



# NC BICYCLE NEWS

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## A MESSAGE FROM OUR PRESIDENT BY DAVID COLE, PRESIDENT



### Thankful cycling

Fall is harvest time. By tradition we conclude our summer's work and prepare for winter. It's a time of reflection and for expressing thanks.

As cyclists we have much to be thankful for. Most of us are in good, if not excellent health. This is very, very easy to take for granted. Most of us have the means to cycle for sport or enjoyment, which means we have both the resources and the time. Most of us have an appreciation for the outdoors and a respect for nature. It is right and good that we should be thankful for all this.

I think being thankful means having awareness, respect, and appreciation. To be a thankful cyclist means you value what you're able to do, whether that's riding a 5-hour

century or simply riding around the block. It means you care for your health and your equipment. It also means you care for the environment in which you ride, and the others you might find there.

For many cyclists, taking care of your health is tougher as the weather gets colder. This need not be the case: there are too many fun things to do!

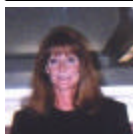
October is my very favorite time to commute to work; I love to ride before the sunrise. It's peaceful. The air is crisp. It just feels right. You need to have good lighting, but that's easy to find these days.

While an admitted roadie, I also enjoy riding trails, both single track and converted railroad corridors such as the Virginia Creeper Trail and the New River Trail in Virginia.

This can be especially nice in the Fall.

And you don't, of course, have to limit yourself to a bike. As I've taken up kayaking, I've been surprised to see how many cyclists are also kayakers. The two combine for an excellent upper and lower body workout. Hiking is also wonderful, as the weather gets cooler. Read Joe Miller's articles in the *News and Observer* for good hiking suggestions and other ideas.

Regardless of what you do, I encourage you to be acutely aware of what health you enjoy. As I said, it's too easy to take for granted. If you appreciate yourself as an athlete (to whatever extent that label applies to you), the more likely you are to care for yourself accordingly. Be a thankful cyclist, whether you're enjoying time on or off the bike.



## OCTOBER MEETING HIGHLIGHTS BY ZONDA HILLMAN, EDITOR



Our October meeting was held at Helios Coffee Company. Line Dempsey, Coach/Exercise Physiologist gave a presentation on the benefits of having a coach to help improve your cycling performance. Line is a coach with Fast Coaching, a com-

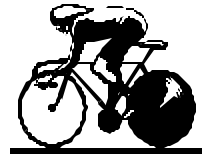
pany providing coaching services for a variety of sports. Fast Coaching has several USAC coaches on staff and a registered dietitian.

The October newsletter provided details regarding coaching services offered by Fast

Coaching. Also, you may visit their website to learn more about their programs and view a sample program at [www.fastcoaching.com](http://www.fastcoaching.com). Click: Login", select NCBC from the drop down menu. The password is `fastncbc` (lowercase).

# NCBC/ROAD DOG FALL RALLY 2004

## BY CAPT'N JACK POWELL, NCBC MEMBER



The weather conditions on Sept 25<sup>th</sup> for riding were slightly overcast in the morning hours, without rain nor hot sun, thus it was perfect for cycling. By noon time the sun came out and made perfect conditions for the picnic. Many who attended the event indicated the rally/picnic was a great success.

I made a visual head count of 60+ participants at the start. Most of the 1/2 Metric cyclist were back into BJP Park by 10:30 AM and some hung around and waited for the picnic to start. It appears that most of the cyclist participants elected to ride the Metric route, to the Oxford suburbs and back into Blue Jay Point Park. The first half dozen Metric riders returned to Blue Jay after 2hr. 50min ride laps time. Assuming they

stopped at Oxford for a couple minutes that must have been a blistering pace up and /or back for the front group of the Metric group cyclist.

I tip my helmet to two true Road Dogs, One Speed Bill and Razor Man. I trust others will join me in congratulating Bill Parquet and Tom Sheffield for being the first Century Road Dogs back in to Blue Jay Point Park after completing the 110 mile course!

