. Lower the bicycle into the box, and add cardboard pads wherever any remaining sharp or fragile parts might contact the box. Anchor the cross-bracing cardboard tubes further by punching holes in the box sides to match the tube centers, and securing the tubes with tape, rope, or both. The rope can also be padded and used as convenient carrying handles.
4. Wrap the saddle, pedals, and other parts in newspaper or cloth and secure them inside the box. You might also want to place the tools you'll need to reassemble the bike in an easily retrievable bag inside the box.
5. Seal the box with tape, and clearly label it with your name, destination, flight number, and home return address

Remember, on most airlines you will have to sign a waiver which will remove the airline from any responsibility for damage to your bicycle. It is to your benefit to spend some time carefully packing your bike. It's no fun to get to the trailhead of your long-awaited tour only to find your bicycle has been damaged.

*Written by Adventure Cycling Association's Tours Department.*

### **Newsletter Contributions:**

Newsletter contributions are encouraged. Send an article about a ride or tour you completed. Perhaps you just discovered new biking equipment you would like to share. Fitness, health news or other biking topics are also welcomed additions to the newsletter. Send your articles or photos by June 15 to [info@tricitybicycleclub.org](mailto:info@tricitybicycleclub.org)

### **Classified Ads**

***Place your sale or wanted items free of charge. Email to [info@tricitybicycleclub.org](mailto:info@tricitybicycleclub.org)***

## Supporters of the Tri-City Bicycle Club

**Discounts include:**

- Markee's - 10% off for accessories
- Scott's - 10% off for accessories
- Richland (Schwinn) - 10% off for accessories, bicycles, and exercise equipment

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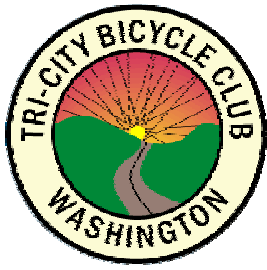
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<http://www.tricitybicycleclub.org>  
[info@tricitybicycleclub.org](mailto:info@tricitybicycleclub.org)

**Our Internet address is:**

<http://www.tricitybicycleclub.org>