



The Wheel Truth

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

Vancouver Bicycle Club

VOL. 29, Issue 1, Jan 2011

Greetings Fellow Bikers and Friends of Bikers,

January is often a time to reflect back on the past year and review what has come to pass. So in the spirit of the New Year, permit me to sing the praises of the VBC and all we have accomplished in 2010.

Our new website came online early last year! Launching that baby was a huge testament to all the hard work done by our web people. It was born just in time as our old website was crashing. I want to thank our web developer, the unsung hero, who has been working on this with us for several years even through illness in his family and moving overseas. He has maintained a commitment to this project, (despite the fact that we still owe him money), and continues to work with us on improvements. I urge all of our members to peruse other bike club websites and you will clearly see that we have an outstanding web site. We can take great pride in this accomplishment.

March and April of 2010 weren't so great for riding with buckets of rain but we made the best of it and prepared for our 26th annual Ride Around Clark County, (RACC). And it was an amazing RACC! We had more pre-registration of riders than ever before. This assured us that we would at least break even on the financial side. And once again we lucked out on the weather as RACC day was a mixed bag, mostly dry with some isolated showers. This ensured us that RACC would be financial success. We were very happy with almost 1,000 riders on the course and no major incidents. We can be proud of this huge accomplishment fueled by our capable teams of volunteers.

Summer was as usual a glorious time of year for bike riding. Daylight savings time brought on an array of lively evening rides and the after work crowd got to stretch their legs. I want to thank all the ride leaders who stepped forward to lead rides last summer and all through the year, rain or shine.

Last summer we weathered the resignation of our newsletter editor and the hiatus of the Wheel Truth for 3 months. Lucky for us, we now have an editor, Bob Seth, who is doing a great job and is committed to the publication process. However, we will continue to struggle with this publication as now the City of Vancouver is going to stop printing the Wheel Truth for free as they have been doing in the past. This will be a challenge we will face in 2011.

Looking back I am able to say that I accomplished two of my goals this past year. I pushed for getting the website launched and I pushed for the Club to give more money away to charity. I will continue to work on these goals for the VBC, as the website is still a work in progress and there will always be deserving charities that need our support. I believe that it is our civic duty to use our excess funds to support bike related charities in our community, especially since the Board shot down my idea of an expense paid vacation to the Tour de Tucson for me and 5 friends. Since this is my last column as president of the VBC I want to extend my gratitude to everyone on the Board and the general membership for all their work on behalf of the VBC, (and putting up with my lack of experience running meetings). It has been a pleasure and an honor to serve as President this past year. I will miss the honor, I won't miss the millions of emails. My goal over the next year is to support our new President, Maria Atkinson and everyone on the Board as we transition into 2011. Just thinking about all the new bike adventures that await us next year is making the weather seem warmer already.

Happy New Year, Ride Safe,

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

This is our annual VBC club meeting with good friends, good food, stories to tell, election of new officers, videos of what we did in 2010, and ride leader and volunteer awards!

You won't want to miss this one!

Have a Safe and Happy New Year!

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BUDDIES LIST:Website Info

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

ROADSCHOLARS

Contact Info 360-607-3271
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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 360-989-6056

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

Looking Back

By Jeff Beiffuss
VBC Road Captain
January 2011

This is the last and 24th edition of Rambling Roads that I have been privileged to write during my two-years of service as Road Captain. I don't remember how I got the job but do remember wondering how I was going to do it. When you look at your predecessors you can't help but be in awe at the shoes you have to fill. Or maybe you're thinking you really want this job because your superior ability beckons you to the call. OK, so I exaggerate a little bit, my feet are bigger so my shoes are bigger, but any new job infuses the green recruit with a modicum of doubt as to how he will perform and be viewed by others. As with any other job you quickly learn to just make it your own. You can't be someone else.

This is not the hardest job in the world. There are no wars to fight or collapsing economies to save. There is an Assistant Road Captain who handles some of the tasks and fills in when the Captain is away; and there are others who volunteer when both are away. You don't need to check your e-mail while out of town or have a Blackberry with help such as this. Just ring up your substitute, and you are carefree until you return!

