



the cog-nitive courier

tacoma wheelmen's bicycle club newsletter

since 1888

po box 112078 tacoma, wa 98411

253-759-2800

August, 2002 issue...

News of Interest.....page 1
 The Prez Says..... page 2
 The Editor Says NFAQs... page 3
 Want Ads/declarations...page 3
 Bike Tech- by Eddy...page 4
 Event Schedule... page 5
 The Ride Report.....page 6
 Picnic Photos.... some pages
 Government Report..... page 7
 The last page... page 8

Next Meeting is Sept 17, 2002
Come and share your
summer vacation tales
with the membership

Important Fine Print...

Meetings are held at the South Park Community Center, 4851 S. Tacoma Way, in Tacoma at 7 PM. The business (old business, new business, reports, etc) part of the meeting comes first... then after a short break of food and socializing...the entertainment. *Please attend. All members or interested parties are welcome.* No meetings in July, August, and December.



One of TWBC's 2002 picnic co-ordinators, Vern Martin, toasts the camera and the crowd. Toni Matson and Vern provided quite the feast.

TWBC's Headwaters Century is September 8...

This is the last organized-money maker event for the club this year. Linda Higgins is TWBC's ride co-ordinator and expects a huge turn out. There are three great routes on this ride. See www.twbc.org/headw.htm for more info

The 45 mile route stays on the plateau and heads up to Ravensdale. It is a relatively level course with just a few rollers. Two rest stops are located on this route.

The 65-mile route is mainly on the plateau, and also mostly flat with some rollers between Ravensdale and Maple Valley. There are three rest stops along this route.

The 100-mile route includes a 4-mile hill climb at about 6% up to Mud Mountain dam with a nice downhill afterwards. It returns to the plateau before dropping towards Auburn. There is a return climb to the plateau and then the rollers between Ravensdale and Maple Valley. This route will be served by four rest stops.

Volunteers are always needed. Call Linda to help out: 253-759-5480

TWBC PICNIC IS BS (Big Success, that is)

July 21, 12:00 PM. More than 50 bike club members showed up in beautiful downtown Orting's City Park for the annual club picnic. The picnic was hosted by TWBC's own picnic expert, Vern Martin, and Toni Matson. A bountiful menu of fried chicken, salad, potato chips, pie, and cookies and vitamin M [M&Ms] was enjoyed by all who attended. Goodtimes were had by all.

Carla Gramlich led a group of about 20 riders from the UPS Fieldhouse in Tacoma to the picnic via Puyallup and a newly paved Highway 161.



PICNIC PHOTOS



[Above, Left] Ray Fjetland discusses the meaning of life with Rich Walter... and [Above, Right] Peggy Fjetland listens to Robert Deeham's cycling racing crash story. Looks like Robert will get the coveted "Over the Bars" award again for his broken wrist.

club officers and volunteers

PRESIDENT:

Ralph Wessels, 253-857-5658, President@twbc.org

VICE-PRESIDENT:

Tim Payne, VP@twbc.org

SECRETARY:

Reggie Tison: 253-272-4571 Secretary@twbc.org

TREASURER:

Joy Roelofs: 253-847-1843 Treasurer@twbc.org

TOURING CAPTAIN and RIDE LINE Updates

Carol Davis: 253-857-5396 RideCaptain@twbc.org

NEWSLETTER:

Editor: Richard Patrick, Reporters: various members.

Email articles to: newsletter@twbc.org

Printed by Barb at Orca Press in Downtown Tacoma.

MEMBERSHIP DATABASE and MAILING:

Don Izenman: 253-752-1284 Database@twbc.org

DIRECTOR OF COMMUNITY AND GOV'NMENT RELATIONS and BANQUET COMMITTEE

Bob Myrick: 253-473-7455 GAC@twbc.org

DIRECTOR OF SPECIAL EVENTS:

Position is open to volunteers. Events@twbc.org

PAST PRESIDENT:

Anne Heller: 253-761-0709 Past-Prez@twbc.org

MEMBERSHIP:

Phyllis Lay: 253-759-1816

PUBLICITY:

Please contact Ralph Wessels to volunteer.

