



The Wheel Truth

www.vbc-usa.com

**Vancouver
Bicycle Club**

VOL. 29, Issue 8, Aug 2011

From the President...

Memories.

Long, long ago in a world far, far away, I led a different life. The life of a bike messenger. On a fixed gear bike. I rode that little fixie everywhere. Up hills. Down hills. Learned to skid. Even rode my first century on it. And the Human Powered Roller Coaster race. Google it, it's cool.

Now these many years later, I'd walk by that bike on my trek through the basement headed toward the laundry. There it sat. Dust collecting. Cobwebs. I kept thinking to myself: I'll ride it again someday! But there it sat. Riding a fixed gear can be pretty challenging, especially as my knees get a little older and bit more fragile. So it continued to sit.

Then, a small trigger. A girl at work bought a single speed wheel with a flip flop hub offering both a fixed and freewheel option. It was the wrong size for her bike and she didn't want to return it. Before you could say flip flop hub, I had wheeled and dealt for her wheel. For \$105 I got the wheel. Another coworker, Clancy, took the old track wheels with high flange DuraAce hubs. Beauties. Gave me \$105, a new front wheel and a bunch of labor.

A little plastic ballerina in a blue dress rides in the little triangle between the seat stay tubes. I took the doll to the powder coater and picked out a close shade of blue for the bike. Pale, sky-blue, dreamy blue. I paid the \$100 and picked it up weeks later, completely made over.

The bike and parts sat at a friend's shop waiting for a free moment for him to put it all together. It was a favor; it could take all summer. No expectations. A saddle sore took the STP single day ride away from me this year. I changed my plans to two days, so I wouldn't risk more hurt. And that Wednesday, a picture showed up in my e-mail box. A picture of my "new" blue KHS single speed. Complete and ready for the road.

So I went out and did my Wednesday night route, solo, on the single speed. It rode like a dream. Maybe single day STP was off the table, but single speed STP just showed up for dinner! I tossed on bottle cages behind the seat, since there are no holes for bottle cages on the frame. Zip-tied a new white basket on. Put the little ballerina back in her place. And rode it!

200 miles on my old dream bike sure brought back memories. That particular geometry, extremely short wheel base and short little 165mm cranks just burrowed their way back through the neuro-pathways that stored those years of fun "back in the day". It's the fountain of youth.

So, I encourage you, unearth that old Schwinn or cruiser from your garage or basement. Dust it off. Look at it closely. Is there potential there? Can this be a new townie? Or even a century show-off? Or maybe even just a hand-me-down to a beginner cyclist not ready to invest? These machines beg to be ridden! And you'll love reliving or sharing the memories that come with putting one of these golden oldies back on the road.

Maria Schur, President VBC

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Next Club Meetings:

**The next regular club meeting is
Wednesday, 7 PM
September 14, 2011**

Bortolami's Aero Room
9901 NE 7th Ave, A 201
Vancouver

Meet Fellow Cyclists

Ask Questions

See What It's Like

We hope to see you there!

Have a Safe and Happy August

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 Feel free to volunteer

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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 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 our 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 **Carolyn Kalish**, Membership Director, as soon as possible of address or email changes, or if your newsletter doesn't get to you.
membership@vbc-usa.com

The Wheel Truth

is published monthly by the Vancouver Bicycle Club, a nonprofit organization. Circulation is approximately 550. Beginning April 2011, the Newsletter will circulate electronically to all VBC members. It will continue to be distributed to local bike shops and business in printed format.

- 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.



