



The Spokesman

newsletter of the **Tri-City Bicycle Club** of Richland, Pasco, & Kennewick

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www.tricitybicycleclub.org

Cycling Workshops Begin Soon!

Tri-City Bicycle Club is **EXCITED** to announce a short series of bicycle workshops this fall that will promote healthy, safe, confident cycling in the Tri-Cities area, increased enthusiasm and membership in local clubs, and a better, stronger network of cyclists in Eastern Washington.

We know it can be intimidating to navigate the world of cycling (as it exists beyond pedaling to the grocery store) and that's why WE WANT TO HELP!

Cycling Workshops	2
Tack Yeah!	3
Maps Maps Maps	4
Ride Schedule	5-7
Supporters of the TCBC	8

Cycling is FUN, healthy, safe, environmentally friendly, cheaper than a car, and enjoyable. Since it IS so enjoyable, there are MANY people who are "serious" cyclists, even if they don't compete professionally. All it takes is a desire to learn, be healthy, and have a good time!

cont. pg2

TCBC Officers and Board Members

President: Ed Nordquist
Vice-President: vacant
Secretary: Vicki Patten
Treasurer: John Ittner
Ride Coordinator: Aaron Allen
Newsletter Editor: Lora Bannan
Membership: John Ittner
Webmaster: John Ittner
LAB Contact: John Ittner
Past-President: George Kyriazis

The Club Needs YOU!

Fall is here again, monthly meetings have resumed, and elections are upon us. No, not *those* elections! Tri-city Bicycle Club elections are traditionally held in December but first we need some candidates. I know we have many talented members, new and seasoned, that would be great officers. All it takes is a little of your time and some motivation to keep the club going. None of the offices are terribly time consuming (well, other than newsletter editor but I'm happy to keep that position) but they are very important if we want to keep this club active. Look over the list of officer positions and show up at the next meeting ready to participate!

The next meeting is 7:00pm on Thursday October 23rd at the Richland City Maintenance Shops conference room, Queensgate Blvd, across from Target. I'll bring the cookies so see you there!

Cycling Workshops Cont.

The 1-2 hour workshops are meant for beginners to intermediate cyclists who wish to cycle with increased confidence, safety, health, and strength. The series is intended to be progressive from the first to the last workshop, AND also meant to be accessible for those who wish to only attend a few specific topics.

- 1) Choosing a Bike & Cycling Overview
- 2) Basic Bike Maintenance & Road Repair
- 3) Bike Safety & First Aid
- 4) Cycling Techniques
- 5) Bike Fitting/Adjustment Event
- 6) Heart Rate & Nutrition
- 7) Cross-Training & Training Plans
- 8) A Competitive Cycling Primer



These workshops are volunteer based and very low cost: \$5 per class or \$30 for the entire series. They will begin in mid-October, and will include a weekday night instruction followed by a Saturday morning ride (to practice what was learned!) **AND We NEED YOU to succeed!**

We are searching for people willing to spend about 1-2 hours of their time sharing their cycling knowledge with others. You can choose to teach AND/OR support any one of the workshops, or multiple ones if you like! It won't cost you anything, and will greatly benefit the cycling community. You can even choose what topic you want to talk about!

We also need people to promote this---TELL YOUR FAMILY, FRIENDS, NEIGHBORS, AND CO-WORKERS about this great series: you never know who wants to become a cyclist and was simply afraid to ask.

Flyers are available —ask for a handful to distribute in your daily travels! **This is how we become a stronger community---by educating, sharing, networking, and supporting one another!**

It's **really easy** to sign up, volunteer, and get info on schedules and topics. All schedules and topics will be posted on www.tricitybicycleclub.org as soon as they are established. You may also contact the coordinator who would be happy to give you the details:

Annie Cowan @ 602-463-7445 email: chainlinks.wa@gmail.com

I moved to the Tri Cities area a few months ago. Being an avid cyclist, one of the first things I did was unpack my road bike and start exploring. In my opinion, there is no better way to get to know a new area than to cruise along its side streets at seventeen miles per hour. You get see things you wouldn't when speeding along in a car.

