

The Spokesman

the newsletter and ride schedule of the

Tri-City Bicycle Club

Serving Richland, Kennewick, Pasco, and environs

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January – March 2008

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Dues Increase

Like death and taxes, dues increases are inevitable. However, "inevitable" is something TCBC has managed to delay for over 20 years.

Effective January 1, 2008, dues for new and renewing TCBC memberships is \$20.00 per year for individuals and \$30.00 per year for couples and families.

The dues increase will bring in an estimated amount which closely matches the club's normal administrative expenses, rather than having club operations substantially subsidized by outside sources, such as the Century. This move, like having Kiwanis take over the IEC, is necessary to preserve the club's non-profit status.

John Ittner

Nordquist Summer Travels

Sierra to the Sea

Kathleen and I started off our summer touring this year with Sierra-to-the-Sea (STTS) from June 16th through the 23rd. This ride is put on by the Almaden Cycle Touring Club of San Jose. We flew into San Jose to start off our tour. They loaded us on two charter busses and our gear in two big U-Haul trucks and bussed us to Bear Valley. One bus broke down on the way up, so the second bus shuttled the first load up and went back for the second load. What a way to start a tour. We camped at 7,500 feet elevation, so our excursion after putting the bicycles together was quite the trip (we didn't go far but ended up quite out of breath). We thought we were going to have a blast the first day since we were going to drop over 5,000 feet of elevation while traveling 75 miles. The profile kind of showed what we were going to expect but we biked our behinds off, climbing 5,000 feet up while dropping 10,000 feet for a net of 5,000 feet dropped. We rode into camp at Jackson that night just barely with enough time to set up camp and shower before dinner.

The next day was better but still had some long miles. Everybody talked about meeting in Lock at Al the Wop's Tavern, but when I got there no one else was there. I asked Al how he got

all those dollar bills up on the ceiling, and for a buck he showed me how. When I finally got to the Ryde Hotel, I found that Kathleen had given up and gotten a room in the hotel.

The next day we rode through the wind farm with the running joke that someone had said "We don't need any more wind today - why don't they turn those things off!" We stayed at Lake Solano Park that night, with peacocks running all over the camp. The food that night was delicious, put on by a local restaurant.

The following day was an easier ride into Calistoga. We stopped at several wineries on the way, and I ended up packing three bottles of wine to the next rest stop. Calistoga was an interesting town. We stayed at the Euro Spa & Inn, but ended up mostly running around town. Day five took us to a campground near Duncans Mills, and that night we had the talent show. The one act voted the best (besides the ride manager's imitation of Arnold complete with air-filled biceps) was a couple pretending to ride their bicycles and the husband complaining that he couldn't keep up, sung to the tune of the Beatles' "Hey Jude" but converted to her name (June). It was great!

The next two days were wonderful in that we rode to Olema and San Francisco along the coast with sunshine and no wind. Sausalito was kind of interesting, all stretched out along the bay. Kathleen stopped at a high-end bike shop and spotted a pink Colnago all tricked out. I didn't even go in and look at it.

Riding across the Golden Gate Bridge was kind of wild. The good news was the pedestrians were on one side of the bridge. The bad news was anyone who could pedal a bicycle was on the other, and it was just wide enough for one lane of bicycles each way. It was definitely scary watching a person coming towards me where the handlebars were swaying back and forth (I gritted my teeth, hoping that we wouldn't hook handlebars when I went by). Riding into Golden Gate park was anti-climatic; we had to ride around on the streets circling around quite a bit to get on the correct road into the park. We had a wonderful finish line lunch and waited a couple of hours for the busses and trucks to show up to take us back to San Jose. It was Gay Pride Day in San Francisco, and there was a super-hero party

going on in the park. There was definitely a lot to see while we were waiting.