Safety and Education:

Dave Tison: 253-761-2398 dtison@bigfoot.com

EQUIPMENT MANAGER:

Greg Torfin, 253-752-1822 Equipment@twbc.org

WEB Master

Dorian Smith: 253-752-9498 webmaster@twbc.org

DAFFODIL CLASSIC; daffodil@twbc.org

Team Daffodil: Jan Brame, Bob Myrick, Anne Heller, Dave Parker, Ralph Wessels@253-857-5658

PENINSULA METRIC; hkap@foxinternet.net

Howie Kaplan: 253-460-3319, pmc@twbc.org

HEADWATERS CENTURY; headwaters@twbc.org

Linda Higgins, 253-759-5480, lhiggins@earthlink.net

BICYCLE SHOW BOOTH:

Mike Romaine: 253-537-2330

Peggy Fjetland: 253-841-4458,

BikeBooth@twbc.org

ANNUAL PICNIC:

Toni Matson and Vern Martin:

253-212-0781

amatson1@attbi.com

the view of the bicycle club... from the president's handlebars



Ralph Wessels
TWBC
President

A number of TWBC's members have been on or are still in training for tours or a challenging ride this year. Congratulations to them! I hope that the determination and fitness level of these riders do not deter you from going on the numerous TWBC rides. There are still a lot of warm, sunny days to ride the bike with good conversation and food mixed in.

I have sent correspondence out in the past few weeks as part of TWBC's promotion of bicycling. We are requesting the Chamber of Port Orchard's assistance in determining a suitable location for a combination bike bench/rack in their city. Jeff Cox, the Chamber's Presi-

dent, was enthusiastic about this when we talked during the PMC. A letter was also sent to, Seth Boettcher, Public Works Director for Bonney Lake, seeking his assistance on siting a bench/rack there. Both the Chamber and Bonney Lake have assisted our club in events through their cities so it is nice to be able to provide something back to them. I will let you know where they decide to install them.

A letter was sent to Mayor Barbara Skinner of Sumner regarding the deteriorated section of pavement on Valley Avenue East, west of the Stuck River bridge. We recommended that the roadway ultimately be rebuilt with shoulders that would accommodate bicyclists, but that the City at least maintain the pavement so it is safe for cyclists until then. I noticed a lot of riders in the middle of the road during the Tour de Pierce. A letter was also sent to Peter Lagerwey at Seattle Transportation regarding the improper placement of bollards (posts to keep out cars) on the Burke-Gilman trail. Several of our club members have struck bollards in the past resulting in injury and bike damage. I recently witnessed a crash in which the rider was OK but his nice Rodriguez had a badly bent fork. We are requesting that they do a corridor safety improvement to eliminate the hazardous conditions.

Due to a number of us being on a bike tour, next month's Board meeting will be on Wednesday, August 7 starting at 6:30 at the Kim Anh restaurant, 1620 South Mildred St.

Ride Safely!

Ralph





**Richard
"Perry
White"
Patrick
The COG
Editor**

Almost every website or source of information has 'FAQs', Frequently Asked Questions. Well, at the COG, "That dog don't hunt", to quote my 1992 presidential candidate- H Ross Perot. At the COG's news-room... we have *NFAQs*, pronounced en-fax.

NFAQs are, Non Frequently Asked Questions. These NFAQs trickle in from the COG's readers, many of whom are TWBC members. Here's some of the NFAQs I've received:

Q: Perry... why is the Bike Club's newsletter late arriving in my mailbox lately?

A: Lotsa reasons, but mainly lack of time and some scheduling conflicts with the days of the months. The deadline for anyone to send in stuff to be included is the Thursday after the General Club meeting [the third Thursday of the month]. Then the newsletter is assembled over that weekend and sent to the printer the following Monday. Sometimes the COG staff waits for last minute ride and event schedule items to be finalized. The July issue was stopped from going to the printer at the last minute to retract a headline that was "way too out there". Sometimes the COG staff is busy doing personal, non volunteer things. Sometimes the printer takes a couple days longer if there is a holiday in the month, and so on. The COG strives to be finished so your newsletter will be delivered on the first of the month, even though it is not mentioned in the club's by-laws.

Q: I want to know who that guy, Eddy Johnson, who writes the "Bike Tech" column, is. Does he really ex-

ist, or do you write that techy stuff under one of your pen names?