One of the first things I discovered while exploring wasn't at all what I expected. I was attacked by tack weeds! The little invisible buggers seemed to be everywhere! With no avail, I tried my best to identify and dodge them before my tire revealed its evil presence. There is no worse feeling than when you hear that click-click-click sound, followed by the inevitable hisssssssing sound. Within the first week after unpacking my bike, I had accumulated 9 flats.

I nominate that we add the four letter word, "TACK" to the list of other unmentionable curse words. I believe it qualifies well to be paired up with all the other swear words. Like the existing taboo words, "TACK" triggers immediate negative emotional responses. With its one word, it conveys an almost vulgar description of a past flattening event. As with most curse words, I used this one to quickly emotionally vent to the world. For some reason, just yelling, "Tack You!" to the lifeless weed made me feel better!

On a more serious note, I thought I would share some of the solutions that I was aware of to help combat this war on tacks.

Slime Sealant, is a gel/goop substance which you can add to your existing tubes. A number of manufacturers make it. It will set you back \$5 to \$10 in order to equip both tubes. Its claim to fame is that it will automatically seal any small punctures in your tubes so that can keep riding without down time. And in most cases, it works great! However, I've found that it has a number of down sides also. If a blowout instead of a puncture occurs, it can be very messy to clean up. The goop seems to get everywhere. It also tends to add a lot of additional weight. Since this additional weight is rotational wheel weight it affects acceleration and speed. Since I am slow enough as it is, I didn't need anything else to slow me down further. But, if you're a "cruiser" not a "bruiser" then these would be a great choice.

Slime Tubes, are tubes which you can purchase that already have sealant within them. These run about \$7 to \$10 per tube. They can save you some time and mess since they are 'replace and ride'. They have the same positives and negative aspects as the sealant.

Heavy Duty Tubes, are tubes made with thicker rubber. They average a buck or two higher than normal rubbers. The theory is that the additional thickness will prevent more flats because there is more mass for the weed/glass to penetrate. The thicker layer usually causes a slower leak if one did occur. It does add a miniscule amount of rotational weight, but nothing to really be concerned about. However, I found that tack weeds don't really care if it's a 0.75mm or 1.0mm thickness. It will puncture your tube anyway.

Thorn Resistant Liners, are liners which you can but in between your tube and tire. They run between \$10 and \$30 per liner. They create a layer to prevent penetration. The better ones have a Kevlar layer to prevent foreign objects from invading the tube. Kevlar is the same material which is used for bullet proof vests. If your existing tires have plenty of tread still left on them, this may be a great solution.

cont. pg4

Maps! Maps! Maps!

Maps of Tri-City Bicycle Club rides can now be found on www.mapmyride.com. If you haven't visited that site it's worth a look. All you have to do is type in a zip code and you'll be presented with numerous rides for that area. Once you pull up a ride you can check the elevation gain and read reviews from other members. It's also a great place to track your mileage, goals, calories burned and other fun data. Once registered you can also input your own rides and make them private or public. Slowly but surely I've been adding our rides so members and visitors can pull up more places to ride in the Tri-Cities. The club's user name is TCBCMaps and a link will be posted from our website soon. If you don't see your favorite ride or have any suggestions let me know at ibstitchin@yahoo.com!



Tack Yeah! cont.

Thorn Resistant Tires, are tires which have a built in thorn resistant layer. They run between \$40 and \$80 per tire. There are various manufacturers which make them. The better ones, like liners, have a Kevlar layer also. The tires will add some, but minimal rotational weight compared with a standard tire. With exception of the heavy duty tubes, these tires will add the least amount of rotational weight. They are however the more expensive solution.

I personally went with the Specialized Armadillo for my bikes. It is built with double layer of cross woven bullet proof goodness. Over the last few weeks, I've heard the click-click-click as the tack weed attacked, but never the hisssssss. My tubes were safe! The tack weed simply couldn't penetrate the Kevlar layer. "Tack yeah!"

As with all problems there are always multiple solutions. Every cyclist will eventually go down his or her own path to combat these wicked wandering weeds. I'm curious what approaches have worked for others in the Tri Cities area. Send me a quick email [derek@slife.net] and share your exit strategy for this war on tacks. I look forward to hearing your stories.

Summer Ride Schedule

Tuesday and Thursday morning rides start at 8:30 a.m. until October 15, when they will change to 9:30 a.m. Meet at Richland Community Center. Destination is chosen by group. For more information, contact **Bill Painter, 946-1076**.