For those of you who are interested, our photos can be seen at the following web site:

<http://www1.snapfish.com/share/p=21771191812184334/l=315214077/g=75813694/cobrandOid=1000131/otsc=SYE/otsi=SALB>

Tour BC 2007

Kathleen and my second tour this summer was Tour BC, July 15th through 21st. All I can say is wow, we did quite a few miles on this tour. We started in Penticton (actually, Kathleen and I went up a day early and checked out the town). We should've bought the apricots on the way into town, as they were \$0.50 a pound versus \$2 something in town. There was a pre-tour inspection of our bikes which made me change my tires earlier than I had planned (always trying to squeeze the last few miles out of them). As it was, they probably would not have noticed my tire condition; but they did do a very good overall check of the bike's condition.

This tour was looking like it was going to be some long, hard miles and we were not disappointed, all 500+ miles. The scenery was wonderful as usual since we seem to have a wonderful time touring British Columbia. Our own club's tour a few years back was quite a bit of fun, including the ride up to Rossland. The tour did a loop, going from Penticton to Armstrong, Revelstoke, Nakusp, Castlegar, Grand Forks, Osoyoos, back to Penticton. This tour found us doing some rather long, hard miles in very hot weather. We were finding ourselves getting into camp with just enough time to setup the tent and shower before dinner. The third day in, Kathleen became dehydrated and had to sag. It was almost more than she could stand as she hates to ride the sag. She rode the sag and drank a ton of water until the next day where she joined me after the climb out of Silverton.

We had rain on the fourth day, which made me a little tentative on the downhill thinking the road may have been slick. In Castlegar, we had more rain on and off. Climbing the various passes made me happy we had a little rain to cool things off.

All in all, the food was great as well as the sag support and rest stops. In talking with Danelle

Laidlaw afterwards, she finds that she gets better response with harder rides than she does with easier rides. This was a wonderful tour, with great scenery and support. We would definitely need to train just a tad bit harder and make sure we are hydrating enough. If anyone would like more information, please give us a call.

Ed & Kathleen Nordquist

Cooper's Corner

Kathleen and Ed Nordquist and John and Ellie Ittner have been working with the Benton Franklin Traffic Safety Commission on a project to construct a "Cooper's Corner" in the Tri-Cities (See July-Sept 2007 *Spokesman*). Construction is ongoing at the Columbia Center location, which hosted a sneak preview for the public on Halloween night. John Ittner has helped with various parts of the construction and continues to do so. Anyone who would like to help finish this project should call John at the number on the front cover.

Most of the simulated streets and walkways have been laid down and about three quarters of the wall murals are complete. John is working on the miniature bike shop and the bicycle simulator, which will house three LCD screens showing a ride through a local neighborhood and demonstration of safe bicycling practices.

The exhibit will also contain a miniature firehouse with a full-size mockup of a car seat for showing correct child seat installation. There is a working railroad signal at a crossing, a bridge, and other safety exhibits. The facility is intended as much for parents as for children, since parents can learn what behaviors to enforce and reinforce.

TCBC has an opportunity to not only support this effort creatively but also financially. The Board has voted to expend some of the funds received from the Inland Empire Century to purchase a projector and DVD player for the simulator. However, the KGH Foundation jumped in ahead of TCBC on the video equipment purchase. The bike simulator needs a mural painted, so if anyone knows an artist who needs a few bucks (don't they all?), please let John know. TCBC can also equip the bike

shop with a small bike for maintenance demonstration, plus a repair stand, tools and a few bike parts for show.

Cooper's Corner at Columbia Center is the second such facility in the state. The first is in the Children's Museum in Spokane. These facilities, along with the Share the Road campaign and new driving training and examination laws, were spearheaded by the parents of Cooper Jones, a 13-year-old competitive cyclist killed by an inattentive motorist outside Spokane in 1997.

John Ittner

Bicycle Friendly Communities

The League of American Bicyclists, of which TCBC is a long-standing supporting member, has had a program for over a decade called "Bicycle Friendly Communities." Portland OR, Boulder CO, and Davis CA are fine examples of communities where bicycling is given a boost by local governments and non-governmental organizations. To see where other such communities are located, go to www.bikeleague.org/programs/communities/.

