



NC BICYCLE NEWS

INSIDE THIS ISSUE:

<i>A Message From Our President - Surviving A Century</i>	1 & 6
<i>The Road to SufferFest04</i>	2-3
<i>Bike Shop Profile - REI</i>	4
<i>Dr. Bikelove</i>	5
<i>June Meeting Highlights - Practical Cycling Commuting</i>	5
<i>Upcoming Cycling Events</i>	7
<i>Ride Calendar</i>	8-10
<i>Membership News</i>	11
<i>Membership Application & Waiver</i>	11-12

Special Points of Interest

- Surviving A Century, Page 1 & 6.
- SufferFest 2004 Prep, Pages 2-3.
- Bike Shop Profile, REI, Page 4.
- Dr. Bikelove, Page 5.
- Whole-wheat Pancakes Recipe, Page 6.
- Upcoming Cycling Events, Page 7.



A MESSAGE FROM OUR PRESIDENT BY DAVID COLE, PRESIDENT



Surviving A Century

There's a right of passage in cycling, one that every serious cyclist aspires to: the hundred-mile ride. While some folks are able to crank out 100 miles on sheer strength of will, most newcomers' legs, lungs, or bottom will give out first. My first century was the 1989 Assault on Mt. Mitchell. Simply put, this was a bad idea. I would have been much better off if I had ridden at least a few flat centuries first. I survived, but realize now there are things that you don't want to learn by experience. Here are some of them, in no particular order...

Build up your distance. You should at least be able to finish 100K without undue difficulty before attempting 100 miles.

Start Slowly. For a first century I recommend that you forget about the clock. Stop at every sag stop and take your time. You can set a new personal record later.

Have some knowledge of the course. You should at least know what kind of hills to expect, and have appropriate gearing. For example, I wouldn't attempt a ride such as Boone's Blood, Sweat and Gears with an 11x19 cogset and 53-42 chain rings.

Become comfortable riding in

groups. The easiest way to make the miles pass quickly – both physically and psychologically - is to be in a paceline. It takes time and experience to become skilled at this, however. To acquire a group comfort level you should spend some time riding in smaller group rides, and don't be afraid to ask others for advice (such as whether you slow down slightly when you come out of the saddle, which can endanger riders behind you). Riding long stretches solo can be discouraging and exhausting, especially in high winds. If nothing else, seek out a group of friends to ride with together as a group. For more suggestions about group riding skills, see "Group riding tips" <http://www.ncbikeclub.org/documents/grtips.htm>.

Pay attention to the weather forecast. I've been on several rides where fronts came through and there were dramatic changes in weather. In one case my hands were so numb I couldn't even shift gears. I've learned to be more cautious of cold than rain, but the two together can be dangerous on a long ride. You can easily pack arm and leg warmers and glove liners to protect you down to 45 degrees or so. If you get stuck in the cold, find some newspaper (or better yet, bubble wrap) to stuff under your jersey. Such an insulating layer can make a world of difference.

Don't ride on untested equipment. It's a crying shame when someone starts a big event; especially one they had to travel to, only to be stopped by the new component they just had to install the night before. I've seen it happen. For really big rides, such as Mt Mitchell and Bridge-to-Bridge, I like to go out on an easy 15-20 mile equipment check ride the day before. You want to ride with confidence, and part of that comes from using familiar and tested equipment.

Don't ride on unmaintained equipment. Sort of a corollary to the above. Quite frankly, I'm cautious of riders whose bike is filthy and noisy. Regardless, you should know that your drive train is in relatively good shape and that your tires aren't worn thin. This is just obvious, yes?

Carry essential tools. You should at least be able to change a flat and tighten hex bolts, but you don't need to be able to overhaul your bottom bracket. A screwdriver for derailleur adjustment can also be a ride saver.

Eat and drink enough beforehand. I'm a believer in carb-loading and hydrating the day before a ride, Atkins diet be damned. My very favorite pre-ride meal is my whole-wheat oatmeal pancakes (see recipe

THE ROAD TO SUFFERFEST04

BY BRANDON BROWN, NCBC MEMBER



My addiction to road cycling began innocently enough, with my mountain biking buddy, **Shawn Wiess** (NCBC member) talking me into dusting off my old 1980s Cannondale I used to commute to campus and back home. I carted that bike from every house I lived in for the past 15 years, cleaning it up but never riding.

