



The Wheel Truth

www.vancouverbicycleclub.com or www.vbc-usa.com

Vancouver Bicycle Club

VOL. 28, Issue 10, Dec 2010

Greetings Fellow Bikers and Friends of Bikers,

It's raining outside and dark all the time now. It is the season of flat tires and grit in the face. The leaves are all over the roads creating mushy, slippery treacherous paths. The temperature is dropping and the rain is getting colder causing your fingers and toes to freeze. It's really not a very good time to ride your bike outside.

And yet, I still see people out there going to and from work, out on recreational rides, and training rides. They look a little miserable but inside I know they are secretly happy to be outside having an adventure. And after the ride, after cleaning the bike and a hot shower, I know they feel good. I want that same winter glow.

I seem to have lost my macho self sometime this fall and have not been out riding in the rain. With the approaching Holidays and vacation time I should have plenty of time to have some epic adventures on the bike in the rain. One good thing about leading rides is that it forces you to ride, rain or shine. So my plan is to lead some rides and then presto, I will be riding this winter. It is hard to sleep in or skip a ride if you are the leader. And you will be amazed at the crazy people that show up to ride with you even in the worst weather. Being miserable with friends is better than being miserable alone.

I think a reasonable goal for winter is to ride at least once a week. Of course all rides in my world are cancelled if it is below freezing. Some of my most memorable rides were when it was snowing lightly. It wasn't freezing, just drifting snow on mostly dry pavement, so quiet, so peaceful, riding slowly through the snowflakes. I didn't go far on those rides but I was happy.

So go to the gym for spinning, sweating and weight training. But get on your bike for some winter adventures. And most importantly, ride safe. Feel free to schedule rides starting at noon or 1:00pm when the chance of fog and freezing temperatures is less.

Don't forget fenders with buddy flaps if you are riding in groups, your friends will love you more. Happy Holidays.

Ride safe and have fun,

Mary Devore, President VBC

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Next Club Meeting:

Wednesday, 7 PM
JANUARY 12TH
Bortolami's Aero Room
9901 NE 7th Ave, A 201
Vancouver

Next
Board Meeting
December 8, 2010
7:00pm

Have a Safe and
Happy
Holiday Season



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http://www.vancouverbicycleclub.com/
 Buddies_List_Info.html

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What We're About

The Vancouver Bicycle club sponsors group rides throughout Vancouver and Clark County, and actively supports safe bicycling. Club rides are held throughout the week, as well as Time Trials and event rides. Rides are open to everyone - you do not have to be a member of the club. We also sponsor various events at our club meetings which are designed to promote education, interest, and safety in the sport of bicycling.

A complete schedule of upcoming rides for October can be found in this issue of the newsletter. The newsletter also contains articles from the President and Editor, ride leaders, and members at large, as well as bicycling tips and other tidbits.

Information about or rides and events is also posted on our website, www.vbc-usa.com, and is updated monthly. For a schedule of VBC rides, click on the [Ride Calendar](#), and for surrounding area events, use our [Northwest Events](#) link. By clicking on the other links, you will find information about all kinds of other VBC things!

The VBC now has a great way to keep you informed of last minute changes to the ride schedule (as well as other cool club news). Consider joining the [VBC Buddies List](#). This is our list server that lets you keep informed on what's going on with the club, including impromptu rides and ride cancellations, club news, event, and all of our crazy goings-on. This is all done by e-mail, with messages delivered right to your e-mail inbox. Visit our [Buddies List Info](#) page to learn more about this service, how to join it, how to use it, and for any questions you might have about it.

ADDRESS CHANGES

Notify **Brenda Buchanan**, Membership Director, as soon as possible of address or email changes, or if your newsletter doesn't get to you.
membership@vbc-usa.com 360-604-5506

The Wheel Truth

is published monthly by the Vancouver Bicycle Club, a nonprofit organization. Circulation is approximately 550.

- Paid advertising is not accepted. We do list our supporting businesses by name and address and occasionally announce sales and commercial events that are of interest to our members.
- We attempt to list each month's not-for-profit rides and bicycle related events throughout the northwest in our Event Rides section. See www.vbc-usa.com for more listings. If your event or ride is nonprofit and is not listed, please contact the Events List Compiler with your information.
- Please contact the editor to have an article or flyer about your event/ride included in The Wheel Truth (min. 60 days prior, please). All we ask is that you reciprocate in your publication.
- Ride reviews and articles about your cycling experiences are welcome.
- The final date for inclusion in the next issue is the **15th**. Please contact the editor by phone or email with your copy prior to that date. If it is imperative that your information be printed and you can't get it in by the 15th, please call the editor and make arrangements for late submission.



RAMBLING ROADS

Adventures In Physics And Young Love

Her name was Pamela. Today she would be called a cougar. She was older than he and paid no heed to the boy-girl protocol of that time. Girls weren't supposed to be the aggressors, but what boy would really mind the flattery and attention? If you were a shy boy, it would just make the day. Maybe you would blush a little; maybe you would feel awkward; but it would be all worth it. Maybe some of you guys can relate to this. Right? Today if she wanted to kiss the young man, it would just be normal to go for it. We live in the era of Desperate Housewives, so it would all seem absolutely, positively, perfectly normal. But I digress. This is not a story about young lust and raging hormones. You see, Pamela had a bicycle and the young man didn't. Pamela was an elderly 9-years old, the young man was an inexperienced 7-years old, fresh out of first grade. The plot thickens.

