



The Wheel Truth

www.vbc-usa.com

**Vancouver
Bicycle Club**

VOL. 29, Issue 9, Nov 2011

From the President...

Maria's Mushy Gushes:

Tush on the saddle, hands in the drops, feet on the pedals. The fetal position.
 Wind curling around my biceps.
 The knowledge that *life* is up ahead and you better hurry up and go get some.
 The smell of clover. Jasmine. Even cigarettes.
 The sound of the chain. Of the coasting freewheel.
 That one little droplet of sweat that drips down the inside of my arm.
 A bug hitting you in the face hard.
 That little whisper of rubber on asphalt.
 Riding with a group, like we're a gang. When you're a jet, you're a jet.
 Leading a paceline. Sucking someone's wheel. Riding alone.
 Coping with pain. Digging down to that hard little core inside when you need it.
 Having arrived at your destination every second. Now and now and now.
 The Italian-ness of it. The French-ness. The American-ness.
 Body meeting machine, the ultimate robotic organism.
 The slow and quick, easy and hard, utility and luxury.

Ayla's Angle:

You'll walk, you'll struggle, you'll fall off the back.
 Your legs and lungs will burn, your heart and head will pound.
 You'll hit rain, sleet, snow and hail.
 It will turn 109 degrees without warning.
 A hill you've climbed 100 times will suddenly feel like Everest.
 You'll use every gear your bike offers and beg for more.
 You'll wail against God and Nature.
 Why? This is what we do.
 We push, we suffer, we find our limits and demand more from ourselves.
 We find nobility and humility here.

Maria Schur, President VBC



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Next Club Meetings:

**The next regular club
meeting is
Wednesday, 7 PM
November 9, 2011**

New Main Vancouver Library
901 "C" Street
In the Columbia Room

*We will be hearing a
special presentation
from*

Mia Birk

And

*Accepting nominations for
new board members*

**Have a Safe and
Happy
Thanksgiving**

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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.



Please Join Us For Our November 9th, 2011 Club Meeting...

It will be at 7:00pm in the New Downtown Vancouver Library, 901 "C" Street, in the Columbia Room

Mia Birk

The Vancouver Bicycle Club is presenting a special meeting for members and the public featuring noted non-motorized transportation planner and author, Mia Birk. Mia will address keys to transforming communities and empowering people to achieve a healthier society by providing the means and facilities to walk or ride bicycles for transportation

Mia is president of Alta, a nationally known, Portland-based, firm focused on planning, design, and implementation of pedestrian, bicycle, trail and greenway facilities. She has been the Bicycle Program Manager for the city of Portland and instrumental in development of numerous plans for trails and bikeways. Her experience includes work on Safe Routes to School and bicycle and pedestrian friendly codes. Mia serves as an Adjunct Professor at PSU in Urban Planning for graduate students in Pedestrian and Bicycle issues. Mia has a newly released book: Joyride: Pedaling Toward a Healthier Planet, telling of Portland's evolution into a Platinum level Bicycle Friendly City and cycling mecca.

Board Member Nominations

The Vancouver Bicycle Club will also be accepting nominations for board members at this meeting. The board will be presenting it's recommendations for next year's board members. Any active club member may also nominate an active club member of their choice for any position on the board (permission of nominee is required). Elections will then be held at the January club meeting.

The official positions on the board are follows:

President, Vice-President, Secretary, Treasurer, Membership Director, Road Captain,
Assistant Road Captain, Webmaster, Newsletter Editor, and four members at large.

As of this writing, only two board members have expressed their intention to resign their positions on the board. These are the Newsletter Editor, and one member at large. So if you nominate someone to either of these positions, they may well run unchallenged. If you nominate someone for any of the other positions however, they will be challenged by the current board member holding that position.

According to the bylaws the only nominations that can be accepted are those made at the November meeting. So if you miss this meeting and you want to nominate someone, you're out of luck. Also, all board members must be in good standing and active in the club.

This is going to be a great meeting and definitely one you don't want to miss!



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

November 9, 2011

7:00pm

Topic:

Special Guest Speaker Mia Birk and Nominations for Board Members

Location:

Due to special circumstances, our November club meeting will be held at a different place than usual.