This program offers awards of national recognition for communities that already understand the benefits of bicycling by providing safe and plentiful bikeways for bicyclists, bicyclists access to safe and convenient bike parking, and encouragement and 'share the road' programs for non-cyclists.

John Ittner has initiated a campaign to obtain BFC recognition for the Tri-Cities. With the completion of the SR-240 improvements and the Sacagawea Heritage Trail, plus other repaving and re-striping efforts that enhance bicycle traffic flow; the Tri-Cities is slowly but steadily becoming more friendly to human-powered wheels. John has met with the City of Kennewick and the Benton Franklin Council of Governments, both of whom are endorsing the project. Becky Bechtold has agreed to help bring the City of Pasco on board. Other local officials have been contacted but have not yet agreed to meetings on the subject.

Applicant communities are judged in five categories often referred to as the Five Es. These are Engineering, Education, Encouragement, Enforcement, and Evaluation & Planning. A community must demonstrate

achievements in each of the five categories in order to be considered for an award. Communities with more significant achievements in these areas receive superior awards. Citizens in communities across America want to improve their quality of life. They want a less-stressful lifestyle, a cleaner environment, affordable transportation and better health for themselves and their children. Bicycling is part of the solution. Bicycle-friendly communities experience reduced traffic, better air, and improved public health. Bicycle-friendly towns, like those with good schools and vibrant downtowns, are communities that offer a good quality of life for families, which can lead to higher property values, business growth and increased tourism.

For TCBC members, this campaign means that you need to get involved when the need arises. Having a lone cyclist show up at a public meeting to promote improved bicycle access to streets and roads is sure to doom progress to a standstill, at best. Attempts to move this program along ten years ago died when cyclists did not support the effort by simply showing up at a council meeting.

As this program progresses, you will be kept abreast of the situation on the website or by email. Please help by showing up at events where you are asked to. You don't need to do anything but be there; numbers count.

John Ittner

Ride Calendar – Winter 2008

Tuesday and Thursday morning rides start at 9:30. Meet at Richland Community House. Group chooses destination. For more information, contact Bill Painter, 946-1076.

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 for local rides unless otherwise indicated. Just show up at the start. Feel free to call the ride leader for more information. For out-of-town rides, please let the ride leader know ahead of time that you will be participating, especially if you plan on

meeting the ride leader at the starting place. Otherwise, the ride leader will assume no one will be riding.

Leaders and Sweeps: Ride leaders and sweeps are always needed. As a leader, you can choose a ride that has been done before, or create the ride of your choice and have it immortalized in this 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 do not fall back behind the pack. Call **Ed Nordquist, 627-1195**, to volunteer.

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 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 set you up with a shorter route and match you up with someone to ride with as well. 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 get some maps on the web, or sweet-talk John Ittner for maps, 627-1858.
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.

JANUARY

Jan 5 - Finley Fiasco - Leave Espresso World in Kennewick at 9:30 a.m. Kellogg to Canal to Chemical and back roads to Finley. Return on E. 27th, Union, 10th, and Kellogg. Blue, 33 miles. **Leader: Ed Nordquist, 627-1195**

Jan 12 - Dallas Climb - Meet at Some Bagels in Richland at 9:30 a.m. Out I-182 to Kennedy and Dallas. Climb Dallas to I-82 and on to Badger Road. Return on Leslie. The climb up Dallas makes this ride a Dark Blue, 25 miles. (Map: Blue, Dallas Climb) **Leaderless**

Jan 19 - Winery Climb - Leave Some Bagels in Richland at 9:30 am. Up bike path to Queensgate, Keene Rd west, left on Van Giesen near TC Raceway, right on Antinori Road and up the hill to the end of the pavement at Col Solare winery on Red Mountain. Back down and return via Van Giesen to Brick House for lunch. Van Giesen to Richland. Blue, approx. 25 miles. **Leader: Kathleen Nordquist, 627-1195**