One of my concerns when starting this job was the writing of this monthly column. Should I go back in the archives and recycle previous columns? Where were the ideas to come from? Should I have the assistant write some? Most politicians have speechwriters. Maybe I should get a ghostwriter. These were unfounded anxieties. Sometimes you just sit back, put your feet up on the desk, and dream up an idea. Sometimes you observe something or read something and it ends up being worthy of expanding for others to read about. You'd be surprised where stories can come from. Maybe you heard someone else say something of interest. Are you excited about something? Write it down. Did you read about something? Write it down. Think of it as a written coffee chat at the VBC clubhouse. Or you could try "Dear VBC,..." Every one of us has written a letter. No, "u cant use im 2 rite ur column. lol."

The other opportunities presented to the Road Captain are as follows:

- Add rides to the calendar.
- Make decisions to post or not to post so as to avoid ride conflicts.
- Take an hour or two for your decisions.
- Send out reminders on the Buddies List for the Wheel Truth deadline.
- Field complaints (not many).
- Do an annual video, if you wish.
- Do anything else you can think of.
- Have fun doing it.

There, that's not so hard, is it?

Ramble On.

The lighter Side.....

While crossing the US-Mexican border on his bicycle, the man was stopped by a guard who pointed to two sacks the man had on his shoulders. "What's in the bags?", asked the guard. "Sand," said the cyclist. "Get them off – we'll take a look," said the guard. The Cyclist did as he was told, emptied the bags, and proving they contained nothing but sand, reloaded the bags, put them on his shoulders and continued across the border. Two weeks later, the same thing happened. Again the guard demanded to see the two bags, which again contained nothing but sand. This went on every week for six months, until one day the cyclist with the sand bags failed to appear. A few days later, the guard happened to meet the cyclist downtown. "Say friend, you sure had us crazy", said the guard. "We knew you were smuggling something across the border. I won't say a word – but what is it you were smuggling?" "Bicycles!"



INTRODUCING OUR NEW SPONSOR

JOSEPH J. KIM DDS, PS

In mid December, the club received a request from a Vancouver Dentist who was interested in become a sponsor. Reprinted below is the email he sent:

“Hello,

I am a general family dentist in Vancouver, WA and quickly becoming an avid cyclist. I have the Portland Century (09') and STP (last weekend, 1 day) under my belt and planning on participating with many other organized rides. I noticed on the VBC web site that there is a link to local businesses that offer discounts and I would like to be more involved with our local community and would like to offer a discount to members of the Vancouver Bicycle Club.

Please let me know if my services can be of use or other possibilities of involvement.

Thanks,
Joe Kim, DDS”

In the December meeting, the board voted to approve Dr. Kim as a Vancouver Bicycle Club sponsor. He will be offering VBC members discounts on dental work.

His contact information (which is also on the sponsor page) is as follows:

Joseph J. Kim, DDS, PS
Family Dentistry
300 E. 24th Street
Vancouver, WA 98663
360-694-4000

Web Site: vancouverfamilydental.com

Please join us in wishing Dr. Kim a warm welcome to the club!

NEW FROM THE

COMMUNITY CYCLING CENTER

Late in December the following news item appeared on the VBC Buddies List from the Community Cycling Center.

“Dear friends,

Thanks to supporters like you, we have been able to accomplish so much in 2010.

We have grinned along with hundreds of children as they took their first pedal strokes on lovingly refurbished bicycles.

We have pored over maps with low-income commuters, helping to plan routes from home to work and school.

We have advocated for safe, equitable access to bicycling at the National Bike Summit, the Oregon Bike Summit, the ProWalk/ProBike Conference, and before leaders at Metro and the Portland Bureau of Transportation.

We have been able to do this work thanks to the support of our incredible community.

If you have already made a donation this winter, thank you! If you have not, please make a gift today to invest in healthier communities and safer streets for all.

You can make a gift online through our website or the Give!Guide, in the shop or give us a call at 503.288.8864 and we'll be happy to take your information over the phone.

We wish you safe riding and a happy new year.