It was with our move to North Carolina that I found many neighbors into mountain biking the local trails here. I instantly fell in love.

Then one day my mountain biking buddy, Shawn, decided since it had previously rained everyday that week that we should go on a road bike ride. Little did I know that Shawn's casual Saturday morning ride was 50 miles from North Raleigh to Jordan Lake and back! Previously I'd only ridden my bike in college and, on occasion, a 20-mile greenway ride once in a while.

Shawn was smart in telling me that it was "over 20 miles" without truly revealing his tactics. With clips and all we headed out to Jordan Lake. After about 25 miles, everything hurt including, probably, the bike, since it hadn't been ridden for a number of years. I also was completely unprepared with biking gear and clothing, so my gym shorts weren't helping the situation much either.

After this original "fun" bike ride, I can't say I was hooked into road cycling, but I can say, that I was very surprised I was able to finish the 50 mile trek. We had started doing more road riding and a friend (another one on the original Jordan Lake trip) wanted to ditch road biking all together, so I was able to pick up my current ride, my first "real" road bike, a Giant TCR1 compact road bike.

As we alternated riding our

mountain bikes with riding the road bikes, I started getting into fantastic shape. I could see my resting heart rate plummet down into the 40s. I'd never been in that good shape, even in my youth with cross training and doing mini triathlons. It seemed the more we rode, the more I got attached to riding road bikes. Needless to say, as a beginning mountain bike rider with a couple of years of riding in the woods, it wasn't until we took this next step that I felt much stronger and was riding with the "fast" group in the woods. I even found when the good mountain bikers needed to take a break at the top of a long grinding hill, I could keep on going.

After a bit of this, Shawn figured I could do most anything, so we entered the "Bridge to Bridge" race over in the western part of the state, starting in Lenoir, NC and leading to the top of Grandfather Mountain. While training last year for Bridge to Bridge, I entered

a few of the local mountain bike races in the Clydesdale category, and surprising to me, came away with two wins and a 3rd place finish.

Enter SufferFest04, a ride from Raleigh to York, PA beginning Thursday, June 17th...

Just when you think you can do most anything, there's always something or someone who needs to prove to you that you can't! My riding partner's cycling goal has always been to bike from Raleigh to York, PA (his hometown). So, as always, I said, "OK, let's do it!"

This past year leading up to the SufferFest, I started with a shoulder injury from mountain biking and a chronic knee arthritic pain that comes from past sports injuries. This started my training season later than I would have hoped, but I was still able to get some winter miles in on the mountain bike with slicks through the greenways and Umstead.



*Left,
Brandon Brown at
the start of the Wild
Turkey mountain
bike race in
Greensboro,
September 2003.*



*Right,
Brandon takes a
break at the 100 mile
mark during the Siler
City ride on May 21,
2004.*

THE ROAD TO SUFFERFEST04

(CONTINUED)

BY BRANDON BROWN, NCBC MEMBER



We began training with 20 to 30 mile trips, on those routes through Raleigh, depending on the weather. After maintaining this winter base, when the weather was better, we started back on the road bikes training at varying distances, all at slower paces, just to keep our legs "used" to the bike. For the most part, after winter broke, we truly began our training for the SufferFest quest.

The planned route takes us from Raleigh to Richmond through several small towns on **day 1**. This first day's distance will be about **170 miles**. We've determined that an early start time of around 5 am, will push us beyond most of Raleigh's morning rush hour traffic long before it starts. This route plots us up to Wake Forest, then somewhat paralleling Route 1 to Henderson and passing by Kerr Lake before crossing into Virginia.

Day 2 starts in Richmond and has our endpoint at a friend's

in Washington DC. This section is probably going to be **150-160 miles**, depending on how the Washington green-way is laid out.