Jan 26 - Locust Grove - Leave Espresso World in Kennewick at 9:30 am. Kellogg, 10th, Union, Hwy 395, Law Rd., Bofer Canyon Rd. to Locust Grove. Optional climb to top of Locust Grove. Return same route. No fog allowed. Black, approx. 25 miles. **Leaderless**

FEBRUARY

Feb 2 - Burbank - Leave Espresso World in Kennewick at 9:30 am. Edison to Columbia Park and over the Blue Bridge. Out "A" Street and Hwy 12 to Burbank. Return same route except go over the Cable Bridge. Blue, approx. 32 miles. **Leader: John Ittner, 627-1858**

Feb 9 - Benton City - Leave Some Bagels in Richland at 9:30 am. Up bike path to Queensgate, Keene Rd west, left on Van Giesen near TC Raceway, right on Antinori Road and up the hill to the end of the pavement at Col Solare winery on Red Mountain. Look at the view of Benton City and Mt. Adams, then back down the hill, right on Van Giesen and into Benton City for a lunch stop at Shadow Mountain Grill. Return to Richland via De Moss, Ruppert, Van Giesen. 40 miles. Blue. **Leader: Gene Weisskopf, 946-1316**

Feb 16 - Loop the Parks - Leave from Some Bagels in Richland at 9:30 am. Ride through Chiawana Park. Return via Cable Bridge and Columbia Drive through Columbia Park. Blue,

approx. 25 miles. Leader: **Bob Morford, 375-0839**

Feb 23 – Clodfelter – Leave **Espresso World in Kennewick at 9:30 am**. Clearwater to Leslie Rd. to Clodfelter. Climb. Return same route. Black, approx. 25 miles. **Leader: Ed Nordquist, 627-1195**

MARCH

Mar 1 – Finley Fiasco – Leave **Some Bagels in Richland at 9:30 am**. South along bike trail, left on Columbia Park Trail, right on Chemical, jog around 3rd, Yew, and Finley Road and back roads to Finley. Return on E. 27th, Union, 10th and Kellogg. Blue, approx. 33 miles. **Leader: Bob Morford, 375-0839**

Mar 8 – Badger Canyon Loop – Leave **Some Bagels in Richland at 9:30 am**, up bike path to Queensgate, head west on Kennedy, left on Dallas, left on Badger, around to 10th Ave, left on Edison, left on Columbia Trail to Sage Port Grill for lunch, then return to Richland via the 240 bike path. 34 miles. Blue. **Leader: Gene Weisskopf, 946-1316**

Mar 15 – Chocolate Factory – Leave from **Some Bagels in Richland at 9:30 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 on Selph Landing. After crossing Glade, turn right after crossing the railroad tracks and then turn an immediate left on W. Vineyard Dr. Cross Hwy 395, and ride to T intersection, turning left on Crest Loch Road and lunch at the Chocolate Factory. Cross Hwy 395 back to Selph Landing and retrace route to return. Maps will be available. Black, 40 miles. **Leader: Bill Painter, 946-1076**

Mar 22 – Hill Climbers Special – Leave from **Some Bagels in Richland at 9:30 am**. 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 Dr, and I-182. Black, approx. 50 miles. **Leader: Larry Thomas, 942-1266.**

Mar 29 – Finley Cutoff – Leave from **Some Bagels in Richland at 9:30 am**. Head south along bike trail, turn left on Columbia Park Trail to Edison. Up Edison across railrod tracks, turn right and then first left on Grandridge Rd.

Follow to Kellogg, and left on Kellogg. Up Kellogg, turns into , turn right at circle on Christenson Rd. Up Christenson to the top and drop down to cross 395 and up Bofer Canyon to Locust Grove. Out 397 to the river and come back along Finley Road and along the river. **Leader: Bill Painter, 946-1076.**

SRING PREVIEW

Apr 5 – Cherry Hill Loop - Meet at **Some Bagels in Richland at 8:30 am**. Car pool to the Dairygold dairy store in Sunnyside. Leave from the dairy store at about 9:30 am. 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, approx. 40 miles. **Leader: John Ittner, 627-1858**