Pamela's bicycle was the real thing. The tires actually had to be inflated. They weren't the hard-rubber things found on the three-wheeled version of pedal-power that was the young man's mode of transportation. Her bike had brakes, too, and it didn't matter the top bar curved down as was the distinguishing configuration for a girl's bike of the time. It was a real bike! It was time to leave behind the transportation of children and get with the big kids. There was no doubt about the question of an upgrade.

The tricycle in question wasn't one of the plastic big-wheels we see kids on today. This thing was built like an old Buick of yesteryear. It had a long wheel-base, looked like an upright but scaled-down version of an adult tricycle, and was made out of steel tube, virtually indestructible. Scale it up, put an insulated box on the back, and you could deliver ice cream with it. You could fill up the open ends of the tubes in the back with water and pretend it was gasoline for your motorcycle. That was pretty cool until Pamela showed up with playing cards clothes-pinned to the bike frame so as to engage the spokes and make a motorcycle-like noise. Kids will do the darnedest things.

The transition to the big leagues was on the horizon. Who would teach the boy how to ride a two-wheeler? It is said experience is the best teacher, so teach yourself, as long as you don't get killed in the process, although the School of Hard Knocks sometimes comes to mind when learning things on a bike! The method the young professor used was

ingeniously simple. He wasn't going to beg a bicycle from mom and dad and have one of them hover behind him while he learned how to ride. And the horror of even contemplating training wheels was out of the question. Oh, the humiliation of having a friend see him on a rig like that! Image was everything. No sir, he'd use the little hill in front of his house and some creative riding to teach himself.

In those days helmets were something only seen on football fields. Face masks on those helmets weren't thought of yet, and orthodontists got a lot of athletic referrals. Baseball players didn't wear helmets. Bicycle helmets weren't invented yet. This was the era of carbureted automobiles; no seatbelts let alone airbags; steering columns that were prone to impaling drivers on impact; rampant chicken pox, polio scares, measles, German measles, and mumps, all not worthy of being news headlines; and a famous philosopher, Alfred E. Neuman, being quoted saying, "What, me worry?" I'm sure a lot of mothers and fathers with their children venturing forth on bicycles didn't subscribe to that theory. When the kiddies grew up and got driver's licenses, the worries grew, too. Ignorance may be bliss, but that doesn't remove the hidden dangers in life. It was in this environment our young rider was going to teach himself to ride a bicycle.

The Law of Gravity is probably the first law of physics we all learn before our formal education starts. That law is simple: Everything tends in a downward direction as the Earth tries to suck us to its center. Forget that law and gravity always wins by tattooing us with purple bruises and other brightly-colored bodily adornments. But we also learn to harness this power of the universe for our own advantage. The advantage for the young rider was this: The tricycle could be propelled faster downhill with no feet on the pedals.



RAMBLING ROADS

Continued from Page 3

Taking the feet off the pedals of this tricycle was a distinct advantage in learning to ride a two-wheeled bicycle. With feet on the pedals there was a limitation to speed. Allowing gravity to offer a free ride with feet off the pedals provided a better environment for learning. We all know the difficulty of riding our bikes when the speed becomes too slow. With this enlightenment our young rider started down the hill in front of his house, faster and faster, until the moment was just right, the stars were aligned, and he shifted his weight. Lifting one rear wheel off the pavement he converted his tricycle into a two-wheeled transportation device! Oh, the joy of learning. Two wheels! You could almost hear the heavenly choir singing! It was time for that third wheel to go. It was graduation time!

The graduation ceremony was officiated by the older, more worldly, Pamela, who provided her 'big' bike for the young man to use. The same hill was used making pedaling unnecessary. All effort would go into concentrating on staying upright and learning to use the brakes. Pedaling would come later. The view from atop a larger bike was daunting. Gravity was allowed to work its magic, and slowly the new graduate was coasting down the hill on two wheels. Additional rides only increased the rider's skill level with pedaling coming next. Increased confidence ensued along with an intimate encounter with the bottom of a ditch when his skill level was vastly overestimated. Gravity had won and not for the last time either.

The cougar eventually succeeded in getting that kiss she wanted from the young man, and right on the lips, too! It seemed she was experienced in this sort of thing. He was worried someone would see them or find out about that kiss but didn't care too much. He was now a big kid on a two-wheeler.

And that, folks, is how I learned to ride a bike, learned something about the Law of Gravity, and learned something about girls. I put the real interest in girls off until much later, which I guess is another story. Well, there was this girl and a tandem once but as I said, it is another story.

Ramble on.

VBC Road Captain
Jeff Beilfuss

The lighter Side.....

A Cyclist and His New Bike

A cyclist was walking down the sidewalk one day when his friend, another cyclist, rode up on an incredibly shiny new bicycle.

The first cyclist was stunned by his friend's sweet ride and asked, "WOW! Where did you get such a nice bike?"

The second cyclist replied, "Well, yesterday I was walking home, minding my own business, when a beautiful woman rode up to me on this bike. She threw the bike to the ground, took off all her clothes and said, "take what you want!"