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:

- Introduce all the riders before starting.
- Make sure everyone is wearing his or her helmet.
- 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.)
- Provide maps. You can check the website for maps to print.
- 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.
- Ask riders to let you know if they will be leaving the group before the end of the ride.
- In hot weather, carry extra water in case another rider goes dry.
- Riding in the fresh air and sunshine is its own best reward.

Oct. 4 - Kennewick Intertie

Leave Some Bagels in Kennewick at 8:30. Go west on 10th Ave and then south on Garfield. Turn right on 27th and ride to 395. Turn left on 395 and ride to Bofer Canyon Road (State Patrol) and turn left. Follow Bofer Canyon Road to the intertie, which is also called Locust Grove Rd. Turn left, which is east. Go all the way to 397 in Finley. Take 397 north to 10th Ave, past the Fairgrounds, and back to Some Bagels. 25 miles, BLACK.

Oct. 11 - Benton City

Leave Some Bagels in Richland at 8:30. Ride to Benton City via Van Giesen, Ruppert, and DeMoss. Lunch in Benton City then back out on 224 to climb to the winery on Red Mountain. Back to Richland on 224/Van Giesen. 30 miles, BLUE.

Summer Ride Schedule

10/18/08 - Hanford

Leave Some Bagels in Richland at 9:30. Ride to river trail and go north, following the trail route until you get to 11th Street. Follow 11th and go north on George Washington. Join Stevens Drive and head out to the Wye Barricade. Turn left on Road 10 and follow it to 240. Turn left on 240 back in to Richland. Stay straight (Coast Road) at the bypass and continue on Jadwin back to the Uptown and Some Bagels. 35 miles, BLUE.

10/25/08 - Bason City

Leave Some Bagels in Richland at 9:30. Ride to river trail and south to I-182. Cross to Pasco and go north on Court to Harris and then left to Dent and continue right to Douglas Fruit. Turn left onto Taylor Flats continue to the end of the road and turn left onto Ringold. Continue on Road 170 to detour and then to Basin City find a place for lunch. Continue east to Glade North and go south to Ringold and turn right. Then left onto Taylor Flats and retrace your route back to Some Bagels. 65 miles, BLACK.

11/1/08 - Sacajawea State Park

Leave at 9:30 from Some Bagels in Richland. Ride to river trail and south to I-182. Cross to Pasco and go south on Court. Follow the Columbia River Trail out to Sacajawea State Park. Turn around and come back. 33 miles, BLUE.

11/8/08 - Dallas Road to Webber to Clodfelter

Leave at 9:30 from Some Bagels in Richland. Take Williams to Goethels and go south to Aaron Drive. Go left on Aaron, right on Jadwin to go over the highway, right again on Carrier and then Chamna Road. Continue to the base of the I-182 bridge, ride up the trail to Queensgate and go left. At Keene turn right and then go left on Dallas and up the hill, across and down the other side to the end of Dallas. Turn right on Badger Road and then left on Webber

Canyon Road. Continue straight until you get to Sellards Road and turn left. Then left on Clodfelter, left on Leslie and stop at Sun Mart for a snack. Continue on Leslie to Columbia Park Trail and turn right. At the bus barn turn left on to the trail and follow it back to Chamna Road, across on Jadwin and retrace your route home. 50 miles, BLACK.

11/15/08 - Zintel Dam

Leave Some Bagels in Richland at 9:30 am. Head south through Columbia Point, new 240 trail, Columbia Park Trail to Edison. South on Edison to Umatilla, jog right and then left on Grant. Follow Grant to Kellogg. Take Kellogg to Creekstone to 27th. Ride up to Dam. Continue through Canyon Lakes to Ely. Lunch somewhere in downtown Kennewick? Back either through Columbia Park or cross over the bridge to Pasco and through Chiawana. Black approx. 25 miles.