The scheduled 11:30AM picnic began on time. Most all cyclists were back by noon and attended the picnic. I personally had 3 burgers and 2 hot dogs with lots of trail mix, cookies and beverage (benefits of being near the fire and table all day). I think everyone else left the picnic

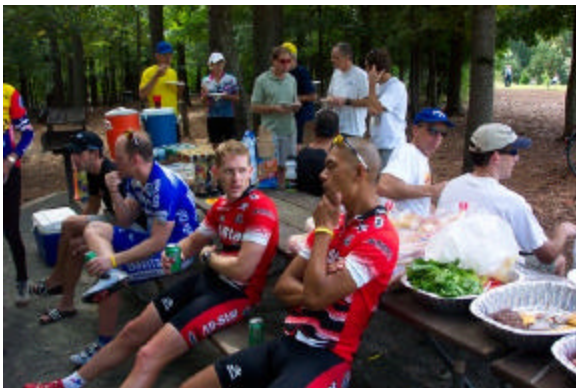
with hunger satisfied.

Many of those attending the picnic indicated to me that they had a grand time cycling, eating and socializing. Your enjoyment and company made my day. Thank you for your positive comments. Also I want to express my thanks to the rally service volunteers (Adrian Hands, Donna Powell, Henri Thomas and Henri's friend Sam.) who gave up their opportunity to ride to help with the registration and the picnic. I would like to especially acknowledge the NCBC's long-standing treasurer Henri Thomas' efforts. Upon my recent back injury, I became incapacitated. I was at the point of canceling the rally and or at least canceling the picnic, when Henri with only a couple days notice managed to procure and de-

liver all the food/beverages and a gas grill to Blue Jay Park to "save the day" for the Road Dog organizers. Thank you Henri.

PS:

For those interested in my recovery, at this time it looks like I will be able to avoid surgery. My progress is acceptable. I am still having some trouble sitting for long periods, but am able to stand and walk with ease. I went back to work last week doing light duty. I rode the tandem with Donna today for 32 miles, first time on the bike in weeks. We were slow but had a fun afternoon and it helped my moral a lot to be back on the bike. Hope to see everyone on the road soon.



*Left and right,  
NCBC members and  
Road Dogs enjoy a picnic  
after the 2004 Fall Rally.*



*Left, Road Dogs Bill Parquet and Tom Sheffield and NCBC member Capt'n Jack Powell.*



*Right, Henri Thomas, Treasurer and Rich Giroux, NCBC member.*

# BIKE SHOP PROFILE: THE BIKE RACK

## BY ZONDA HILLMAN, EDITOR



This month's Bike Shop Profile features "The Bike Rack". They are located in Raleigh and carry the largest selection of bicycle and bicycle related accessories in Raleigh. No matter what you are looking for, you should be able to find it at The Bike Rack. If they don't have it, they will find it and get it to you as quickly as possible.

### The Bike Rack

6234 Glenwood Avenue  
 Raleigh, NC 27612  
 (919) 782-1000 (Phone)  
 (919) 782-4272 (Fax)

Hours: M-F 10 a.m. to 8 p.m.  
 Sat. 10 a.m. to 6 p.m.  
 Sun. 10 a.m. to 6 p.m.



[www.raleighbikerack.com](http://www.raleighbikerack.com) (Web)  
[bikrac@bellsouth.net](mailto:bikrac@bellsouth.net)



|                                     |  |
|-------------------------------------|--|
| <b>Owners</b>                       | The Clean Machine, Inc.  |
| <b>Year Opened</b>                  | February 2000  |
| <b>Retail Sq. Feet</b>              | 6,200  |
| <b>Road Bike Brands</b>             | Trek, Specialized, Cannondale and Lemond                           |
| <b>Price Range Road Bikes</b>       | \$600 - \$6,000  |
| <b>Avg # of Road Bikes on Floor</b> | 30   |
| <b>Mountain Bike Brands</b>         | Trek, Specialized, Cannondale and Gary Fisher                      |
| <b>Price Range Mtn Bikes</b>        | \$200 - \$4,500  |
| <b>Avg # of Mtn Bikes on Floor</b>  | 250  |
| <b>Clothing Brands</b>              | Trek, Specialized, Cannondale, and Pearl Izumi                     |
| <b>Shoe Brands</b>                  | Specialized  |
| <b>Helmet Brands</b>                | Giro and Trek  |
| <b># Bike Mechanics on Staff</b>    | Two full time Trek certified mechanics and two part-time mechanics |
| <b>NCBC Member Discount</b>         | 10%  |
| <b>Comments</b>                     | We pride ourselves on having something for all levels of cyclists. |