The second cyclist nodded approvingly, "Good choice. The clothes probably wouldn't have fit anyway."

Pig! Pig!

The other day on a ride, I was speeding down a narrow, twisting, mountain road. Then along comes a man who was driving very slowly uphill toward me, honking his horn, and shouting at me.

"Pig! Pig!!" he yelled. "Pig! Pig!!"

So I flipped him the finger and shouted back some things I dare not repeat as I buzzed by him.

Still thinking about this awful man and his shouting, I turned the corner and promptly collided with a pig.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Earthquake Route Mini Quake Hanukkah Begins	2 Throbbing Thigh Thriller	3 Salmon Creek- Brush Prairie	4
5 North Ride	6	7 Tour de Friends	8 Earthquake Route Mini Quake	9 Non-Throbbing Thigh Thriller	10 Salmon Creek- Brush Prairie	11 Winter Weekend Workout
12 Two Bridges Loop	13	14 Tour de Friends	15 Earthquake Route Mini Quake	16 Throbbing Thigh Thriller	17 Salmon Creek- Brush Prairie	18 Ride to French Toast French Toast and Beyond
19 North Ride	20	21 Tour De Friends	22 Earthquake Route Mini Quake	23 Non-Throbbing Thigh Thriller	24 Salmon Creek- Brush Prairie	25 Merry Christmas
26 Two Bridges Loop	27	28 Tour de Friends	29 Earthquake Route Mini Quake	30 Throbbing Thigh Thriller	31 Salmon Creek- Brush Prairie	

Please see pages 7 through 9 for times and descriptions of these rides

For all rides meeting at the River Maiden Coffee Shop, please DO NOT park in their parking lot or the gravel lot adjacent. Please park on the street or in the school parking lot across the street from the coffee shop



Key: Terrain/Pace/Style/Mileage
Example: Minor Hills / 12/Group/30 miles

Newcomers Welcome! You don't have to be a member to ride with us. Just ride.

<p>Flat</p> <p>Minor hills</p> <p>Moderate hills</p> <p>Significant hills</p>	<ul style="list-style-type: none"> •No hills, possibly a small climb for a bridge or an overpass •Occasional hills with easy grades •Occasional climbs of 1/2 to 1 mile and/or short steep grades •Extended and/or frequent climbs, or very steep climbs 	TERRAIN
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<p>10</p> <p>12</p> <p>14</p> <p>16</p> <p>18</p> <p>20</p>	<p>10-12 MPH –Easy/Beginner (frequent stops)</p> <p>12-14 MPH –Social pace (a few stops)</p> <p>14-16 MPH –Moderate pace</p> <p>16-18 MPH –Brisk pace</p> <p>18-20 MPH –Fast pace</p> <p>20+ MPH –Strenuous pace</p>	<p>PACE</p> <p>How to use this number: Ask yourself, <i>“Can I maintain this pace on flat ground?”</i> PACE is the minimum average riding speed on flat ground with no wind and no drafting. It is NOT the average speed for the overall ride, just the speed you should be capable of on the flats. Slower / faster riders are welcome on all rides IF they are comfortable fixing a flat tire and using a map.</p>
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<p>Group</p> <p>Re-Group</p> <p>Non-Group</p>	<ul style="list-style-type: none"> •No one will be left behind. Assistance with flat tires and other minor mechanical problems. •Maps will be provided unless noted in the ride description. •Re-group at specific points on ride route. Riders spread out. Assistance with minor mechanical problems limited. Ride leader waits a reasonable time for riders at re-group points. Maps provided. •No planned re-group points. Riders will spread out. Riders should be self-sufficient. Maps will be provided. 	STYLE
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Minor riders (younger than 18) must have a parent or other responsible adult sign for **and** accompany them on all rides.



REMINDER: Please CALL or EMAIL ride leaders for more exact information about ride descriptions.



Would you like to lead a ride but don't have a map or cue sheet?

VBC Road Scholars can help.

Look at the 125+ maps and cue sheets on our website:

[Http://www.vbc-usa.com/roadscholars/maps.htm](http://www.vbc-usa.com/roadscholars/maps.htm)

To get started contact Jan Verrinder at:

roadscholars@vbc-usa.com





Please Note: Minor riders (younger than 18) must have a parent or other responsible adult sign for **and** accompany them on all rides.

For the VERY LATEST INFO, join
The Buddies List

An informal email service of last minute corrections, changes, and inspirations. To join, go to our website at www.vbc-usa.com. Click on "About the Club," and "VBC Buddies List Info." From there, click on the link, "How do I sign up."

Also, before joining any ride, it's a good idea to check our online ride calendar for any last minute changes by going to the website and clicking on "Calendars" and "Ride Calendar." In addition to changes, you may find additional rides listed that were not yet planned at the time this newsletter was printed.

~ Please Remember to Bring Your Helmet!~

On-Going Weekly Rides

**Every Tuesday Morning
Tour de Friends - Minor hills/12-14/Group/20 miles**

Leave: 10:00am River Maiden Coffee Shop, 602 N. Devine Rd, Vancouver, WA 98661

Ride Leader: Clay Kind, 360-256-1595

Join Clay and friends for a leisurely group ride. Depending on the weather and the group, we may stop for coffee, may do a few more hills, or may go only 10 miles. Who knows? Come ride with Clay - it will be enjoyable. **NEW FEATURE:** there will be a lunch stop every third Tuesday of the month, with riders' choice on where to go and what to eat.