11/22/08 - Bike Shops

Leave at 9:30 from Some Bagels in Richland. Take Williams to Goethels and go south to Aaron Drive. Go left on Aaron, right on Jadwin over the highway, right again on Carrier and then Chamna Road. Continue to the base of the I-182 bridge, ride up the trail to Queensgate and go right to Walmart. Continue past Walmart on Kennedy to Keene. Turn left on Keene, left on Gage, right on Grandridge Blvd, left on Quinault and past the mall. Turn left on Belfair which becomes Rio Grande and behind Joe's Sporting Goods. Bear right on to Kellogg and then turn left on Clearwater. Go past Markee's. Continue to US 395 and turn right, going past REI and Kennewick Cycle. Continue on 395 past Scott's Cycle and to 27th Avenue. Turn right. The second WalMart is behind you. Stay straight as this road becomes Creekstone and then Kellogg. Turn left on 10th Ave, right on Columbia Park Blvd and down to Columbia Park Trail. Turn left, join the river trail, follow it back across the Yakima River

Summer Ride Schedule

and then straight to Howard Amon Park. Go left on Lee, past Greenie's, right on Goethals and back to the Uptown to Markee's new shop. 27 miles, BLUE.

11/29/08 - Turkey Ride

Far Finley Hill - Leave at 9:30 from Some Bagels in Richland. Take Williams to Goethals and go south to Aaron Drive. Go left on Aaron, right on Jadwin to go over the highway, then left on Carrier to the trail. Go under 240 and over the Yakima. Stay on the trail until forced on to Columbia River Trail. Take Columbia River Trail until you can get back on the trail just after the Blue Bridge. At the end of the trail go south on 397, left on 3rd, right on Yew, left on 7th, right on Havana, left on Finley. Go up Finley hill if you're up to it. Return via Game Farm, Haney, Bowles Rd, Oak St, 27th, and Washington to the trail and home. Up to 55 miles, BLACK.

12/6/08 - Neighborhoods to Rancho Reata

Leave at 9:30 from Some Bagels in Richland. Out Leslie to Rachel Rd, right on Rachel, left on Clover Rd, left on Bermuda, right on Sagebrush, left on Summit View. Climb to top. Return same route. Black, approx. 25 miles.

12/13/08 - Benton City - Prosser - Webber

Leave at 9:30 from Benton City Park and Ride at I-82. Head in to Benton City on Babs, north on 9th and out OIE Hwy to Prosser. Join Wine Country Road, right on Alexander, left on Paterson to 221. Climb the big hill and turn left on County Well Rd. Turn left to go down Webber Canyon Rd, through Kiona and back to the Park and Ride. 41 miles, BLACK.

12/20/08 - Tour Pasco

Leave at 9:30 from Some Bagels in Richland. Go to the river trail, cross I-182 in to Pasco, go north on Court, right on Harris. At the end of Harris jog right to get back on the trail. Ride out past TRAC, down to Argent to 20th. Right on 20th. At A Street get on the river trail and ride back. 25 miles, BLUE.

12/27/08 - Riverfront to PNNL to Horn Rapids

Leave at 9:30 from Some Bagels in Richland. Go to the river trail and north. At Horn Rapids Road turn left. At Kingsgate turn left. Go in to Horn Rapids neighborhood. Ride clockwise around the newly finished loop. Head home on 240 to Jadwin. 15 miles, GREEN.

1/3/09 - Chilly Ride

Leave at 9:30 from Some Bagels in Richland. Ride as many miles as it is degrees. You pick Celcius or Fahrenheit.

1/10/09 - New Year's Resolution Ride

Leave at 9:30 from Some Bagels in Richland. Ride clockwise around Richland on the trail. 15 miles, GREEN.

1/17/08 - Keep the Resolution Going

Leave at 9:30 from Some Bagels in Richland. Take the Sacajawea Heritage Trail through Kennewick, across the Blue Bridge and through Pasco and back. 20 miles, AQUA.

Supporters of the Tri-City Bicycle Club

The following businesses support cycling in the Tri-Cities by offering discounts to club members or simply by existing. Please let them know you are a member. Special offers are specific to each business and may change from time to time.

Some Bagels

1317 George Washington Way
Richland, WA 99354 - (509) 946-3185

REI - Recreational Equipment Inc.
129 N. Ely, Kennewick - (509) 734-8989

Scott's Cycle & Sports:
704 S Ely St, Kennewick - (509) 374-8424

Markee's Cycling Center
4723 W Clearwater Ave, Kennewick - (509) 783-2870

Kennewick Cycles & Fitness
131 Vista Way, Kennewick - (509) 736-7500

Greenies
701 Geo. Wash. Way, Richland- (509) 946-3787.