## RIDE CALENDAR

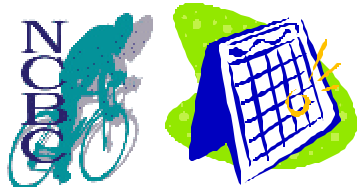
BY SMITH DOSS,  
RIDE CALENDAR COORDINATOR



### WEEKLY RIDES

| Day       | Time     | Dist.       | Pace   | Leader                                     | Phone    | Starting Location                               | Comments  |
|-----------|----------|-------------|--------|--|----------|---|---|
| Tues      | 10:00 am | 1-1 1/2 hrs | 16-17  | Steve Levine                               | 461-0066 | Cycling Spoken Here at Maynard Crossing in Cary | An organized "spin" ride for anyone looking to ride during the day. Route may vary each week. <a href="http://www.cyclingspokenhere.com">www.cyclingspokenhere.com</a>  |
| Thurs     | 10:00 am | 22-25       | 15-17  | Carolyn Gentry                             | 387-0033 | Cycling Spoken Here in Apex                     | This ride is designed to be a fun non-competitive spin. Learn to ride in a group and meet new cyclists. Cue sheets for ride available at <a href="http://www.cyclingspokenhere.com">www.cyclingspokenhere.com</a>   |
| Thurs     | 6:00 pm  | 1-1 1/4 hrs | Any    | Mike Beaman<br>beaman@insideoutsports.com  | 466-0101 | Inside-Out Sports<br>2002 Grisdale Lane<br>Cary | <b>Free Spin Class</b> - Bring your bike and trainer for a spin class held outside. Open to all levels. Taught by Mike Beaman. <a href="http://www.insideoutsports.com">www.insideoutsports.com</a>   |
| Sat       | 7:30 am  | 35-45       | 17-18  | Jim Adams<br>jimadams@nc.rr.com            | 848-0959 | Pleasant Union School, N. Raleigh               | Goals are camaraderie and exercise in that order.   |
| Sat       | 8:00 am  | 45-60       | 20+    | Thomas Gabele<br>gabele@earthlink.net      | 801-8522 | Cycling Spoken Here in Cary                     | Ride leaves at 8 am sharp, so don't forget your shoes! Route announced day of ride.   |
| Sat       | 9:30 am  | 40-60       | 20+    | Cycling Spoken Here Staff                  | 461-0066 | Cycling Spoken Here in Cary                     | Many leaders. The 40 mile route is the same as the 60, except you head back after the rest stop. Cue sheet available inside store before ride.  |
| Sat       | 9:30 am  | 30-35       | 17+    | Bruce O'Connell                            | 387-0033 | Cycling Spoken Here in Apex                     | This is the second year Bruce has led this popular ride. Cue sheets available at <a href="http://www.cyclingspokenhere.com">www.cyclingspokenhere.com</a>   |
| Sat & Sun | 9:30 am  | 50-60       | 20-22+ |  |          | Mission Valley                                  | At the intersection of Western Blvd. and Avent Ferry in Raleigh, close to NC State.   |
| Sat       | 8:00 am  | 55-70       | *      |  |          | Blue Jay Point Park                             | Pick-up ride (Road Dog rules, we only drop our friends!).   |
| Sun       | 8:30 am  | 40-55       | 17-18  | Tom Fissel<br>Chris O'Connor<br>Smith Doss |          | Blue Jay Point Park                             | 2 to 3 hours steady pace recovery ride.   |
| Sun       | 8:30 am  | 2-3 hours   | 17-18  |  |          | Food Lion Rolesville                            | Rolling hills pick-up ride.   |
| Sun       | 9:00 am  | 40-65       | 17-19  | Kevin Coggins                              | 460-9373 | Spin Cycle at Salt Box Village                  | <a href="http://thespincycle.com/events.asp?level1=weekly_store_rides">http://thespincycle.com/events.asp?level1=weekly_store_rides</a>   |
| Sun       | 10:00 am | 1 1/2 hours | 14-16  | Todd Spain                                 | 461-0066 | Cycling Spoken Here in Cary                     | This ride is <b>not competitive</b> and will go a <b>slow</b> 14 to 16 mph pace. It is designed to help teach people to group ride and help seasoned riders get in easy early season miles. The terrain is mostly flat. The ride is <b>90 minutes</b> . (15 minute warm up 60 minutes tempo riding 15 minutes cool down). Please be on time and ready to leave the parking lot at 10:00. Cue sheet for ride available at <a href="http://www.cyclingspokenhere.com">www.cyclingspokenhere.com</a> |