**Every Wednesday Morning
Earthquake Route - Moderate Hills/16-18/Re-Group/27 miles**

Popular week-day ride that breaks up into 3 or 4 groups on the road. Pick your pace, 14-16, 16-18, or 20+. Extra Salmon Creek loop increases mileage to 33 miles, and you can select a number of routes to return through downtown to River Maiden. Ride will be cancelled with rain/snow, or vote of the riders present.

Leave 10:00am River Maiden Coffee Shop, 602 N. Devin Rd, Vancouver, WA 98661

Ride Leader: Dick Gordon, 360-887-4434

Vancouver: heads through town on reverse RACC to Salmon Creek, down Felida to Salmon Creek trail. Return via Hazel Dell Avenue, Columbia Street, and at the end we get to climb Blandford.

Mini Quake - Moderate hills/12-14/Group/20

Leave: 10:00am River Maiden Coffee Shop, 602 N. Devine Rd, Vancouver, WA 98661

Ride Leader: Anne Moyers, 360-608-0641

Shorter, slower, and easier variation of the Earthquake Ride.

**Every Friday Morning
Salmon Creek - Brush Prairie - Moderate hills/14-16/Re-Group/20 miles**

Leave 10:00am Starbucks, 14300 NE 20th Ave., Vancouver, WA, 98686

Ride Leader: Dick Gordon, 360-887-4434

Typically three groups on the road, 12 – 14 thru 18 – 20 MPH. No one left behind. Salmon Creek to Hockinson via Salmon Creek Avenue to less traveled country roads. We return thru Brush Prairie, and finish ride climbing through the WSU campus to coffee. Ride will be cancelled with severe weather, or vote of the riders attending

IMPORTANT!

For any rides starting at the River Maiden Coffee Shop, please do not park in their lot or the gravel lot adjacent to their paved lot.

Please park at the school across the street or on the street

Thanks for your cooperation!



Other Rides for December

Thursday, December 2, 2010**Throbbing Thigh Thriller - Significant hills/18-20/
Re-Group/30 miles**

Leave: 10:00am, Fred Meyer - Salmon Creek, 800 NE Tenney Road, Vancouver, WA 98685

Ride Leader: Bill Tymer, 360-573-6053

Please park in the southwest corner away from actual Starbucks parking. This is an early morning ride to Ridgefield and back. We try to find all the humps, lumps and bumps between Salmon Creek and Ridgefield. Come and get those thighs throbbing.

Note: Start is in the corner of the parking lot near Starbucks.

Sunday, December 5, 2010**North Ride - Moderate hills/14-16/Re-Group/28 miles**

Leave 10:00am, SW corner of 63rd Street and Anderson, 6711 NE 63rd Street, Vancouver, WA

Ride Leader: Clay Kind, 360-256-1595

Riders will have a choice of two enjoyable loops that go from the Safeway lot out toward Battle Ground and both will regroup at the Battle Ground Burgerville before heading back. This ride frequently breaks into two groups, one riding at a social 12-14 pace and one riding at a 14-16 pace. We usually have coffee after the ride. Maps will be provided, or print out your choice of route using link to Map/Cue on the VBC-USA.com website.

**Thursday, December 9, 2010****Non-Throbbing Thigh Thriller - Minor hills/18-20/
Re-Group/32 miles**

Leave: 10:00am, Fred Meyer - Salmon Creek, 800 NE Tenney Road, Vancouver, WA 98685

Ride Leader: Bill Tymer, 360-573-6053

This ride is the opposite of the Throbbing Thigh Thriller. No steep hills on this one. On this ride I try to find flat roads from Salmon Creek to Battle Ground and Brush Prairie. Although some hills cannot be avoided, this is a good ride if you don't like hills. Join me as we ride a steady pace on the mostly country roads of Clark County.

Note: Start is in the corner of the parking lot near Starbucks.

Sunday, December 12, 2010**Two Bridges Loop - Minor hills/14-16/Re-Group/
21 miles**

Leave: 10:00am River Maiden Coffee Shop, 602 N. Devine Rd, Vancouver, WA 98661

Ride Leader: Clay Kind, 360-256-1595

A friendly ride with this enjoyable VBC staple. We'll go east on McLoughlin, south across the I-205 bridge, west along Marine Drive, then north across the I-5 bridge, and back to the River Maiden, where we usually have coffee, and maybe a munchie after the ride. Please park on the street or in the school parking lot across Devine

Thursday, December 16, 2010**Throbbing Thigh Thriller - Significant hills/18-20/
Re-Group/30 miles**

Leave: 10:00am, Fred Meyer - Salmon Creek, 800 NE Tenney Road, Vancouver, WA 98685

Ride Leader: Bill Tymer, 360-573-6053

Please park in the southwest corner away from actual Starbucks parking. This is an early morning ride to Ridgefield and back. We try to find all the humps, lumps and bumps between Salmon Creek and Ridgefield. Come and get those thighs throbbing.