Sincerely,
All of us at the Community Cycling Center

P.S. When you make a donation of \$50 or more through the Give!Guide, you will receive cool incentives like coupons to local businesses and Trimet passes!”

The Center's web site is -
<http://www.communitycyclingcenter.org>

Congratulations to all who have made this happen!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 7:30AM—New Year's MTB Ride Happy New Year!
2 10:00AM North Ride	3	4 10:00AM Tour de Friends	5 10:00AM Mini Quake 10:00AM Earthquake	6 10:00 AM Non-Throbbing Thigh Thriller	7 10:00AM Salmon Creek- Brush Prairie	8
9 10:00AM Two Bridges Loop	10	11 10:00AM Tour de Friends	12 10:00AM Earthquake 10:00AM Mini Quake 7:00PM Annual VBC Club Meeting	13 10:00AM Throbbing Thigh Thriller	14 10:00AM Salmon Creek- Brush Prairie	15
16 9:00AM-Ride to French Toast 10:00AM-North Ride 10:30AM-French Toast and Beyond	17	18 10:00AM Tour De Friends	19 10:00AM Earthquake 10:00AM Mini Quake	20 10:00AM Non-Throbbing Thigh Thriller	21 10:00AM Salmon Creek- Brush Prairie	22
23 10:00AM Two Bridges Loop 10:00AM-Lava Java Espresso Run	24	25 10:00AM Tour de friends	26 10:00AM Earthquake 10:00AM Mini Quake	27 10:00AM Throbbing Thigh Thriller	28 10:00AM Salmon Creek- Brush Prairie	29
30 10:00AM North Ride	31					

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 	<p>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>	<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. 	<p>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





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 12, 2011**
- **7:00 PM**

Topic:

It's Ride Leader Appreciation time, folks!

If you've been a VBC Ride Leader, you'll want to be there to receive your award. If you've ever thought about being a Ride Leader, come see what you get for participating with the club at this level. If you've ever ridden on a ride with a Ride Leader you thought was really great, who inspired or encouraged you to get where, or one that made you feel welcome on a ride and maybe shared a few laughs with you, you'll want to be there to see them again and share your appreciation.

And eat really good, free pizza!

It's Vote in the New Slate of VBC Officers time, too!

If you'd like to be a club officer or if you'd like to know who to talk to about your great idea for the club, come on out and see who they'll be this next year. Have a face to attach to the name. Maybe eat some **free pizza** with them.

And last but not least, it's New Jersey Unveiling Night!

We don't have one of these very often! Come on out and see the latest design, modeled, no doubt, by some of the current officers or by those on the jersey committee. Men's and women's colors, folks! Come check 'em out!

And eat really good, free pizza while you design the next new jersey in your head!

Be there! Wednesday, January 12, 2011. 7pm in the Aero Room!

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



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**

3 or 4 different groups on road, 14-16 thru 20-22 mph. A number of well spaced hills to enjoy. No one left behind, but this is not a beginner's ride because of the pace, the hills, and the distance. Ride will be cancelled with Lousy weather, or a vote of riders attending.

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 January

Saturday, January 1, 2011**New Year's MTB Ride - Moderate hills/16-18/ Re-Group**

Drink Lightly (or not at all) on New Years Eve and start off 2011 with a nice little MTB Ride with the gang New Years Day. Plan will be to gather at Siouxson trailhead at 9am, meet at Camas Bikes at 7:30am for carpooling, also plan to have a neutral meeting spot in Battleground or Vancouver after we get participant details/list. If the weather is just too nasty or we have snow, no worries, we will have 364 days left in the year to plan more!

Email ed@camasbikes.com or call the shop @360-210-5160 if you would like to attend. Ask about special rate on our Demo bikes for those who would join us on this ride but don't have a Mountain Bike.

Sunday, January 2, 2011**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.

~~Temperature below 45 degrees will cancel this ride~~

Thursday, January 6, 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.