A: Hey, I was sorta wondering the same thing. The people I ride with have mentioned the same thing, too. Every month I receive an email that contains the "Bike Tech" column. I know he exists, out there-somewhere, cuz I have emailed him with some comments and questions regarding one of his subject matters. So, Eddy... who and where ever you are... Thank You for the great Bike Tech columns.

Q: Howcome it's always the same people in the pictures in the COG?

A: Many readers tell me that they like the pictures... so I strive to include pictures to emphasize the sport of bicycling and to fill up white space. I get pictures from one main source, Rich Walter. Rich rides a lot and takes his digital camera. He then posts his bicycling pictures on a website that can be viewed by all. I choose pictures I like, edit them into Black n White images, then paste them into the newsletter software. Sometimes I take my digital camera on rides and use my own pictures, but not too often. So if more people sent me pictures [they can be non digital prints, too]... then perhaps there would be more variety.

Q: I don't exactly know how to approach this question... but here goes: How do you experienced cyclists prevent your sensitive tissue areas down inside of your bike shorts from being worn raw?

A: Hmmmm, I've had my share of irritations "down there". I went to see my personal physician for repeated boils in that "down there" area. She first thought that maybe I was run down and not getting enough rest. Then she gave me a bad time for not keeping myself clean enough. "Get out of your bike shorts and clean up", she says. Then I remembered reading in a book about Tour de France type cyclists... the first thing they do is, get out of their shorts and clean up with

alcohol because they can't risk some infection that will cause them pain in the race stages that follow.

So, COG readers... what's your method of taking care of yourself, "down there"?

There's more NFAQs to print. The questions range from finding a relationship partner that bicycles to how to fix a flat tire in the rain... and more. Outa space now... but stay tuned in future COG issues for more NFAQs.



Hmmm, I wonder if she gets saddle sores? This road side art is located in Rainier, WA. Photo taken by Rich Walter, edited by the COG staff. The ride leader was Carla Gramlich.

member declarations

For sale: Trek 1200 road bike 26 inch, \$600

For sale: Fuji saratoga touring bike 26 inch with racks and bags \$700

Phone number is (253) 520 - 6453 or E-mail mercurybobcat @ hotmail.com John Hansen.

Bike Tech

by Eddy Johnson

Triple it! Have you heard that one before? Whether a musician or bicyclist, I'm sure you have.

Every now and then I pick up a Bicycling Magazine that someone has left lying around at work and go right to the technical question and answer section. Without fail, someone always writes asking how they can get easier climbing gears. The answer is always, "triple it". Unless you are riding a loaded bike on a tour or you carry a lot of stuff, a triple is not the only answer.

To convert a bike with a 2 ring crank to be a triple, is rather expensive. You need a crank, bottom bracket, front and rear derailleur and a new chain. You may also need a



Some possible needed drive parts for "tripling it" on your bike

different front shifter if it was not made to work with 3 rings. The whole drive train, more or less. Let me offer a simpler solution. Unless you need a granny that's lower than a 1:1 ratio, try using a 110mm bolt pattern, double crank. Sugino and TA still make them. You can fit a 34 tooth small ring on a 110 crank and with a 34 tooth sprocket in the rear, you get a 1:1 ratio. You won't have to change your bottom bracket or front derailleur or front shifter and you may even get away with the same chain. You will have to have a long or medium cage rear derailleur. You could luck out and just have to replace your short cage with a long one instead of the entire derailleur. Unless you have an old Campy, Suntour or Sachs derailleur, you will have to buy a new one. Now don't take my word for it. You may be able to replace just the cage on your Shimano rig but I can't say for sure. It depends on the vintage and model and Shimano makes "throw away" components, you can't rebuild them. Campy Chorus is completely rebuildable and you may be able to find

a long cage for it, if that's what you have now.

First thing to do is to know what you have and what you need. Figure out your lowest gear ratio and then decide if 1:1 is low enough. Divide your smallest chain ring by your smallest sprocket. If you ride a typical double (52X39) and have a typical road cassette (say a 26 tooth small cog) the ratio is 1.5:1. You may think 1:1 doesn't sound much lower, but it is. Just ask your knees.