[Study shows cycling in heavy traffic may pose heart risk](#)—Reprinted from Last Month

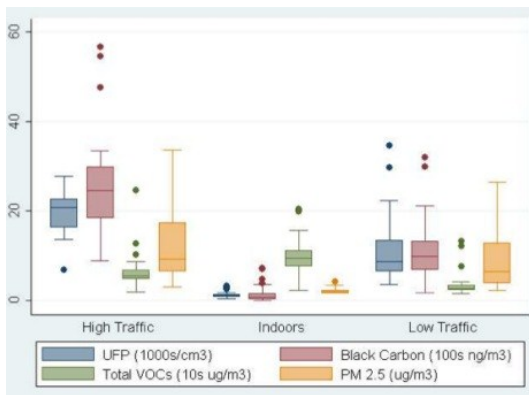
Posted by Jonathan Maus (Publisher/Editor) http://fwix.com/portland/share/68345e3bbc/study_shows_cycling_in_heavy_traffic_may_pose_heart_risk

In what researchers call the first study ever to examine the relationship between traffic-related air pollution exposures and cardiac health among people who ride bikes, a study published last month found that cycling near heavy traffic "may have a significant impact" on heart health.



*Riding on SW Broadway in Downtown Portland
(Photo Copyright J. Maus)*

The research, *Traffic-Related Air Pollution and Acute Changes in Heart Rate Variability and Respiratory Function in Urban Cyclists*, was done in Ottawa by Canadian researchers and published in the journal *Environmental Health Perspectives*.



Graphic from a study showing mean personal air pollution exposures at the high-traffic, low-traffic, and indoor cycling locations

Researchers monitored 42 healthy adults and compared their vital signs after cycling for one hour on high and low-traffic routes as well as indoors. The results showed irregularities in cardiac function, also known as heart rate variability (HRV), a condition that has been shown to be a predictor of mortality following heart attacks.

"Our findings suggest," the researchers concluded, "that short-term exposure to traffic may have a significant impact on cardiac autonomic function in healthy adults."

While they found a heightened risk to heart health when cycling near tailpipes, researchers noted that, "the clinical implications of this relationship are unclear as the health benefits of cycling might outweigh any potential negative impact."

Interestingly, the study authors recommend that people choose bikeways that are away from high-traffic areas:

"... our findings suggest that when possible it may be prudent to select cycling routes that reduce exposure to traffic and/or to avoid cycling outdoors or exercise indoors on days with elevated air pollution levels. In addition, the planning of new cycling routes/ bicycle paths in urban areas should aim to minimize time spent in high-traffic areas in order to reduce exposures of recreational riders (e.g. elderly) who may be more susceptible to the acute cardiovascular health effects of traffic-related air pollution."

That portion of the findings reminds me of a recent study at the Department of Environmental Science at Portland State University. As we reported last fall, that study concluded that a bikeway separated from motor vehicle traffic by even a few feet may be, "more protective for cyclists than a traditional bicycle lane in terms of lowering exposure concentrations of ultrafine particles."

The Canadian study should also give added momentum to planners who are pushing low-traffic bikeways like Portland's Neighborhood Greenways as alternatives to biking on main streets.



VBC Club Meeting Info

**Come to the next VBC Club Meeting! Open to all!
Meetings are on on the 2nd Wednesday every other month.**

**Not a member yet? Come to a meeting!
Meet fellow cyclists, ask questions about the club, see what it's like!
Check us out before you join! No obligation!
Satisfaction Guaranteed!**

Next Meeting:

Wednesday

September 14, 2011

7:00pm

Topic:

To be determined

Location:

Bortolami's Aero Room
In the building behind Bortolami's Pizzeria
9901 NE 7th Avenue
2nd floor, Room A201
Vancouver, WA 98686

Corner of 99th Street & 7th Avenue in Hazel Dell, Washington
Just west of I-5 from the 99th Street Exit #5

VBC Board Meeting Info

**The VBC Board meets on the 2nd Wednesday of every other month.
The board meetings are in alternate months with the regular
club meetings so the next one will be August 10, 2011 at 6:00pm and will
be held at the Three Rivers Library in Vancouver.
Members are welcome to attend.**

~Please remember that beginning in April 2011 the newsletter will only be available in electronic form for VBC members~