Sunday, January 9th, 2011**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

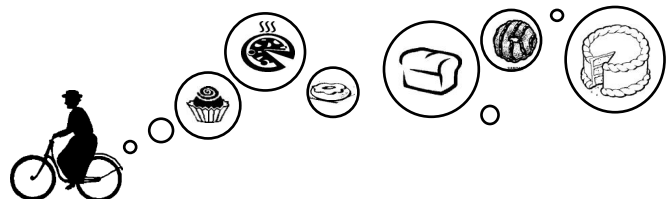
Thursday, January 13, 2011**Throbbing Thigh Thriller - Significant hills/18-20/ Re-Group/30 miles**

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, January 16, 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 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.

Sunday January 16, 2011
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, January 16, 2011
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, January 20, 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

Sunday, January 23, 2011
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, January 27, 2011****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, January 30, 2011**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.

In The News

Late in November, and too late to include in the December Newsletter, we received a very interesting email about an organization called B-Line Sustainable Urban Delivery. The email is reprinted below:

“Good morning! I wanted to make you aware of B-Shares, a new model in food assistance programs. Through its cargo trike operations as B-Line Sustainable Urban Delivery, the team of B-Shares riders "glean" surplus packaged goods and organic produce from retailers like Whole Foods, then bikes them to local non-profits who feed those in extreme need.

Using the existing delivery systems of its for-profit operations, B-Shares can deliver meals at half the average cost of other programs. To support its non-profit mission, B-Shares funds its operations through crowdfunding - raising funds online to cover the costs of the program.

This hybrid arrangement means that neither the food donor or the receiving organization shoulders the costs of transporting the donated food. And, the trikes run without fossil fuel, so it's a much more sustainable way to transport the food!

We are happy to answer any questions that you have, and provide you with photos and more information about B-Shares.

Thanks again for your consideration.”

This is an amazing idea and something that meshes extremely well with our club. The official press release announcing B-Shares is reprinted on pages 13 and 14. Please consider what you can do to help them in their efforts.



Credits through November 2010

Leader	YTD Credits		
Alber, Erik	4.0	Lai, Lap	24.0
Anderson, Dean	1.0	Lance, Roger	1.0
Atkinson, Maria	25.0	Link, Pam	1.0
Baker, Lauren	11.0	Lusby, Mike	17.0
Beilfuss, Jeff	8.0	Lyall, Pete	2.0
Bingle, Mike	8.0	Mandelson, Bob	3.0
Bowers, Dave	12.0	Moyers, Anne	21.0
Brockway, Pat	5.0	Moyers, Bill	32.0
Brown, Phil	2.0	Martin, Scott	11.5
Bryan, Carol	8.0	Morgan, Dianne	1.0
Buchanan, Brenda	7.0	Noonan, Jim	8.0
Cannell, Anita	2.0	O'Brien, John	3.0
Cannell, Tim	2.0	Parsons, George	8.0
Carlos, Amy	1.0	Rakoz, Karon	7.0
Chrisco, Heather	14.0	Rakoz, Bob	1.0
Clow, Laird	15.0	Rauch, Cindy	11.0
Cole, John	15.0	Perletti, Bill	1.0
Cook, Nancy	16.0	Redding, Mike	1.0
Cote, Joe	23.0	Rosvold, Steve	9.0
Daby, Brian	5.0	Ryan, Jim	1.0
Devore, Mary	14.5	Schager, Sam	1.0
Franz, Barb	3.0	Scholten, MaryAnn	14.0
Fischer, Ed	3.0	Scholten, John	16.0
Gardner, Harry	14.0	Seward, Michelle	1.0
Gilmour, Al	2.0	Sharp, Clay	5.0
Gokturk, Ayla	31.5	Sherman, Dave	1.0
Gordon, Dick	49.0	Shope, Charlotte	30.0
Hardie, Susan	11.0	Stanton, Dan	1.5
Helgerson, Ole	7.0	Stewart, Chuck	4.0
Hilyer, Lea	1.0	Sutherland, Roxanne	36.0
Hoge, Doug	4.0	Teague, Glenn	4.0
Holzman, Larry	2.0	Toscano, Joe	5.0
Ken	1.0	Trinkle, Steve	4.0
Johnson, Dennis	8.0	Turner, Gene	13.0
Joy, John	3.0	Tymer, Bill	46.0
Kimball, Vern	15.0	Verrinder, Jan	1.0
Kind, Clay	102.0	Viles, Carolyn	3.0
Klemmer, Joe	1.0	Walker, Tom	1.0
Koperski, Liz	0.5	Wayne, Nancy	1.0
Kraft, Jon	1.0	Wardell, Suzie	38.5
		Wills, Jeff	2.0
		Williams, Sally	1.0
		Wilson, Jim	8.0
		Wilson, Kim	7.0
		Wright, Stephen	4.0
		Zamani, Mary	1.5
		YTD Ride Credits=	866.5



