

The Spokesman

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

SPECIAL POINTS OF INTEREST:

- Contador won the Tour de France!
- Only 21 "routiers" finished the first Tour de France in 1903
- The Tour de France inspired the lead singer of Queen, Freddie Mercury, to write the song "Bicycle Race" in 1978.

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BICYCLE FRIENDLY COMMUNITY

Ever been in an accident involving a motorist and a bicycle? Have you been ticketed for just being on the road on your bike. (Don't laugh - it happened to several of us years ago in West Richland.) Do you shy away from using a more efficient, shorter route for fear of bicycling in traffic?

Improve your chances in court and your efficiency and safety on the road with a LAB-Certified bicycle safety course, such as the new Traffic Skills 101. Take your place on the road with safety and confidence.

Have a certification that proves you know what your doing should you ever be challenged in court.

For LAB-Certified training, contact one of the Tri-Cities' two League Cycling Instructors. Damion Miller, with over ten years of experience, can be reached at (509) 591-0430. John Ittner, a newly-minted LCI, is at (509) 627-1858.



"Improve your chances in court and your efficiency and safety on the road "

G R O U P H E A L T H I E C A S U C C E S S

The 2009 Group Health Inland Empire Century was very successful. Almost 400 riders registered for another record-breaking total. The Kiwanis of Tri-Cities Industry and Kiwanis of the Columbia, cleared about \$5000 after paying expenses, including \$600 to TCBC for our

efforts in road marking, registration support, and SAG patrols.

This year the ride took a new route since Webber Canyon was under construction. A lack of Webber did not make the ride easier however. Rid-

ers were sent up the hills above Finley and experienced District Line Rd after 70+ miles of riding for a challenging century. The 30th IEC is scheduled for May 8, 2010.

MY FIRST SEATTLE TO PORTLAND BY BIKERTHEO

I rode in my first and biggest bike event yet last weekend. It was the STP Bicycle Classic of 2009. It started at the University of Washington and ended near Lloyd Center in downtown Portland, Oregon. It covered 202 miles in 2 days. If someone were to tell me I would ride something like this when I purchased my road bike a few years ago, I would have laughed at them. It's not that unusual though. 10,000 people buy tickets to ride this event. Some have done it over 20 times. All ages make this run as well. Some as old as 80 years and some as young as 4 years. There are all kinds of bikes too.

Friday, July 9, 2009

I drove to the Lipp's house to load my bike on his van around 11:00am. We drove down to Seattle and picked up our packets at the REI, then on to our overnight stay with friends in Duvall. We got fed brick oven pizzas. Very enjoyable dinner in which you take part in the making of the pizzas, such as, spreading the dough, adding what you want on your pizzas and sliding it into the brick oven for about 8 minutes to bake. It was by far the

best pizza I ever tasted. Ken and Terri live in a log cabin. Their barn has a very nice apartment above it and we slept there. It's a beautiful place and they made you feel right at home.

There was some trouble with the Lipp's van. Transmission seal blew before we got there, but that's a whole different story. I'll stick with the STP.

Saturday, July 10, 2009

Eric and I took Ken's farm pickup and loaded up the bikes, bags, etc. for the 2 day journey. We started at the University of Washington. The morning was cool and wonderful. Before we knew it, we were riding along Lake Washington under the State Highway 520 and the Interstate 90 bridges toward Kent. We didn't make our first stop until Spanaway.

Spanaway had hundreds of people and there were lines for things like restrooms and water. I was fine in both areas. While waiting for Eric, there were people walking around with free fruit, so I had an orange wedge while waiting.

The wind was at our backs most of this first day of biking which was sweet. The amount of bikers on the road with us was amazing. I had to learn the proper shouts, signs, and such for proper biking etiquette. Rules of the road were to be followed as well. We had our lunch break in Winlock. Yummy peanut butter and jelly sandwich with whole wheat bread. Lots of fruit and granola bars. The chocolate chip cookies were mighty tasty. Any other breaks we had were to fill up our water bottles.

By the time we got to Centralia, it was approaching the 90's and it was getting hot. We put our bikes in the bike corral and then found our baggage hauled in on a truck. We made our temporary homes on the floor of the college gymnasium, then took a very wonderful shower. Once changed and cleaned up, we got a burger, chips, and cold drink. Later, we found a big screen TV where we could watch the Tour Le Franc. We got to bed early and I had no problem falling asleep with a full tummy.

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ROAD CONDITIONS

Webber Canyon opened ahead of schedule. The rollers between Kiona and Badger have been flattened and the grade is steadier on the climb up. Road surface is very smooth with a nice shoulder until the last mile which has been chip sealed.

Leslie Road is new and improved with a wonderful surface and double the width. Riders now have a smoother and safer route to get to Badger, Clodfelter, or 10th street.

If you know of a road closure, construction, or surface prob-

lems let the club know by posting it on the forum. The link can be found on the home page of the club's website.



S T P C O N T I N U E D

Sunday, July 11, 2009

I was awake by 4:00am because people were beginning to move around and start packing. After a nice breakfast in the cafeteria, we set off by 6:30am. As we began, we could hear thunder and by the time we got into Chehalis we could see the lighting. We timed it and we were two miles from the lightning and heading right to it. I felt like a storm chaser!!! Luckily, the storm stopped quickly and all we got was rain.