Shimano Long Cage Derailleur

Long cage to keep chain slack tight when in those small granny gears, 34 tooth X 34 tooth

There is another option. You can convert your existing double crank to a triple using a "Willow Triplizer" chain ring. Rivendell sells them. You tell them your bolt pattern and you get an inner ring with eyelets so you can fit a third ring onto that one. I did it with a Campy Nuevo Record crank and it works well. The Willow ring is around \$48 and then you need a third ring and a new bottom bracket or longer spindle if you have an older style "cup and cone" BB. Doing it that way will at least save you the cost of a new crank but you still have to change your front derailleur, maybe. Your front derailleur has to have a wider cage plate in the back than the front in order to shift a triple. It sort of works without a triple front derailleur, but you can't shift directly to the middle ring. You have to bypass it first and then drop down from the big ring. Kind of a pain, yes?

So, you want more knee friendly gears? Think about all the options. Drop me a line, I'll be glad to help.

Eddy (eddyj@galaxy-7.net)

Editor's Note: I couldn't find a graphic of the Willow Triplizer that Eddy mentions. However, more info can be found at these websites: www.sheldonbrown.com/harris/chainrings.html

and: www.rivendellbicycles.com/webalog/ cranks_bbs_c-rings/

Both websites offer interesting reading.

Cut along dotted line and post Event Schedule on your refrigerator



twbc monthly event schedule

call the ride line for the latest additions and corrections...253-759-2800

Day	Date	Time	Distance	Ride Code	Leader	Call me at	Ride or Activity Aug 2002
Sat	8/3	8:30 AM	40	2B	Linda Higgins	253-759-5480	Headwaters Century partial pre-ride. Meet at Enumclaw Hi School.
Sat	8/3	9 AM	25	1A	Jan Brame	253-759-6984	Ride the Chehalis Western Trail . A nice flat ride. Meet at trail head on Martin Way in Lacy. Call Jan for details.
Tues	8/6	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Weds	8/7	6:30 PM	14	1A	Peggy Fjetland	253-841-4458	Wednesday Evening Orting Trail Ride. Great ride for parents and children. Meet at Bell Tower in the park in DownTown Orting.
Friday	8/9	9am-noon	30-40	3B	Various	253-759-2800	Faaast Friday Decide to Ride. Call Rideline for start location and other details
Tues	8/13	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details
Friday	8/16	9am-noon	30-40	3B	Various	253-759-2800	Faaast Friday Decide to Ride. Call Rideline for start location and other details
Sat	8/17	9:00 AM	46	2B	Peggy Fjetland	253-841-4458	Ride the Historic Lewis County Route. Meet at Stan Hedwall Park in Chehalis.
Tues	8/20	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details.
Fri	8/23	9:00 AM	35 or so	3B	Call Ride Line	253-759-2800	Faaast Friday Decide to Ride. Call Rideline for start location and other details
Sun	8/25	9:00 AM	50	2B	Louie Boitano	253-922-1168	Meet at Ft Dent Park in Tukwila. Take I-5 N, I-405 N, Exit at W Valley/InterUrban. Go N one block on InterUrban. Park is on R. Ride to Ballard Locks with Louie.
Tues	8/27	Call	Call	Call	Call Ride Line	253-759-2800	Tuesday Morning Ride. Call Ride Line for details.
Weds	8/28	6:30 PM	0	0	Linda Higgins	253-759-5480	Rides meeting at Linda "Headwaters" Higgin's house. Call for details
Weds	8/28	6:30 PM	13	All	Bob Myrick	253-473-7455	Post nuptial ride to Anne Heller's house and BBQ via Pt Defiance. Meet at Proctor Starbucks, N26th @ Proctor. See article.
Fri	8/30	9:00 AM	35 or so	3B	Call Ride Line	253-759-2800	Faaast Friday Decide to Ride. Call Rideline for start location and other details
Sat	8/31	various	various	your pace	West Sound Cycle Club	360-871-7184	Tour de Kitsap. http://www.hollynewsnet.org/WSCC/
Sat, Sun, Mon	8/31 to 9/1	8:00 AM	varies	2B	Carla Gramlich	email	Ride Lochside Trail from Victoria . email Carla for more info. cgramlich@att.com
Sun	9/1	8:00 AM	65 miles	2B	Pres Ralph Wessels	253-857-5658	Headwater's Century Pre Ride.... 100Kilometers. Meet at Enumclaw High School.

The Ride Report

Touring Captain, Carol Davis, is on vacation. This month... her regular column is replaced with blurbs- sent to the COG newsletter- of past and future ride opportunities.