Day 3 is from Washington DC to York, PA and should be around **110 miles** or so. This part of the trip is the least miles, but could be the hardest since we will encounter many more long hills to cross over from the relatively flat I-95 corridor routes that took us to DC.

My biggest question was always, "how do you train for something like this?" It's not only back-to-back 3 days worth of century rides, but 2 of the 3 days are more like a century and a half. The answer was that training rides remained much the same as in the past, just more of them per week. I averaged about 100-150 miles per week between night mountain bike rides and weekend long distance training rides. As we

built our mileage base, we increased the intensity of the routes we took including ones that incorporated Lystra hill around Chapel Hill. These 60 and 80-mile routes, multiple times per week built a sufficient base for what I believe to be a successful long distance bike trip.

In the last two months leading to SufferFest, we selected a couple of routes to "test" the legs. Basically the goal here was to complete the route, no matter the difficulty with a 15 mph baseline to make sure we can maintain at least that speed for long distances. The first of these tests was a modified version of the Triple Hump route. This takes you from the top of Hanging Rock over mountain #1, Sauratown Mountain (1500 ft of climbing over 7 miles), then Pilot Mountain (1200 ft of climbing over 2.3 miles) and finally back to the top of Hanging Rock (1000 ft of climbing over 4 miles). In theory, if you

can do this difficult metric century, you can do Bridge to Bridge.

Our final "test" was one of the Raleigh Randonneurs' routes. This one starts in Morrisville and goes to Siler City, NC and returns to the same place. This is 200K route (125 miles for us) and gives you an indication of what these long distance rides will be like.

Final tallies for our training miles are 1200 miles for me with mountain and road cycling included, 2100 for Shawn since January 1.

Now with all of the training behind us, we begin our trip on Thursday June 17th and conclude on Saturday June 19th. **450 miles in 3 days.**

Tune in next month for an update on our trip and wish us luck!



*Left,
Shawn Weiss prepares
for the Triple Hump ride
on May 16, 2004.*

*Right,
Shawn takes a break at
the 100 mile mark dur-
ing the Siler City ride on
May 21, 2004.*





BIKE SHOP PROFILE: REI

BY ZONDA HILLMAN, EDITOR



This month's Bike Shop Profile features "Recreational Equipment Inc.", "REI",. They have two convenient locations in Cary and Durham. REI is a co-op owned by its members. REI's knowledgeable and friendly staff are eager to assist with your bicycling needs. Stop by and check out one of their stores and receive a NCBC member discount on parts and gear purchases.

REI – Cary

Crossroads Shopping Center
255 Crossroads Boulevard
Cary, NC 27511
(919) 233-8444 Phone
(919) 851-0531 Fax

www.rei.com
M– Sat 10 a.m. – 9 p.m.
Sun. 11 a.m. – 6 p.m.

REI – Durham

6911 Fayetteville Road
Suite 109
Durham, NC 27713
(919) 806-3442 Phone
(919) 544-8100 Fax

Cary—Garland Poole, Bicycle Shop Mgr.

gpoole@rei.com

Durham—Curtis Dobbins, Bicycle Shop Mgr.

cdobbin@rei.com



*Above Left, Garland Poole
Right, Curtis Dobbins, bike shop managers for Cary and Durham stores.*

Owners	Co-op - Owned by members
Year Opened	Cary – March 1992; Durham – November 2003
Retail Sq. Feet	Cary - 17,000; Durham - 18,000
Road Bike Brands	Cary - Novara, K2, Marin, Litespeed Durham - Novara, K2, Marin
Price Range Road Bikes	Road bikes \$799 - \$5,000+
Avg # of Road Bikes on Floor	Cary - 25; Durham - 15
Mountain Bike Brands	Cary - Novara, K2, Marin, Litespeed; Durham - Novara, K2, Marin
Price Range Mtn Bikes	\$350+
Avg # of Mtn Bikes on Floor	Cary - 100; Durham - 80
Clothing Brands	Pearl Izumi, REI, Sugoi, Canari, Cannondale, Castelli, Descente, Fox, Primal Wear, Shebeest, Terry, Nema
Shoe Brands	Sidi, Pearl Izumi, Cannondale, Shimano, Diadora
Helmet Brands	Giro, Bell, Pro-tec
# Bike Mechanics on Staff	Cary - 1 Barnett's Certified Technician, 5 Mechanics and Assemblers Durham - 1 Barnett's Certified Technician, 6 Mechanics and Assemblers
NCBC Member Discount	Yes, on parts and gear with current NCBC newsletter as proof of membership. REI 20% member discount on shop services.
Comments	REI offers bicycles maintenance clinics, and provides technical service for many local rides including Tour de Cure, Raven Rock Ramble, MS150 and Cycle North Carolina. REI also sells camping, paddling and climbing gear in addition to outdoor wear to compliment their assortment of cycling gear and apparel.



