

The Spokesman

T R I - C I T Y B I C Y C L E C L U B

• DATES TO NOTE:

Jan 28: Meeting at Roundtable Pizza

Feb 20-21: NW Bike Show - Portland
Www.nwbikeshow.com

Feb 28: Chilly Hilly - Bainbridge Island
Www.cascade.org

March 6: TriCities 200 - Richland
www.orrandonneurs.org

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IMPORTANT CHANGES

The new year is bringing new changes to the Tri-City Bicycle Club! Our focus this year is member involvement so we're asking you to show up at meetings, participate in rides, and let us know what you want!

Attached to this newsletter you'll notice a Ride Proposal Form. Print out a copy and let the Ride Coordinator (Greg Schroeder) know where you'd like to ride. He's working hard to produce a ride schedule the club will enjoy and plans to alternate between Richland and Kennewick starting points with a few out-of-town rides to shake things up. Rides need to be submitted by the 15th to appear in the next month's schedule so make sure to get

them in soon! This issue of The Spokesman includes rides through the end of February so start thinking spring.

We have also found out that only club members are covered by insurance on club rides. It's one of the great benefits of being a member! Non-member may be required to sign a waiver of liability before going on club sponsored rides.

The newsletter is going through some changes too. Most members are now getting the newsletter through email which is great for the environment and for the club. The Spokesman will be sent out monthly instead of quarterly to accommodate the new

ride schedule plans and to make sure you don't forget about the fun stuff we're doing! Submission need to be in by the 15th to make the next issue which will be sent by the 25th. Don't worry if you're still getting the Spokesman through the mail. We'll make sure you continue to get it.

Do you have some ideas that would spark more interest in the club? Don't like the changes? Let us know by showing up at the next membership meeting on Jan 28th 6:30pm at Roundtable Pizza on Leslie. We'll be enjoying food and good company.

GET READY TO TRAIN

Are you planning to ride the Group Health Inland Empire Century or maybe STP? If so it's important to start training early in order to build endurance and complete your ride safely. There are many training guides and schedules available on the internet that

can be tailored your needs. Most century plans are six weeks long with increasingly longer and more difficult rides.

This year, along with our regular weekly ride schedule, TCBC will have training rides available for those who are training

for the IEC or STP. This rides will include the regular Saturday rides but may start earlier, end later, and cover more ground.

If you have route or schedule suggestions let us know through email or on the web!

8 Ways to Get a Jump Start on Next Season

By [Gale Bernhardt](#)
For Active.com

1. Set a fitness goal that is six months into the future. This can be a racing goal or an event goal—such as completing your first century ride or besting a particular time from last year. You can also design your own event. Write that goal down using positive language. For example, "Complete the Best Ever Century Ride on June 15th." Characteristics of good, challenging goals can be found [here](#).

2. Set at least one, but no more than three, sub-goals for each month that supports your ultimate goal. For most people, it is easy to scheme up a grand goal or two on January 1 to be accomplished later in the year. The journey to reach that goal begins with high energy and enthusiasm the first two or three weeks of the year. As the challenges of day-to-day life squeeze us, goals can begin taking a back seat to other issues. Before we realize it, our goal is slipping away.

At the beginning of each month, sit down and evaluate what successes you achieved in the previous month. Find ways to celebrate those accomplishments. Celebrations take any form, but must be meaningful to you.

The beginning of each month is also a good time to look forward to the next month. Are your sub-goals still appropriate? If not, make some modifications. It's OK to make course corrections as you move through the year.

3. Address tight muscles and any lingering injuries now. If you have been tolerating discomfort that is ever-present, do something about it early in the season. Depending on what your issue is, it may be as easy as scheduling a regular massage.

More serious issues may require a trip to the doctor, athletic trainer or physical therapist. You will never reach your full potential as an athlete if you are constantly in pain.

4. Work on balancing your [leg coordination](#). Most of us have one leg that is more coordinated than the other leg. One way to work on better coordina-

tion for both legs is to do one-leg drills or isolated-leg drills.