Rich Patrick reports that the **Roy Tandem Rally** was a Success (not BS- Big Success- like the PMC, just S). The 75 mile rally-ride hosted by TWBC members Rich and Pat, and was held on Saturday, June 22. The ride started at Skyline Park n Ride, traveled to Titlow, Steilacoom, Dupont, Nisqually, Yelm, and lunch was at the Roy Saloon- which has outside dining in the summer months. The ride continued towards Tacoma on highway 507, through Spanaway Park, on McKinnly Ave, past the Tacoma Dome, along the Thea Foss Waterway, Old Town, Ruston Way, Pt Defiance, and back to Skyline. Seven Tandem teams and two single bikes rallied. Two of the tandem teams came from the Seattle area.

This blurb... which was emailed by Diane Koch to the TWBC members who have grouped together to train for and ride **RAMROD on July 25**. "It's almost here!! After all those long, grueling hours we've spent on the bike getting ourselves in shape: through wind, rain, storms, and lightning—we can now say, "We're ready to do it!!" Thank God that's behind us. My frame



Roy Tandem Rally Riders Steve Lay and Mike Madden assist Dennis and Louise Fugier (from Monroe) with a flat tire in Old Town Tacoma.

of reference has now become, "It can't be as bad as White Pass."

Editors note: The "White Pass" incident Diane refers to was a 100 mile training ride on July 7 that started in Packwood, went east over White Pass, then continued 30 miles towards Yakima on Highway 12 and then turned around. Five out of the group of seven participated: Diane Koch, Tony Thomas, Debbie Romaine, Steve Ludawese, and Rich Patrick.

It was 85 or 90 degrees in Eastern Washington. Upon returning westerly back over White Pass... the weather unexpectedly turned foul. It became dark, cool [59 deg] and started to rain. Riding down the West side of the pass proved very difficult because of the darkness, the rain, the steepness, and especially the cold temperature. First Steve and then Rich arrived back at the van in Packwood. They drove the van back up the Highway looking for the other riders. Seven miles from Packwood... riders Diane, Tony, and Debbie were picked



Ramrod riders, Steve Ludawese, Diane Koch, Rich Patrick, Debbie Romaine, and Tony Thomas pose for John Vipond's camera at Paradise in Mt Rainier Nat Park.

up. They were drenched and very cold- maybe hypothermic.

Bob Myrick reports that he will be leading a 13 mile ride starting at the Starbucks at North 26th and Proctor at 6:30pm on Wednesday, August 28. Here's the deal: This is a **Post Nuptials Ride for Anne Heller and Dave Seago** and we're having a party in their back yard whether or not they are home. Anne's address is 4405

North 34th Street so you can park near her place or near Starbucks. You can also bring a potluck item if you want, but we will have drinks, snacks and maybe grilled food if we can start up the grill. Rich Patrick finished a new fence for Anne so you can inspect his handiwork. The ride will pass thru Point Defiance and it is for all ride codes. I hope you can be there. Maybe, there will also be left over wedding food

Carla Gramlich offers this tour: For several years TWBC members have been going across the Canadian border to cycle the Galloping Goose. Now, this Labor Day Weekend you can ride the **Lochside Trail to Sydney BC**. The terrain is paved trail, gravel, and regular roads, so it's best to have a mountain bike, hybrid or touring bike. We'll take the Saturday 8:20 am ferry from Pt Angeles to Victoria. Leaving Victoria we will take the north fork in the trail to Sydney- about 20 miles. On Sunday we will opt to explore Sydney or an island. We will return to Victoria on Monday to take the afternoon ferry back to Port Angeles. If interested... then email me at cgramlich@att.com for information on places to stay. This weekend is a holiday in BC...so reserve early.

President Ralph reports these two rides...

Cottage Grove 6-Covered Bridge Ride - Sunday, Sept. 15 in Oregon. We are planning to go down on Friday. Ride cost is \$20. The first 100 registered riders get free T-shirts. Info is at <http://www.oregon-adventures.com/cbtour.html> or call 541-984-1433. We plan to stay in either Eugene or Cottage Grove. Call Ralph or Dena at 857-5658 if you are interested. The Ducks are playing football at home that weekend so don't procrastinate.



continued on next page...