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 AM - Woodland to La Center Turn and Burn 6:00 PM - Kelley Point	2 9:00 AM - Tour de Friends 6:00 PM - Ladies Intermediate Ride*** My New Significant Undefined Route	3 9:00 AM - MiniQuake 9:00 AM - Wed. AM Earthquake	4 9:00 AM - Non-Throbbing Thigh Thriller 5:00 PM - Vancouver Loop 6:00 PM - Time Trials - 10 Miles	5 9:00 AM - Panther Creek Tour 10:00 AM - Salmon Creek - Brush Prairie	6
7 9:00 AM - Two Bridge Loop	8 10:00 AM - Woodland to La Center Turn and Burn 6:00 PM - Kelley Point	9 9:00 AM - Tour de Friends 6:00 PM - Ladies Intermediate Ride*** My New Significant Undefined Route	10 9:00 AM - MiniQuake 9:00 AM - Wed. AM Earthquake	11 9:00 AM - Throbbing Thigh Thriller 5:00 PM - Vancouver Loop 6:00 PM - Time Trials - 10 Miles	12 10:00 AM - Salmon Creek - Brush Prairie	13
14 9:00 AM - North Ride	15 10:00 AM - Woodland to La Center Turn and Burn 6:00 PM - Kelley Point	16 9:00 AM - Tour de Friends 6:00 PM - Ladies Intermediate Ride*** My New Significant Undefined Route	17 9:00 AM - MiniQuake 9:00 AM - Wed. AM Earthquake	18 9:00 AM - Non-Throbbing Thigh Thriller 5:00 PM - Vancouver Loop 6:00 PM - Time Trials - 10 Miles	19 10:00 AM - Salmon Creek - Brush Prairie	20 9:00 AM - Ride to French Toast 10:30 AM - French Toast and Beyond
21 9:00 AM - Two Bridge Loop	22 10:00 AM - Woodland to La Center Turn and Burn 6:00 PM - Kelley Point	23 9:00 AM - Tour de Friends 6:00 PM - Ladies Intermediate Ride*** My New Significant Undefined Route	24 9:00 AM - MiniQuake 9:00 AM - Wed. AM Earthquake	25 9:00 AM - Throbbing Thigh Thriller 5:00 PM - Vancouver Loop 6:00 PM - Time Trials - 10 Miles	26 10:00 AM - Salmon Creek - Brush Prairie	27
28 9:00 AM - North Ride 10:00 AM - *** My New Significant Undefined Route 10:00 AM - *** My New Significant Undefined Route	29 10:00 AM - Woodland to La Center Turn and Burn 6:00 PM - Kelley Point	30 9:00 AM - Tour de Friends 6:00 PM - Ladies Intermediate Ride*** My New Significant Undefined Route	31 9:00 AM - MiniQuake 9:00 AM - Wed. AM Earthquake			

Remember to Bring Your Helmet! (CPSC Certified, Please)

Please see pages 8 through 11 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

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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 <p style="text-align: right;">TERRAIN</p>
<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> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">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> </div>
<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. <p style="text-align: right;">STYLE</p>

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



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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 Monday Morning

Kelley Point - Flat/14-16/Re-Group/22 miles

Leave: 6:00pm, Fort Vancouver Regional Library, 1007 E. Mill Plain Blvd, Vancouver, WA 98663

Ride Leader: Suzie Wardell

This is a ride you can decide your pace. Whether you want to come and hammer out the Monday blues or recover from a fun weekend! The starting pace in the beginning of the year is usually a bit slower but picks up speed by the end of the season. Brenda Buchanan and I will co-lead this ride so no one is left behind. Rain will cancel the ride due to slick conditions on the land bridge. A flat out and back over I-5 bridge to Kelley point and beyond. PIR bike race viewing option added.