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B-Line Breaks the Cycle of Hunger in Portland Crowdfunded Program Gleans, Delivers Surplus Organic Food

PORTLAND, Ore. – November 16, 2010 - As the holidays approach, more Oregonians than ever are in need of food assistance. Yet, in Portland alone, over 200,000 tons of usable food will be sent to the landfill this year. Much of this surplus food goes to waste because there is no affordable, established method for transporting the food from its source to those people experiencing extreme need.

Delivering an Impact on Hunger

A small Portland start-up, B-Line Sustainable Urban Delivery, has created solution to deliver donated food to organizations that serve and distribute meals at a fraction of the cost.

“With the launch of our B-share program, B-Line has joined forces with local grocers, caterers, restaurants, farmer’s markets, and other food distributors who have surplus produce and other packaged food items,” explains Franklin Jones, founder of B-Line. “Our cargo trikes can carry up to 700 pounds, so we can pick up large amounts of surplus food during our seven daily delivery routes downtown, and then drop it at local nonprofit agencies that provide food assistance.”

The goal of the B-share program is to provide healthier, local, organic food and a higher quantity of food donations—as well as reducing waste generated by restaurants, banquet kitchens and catering companies, all through delivery by zero-emission cargo trike vehicles. In its pilot phase, B-share has been “gleaning” high-quality surplus food from grocers like Whole Foods Market and others and biking it to organizations like Sisters Of The Road, a local organization that serves over 225 meals a day to people experiencing extreme poverty and homelessness in our community.

“Transporting donated food has been one of the biggest obstacles for us. B-shares really provides us with great, healthier choices to offer our customers.” explains Kris Soebroto, Kitchen Staff and Development Assistant with Sisters Of The Road. “It costs us so much less in time and money when it’s biked right to us... We have come to really value and rely on B-Shares, and we are grateful to the community for supporting this great program.”

How It Works

Already an innovator in addressing transportation needs, B-line’s program is a new type of business model that creates operational efficiencies and reduces costs for all parties in a way that neither a pure for-profit business or a nonprofit could accomplish by themselves.

B-Shares is a unique hybrid that leverages the infrastructure and sunken costs of B-Line’s existing delivery functions, combined with the fundraising methods and mission of a non-profit. By operating this way, B-Shares is able to provide meals at half of the average cost of existing food assistance networks.

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Managing Costs

A principal issue in food assistance is who pays for the transportation: the donor or the receiver. The donor is typically happy to donate the food, but often unable to also fund the transportation. In turn, the receiving nonprofit lacks resources to get the food. B-Shares solves this dilemma by soliciting donations from the community. B-Line is crowd-funding the operating costs of the program, asking individual donors to purchase a \$20 B-Share (equivalent to 40 meals) through their website - www.b-shares.com. B-Line is also encouraging companies that have corporate giving programs to consider funding the B-Shares program.. And, 100% of all donations go back into funding B-Shares' operations.

B-Shares has been successfully piloted over the last three months. They delivered 800 meals in August, 1,200 meals in September, and 3,200 meals during the month of October.


Randy Koch, B-Line's Chairman explains, "In difficult economic times, innovation is critical. By leveraging B-Line's existing business model and partnering with great companies, the B-Shares program has created significant operational and economic efficiencies. The B-Shares model has the potential to completely redefine how the urban core provides food assistance."

The B-shares program levels the playing field, getting the healthiest available food to those in the community who would never have access to it otherwise. According to James Duce, Kitchen Manager of St. Francis Dining Hall, "Food should come from the community where it's grown. Working with B-Line and their B-share program develops the sense of community we are trying to foster here every day.