Cycle North Carolina - October 5 to 12. Info is at <http://www.ncsports.org/CycleNorthCarolina/index.htm>. Ride is approximately 425 miles through very historic and scenic areas. Cost is \$175, which includes T-shirt, luggage transport, campsites, rest stops, and other support. Call Ralph or Dena at 857-5658 if you are interested.

Government Affairs Report



Bob Myrick
TWBC Director of
Community and
Government
Affairs

Hello Everyone. I'm back from an extended vacation starting in early May. Around Memorial Day, I loaded up my touring bike in St. Louis and my brother let me off on the

KATY trail to follow the route of Lewis and Clark. After 45 days and 3200 miles, I pulled into Tacoma on Thursday, July 11. I did a few double days and only took one rest day so my average day was over 70 miles, but I got to see most of the attractions along the way. I rode the Wabash Nature trail in Iowa for about 70 miles. Toward the end, I was on the old Columbia River highway in Oregon and it turned into a really nice five mile trail, the Hatfield trail at Hood River. I found along the way that the best facilities were in towns that had bike-ped committees at work like in Missoula, Montana and Walla Walla, Washington. These towns just seemed very livable and easy to get around in.

Upon my return, I had a chance to inspect the new trail near Gig Harbor. I was happy to see so many users on it. You can access it from Reid Road or the Park and Ride lot where we start the Peninsula Metric. I had been attending meetings regarding

the preliminary configuration of the SR16 trail from Pearl Street to Union Avenue. I received the consultant's final report and it described a fine route and amenities that were beyond my expectations. It includes a tunnel under South 19th Street near the Boy Scout Headquarters and the Park District Headquarters.

In Tacoma, the Mobility Task Force has continued meeting and past president Anne has been attending the meetings. They're still talking about laying down alot more bike lane paint in line with our recommendations. You may have read about the City and Costco wanting to extend Steele Street to the north to better accomodate the motorists. We reminded the City that they had

previously ignored their own non-motorized plan that called for a trail facility thru the Lincoln Heights neighborhood. We asked that they provide a way for cyclists to travel north, south, east and west thru this area in conjunction with DOT's recent rebuild of the pedestrian bridge over the freeway.

Our committee will have a summer meeting on Tuesday, August 13 at 7pm at the Guadalajara Taqueria, a Mexican restaurant in the Stadium neighborhood at 1st and Tacoma Ave. where the Chaplain's Pantry used to be. You all are invited. We probably won't meet in September and October due to my wanting to inspect the Blue Mountains in Oregon and the walking trails of England.



Above, Linda Walter has caught Mr Picnic, Vern Martin's attention. I wonder...



To the right... TWBC member Tony Thomas, inspects the 15 pound pie at the picnic. Carb up for Ramrod, Tony. Both photos by Rich Walter



Mike Romaine and his daughter, Cassidy, tandem along with Jan Brame in bucolic Lewis County.

Photo by Rich Walter. Ride Leader was Peggy Fjetland on June 29 from Millersvania State Park.



Tacoma Wheelmen's Bicycle Club
PO Box 112078
Tacoma, WA 98411

Hey Web Readers.....

If you are not a member... then fill out the form and send it into become a member.

If you *are* a TWBC member... then please give this page to an interested person who might want to join.

Thank Ya Very Much... the Editor

Please note: You can become a member at www.twbc.org. Click on 'Online' under the Join heading.

B e c o m e a m e m b e r o f T W B C

Name: _____

Address: _____

City, State: _____

Home Phone: _____

Work Phone (optional): _____

E-mail: _____ @ _____

Check Box: New Member Renew Addr Chg

Individual person membership \$15 _____

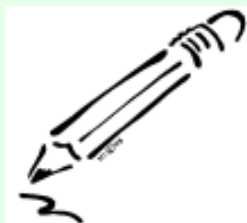
Family membership \$20 _____

One-time initiation Fee for new members \$ 5 _____

Optional subscription to Sports Etc \$18 _____

Optional subscription to The Bicycle Paper \$12 _____

Total Membership Fee: \$ _____



Send this form and a check for the total \$ amount to:

**TWBC Membership
PO Box 112078
Tacoma, WA 98411**

Check box if you **do not** want your phone # or address in the membership listings.

Also...Check boxes if you are interested in volunteering for:

Leading Bike Rides

Events

Newsletter

Club Meeting Programs

Becoming a club officer