# RIDE CALENDAR (CONTINUED)

BY SMITH DOSS

## NOVEMBER 2004 RIDES

| Date           | Time     | Dist. | Pace  | Leader                           | Phone    | Starting Location           | Comments   |
|----------------|----------|-------|-------|----------------------------------|----------|-----------------------------|--|
| Thurs<br>11/11 | 10:00 am | 55    | 16-17 | Ed Downing<br>edowning@umich.edu | 851-4264 | Swift Creek Shopping Center | <b>Veteran's Day Ride</b> for Huavos Rancheros lunch at La Frontera II (formerly known as El Palenque) with a celebratory stop at the grave of Revolutionary War veteran, John Norris, Jr. For additional details see: <a href="http://ohmelovelo.dnsalias.org/">http://ohmelovelo.dnsalias.org/</a> , select Bicycling/2004/OMV |
| Sun 11/28      | 10:00 am | 45    | 16-17 | Ed Downing<br>edowning@umich.edu | 851-4264 | Swift Creek Shopping Center | <b>Rock &amp; Roll</b> to the Rockin' Comet for breakfast. Add a few final pounds to your waistline on Thanksgiving weekend.   |

THIS CALENDAR IS ACCURATE AS OF OCTOBER 15, 2004 and CROSS CHECKED WITH LOCAL BIKE SHOP RIDE CALENDARS. For current information [and much, much, more!] please see the calendar at [www.ncbikeclub.org](http://www.ncbikeclub.org) or contact bike shop or ride leader. Centuries Ride Calendar See <http://www.ncbikeclub.org/calendar/century.htm>  
 To update or add a ride to the calendar call Smith Doss, 847-8437; or Submit on webpage: Select "Ride Calendar:", "Add Ride to Calendar".

|   |  |
|---|--|
| <p><b>Ride Calendar Legend</b></p> <p>*Pickup ride pace at rider's discretion. Riders are encouraged to discuss pace before starting.</p> | <p><b>Suggestions for Riders</b></p> <p>All riders are strongly encouraged to wear helmets. Please inform the ride leader if you plan to leave the ride or deviate from the scheduled events. Bicycles are deemed to be vehicles in North Carolina. NCBC encourages all vehicle operators to share the road and obey all traffic laws. See NCDOT for informative material on cycling and can be contacted at (919) 733-2804.</p> |
|---|--|

**December Club Meeting/Christmas Party/Officer Elections**  
 Friday, December 3, 2004, 7:00 p.m.

At the Home of Henri Thomas, NCBC Treasurer  
 5205 Gable Ridge Lane  
 Holly Springs, NC 27540

Deli Tray Provided By Club, Come Sample Al Johnson's Christmas Brew  
 Members Asked to Bring a Covered Dish to Share, BYOB

See Website for Directions: [www.ncbikeclub.org](http://www.ncbikeclub.org)





## MEMBERSHIP NEWS

BY AL JOHNSON, MEMBERSHIP COORDINATOR AND  
CAROL SCHROEDER, SECRETARY

### Welcome New and Returning Members

HOBLER, Mark

(Current through 10/15/04)

### Expiring Memberships

FIRST CALL:

COX, Zach & Evelyn

HUNTER, Timothy

DAYTON, Michael

IOVINE, Rick

FINAL CALL:

EDGERTON, Dan & Jan

NEWMAN, Ralph

WATKINS, Edmund

HAMM, Robert & Lynne

NEWMAN, Hanna

(Through 10/15/04)

### Member Communication Forum



**75 Members! Sign up Now! It's Free!**  
TALK BACK TO YOUR CLUB AND FELLOW MEMBERS

See <http://forum.ncbikeclub.info/> for details or contact **Adrian Hands**, Vice President at (919) 832-5083 or [ahands@unforgettable.com](mailto:ahands@unforgettable.com)

## MEMBERSHIP APPLICATION—NORTH CAROLINA BICYCLE, INC.

**Dues: \$15.00 per year, either single or family. Mail your completed application and check to:**  
**NCBC, P.O. Box 32031, Raleigh, NC 27622**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