Apr 12 – BC to Prosser – Leave from **Benton City Park & Ride at 9:30 am**. 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. 55 miles. For those wanting a longer ride, start at 8:30 am from Some Bagels in Richland. **Leader: John Ittner, 627-1858**

Apr 19 – Touchet Out and Back - Leave **Espresso World in Kennewick at 9:30 am**. Kellogg to Canal to Columbia Dr. and Cable Bridge. Cross river to "A" Street. East on "A" Street to Hwy 12. Hwy 12 to Touchet. North on Touchet Rd. as far as you like, then return to Touchet. Return via Hwy 12 and backtrack thru Pasco and Kennewick. Black 60+ miles. **Leaderless**

Upcoming Biking Events

Feb 23 – Seattle Bike Swap – 9 am to 2 pm Magnuson Park Hanger #30. Up to 100 vendors under the same roof.

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

Feb 24 – Chilly Hilly - Chilly Hilly has been kicking off the cycling season in the Northwest for the past 34 years. The 33-mile route around Bainbridge Island starts with an early morning ferry ride across Puget Sound from Seattle or you can join the crowd directly on Bainbridge Island.

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

Mar 8-9 – Group Health Seattle International Bicycle Expo - Group Health Seattle International Bicycle Expo is a complete celebration of cycling, with exhibits and presentations from all aspects of the sport. <http://www.cascade.org/EandR/expo/index.cfm>

Mar 15 – McClinchy Mile Bike Ride - Easy 20 mile loop including a section of the paved Centennial Trail, a flat 34 miles of farmland and river valley to Stanwood, or a challenging 47 miles of rolling hills to Machias then back on the Centennial Trail. Cyclists are welcome to ride multiple loops if they want more miles – all three loops makes an early season century. <http://www.bikesclub.org/html/mcclinchy/mcclinchy.htm>

Apr 5 – Tulip Pedal - A 20-mile course around the tulip fields between Mount Vernon and La Conner, and a 40-mile course that will begin and end near the tulip fields, and also will take cyclists past breathtaking views of Samish and Padilla bays, Mount Baker and the Cascade foothills. Both rides begin and end at the La Conner Middle/High School complex. http://www.skagitimes.com/tpedal_main.htm

Apr 22 – Daffodil Classic - The Daffodil Classic winds through the beautiful Orting valley and surrounding hills. Choose from 40-mile, 62-mile, or 102-mile loops; or a family-friendly, paved trail option from 1 mile up to 30 miles. <http://www.twbc.org/events/daffodil/>

Apr 27 – Lilac Century Surprise Ride - The Lilac Century Surprise Ride is a fully supported ride which offers a choice of 100, 50, or 15 miles. The out-and-back 15 mile family ride can be modified on Spokane's Centennial Trail route. <http://www.northdivision.com/lilac.html>

Apr 27 – Monstor Cookie Metric Century - The Monster Cookie route covers 62 miles of countryside north of Salem and is generally flat with a few short hills. <http://www.salembicycleclub.org/content.plx?page=majrides>

May 3 – Ride Around Clark County - Beautiful and Challenging Rides through the scenic Clark County, Washington countryside. Vancouver Bicycle Club. <http://www.vancouverbicycleclub.com/RACC.html>

May 10 - 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, on the web and in the next issue of the Spokesman.

May 24-26 – Century Ride of the Centuries – Pendleton, OR
<http://cyclependleton.com/events.htm>

Inland Empire Century News

The 2008 Inland Empire Century, the 28th running of this event, will see a major change in organization. The Columbia and Tri-City Industries Kiwanis Clubs will assume the lion's share of the support for this event, which has become a very successful and popular Northwest cycling attraction.

As explained in the previous *Spokesman*, this change in century operations was necessitated by two factors. First, the 2007 IEC grew to about double the previous year's participation, requiring additional help from outside TCBC. Second, and most important, the income from the IEC threatened to eliminate the club's non-profit status as a 501 (c) (7) Social/Recreational organization under the Internal Revenue Code. Rather than down-scale the IEC to a members-only event, the Board decided to follow the trend in growing cycling event rides and have the ride operated by a charitable non-profit.