It will be at the New Downtown Vancouver Library
901 "C" Street
In the Columbia Room

The Club *usually* meets at:
Bortolami's Aero Room
In the building behind Bortolami's Pizzeria
9901 NE 7th Avenue
2nd floor, Room A201
Vancouver, WA 98686

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 December 14, 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 - Tour de Friends	2 10:00 AM - Earthquake 10:00 AM - Mini-Quake	3 10:00 AM - Throbbing Thigh Thriller	4 10:00 AM - Salmon Creek - Brush Prairie	5
6 10:00 AM - North Route 2.0	7	8 10:00 AM - Tour de Friends	9 10:00 AM - Mini-Quake 10:00 AM - Earthquake	10 10:00 AM - Non-Throbbing Thigh Thriller	11 10:00 AM - Salmon Creek - Brush Prairie	12 9:00 AM - Ride to French Toast 10:30 AM - French Toast and Beyond 1:00 PM - I-205 Bike-Path Cleanup
13 10:00 AM - Two Bridge Loop	14	15 10:00 AM - Tour de Friends	16 10:00 AM - Earthquake 10:00 AM - Mini-Quake	17 10:00 AM - Throbbing Thigh Thriller	18 10:00 AM - Salmon Creek - Brush Prairie	19
20 10:00 AM - North Route 2.0	21	22 10:00 AM - Tour de Friends	23 10:00 AM - Earthquake 10:00 AM - Mini-Quake	24 10:00 AM - Non-Throbbing Thigh Thriller	25 10:00 AM - Salmon Creek - Brush Prairie	26
27 10:00 AM - Two Bridge Loop	28	29 10:00 AM - Tour de Friends	30 10:00 AM - Earthquake 10:00 AM - Mini-Quake			

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 	TERRAIN
<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>
<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

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

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

Every Wednesday Morning (Continued)

Mini Quake - Moderate hills/12-14/Group/22

Leave: 10:00am 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 (whee!) 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

Weather notes: If raining, ride leader will be there to hand out maps for those we want to ride anyway, and then go directly to the coffee shop

Every Friday Morning

Salmon Creek - Brush Prairie - Moderate hills/12-14/Re-Group/20 miles

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

Ride Leader: Joe Toscano

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 thru the WSU campus to coffee. Ride will be cancelled with severe weather, or vote of the riders attending.

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Other Rides for November

Sunday, November 6th and 20th, 2011**North Route 2.0 - Moderate hills/12-14/Re-Group/29 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

Sunday November 13th and 27th, 2011**Two Bridges Loop - Minor hills/12-14/Group/21 miles**

Leave: 10:00am 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

Thursday, November 3rd and 17th, 2011**Throbbing Thigh Thriller - Significant/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.

Thursday, November 10th and 24th, 2011**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

Saturday November 12th, 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 November 12th, 2011****French Toast and Beyond - Flat/16-18/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

Join Laird in Vancouver at River Maiden Cafe at 9am (ride listed separately) to ride over to Maria's.

Or just start at Maria's at 5734 SE Flavel Street (not Drive) for a pretty mostly-bike path ride around east Portland. We'll eat breakfast at 10:30 and ride at about 11.

Regroup means we'll stop at some corners and wait a few minutes but if you can't keep the average pace of 16-18 on the flats, please be prepared to finish the route on your own. Thanks!

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

Sunday November 12th, 2011**I-205 Bike-Path Cleanup**

Clean-up day! No riding, just mowing, sweeping, and generally making the little bike path leading to the I-205 bridge spic 'n' span. Bring brooms, rakes, square-nose shovels (to scrape off the moss), loppers, choppers, weed-wackers, mowers, blowers, and we'll have a good ol' time! Proper protective gear (goggles and hearing protection) should be worn by anyone operating powered equipment.

I'll supply food, water, shovels, rakes, and brooms, too.

With our late "fall", the leaves have taken their own sweet time of coming off the trees. How about lending a hand to clean up the I-205 Bike Path? We need to get them off the path before they get too slippery!

Start, finish & meeting point: [Entrance to I-205 bike path off of SE 23rd St.](#)

Join us as we reclaim the path from English Ivy and Uncivilization!

If you've never helped out and want to join us, you might want to bring any of these things:

- work gloves
- rake
- clippers
- broom
- leaf blower
- weed whacker
- power mower
- trash bag
- beverage
- snack



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

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