*Information current as of 06/05/04



“DR. BIKELOVE, OR HOW I LEARNED TO STOP WORRYING AND LOVE THE ROAD” BY BRUCE ROSAR, EDUCATION OFFICER



Question from "Frustrated":

Yesterday I saw a bicyclist turn left from the right side of the road across two lanes of traffic. The cyclist didn't see the driver who was passing in the left lane and cut that driver off. Aside from nearly being hit, the rider was greeted with a tirade of abuse by the overtaking motorist, who had to slam on their brakes to avoid a collision. Do bicyclists have to cross multi-lane roads like a pedestrian to prevent this from happening, or is there a better way to get across roads like that?

Answer from Dr. Bikelove:

There is a better way! If there wasn't, more experienced cyclists wouldn't enjoy a much lower rate of deaths and serious injuries per year of ownership (and per thousand hours of exposure to traffic) than inexperienced riders.

John Franklin, author of "Cyclecraft", once wrote:

"Cycling safely on the roads is not simply a matter of luck, and it

does not depend solely upon the behavior of motorists. Cyclists can cope with a wide range of traffic conditions by learning a not-onerous set of cycling skills. Furthermore, skilled cycling is not the province of only the super-fit. Integrating safely with traffic depends much more upon technique than physical strength, which is a decisive advantage in only a few situations."

"To progress further a cyclist needs to learn how to negotiate with other drivers, which is the skill of establishing cooperation with others to facilitate progress and to protect you from the dangers, which might otherwise be present. There is nothing awesome about negotiation nor, practiced properly, is it at all unsafe. In all facets of life the great majority of people respond willingly to a direct appeal for assistance. Negotiation is such an appeal. It does require, however, that the cyclist seek deliberately to integrate with traffic. In this, and other aspects of skilled cycling, the biggest hurdle to

overcome is putting aside the prejudice that cyclists and motor vehicles should not mix."

"The cyclist who learns positioning, negotiation and good judgment is able to share most roads in most places with a minimum of difficulty. Although such skills are seldom taught, they have been the stock trade of experienced cyclists for decades. They confer safety, mobility and freedom for cycling in a way that no form of separate infrastructure has yet succeeded in achieving, and this explains why, in countries where cyclists have the choice, most cyclists of wide experience prefer to do most of their cycling on the road."

Bicycle Driving School

To teach the skills, I'm going to schedule another Bicycle Driving School course this summer. The "Road I" course is designed to help riders feel safe and more confident in most road and traffic conditions.

In about 10 hours, using a combination of classroom work, demonstrations, and on-bike supervised practice, the Bicycle Driving School helps students learn effective skills for:

- * bicycling in traffic
- * avoiding the most common road hazards
- * emergency maneuvers
- * selecting bicycles, clothing and accessories
- * feeling more comfortable and efficient on the bike
- * making minor mechanical adjustments and repairs

Scheduling:

Please check the web page <http://tinyurl.com/3gtvc> for the latest news about the course. If the web site indicates that a schedule hasn't been chosen yet, send me an email and let me know what your preference is for the schedule.

Questions?

Please contact Bruce Rosar at brucewr@mindspring.com or 481-0933.

JUNE MEETING HIGHLIGHTS PRACTICAL BICYCLING COMMUTING BY DAVID COLE, PRESIDENT

Several NCBC club officers combined forces to offer their collective advice about bicycle commuting at the NCBC June meeting at Sammy's Tap and Grill on Monday, June 7. Adrian Hands, Bruce Rosar, Steve Goodridge, and I all commute to work by bike (at least occasionally) and spoke about our experiences. Adrian, Bruce, and Steve brought their bikes for show and tell, as did another member from nearby NCSU.

