

The Spokesman

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

• DATES TO NOTE:

March 13-14th: Seattle Bike Expo!

March 25: Meeting at Applebees in Kennewick

May 8: Group Health Inland Empire Century

INSIDE THIS ISSUE:

STP	1
Club Insurance	1
Club Ride Information	2
Ride Schedule	3

Are you thinking about riding STP this year? If so it's time to get moving! Registration is open and although this 200 mile ride caps off at 10,000 riders it fills up fast.

Arrangements for transportation and lodging need to be made as well. There are many options and I strongly recommend staying near the starting point to avoid the crazy STP-day traffic .

If you're doing the ride in two days you'll also need to book a place to stay on Saturday evening. Again there are many options from tents to hotel rooms. Check your options and ask riders who have gone in the past to find the right place for you.

STP

It's also time to start training. There are two training schedules on Cascade's STP page. Which one you follow depends



TCBC Saturday rides will increase in length to help members train for centuries and organized rides as well as take advantage of the wonderful weather.

There are several TCBC members who have ridden STP before and plan to ride it again this year. They can be a great resource if you are riding STP for the first time or are looking for a training and riding partner. Training, tours, and organized rides are more fun with friends!

on whether you plan to be a one day rider or two day rider. Both schedules started the 2nd week of Feb so head over to the Cascade website soon and see if you're on track.

CLUB INSURANCE

One of the many benefits of being a Tri-City Bicycle Club member is coverage by the Club's insurance. There have been some questions lately about what it covers and what we need to do to make sure we don't lose this coverage.

The insurance serves a very important purpose. It is accident insurance that will help cover a member's expenses if they are in an accident on a club ride. It does not cover nonmembers or non-scheduled rides.

We need to follow the rules in order to keep this benefit. The insurance has requested that have non-members sign a waiver before rides and we need to have everyone listed on a ride sheet. Ride leaders will be in charge of this task.

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.

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.

March Ride Calendar

March 6—Chocolate Factory: Meet at Some Bagels and follow the river over to Court St in Pasco. Take Dent to Rd 69 to Selph Landing and the Country Mercantile (aka Chocolate Factory) for a light lunch. Back along Taylor Flats and Sandifer. Black 45 miles. Ride Leader Lora Bannan 420-0300

March 13—[Kennewick Hills - 10th to Washington](#): Meet at Some Bagels and follow the river to Columbia Park Trail. Up Leslie and over the rollers on 10th to Washington, back along the river. Green ~30 miles depending on which bridge is used on the way home.

March 14—Family Fun Ride: Meet at Flat Top Park in West Richland at 2:00pm. After walking across Van Giesen, we will get on Canal Drive which becomes Yakima River Drive. We will follow this road along the canal and river to its end where it joins Harrington. Turn around and return the same way. A variety of ducks, birds, and farm animals along this route are fun to observe along with seasonal changes of trees, plants, and the river itself. Ride Leader Rob Whitcraft 967-3077

March 20—Twin Bridges Benton City Loop: Meet at Bombing Range Sports Complex Parking Lot at 11:00am. Ride will follow Bombing Range to Van Geisen to Grosscup then out to Twin Bridges. After crossing the Yakima follow the road to 240 and go left. Another left at 225 which will take you all the way to Benton City. Back to the starting point via Kennedy and Bombing Range. Green 30 miles. Ride Leader Rob Whitcraft 967-3077

March 27—[Hover There](#): 40 miles. (P) Start at Espresso World on Clearwater. Ride out to old Hover town site via 4th and 1st. Return on 10th and Kellogg. Blue 40 miles.

**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