Woodland to La Center Turn and Burn - Significant/14-16/Re-Group/23 miles

Leave: 10:00am, Woodland Park & Ride, Lakeshore Drive & Goerig, Woodland, WA 98674

Ride Leader: Gary Williams, 360-904-7441

Woodland: A 23-mile loop with several moderate and a few significant climbs, ending in a fast, twisting, steep, 2-mile descent. We ride to La Center, then east up Lockwood Creek climbing to 379th Street where there is an optional re-group at View Market just off-route to the east. Return to Woodland by way of 389th Street and Bratton Road. Use extreme caution descending Bratton

Road due to high-speed descent. Note: An optional 11-mile loop around the Woodland Bottoms makes for a nice warm-up before hitting the hills. bridge.

Every Tuesday Morning

Tour de Friends - Minor hills/12-14/Group/20 miles

Leave: 9:00am 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 Tuesday Evening

Ladies Intermediate Ride - Significant Hills/12-14/Re-Group/10 miles

Leave: 6:00pm, 19301 SE 34th St., Camas, WA 98607—Parking lot is sandwiched between QFC Parking lot to the west and Payne Road to the east

Ride Leader: Ayla Gokturk (360) 721-0523

Are you ready to graduate from the Ladies Beginner Ride? Can you ride 14-16 mph for 15-22 miles? Want to climb some moderate and maybe one significant climb? Then join us on Tuesday night at Big Al's for a ladies only intermediate ride. The beginners and intermediate riders will gather at the same start location but the intermediates will start the route with a faster pace and at least one moderate climb. Ride leaders will try to ride one-on-one with each intermediate riders (depending on size of ride and number of leaders) to offer coaching and tips as well as support for the intermediate riders.

Every Wednesday Morning

Earthquake Route - Moderate Hills/14-16/Re-Group/27 miles

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.

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

Ride Leader: Bill Moyers, 360-573-5246 or 360-608-3822

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**Every Wednesday Morning (Continued)****Mini Quake - Moderate hills/12-14/Group/22**

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

Ride Leader: Anne Moyers, 360-608-0641

This route started as a shorter, easier option to the Earthquake route, but it is a great ride on its own. We still ride through town and down Felida Hill (wheel!) onto the Salmon Creek Path (paved). But we're basically cutting distance and hill-climbing on this route, so we find a slightly different way out to the park and back home. Restrooms and water at the park by the ball fields.

Depending on how much you have left in your legs and lungs, you have 3 options to finish the route:

- climb Blandford (regular EQ route)
- climb half of it via Evergreen
- skip it and climb McLoughlin instead (shortest, easier choice)
-

All options lead back to the coffee shop

Every Thursday Afternoon**Vancouver Loop Ride - Flat/12-14/Group/23 miles**

Leave 5:00pm from Clark Public Utilities, 1200 Ft. Vancouver Way, Vancouver, WA 98663

Ride Leader: Roxane Sutherland

Join me for a social ride that will increase in pace as we move into the warmer months. This ride will be 23 miles, now that we have more daylight. We will leave from Clark Public Utilities(CPU) off Mill Plain and Ft. Vancouver Way. I have secured parking in the CPU parking lot at the far west end (by the picnic tables).

Time Trials - Flat/20-22/Non-Group/10 miles

Leave 6:00pm, Port of Vancouver Office, 3103 NW Lower River Road, Vancouver, WA 98660

Ride Leaders: Nancy Cook (360) 903-7280 Mike Lusby (360) 910-4416

Registration starts at 6:00pm and racing starts at 6:30pm every Thursday starting in mid-April through mid-September. Open to everyone—\$2.00 fee. VBC members free. Results are published on the VBC Time Trials webpage.

Directions to start: From I-5 take Fourth Plain Blvd or Mill Plain Blvd exit westbound. Continue west approximately 2.4 miles to the Port of Vancouver's office (on left-south side). Please park to the east of the building. APPROVED HELMETS ARE REQUIRED!

Once a year we offer a 35k time trial. Please watch the VBC Ride Calendar or VBC Time Trial webpage for the exact date.