I am interested in: (please check all that apply)

| Ride Types                               | Miles/Trip                         | Avg. Speed                        |
|--|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Day rides       | <input type="checkbox"/> 5 to 10   | <input type="checkbox"/> 10 to 12 |
| <input type="checkbox"/> Touring         | <input type="checkbox"/> 10 to 12  | <input type="checkbox"/> 12 to 14 |
| <input type="checkbox"/> Commuting       | <input type="checkbox"/> 20 to 30  | <input type="checkbox"/> 14 to 16 |
| <input type="checkbox"/> Tandem rides    | <input type="checkbox"/> 30 to 40  | <input type="checkbox"/> 16 to 18 |
| <input type="checkbox"/> Mtn bike rides  | <input type="checkbox"/> 50 to 100 | <input type="checkbox"/> 18 to 20 |
| <input type="checkbox"/> Overnight rides | <input type="checkbox"/> 100+      | <input type="checkbox"/> 20+      |

I am interested in assisting with:

(please check all that apply)

- |  |   |
|--|---|
| <input type="checkbox"/> Leading day rides       | <input type="checkbox"/> Group cooking            |
| <input type="checkbox"/> Leading overnight rides | <input type="checkbox"/> Club officer             |
| <input type="checkbox"/> Driving SAG Wagon       | <input type="checkbox"/> Newsletter articles      |
| <input type="checkbox"/> Slide presentations     | <input type="checkbox"/> Newsletter artwork       |
| <input type="checkbox"/> Educational programs    | <input type="checkbox"/> Newsletter keying/layout |
| <input type="checkbox"/> Social events           | <input type="checkbox"/> Newsletter mailing       |

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Phone (H): \_\_\_\_\_ (W): \_\_\_\_\_

Occupation: \_\_\_\_\_

Interests: \_\_\_\_\_

Please read and sign the liability waiver on the reverse side.

**North Carolina  
Bicycle Club, Inc.**

P.O. Box 32031  
Raleigh, NC 27622

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We're On the Web!  
<http://www.ncbikeclub.org>

*The Official Newsletter of  
the North Carolina Bicycle Club*



*North Carolina  
Bicycle Club*

*Purpose:*

- 1. Promote bicycling through recreational, utilitarian and competitive activities;*
- 2. Educate and promote safety throughout its membership and the general public; and*
- 3. Promote relationships of bicyclists locally, nationally and internationally.*



Free WiFi

**Next Meeting: Monday, November 1, 2004, 6:30-8:30 p.m.** Meeting  
**Location: Sammy's Tap & Grill, 2235 Avent Ferry**  
**Mission Valley Shopping Center**  
**Topic: Slide Slow by Rich Giroux of His Cycling Tour of Ireland**

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## MEMBERSHIP APPLICATION— NORTH CAROLINA BICYCLE, INC.

*Please fill out the form on the reverse side, and read and sign this liability waiver.*

*Dues \$15.00 per year, either single or family.*

*Mail your completed application and check to:*

*NCBC, P.O. Box 32031, Raleigh, NC 27622*

[WAIVER: In consideration of your allowing me to participate in North Carolina Bicycle Club rides and events, I, intending to be legally bound, release and discharge any and all claims for damages for death, personal injury or property damage, which I may have, or which may hereafter accrue to me, as a result of my participation in club rides and events. This waiver/release is intended to discharge in advance the North Carolina Bicycle Club, Inc., its officers, ride leaders, and members from and against any and all liability arising out of or connected in any way with my participation in Club rides and events, even though that liability may arise out of negligence or carelessness on the part of the North Carolina Bicycle Club, Inc., its officers, ride leaders, and/or members.

I FURTHER UNDERSTAND that serious accidents occasionally do occur on bicycle rides and that participants occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence. Knowing the risks, nevertheless, I hereby agree to assume those risks and to release and hold harmless the North Carolina Bicycle Club, Inc., its officers, ride leaders, and members who (through negligence or carelessness) might otherwise be liable to me for damages and injuries.

It is further understood and agreed that this waiver, release and assumption of risk is binding on my estate, my heirs, and assigns.]

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent or Guardian:** (if under 18) \_\_\_\_\_