



The Wheel Truth

www.vbc-usa.com

**Vancouver
Bicycle Club**

VOL. 29, Issue 10, Dec— 2011

From the President...

I snapped my gum loudly to call the November Vancouver Bike Club meeting to order. Folks immediately quieted down and I introduced Joe Kurmaskie, author of the Metal Cowboy. Joe then introduced bicycle advocate and author of Joyride - Mia Birk, who treated us to an especially inspirational presentation.

I learned I'm one of the 1% (no, not THAT 1%!) that counts themselves as a fearless and confident cyclist who can make their way in the world on a bicycle without a ton of infrastructure to support them. I started thinking - maybe it's time I shook off my general disinterest in all things political and got more involved in helping some of the other 99% enjoy the phenomenon of bike-riding.

Another thing that got me thinking was the disappointing fact that I drove to the event. Sure, the downtown Vancouver library is 25 miles from my home, but distances like that are the norm for me. The simple truth is, I didn't bike that night because I felt uncomfortable making the long trek all alone in the dark.

The long trek all alone in the dark - what a perfect metaphor for the cyclist's place, and especially the bicycle advocate's place, in the American mainstream and traffic stream. Our towns and cities are built around the car. Many of our cultural rites of passage are built around the car. The bicycle is merely a toy for children or a work out tool for the lycra-clad.

But not in Portland, OR. It's a transportation choice. It's a lifestyle. It's a staple of our economy. This didn't happen by accident - we have gutsy and patient bicycle advocates (like Mia) and advocacy groups (like the BTA) to thank. These dedicated heroes not only made my city into a model bicycle infrastructure successfully increasing bike safety and transportation, they transformed the entire culture.

However, just across the river in Washington, there seems to be a glaring shortage of involved advocates. Vancouver is so close to Portland, but so far away in terms of transportation infrastructure that supports bicycle and pedestrian safety. Vancouver is so close to Portland, unless you have to ride over the narrow I-5 bridge or the long, loud I-205 bridge.

I'm sure all VBC members have read our club bylaws, but just in case, I'd like to insert article 2, here:

The purpose of the Bicycle Club shall be as follows:

- (1) Educating members and the public in safe riding habits and bicycle etiquette;*
- (2) Promoting the use of bicycles in the community for recreation, transportation, and physical fitness;*
- (3) Provide bicycle rides at various levels of challenge so that every bicycle rider can participate in group activities;*
- (4) Encouraging the addition of bike lanes, bike paths, and other facilities for bicycle riders.*

So, VBC-ers, recreational riders, athletes, enthusiasts, racers or whatever name you'd like to call yourself - I challenge you and me and our club to step up and make a difference!

Maria Schur, President VBC

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Next Club Meetings:

**The next regular club meeting is
Wednesday, 7 PM
January 11, 2012**

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, Wash-
ington
Just west of I-5 from the
99th Street Exit #5

**Have a Safe and
Happy Holiday
Season**

**CLUB OFFICERS :****PRESIDENT**

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BAC COMMITTEE LIAISON

Position Available

Feel free to volunteer

BICYCLE ALL. OF WA LIAISON

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roadscholars@vbc-usa.com

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 January 11th, 2012 Club Meeting...

It will be at 7:00pm at

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

At this meeting we will have our annual award party and Board member elections.

Board Member Elections

Since we did not have nominations at the last meeting, we will have nominations and elections at this January 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 Membership Director. 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.

Between the awards party and elections, 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

January 11, 2012

7:00pm

Topic:

Awards meeting and board member elections

Location:

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 - Throbbing Thigh Thriller	2 10:00 AM - Salmon Creek - Brush Prairie	3
4 10:00 AM - North Route 2.0	5	6 10:00 AM - Tour de Friends	7 10:00 AM - Earthquake 10:00 AM - Mini-Quake	8 10:00 AM - Non-Throbbing Thigh Thriller	9 10:00 AM - Salmon Creek - Brush Prairie	10
11 10:00 AM - Two Bridge Loop	12	13 10:00 AM - Tour de Friends	14 10:00 AM - Earthquake 10:00 AM - Mini-Quake	15 10:00 AM - Throbbing Thigh Thriller	16 10:00 AM - Salmon Creek - Brush Prairie	17
18 10:00 AM - North Route 2.0	19	20 10:00 AM - Tour de Friends	21 10:00 AM - Earthquake 10:00 AM - Mini-Quake	22 10:00 AM - Non-Throbbing Thigh Thriller	23 10:00 AM - Salmon Creek - Brush Prairie	24
25 10:00 AM - Two Bridge Loop	26	27 10:00 AM - Tour de Friends	28 10:00 AM - Earthquake 10:00 AM - Mini-Quake	29 10:00 AM - Throbbing Thigh Thriller	30 10:00 AM - Salmon Creek - Brush Prairie	31

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 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

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

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.

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/14-16/Re-Group/20 miles

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

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

The ride pace may vary from 12 to 20 MPH, as small groups of riders tend to ride at their own speed or comfort level. However, the ride leader's pace will be slower, 12-14 mph, in order to insure that no one is left behind. This route uses less traveled roads to Brush Prairie and returns by way of the WSU campus. The views of Mt. Hood and St. Helens are wonderful on clear days. We don't start in steady rain; but if drizzle or isolated showers, we may take a chance and go for it. Great story telling (though not always 100% truthful) occurs after the ride at Starbucks.

See you in the parking lot a few minutes ahead; ride starts at 10:00 AM sharp.



Other Rides for December

Sunday, December 4th and 18th, 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 December 11th and 25th, 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, December 1st, 15th and 29th, 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, December 8th and 22nd, 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



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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