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: Vern Kimball

Group pace will vary from 12 to 20 MPH Vern's pace will be the 12-14 mph. No rider left behind. Views of MT Hood and St Helens on clear days. Route uses less traveled roads to Brush Prairie and returns by way of the WSU campus. Vern doesn't start in the rain. Great story telling after the ride.

Other Rides for August

Sunday August 7th and 21st, 2011**Two Bridges Loop - Minor hills/14-16/Re-Group/21 miles**

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

Ride Leader: Clay Kind, 360-256-1595

Enjoy this friendly 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

**Sunday, August 14th and 28th, 2011****North Ride - Moderate hills/14-16/Re-Group/29 miles**

Leave 9:00am, 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

Sunday August 28, 2011**Miscellaneous Ride - Significant Hills/12-14/Non-Group/36 miles**

Start: 10:00am, 177 Dog Creek Road, Cougar, WA

Ride Leader: Britt Martens

We will bike up to Lava Canyon and back the same way.. Appr. 36 miles and. 3000 feet elevation gain. You bike at your own speed and the way back is a great down hill. It would be great if you can call before and let us know if you are coming...Our phone up there is 360-238-5275 and my home phone 360-695-6377. We hope to see you in Cougar for a great ride and fun party..

Thursday, August 11th and 25th, 2011**Throbbing Thigh Thriller - Significant/18-20/ Re-Group/30 miles**

Leave: 9:00am, 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.

Thursday, August 4th and 18th, 2011**Non-Throbbing Thigh Thriller - Minor hills/18-20/ Re-Group/32 miles**

Leave: 9:00am, 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

Saturday August 20, 2011**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 Schur'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 August 20, 2011 (Continued)

**French Toast and Beyond - Flat/18-20/Re-Group/
50 miles**

Starts 10:30am, Maria's house, 5734 SE Flavel Street (not Drive), Portland, OR 97206

Ride Leader: Maria Schur, 503-516-3034

Please note posted faster pace. We will average 18-20mph on the flats. If you cannot keep this pace, it's likely you'll get dropped. Please print the cue sheet & bring it along so you don't get lost. This is a regroup ride, which means we'll stop at several points along the way and wait a few minutes.

Come for French Toast and coffee in SE Portland, followed by a mostly bike path route ride around east Portland. Get there by joining Laird's "Ride To French Toast" at the River Maiden, or just show up at Maria's house. Laird's route is 50 miles, 10 miles less if you start and end at Maria's. Rain does not cancel. Pace may vary depending on group.

Plan on 90 minutes from the River Maiden start. Refer to that ride for details



Did you know that the VBC has a lending library of over 120 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 Michelle Seward, 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.

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.

360 Physical Therapy (50% off 45 minute session)	1308 NE 134th, Suite #110, Vancouver, WA 9865 www.360-pt.com Contact ike@360-pt.com	(360) 573-2266
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
Joseph J. Kim, DDS, PS Family Dentistry	300 E 24th St., Vancouver, WA - VancouverFamilyDental.com	(360) 694-4000
Precision Eye Care	8400 NE Vancouver Mall Loop, Suite 110, Vancouver - Pecps.com	(360) 254-5855
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: VBC10.** 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

Classifieds

This section is available to all club members for selling anything bike related.

Scattante CFR Elite Carbon Road Bike - 2007 Model, Size 57
 Shimano Ultegra Triple w. 12 - 25 ten speed cassette
 Shimano 105 wheels (new, under 400 miles) w. Forte Pro Kevlar Comp Tires,
 Recent new chain, BB bearings, brake pads, Perfect,
 Fast Bike for Rider Under 180 #, Which I'm Not....
 Asking \$1,000; \$2,000. List.
 Reasonable offers considered.
 Dick Gordon - (360) 887-4434 - epinwiozoo8@basicisp.net

If you have something you want to sell, or something your looking for that you would like to buy, please send your ad to Editor@vbc.usa.com

Please remember that beginning in April 2011 the newsletter will only be available in electronic form for VBC members~