B-Shares has been advised how to best address community needs through a strong Advisory Board, which includes representatives from Oregon Food Bank, Metro, Organically Grown Company, Whole Foods Market, Sisters Of The Road, and Andina Restaurant.

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B-Line Sustainable Urban Delivery is a transportation solution for the urban core, providing efficient, sustainable delivery services at a savings of 30–50% in cost per delivery stop. Partnering with businesses to handle their downtown and close-in delivery needs, B-Line solves the challenges conventional trucks and vans face in the "last mile" of a distribution network. Reducing CO2 emissions and congestion and stacking functions to maximize efficiency, B-Line's mission is to make more livable communities for all. Learn more or sign up for the B-Shares program at www.b-shares.com

	Existing Programs	B-Shares
Food quality	Limited supply of fresh fruits and vegetables are donated A high percentage of donated food is nonperishable, canned or packaged food Beverages are mainly powdered drinks	Fresh organic fruits and vegetables Perishable foods, delivered directly from farmer's markets and fresh produce companies Fresh, organic fruit and vegetable juices
Estimated cost/meal	Approximately \$1 Paid out of the operating budget of the nonprofit	\$0.50 for both food and transportation Paid by B-share donors at no cost to the nonprofit
Core mission of the nonprofit	Volunteers or paid staff spend time transporting food, instead of on their core mission	B-Line transports the food Nonprofit's staff/volunteers can focus on their core mission
Sustainability	Delivered by trucks, vans, or cars Due to high transportation costs, food ends up in landfill	Delivered by pedal-powered and electric-assist cargo trike Fresh and perishable foods make it to the shelter kitchens...NOT the landfill



Minutes to December Board Meeting

Board Members 2011:

Vicky to stay on as Assistant Webmaster

Mary to add announcement to Buddies List to recruit new Secretary

High Performance Race Team: Discussion tabled until Spring. Need volunteer to take the lead.

Flower Policy: Maria & Lauren distributed a proposed club policy for acknowledging tragic events in club members' lives. Policy approved by the board. Will be published in Wheel Truth and on website.

New Jerseys: John Cole to email ride leaders, offer them the choice of the new jersey as their ride leader award.
Discussed changing process for ordering jerseys to avoid issues with excess inventory. Suggested having two ordering opportunities (ex: Spring/Fall), where members order specific sizes.

Volunteer Awards: Continue to distribute volunteer award regardless of being a VBC member.

By-Laws:

Website contains 2006 version of bylaws. Needs to be updated.

New Sponsor: Mary reported that Joseph Kim, DDS has joined as a member and is offering a 10% discount to members. Information will be published in Wheel Truth and on website.

Increase Chit Drawing: The board approved a proposal to increase the chit drawing amount from \$20 to \$25.

2010 Outstanding Service Award: Dennis Johnson reviewed the merits of our 2010 Outstanding Service Award recipients, Time and Anita Cannell.

Board Meeting Location: The board approved a new start time for board meetings. Meetings will now start at 6 p.m.

OnLine Store: Primal has offered to set up a website for us, where we can sell VBC items. Maria to distribute a link to the board, to give us a better idea of what's entailed.

Mtn. Rescue Team Support: Dennis Funk reported that a club member, also a member of a mtn. rescue team has asked for a \$250 donation. In return we can have a RACC ad shown in B.G. Cinema when film is aired.
Dennis to provide additional information before board approves.

Portland Velo Meet & Greet: Maria has scheduled a meet & greet with the VBC Board and the Velo Board for January 22nd, 5 p.m. at the Laurelwood on Sandy.

Newsletter: The board would like additional print quotes from Bob for the Wheel Truth.

Meeting adjourned at 9:15 p.m.



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

If you have something bike related to sell, or you are looking for something to buy, please contact the Newsletter Editor at

Editor@vbc-usa.com

This service is available to all club members
And all are encouraged to use it.



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

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
Joseph J. Kim, DDS, PS Family Dentistry	300 E 24th St., Vancouver, WA - VancouverFamilyDental.com	(360) 694-4000
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 (Reprinted from last month)

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.