Note: Start is in the corner of the parking lot near Starbucks.



Saturday, December 18, 2010
Ride to French Toast - Moderate hills/14-16/Group/50 miles

Leave: 9:00am, River Maiden Coffee Shop, 602 N. Devine Rd, Vancouver, WA 98661

Ride Leader: Laird Clow, 360-666-8553

Meet Laird across from River Maiden (in the school parking lot) or near the I-205 bridge for a ride to Maria Atkinson's house in Portland. We will follow the I-205 bike path in Portland and head West to 5734 SE Flavel Street (Maria's house). Once there we will relax while Maria graciously prepares French toast & hot coffee for us. After fueling up, we will continue on with Maria on her "French Toast and Beyond" ride, which starts at her house. We split from Maria's ride when she reaches the south end of the I-205 bridge and head back over to River Maiden via the bridge, a total of about 50 miles. Much of this ride is on bike trails and is quite 'scenic'. If weather is a factor, we will decide on the ride status before leaving the school parking lot.

If meeting the group at the I-205 path, allow about 30 minutes for the group to arrive from the River Maiden. Ride time to Maria's is about 90 minutes from the River Maiden. Watch the start times closely throughout the year as they change.

Saturday, December 18, 2010
French Toast and Beyond - Flat/14-16/Re-Group/50 miles

Leave 10:30am, Maria's house, 5734 SE Flavel Street, Portland, OR 97206

Ride Leader: Maria Atkinson, 503-516-3034

Come on over to SE Portland for French Toast and Coffee, then mostly a bike path route ride around east Portland.

Either get there by joining Laird's "Ride To French Toast" starting at River Maiden at 9:00am, or just show up at Maria's house at 10:30 for breakfast. After we eat, we'll leave for the ride at about 11:00. Laird's route is 50 miles, 10 miles less if you start and end at Maria's. Please see online ride calendar for additional details regarding this ride.

Rain does not cancel. Pace may slightly vary depending on group.

Sunday, December 19, 2010
North Ride - Moderate hills/14-16/Re-Group/28 miles

Leave 10:00am, SW corner of 63rd Street and Anderson, 6711 NE 63rd Street, Vancouver, WA

Ride Leader: Clay Kind, 360-256-1595

Riders will have a choice of two enjoyable loops that go from the Safeway lot out toward Battle Ground and both will regroup at the Battle Ground Burgerville before heading back. This ride frequently breaks into two groups, one riding at a social 12-14 pace and one riding at a 14-16 pace. We usually have coffee after the ride. Maps will be provided, or print out your choice of route using link to Map/Cue on the VBC-USA.com website.

Thursday, December 23, 2010
Non-Throbbing Thigh Thriller - Minor hills/18-20/Re-Group/32 miles

Leave: 10:00am, Fred Meyer - Salmon Creek, 800 NE Tenney Road, Vancouver, WA 98685

Ride Leader: Bill Tymer, 360-573-6053

This ride is the opposite of the Throbbing Thigh Thriller. No steep hills on this one. On this ride I try to find flat roads from Salmon Creek to Battle Ground and Brush Prairie. Although some hills cannot be avoided, this is a good ride if you don't like hills. Join me as we ride a steady pace on the mostly country roads of Clark County.

Note: Start is in the corner of the parking lot near Starbucks

Sunday, December 26, 2010
Two Bridges Loop - Minor hills/14-16/Re-Group/21 miles

Leave: 10:00am River Maiden Coffee Shop, 602 N. Devine Rd, Vancouver, WA 98661

Ride Leader: Clay Kind, 360-256-1595

A friendly ride with this enjoyable VBC staple. We'll go east on McLoughlin, south across the I-205 bridge, west along Marine Drive, then north across the I-5 bridge, and back to the River Maiden, where we usually have coffee, and maybe a munchie after the ride. Please park on the street or in the school parking lot across Devine

Thursday, December 30, 2010
Throbbing Thigh Thriller - Please see December 2nd or 16th on previous page for description of this ride



Credits through October 2010

Leader	YTD Credits
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Alber, Erik	4.0
Anderson, Dean	1.0
Atkinson, Maria	25.0
Baker, Lauren	11.0
Beilfuss, Jeff	8.0
Bingle, Mike	8.0
Bowers, Dave	12.0
Brockway, Pat	5.0
Brown, Phil	2.0
Bryan, Carol	7.0
Buchanan, Brenda	7.0
Cannell, Anita	2.0
Cannell, Tim	2.0
Carlos, Amy	1.0
Chrisco, Heather	14.0
Clow, Laird	14.0
Cole, John	2.0
Cook, Nancy	16.0
Cote, Joe	21.0
Daby, Brian	5.0
Devore, Mary	14.5
Franz, Barb	3.0
Fischer, Ed	3.0
Gardner, Harry	13.0
Gilmour, Al	2.0
Gokturk, Ayla	31.5
Gordon, Dick	43.0
Hardie, Susan	10.0
Helgerson, Ole	7.0
Hilyer, Lea	1.0
Hoge, Doug	4.0
Holzman, Larry	2.0
Ken	1.0
Johnson, Dennis	7.0
Joy, John	3.0
Kimball, Vern	14.0
Kind, Clay	95.0
Klemmer, Joe	1.0
Koperski, Liz	0.5
Kraft, Jon	1.0