To do one-leg drills, put two chairs next to your indoor trainer. After a good warm-up, alternate putting one leg on the chair and while the other does all the pedaling for 30 seconds. Make the pedal stroke perfect by imagining that you are scraping mud off the bottom of your shoe at the bottom of the stroke. Pull up on the back side of the stroke and then drive your knee and toes forward to complete the circle. Try to remove any dead spots where your foot stalls out. These typically occur on the top quarter of the pedal stroke.

5. Work on balancing [leg strength](#). In addition to having one leg that seems smarter than the other, most all of us have one leg that is stronger than the other one. In some cases the strong leg is also the most coordinated, but not always.

You can work on single-leg strength balance by doing one-legged strength training. You can do step-ups, leg press, knee extensions and hamstring curls single-legged. When you begin one-legged work, use a light weight until your form is perfect.

For example, when doing a one-legged leg press, keep your toes, ankle, knee and hip in line for the entire movement of the platform—up and down. Do not allow your knee to buckle in or out, away from that line. Keep the line drawn between your pelvic bones parallel with the leg press platform. In other words, do not dip or skew your pelvis to lift heavy weight.

6. Analyze your current diet. It is best to have a good [sports nutrition](#) expert do it. If you do not have the resources to access a sports nutritionist, you can utilize online software to analyze what is going down your gullet. From there, you can decide to do nothing or make changes.

7. Take a look at your equipment and clothing. Often, new equipment purchases serve as great motivation for getting fitness goals back on track or

accomplishing new ones.

If you decide to purchase new gear—or someone surprises you with new equipment for the holidays—consider donating gently-used gear to junior development programs or other programs for kids.

If you are not purchasing a new bike, you can give your current bike new life by taking it into the shop for a full overhaul. Replacing worn parts or upgrading some of your [components](#) can often make you more eager to ride.

Go through your closet and do something about clothing you can no longer wear for one reason or another. If the clothing is worn (Can I see your skin through those shorts as I ride behind you?) or stinky, throw it out.

If the clothing doesn't fit your current fashion taste or your current body type, consider donating it to a good charity. Giving gifts of fitness to other people adds to the motivating mojo.

8. If you have not had a complete physical in the last year (or 10) get a physical that includes blood work. Having baseline health measures when healthy can be very valuable in diagnosing any issues in the future. At the very least, the tests confirm your health status.

Because you're an endurance athlete, I know you can do a great job of pacing yourself through the holiday season. If you are beginning to feel like that hamster I described at the beginning of the column, take a breath and consider what you can do to make your health and fitness program successful for the remainder of December.

I look forward to reading about your successes in the coming year. Keep us here at Active posted on your accomplishments.

BICYCLE FRIENDLY COMMUNITY UPDATE



Although the League of American Bicyclists' turned down Richland's initial application for recognition as a Bicycle

Friendly Community, the campaign is still underway. In a meeting with representatives of the Parks & Recreation, Richland Police, and Public Works & Streets departments, Richland's commitment to continue with the effort to gain BFC status was made very clear. Doug Strong, Parks & Rec Director, voiced his continued support for Phil Pinard's efforts and praised the BFC Committee, George Kyriazis, Carl Berkowitz and John Ittner, for their assistance in helping Phil, Parks & Rec

Planning and Capital Projects Manager, complete the initial application. The Police Department and Public Works also stated their enthusiasm for making the improvements in enforcement and engineering needed to meet the LAB standards for recognition.

BICYCLE COALITION FORMING

Concurrent with efforts to gain Bicycle Friendly Community status for the Tri-Cities, efforts are underway to create an area-wide bicycle advocacy organization. At a meeting with Richland to discuss the BFC campaign (see "Bicycle Friendly Community Efforts Progressing"), Jeff Petersen described a companion campaign to create a local inter-organizational coalition to promote bike-friendly facilities

throughout the Tri-Cities. Jeff joined George Kyriazis, Carl Berkowitz, and John Ittner earlier this year in the BFC cause, and brought with him much support from key members in the community, most particularly the Columbia Center Rotary Club. CCR is funding a pilot project for Share The Road signage and seed money for bicycle advocacy. The committee is forming an organization to be called Three

Rivers Bicycle Coalition (3RBC). It will be modeled after similar organizations in other states, such as the LA County Bicycle Coalition and San Francisco Bicycle Coalition.