I would say it rained most of the day. Sometimes it was mist, other times it was slushy big drops of what felt like ice. I had a nice STP waterproof jacket on and it kept me seal all day long. Eric and I decided to avoid the crowd of people at Longview and ate at a Taco Bell in Kelso. We had the whole place to ourselves with no lines for anything. They even allowed us to bring our bikes into the building. Sweet!!! I found the my water bottle cage was real lose, so I tightened it up while in the Taco Bell and checked other components as well. It was a nice break from all the bike riders.

Next was the big long bridge over the Columbia River at Kelso. They would stop traffic and allow a bunch of us to go at a time so there would just be us bikers on the bridge heading to Oregon. That worked out nicely. It's really weird to be cycling on a bridge so high up off the water. Quite an experience.

Our next stop was St. Helens. There was a very nice bike stop there with some yummy food. It was very fun to talk to people along the way. Most were quite friendly.

I found that each day at about the 70 mile mark, I would get into a slump and it would cause me to slow down. This rest stop was timely and the food and drink really hit the spot.

Next stop was Portland, Oregon. I would be riding very close to my daughter's apartment but she was working that day. It was nice to think of her as I passed by though. Never thought I would be riding my bike from Seattle to her house. Ha.

We went over the Willamette River by the Broadway bridge. This is where things slowed down a bit because the end was near. I had only a few blocks to go. Once at the finish line the people cheer you in. Nice crowd. Someone hands you a patch showing you have finished. Then it's off to put your bike in the truck for home, get a shower, grab a bite, and enjoy the festival. Oops, it began to rain at that point. We decided it was a great time to get our bags and board the bus.

When we got back to Seattle, we had beaten our bikes back, so we left and picked them up Monday morning. Seattle's Cascade Bike Club had people to watch the bikes throughout the night.

It was a great trip and I enjoyed every minute of it. It's Wednesday night, July 15th and my bike is all clean and ready to go again. We'll see about next year. Got time to think about it. In the 202 miles last weekend, I burned at least 12,000 calories. Woot!!!

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.

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.

July 18 * Badger Canyon Loop - Leave from Some Bagels in Richland at 8:30 am. Columbia Park Trail to Leslie to Badger Canyon, down Webber to Kiona. Food stop in Benton City. Return via Rupert Rd to DeMoss Rd and Van Giesen. Blue, approx. 40 miles.

July 25 * Intertie Wind Farm - Leave Some Bagels in Richland at 8:30 am. Bike trail over I 182 bridge, ride Pasco path to cable bridge. Over cable bridge and work your way over to Finley Rd. Up the hill and right on SR 397 over to Bofer Canyon Rd. Lunch TBD in Kennewick. Black

Aug 1 * Sagemoor Backwards - Leave Some Bagels in Richland at 8:30 am. Bike trail to Columbia Point and across Columbia River on I 182 bridge bike path. West on Court to Harris, west on Harris to Dent, follow Dent to Rd 68, left on Rd 68/Taylor Flats Rd, Left on Sagemoor and down the hill. Black, approx. 35 miles.

Aug 8 * Tour de Hanford - Leave Some Bagels in Richland at 8:30 am. Go north out of Richland onto Rt. 4S to the Wye Barricade. Turn back on Rt. 10 to Horn Road to bike trail, Goethels, and Lee. Black, 48 miles.

Aug 15 * Chocolate Factory and Beyond - Leave from Some Bagels in Richland at 8:30 am Cross Col. River on I 182, out Court to Harris, left on Harris to Dent. Left on Rd 68, right at fire station, out to Hwy 395 and lunch at the Chocolate Factory. Return via Hwy 395 north and take Sagemoor towards home. Black, 40 mi.

Aug 22 * Rancho Reata - Leave Some Bagels in Richland at 8:30AM. 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.

Aug 29 * Free Ride! - Leave from Some Bagels in Richland at 8:30 am decide on the ride, over some bagels. Discuss the meaning of Labor Day. Leaderless.

Sep 5 * Hat Rock to Pendleton Loop - Meet at 7AM at Some Bagels in Richland. Car pool to Hat Rock Park. Hat Rock to Echo to Pendleton along the Umatilla River. Water, food stop in Pendleton. Return through wheat fields north of Pendleton. Black, approx. 70+ miles.

Sep 12 * Far Finley Hill - Leave from Some Bagels in Richland at 8:30 am. Head towards Finley following Bill*s directions and up the far Finley hill (for those more ambitious there are also other hills to climb). Black, 40 mi.

Sep 19 * Tri Cities to Touchet - Leave from Some Bagels in Richland at 8:30 am. Go through Pasco to Hwy 12 then a left on Hwy 124 to Touchet River Rd and Return on Hwy 12. Black, 100 miles. Leader:

Sep 26 * Benton City - Leave from Some Bagels in Richland at 8:30 am. Ride to B.C. via Van Giesen, Ruppert, Demoss. Lunch in Benton City. Retrace route to return. Blue, approx. 35 miles. Leader:

Oct 3 * Hill Climbers Special - Leave from Some Bagels in Richland at 8:30 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 Park Trail and I 182. Black, approx. 50 miles.

Oct 10 * Dallas Climb - Meet at Some Bagels in Richland at 8:30 am. 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.



**TRI-CITY BICYCLE
CLUB**

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**Serving Richland, Kenewick, 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.

THANK YOU TCBC SUPPORTERS!

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 (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 - 723 W Clearwater Ave, Kennewick (509)783-2870

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

Greenies - 701 George Washington Way, Richland (509)946-3787