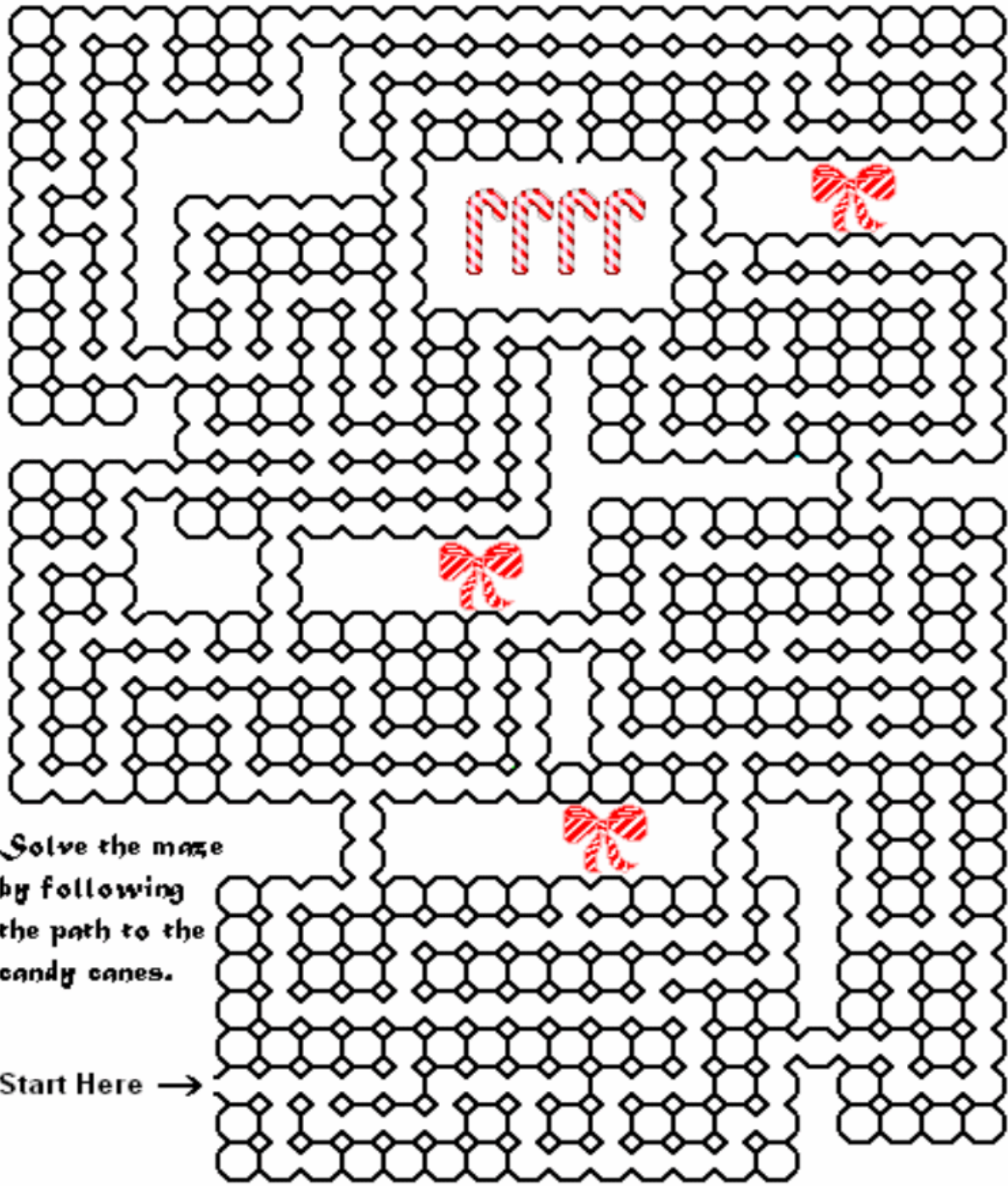
Lai, Lap	24.0
Lance, Roger	1.0
Link, Pam	1.0
Lusby, Mike	17.0
Lyall, Pete	2.0
Mandelson, Bob	3.0
Moyers, Anne	19.0
Moyers, Bill	32.0
Martin, Scott	11.5
Morgan, Dianne	1.0
Noonan, Jim	8.0
O'Brien, John	3.0
Parsons, George	8.0
Rakoz, Karon	7.0
Rakoz, Bob	1.0
Rauch, Cindy	11.0
Perletti, Bill	1.0
Redding, Mike	1.0
Rosvold, Steve	9.0
Ryan, Jim	1.0
Schager, Sam	1.0
Scholten, MaryAnn	14.0
Scholten, John	16.0
Sharp, Clay	5.0
Sherman, Dave	1.0
Shope, Charlotte	30.0
Stanton, Dan	1.5
Stewart, Chuck	4.0
Sutherland, Roxanne	36.0
Teague, Glenn	4.0
Toscano, Joe	4.0
Trinkle, Steve	4.0
Turner, Gene	13.0
Tymer, Bill	43.0
Verrinder, Jan	1.0
Viles, Carolyn	3.0
Wayne, Nancy	1.0
Wardell, Suzie	38.5
Wills, Jeff	1.0
Williams, Sally	1.0
Wilson, Jim	8.0
Wilson, Kim	7.0
Wright, Stephen	4.0
Zamani, Mary	1.5