The mission, by-laws, and actual formation of 3RBC is expected to complete in 2010.



"Jeff joined . . .

And brought with him much support from key members in the community"

FAMILY SUNDAY RIDES

Starting Feb 14th the TCBC will have Sunday family rides twice a month! These rides will be shorter than the Saturday rides and stick mainly to the trails. It's a perfect opportunity to get the kids, spouse, or friend out riding in an easygoing setting without the worry of traffic or fast riders.

These rides will leave from Howard Amon Park at 2:00pm and will be approximately 1-2 hours long. We'll be doing a brief talk about riding safely and being courteous on the trails and will have a ride leader and sweep to make sure everyone has a great time and nobody gets left behind. Make sure to bring snacks and

drinks for after the ride and of course everyone needs to have a helmet! What a great way to spend Valentine's Day with your family or special someone!

Please note that only TCBC members are covered under insurance during rides.

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

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. Only TCBC members are covered under the club's insurance during rides.

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.

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. Riding in the fresh air and sunshine is its own best reward.

February Ride Calendar

Feb 6 - Around Red Mountain - Meet at Some Bagels at 9:30am. Head to Benton City via Ruppert Road, returning on Badger, Dallas, Bombing Range and Van Giesen. Blue approx 35 miles. Lunch at Shadow Mountain Grill in Benton City. Ride Leader Lora Bannan 420-0300

Feb 13 - Badger Canyon Loop. Meet at Espresso World on Clearwater at 9:30am. Follow Clearwater which will turn into Badger Rd. Right on Dallas, right on Keene, hope Queensgate to Columbia Park Trail. Take Leslie back up to Clearwater and back to Espresso World. Green approx 30 miles. Lunch at Café at Queensgate.

Feb 14 - Valentine's Day Family Ride - Meet at Howard Amon Park at 2:00 for a beginner and kid friendly ride South along the river path. Ride length will be determined by ride leader Greg Schroeder.

Feb 20 - Sacajawea Park and Back - Leave from Some Bagels at 9:30am and head to the river path. Follow path (with a slight bit of road) to Sacajawea Park and enjoy the wonderful learning center. Back along the same path to the Cable Bridge, over the river, and ride along the Columbia Park Trail.

Feb 27 - Around the Parks - Meet at Espresso World on Clearwater at 9:30am. Head South to 10th and over to Washington. Left on the bike path over to the Blue Bridge and cross the river. Follow the river path all the way back around to Columbia Park Trail then right to Leslie and back up to Clearwater. Lunch at the Sandstone in Kennewick. Green approx 30 miles.

Feb 28 - Family Sunday Ride - Meet at Howard Amon Park at 2:00 for an easy ride heading North along the river path. Ride length will be determined by ride leader Greg Schroeder.

Please note that only TCBC members are covered by the clubs insurance during rides. One of the great benefits of becoming a member!

**T R I - C I T Y B I C Y C L E
C L U B**

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**Serving Richland, Kennewick, Pasco and
surrounding areas.**

The Tri-City Bicycle Club (TCBC) attracts adult riders of various ages and riding abilities. We are a "touring" club, meaning the emphasis is on the joy and adventure of cycling, not competition. Organized weekend rides are scheduled year-round and are open to any rider wearing a bicycle helmet. It is our policy never to leave anyone behind or stranded. The club encourages bicycle riding for recreation, better health, and transportation. It supports its members and the community by holding recreational rides and social events. The club is an active advocate for the safety and interests of bicyclists and conducts bicycle safety programs for adults and children