Since the IEC has previously supported the Safe Kids coalition and Kiwanis is all about children's programs, it was natural to have local Kiwanis clubs take over the event. TCBC will still receive a portion of the proceeds in keeping with our continued support of the new event committee, and \$1 per IEC rider will go to each of the League of American Bicyclists, the Bicycle Alliance of Washington, and Adventure Cycling Association. Kiwanis will make a contribution to Safe Kids from the remaining ride proceeds as part of their regular support of children.

John Ittner

Active Members Wanted

The Tri-City Bicycle Club is in a crisis. The dues increase and the transition of the Inland Empire Century are not symptoms of trouble, but are progress toward effective operation of this organization in the manner in which it was originally chartered. We are first and foremost a bicycle touring club, chartered as a non-profit social and recreational organization.

Despite the appearance of becoming comatose, the club has actually gained many new members over the past year. A few of those we have already seen on weekend and weekday rides. The question is: why did they join? What did they expect?

If they used a newsletter found in a bike shop or found us on the web, they probably expected to see a club active in promoting bicycle touring. If you call riding to Benton City touring, then we are doing a fine job. However, the real tours are the three-day weekends and week-long journeys that were once a staple of the club's calendar. These tours were the most anticipated events of the club year. Granted, they required a lot of work on the part of the brave souls who committed to run the tour, but those leaders took on the task with the expectation that their efforts would result in a good time for themselves and their fellow riders.

We need to get back into that mode. It cannot be done by the few people who are trying to keep the club alive, but by any club member who wants to see it happen. The club has a lot of resources to help a fledgling tour leader. About ten of our members have lead club tours and many of us have also have ridden tours led by both commercial and private operators.

There are a lot of other things the club can be doing to become more active, but tours are us, so we need to start there. Come to the next TCBC meeting and propose a tour. Ask for help. You might be pleasantly surprised. And while you're thinking about it, show up for more of the scheduled rides and talk it up with the other wheelers. More tours than not have been planned from the saddle.

John Ittner

Winter Riding



We find ourselves facing another winter and the challenges it brings to cyclists. Although this rider is a fair weather rider, I did manage to find a few tips to help winter riders keep warm and safe.

Winterize Your Bike. It is important to keep your bike clean – especially your chain. Wheel bearings, brake cables, derailleurs, and brake levers should be well lubed. Some riders like to change to tires that are more efficient in wet weather. Fenders will keep water and dirt off your bike and your body. Two lights are best for optimal visibility. Blinking lights on back and front will make you more visible to motorists. If you plan to ride in the dark, then a good headlight will provide light to see where you are going.

Ride Defensively. Wet roads will increase stopping distance so anticipate stops or turns. Turn slower with less lean and brake far ahead. Ride slower in rain or snow since both motorists and cyclists can't see as well. Watch for areas that become more slippery when wet and icy such as manhole covers, driveways, metal-grate bridges, painted pavement (especially the fog line), and leaves. To avoid hitting potholes, don't ride through puddles unless you can see the bottom. Be aware that bike lanes and shoulders may have gravel and other dangerous debris.

Clothing. Be Visible! Wear a jacket or jersey in bright or fluorescent colors. Reflective strips on jackets, gloves, pedals, and shoes will make you more visible on dark winter days. Keeping a comfortable body temperature while riding can be a challenge. It is advisable to wear multiple thin layers. As you warm up, you can remove a layer at a time to maintain a comfortable temperature. There are a lot of good cycling clothes available to help keep you warm such as cycling tights, booties to cover cycling shoes, and wind blocking jackets and gloves. And remember to wear your helmet.

Have a safe and happy winter riding season.

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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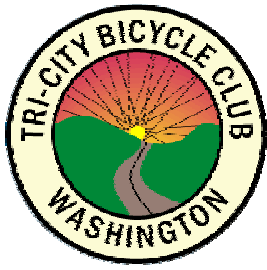
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