YTD Ride Credits=	823.5
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Holiday Maze

See solution on next page

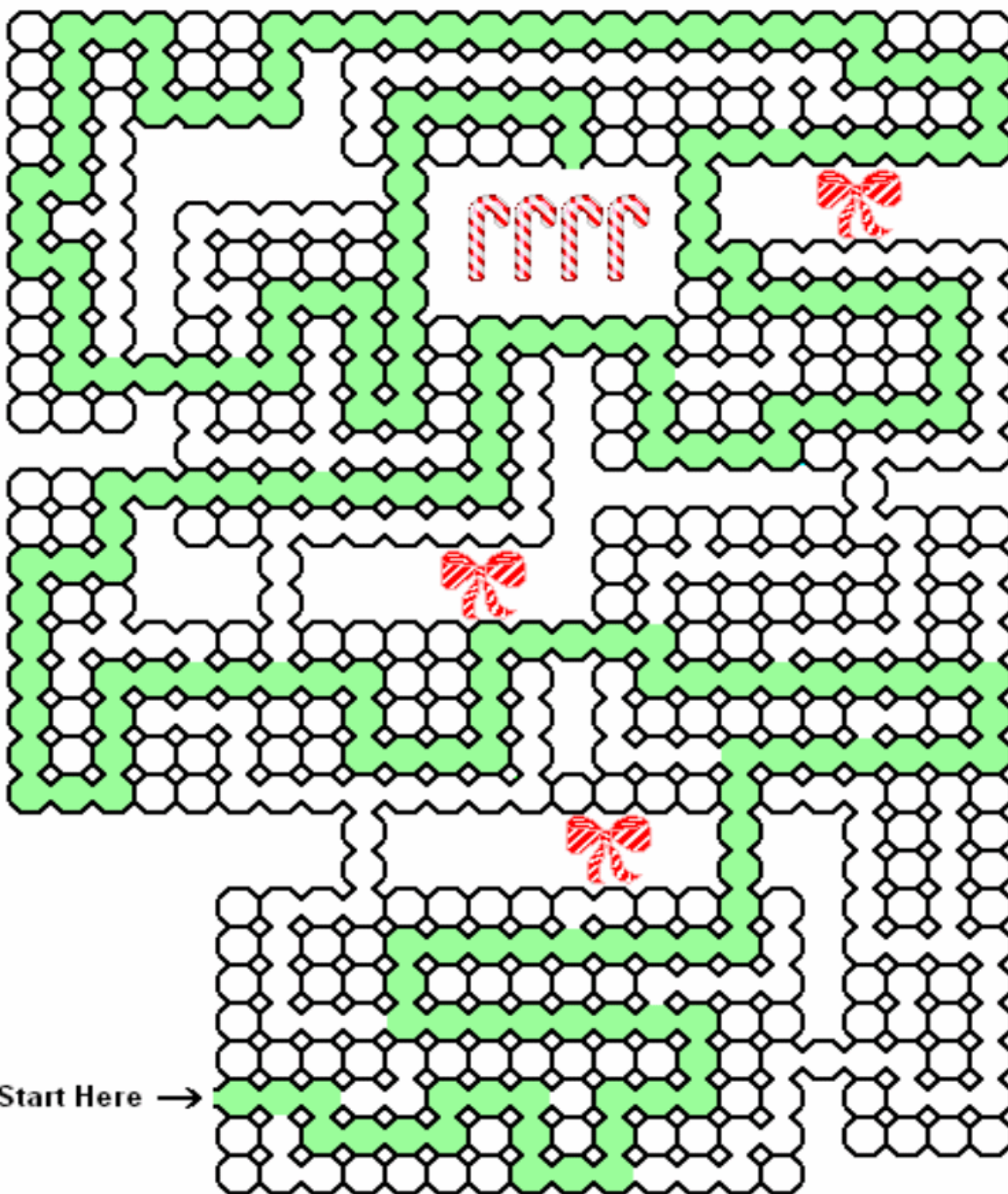


**Solve the maze
by following
the path to the
candy canes.**

Start Here →



Solution to maze on page 11





Ask Coach Fred By Fred Matheny of **www.RoadBikeRider.com in Oct 2010 Newsletter**

Is Toe/Front Wheel Overlap Dangerous?

Q: I just bought my first serious road bike. It's light and fun to ride, but the toe of my shoe sometimes hits the front wheel when I make sharp turns. This seems dangerous so I'm worried about it. Did I buy a badly designed bike? I want to time trial and I'm afraid I'll kick the wheel at the 180-degree turnaround. -- Alan F.

Coach Fred Matheny Replies: Many racing bikes have some amount of toe overlap, especially those with smaller frames. It also happens for riders who have large feet for their body size or who move their cleats rearward, which puts more of their feet in front of the pedals.

Generally, a bike with a front-center measurement of 59 cm or more won't have toe overlap if the rider doesn't wear shoes larger than European size 46 (U.S. size 12). Front-center is the distance from the middle of the crank axle to the middle of the front hub axle. Of course, tire size and cleat position can alter this rule of thumb.

But don't worry, even with lots of toe overlap you won't touch the wheel while cornering at normal speed. The front wheel doesn't pivot enough to let it happen.

As you say, though, contact is possible at very slow speeds while you're turning sharply and pedaling at the same time. Simply avoid that combination. If contact does happen, you can unclip your inside foot and put it on the ground to stay upright.

The turnaround in a time trial can raise the risk. In most events, you need to make a very tight U-turn around a traffic cone. Just remember to coast with your inside pedal up and resist the urge to resume pedaling before your wheel is pointed down the course again.

Note that adding a front fender can create toe overlap on a bike that didn't have the problem. A fender has the effect of increasing the wheel's diameter. Beware of this if setting up a rain bike or winter training bike. Even clip-on fenders can cause overlap.

The ideal solution is to have a frame with enough front-center distance to avoid toe overlap even with fenders installed. Bikes intended for touring are the most likely to be designed this way.



VBC Board Special Bulletin

The Vancouver Bicycle Club has many opportunities for all members to get involved sharing ideas and spending time together pursuing our common interests in cycling

In addition to leading rides and partaking in our many volunteer activities, we also have some new opportunities to become engaged as Club Officers for the coming year.

The VBC Board current openings are as follows:

- VBC President.....Stepping down is Mary Devore
- VBC Vice President.....Maria Atkinson, current VP, is running for President
- Road Captain.....Jeff Beilfuss stepping down, John Cole running for position
- Assistant Road Captain.....John Cole, current ARC, running for Road Captain
- Webmaster.....Stepping down is Vicki Nier
- Assistant Webmaster.....Position Open
- Secretary.....Stepping down is Lauren Baker

If you're interested in one of these positions, or you know someone who would be perfect to fill one of these openings, please contact any member of the VBC Board.

The Club will vote for new board members at the January meeting.

We greatly appreciate all those who are involved with the administration of the Vancouver Bicycle Club and we extend our heartfelt thanks to all our members who make our club the best in the Northwest.

Thanks again!

Classified Ads

For Sale

Felt "S32" Tri / Time Trial Bike - 50CM - 650 Wheels

Interested parties please contact Dennis Funk - (360) 571-4454
For more information





Did you know that the VBC has a lending library of over 50 cycling related books and DVD's for your reading and viewing pleasure? Items in the VBC Library are available to VBC members only (another good reason to join the club) by emailing Dennis Johnson or Lauren Baker, the VBC Secretary. For a list of items available, please visit our website at vbc-usa.com and click on "About the Club" and "VBC Lending Library." The library includes titles on maintenance, training, history, motivating excursions others have done, road biking, mountain biking, etc. Again, all cycling related. No need to buy a book if you can borrow one for free! Donations of cycling related books and DVD's (no magazines please) are also welcome to help grow our library. Please contact Dennis or Lauren if you would like to make a donation.

VBC Supporting Businesses The following businesses offer discount on food, parts and accessories to card-carrying VBC members. Please show your appreciation by giving them your business whenever possible.

Bad Boyz Bicycle & Specialties	19002 SE 15th St., Vancouver	(360) 892-5281
Bike Tires Direct	5741 NE 87th Ave., Portland 97220 - www.biketiresdirect.com	(800) 682-0570
Bortolami's Pizzeria	Corner of 99th St. and 7th Ave, Hazel Dell, Vancouver	(360) 574-2598
Camas Bike and Sport	240 NE 3rd Ave., Camas, WA - www.camasbikes.com	(360) 210-5160
Carl's Jr. in Vancouver at 4 locations	9016 NE Hwy 99	(360) 574-9200
	7412 NE 117th Ave.	(360) 256-7041
	5000 E 4th Plain Blvd.	(360) 694-0017
	1404 SE 164th Ave.	(360) 891-6031
Carl's Jr. in Portland	508 SW Taylor, downtown Portland	(503) 224-2356
Fit Right Northwest	700 SE 160th Ave., Vancouver, WA - www.fitrightnw.com	(360) 885-4556
Schroeder's Schwinn	11009 NE Burton Rd., Vancouver	(360) 892-9061
Vancouver Cyclery	10108 NE Hwy 99, Vancouver	(360) 574-5717
Veloclothes	5630 NE MLK Blvd., Portland— sales@veloclothes.com	(888) 288-6430
Weir's Cyclery	8247 N Lombard, Portland	(503) 283-3883

***Note: Use the Bike Tires Direct promotion code for our club to get the 10% discount: VANCBIKE.** You may remember this business at a slightly different location. The new address is close to the old one. They moved because a fire destroyed their building. You can also email them at: Sales@BikeTiresDirect.com

Mike's Tip of the Month by Mike Viles

After 17 years of tips, this is my last tip of the month. I am moving to a dryer climate in Central Oregon after I retire at the end of the year so I thought it would be a good time to recap three of my favorite tips.

1. Don't take unnecessary risks. There are many things we don't have control of, take care of those you do.
2. Communicate your intentions to your fellow riders. Verbally tell riders when you are passing them, when you are drafting behind them and when you are going to stop or slow down.
3. Find out what caused your flat tire. If you don't find the cause, it will cause another flat tire in short order.

Ride safely and have a happy new year.