A common theme among the presentations is that you can overcome many seeming obsta-

cles to bicycle commuting. For example, Steve uses a trailer to drop his young son by day care, then returns home to drop off the trailer and continues on to work. Having a shower at work is helpful but not necessary (shower with an anti-bacterial soap before you leave, then clean up with a wet washcloth at work). Rain need not be an issue, especially in the summer. Adrian and Steve both wear sandals with SPD cleats and figure they'll be taking a shower when they get home anyway.

Bruce offered a number of road safety suggestions, such as where to position yourself to make your intentions clear to motorists. (See Bruce's Dr. Bikelove article in this month's newsletter for some examples) Bruce will be offering a Effective Cycling class later this year for folks who are interested in becoming familiar and comfortable with riding safely in traffic – watch for details from Bruce).

Adrian, well equipped from all his randonneuring, described

his selection of lights and generators. There was good interaction among the attendees, and everyone came with new ideas about how use their bike to get to work. Beyond that, we all had good food, good drink, and good fun.

We'll be taking a short hiatus in the summer. There will be no NCBC meeting in July (please come to the Summer Rally on July 18 instead), and stay tuned for our August plans. I'm hoping to have some kind of ride/cookout.



A MESSAGE FROM OUR PRESIDENT (CONTINUE FROM PAGE 1) SURVIVING A CENTURY BY DAVID COLE, PRESIDENT



at bottom of page 6). I also like to drink at least a quart of Gatorade before the ride.

Eat and drink during the ride.

This is the biggie for a century. You can only store up to about three hours worth of fuel. If you don't replenish during the ride you can start feeling very, very empty and near lifeless ("bonking", "hitting the wall"). I personally like Power Bars and vanilla Gu, but find what works for you. It's a good idea to know how many sag stops are on a ride and what kind of food they stock. There's no need to carry what the ride supplies, unless you plan on riding non-stop. As you've no doubt heard, eat before you're hungry and drink before you're thirsty. Believe it.

Prepare beforehand. Another sad fate to avoid is showing up without shoes, shorts (I've done both), or other critical equipment. Have your stuff together

so that you're not packing in a rush as you're heading out the door. Again, common sense, but worth mentioning.

Find partners. Making it a team effort is very reinforcing, and a lot more fun. If your partners are experienced cyclists, so much the better.

Arrive early. For organized events I like to be there at least 45 minutes early, both to allow time to register and to go to the restroom. Don't start a ride with a full bladder, and anticipate lines. You want to start feeling relaxed and prepared, not in a rush to catch up because the ride started while you were in the restroom (done that one, too).

Develop your own pre-ride rituals. Ed Downing and I joke that we like to trim our toenails before big rides so as to reduce rotating weight. Food is probably my main

ritual, drinking a quart of Gatorade early and having a cherry coke and Snickers waiting for me in the cooler when I return.

The vision to strive for here is finishing a ride strong and feeling encouraged rather than discouraged. Sure, you'll be tired. (Motto: if you're not tired then you're not riding hard enough). Completing a century is something to be rightfully proud of, and you should have a sense of victory rather than defeat. I hope what I've offered here will make your next century that much more successful!

By being way over-packed with tools and clothes; having the simple goal of finishing regardless of the time, and a fair amount of good luck (notably, good weather and no mechanical problems). I finished right at 10 hours, twice as long as the first place rider.

Things to do and know...

Build up your distance – complete a metric century first

Get comfortable riding in groups

Know what kind of weather to expect

Eat and drink enough beforehand

Eat and drink enough during the ride

Don't ride with untested equipment

Set everything out beforehand

Know that your bike is worthy for the distance

I developed this recipe in preparation for the 1990 Assault on Mt. Mitchell. A breakfast of these pancakes will be sufficient to get you to Marion (100K). I like to add blueberries, or make plain and cover with hot applesauce and syrup. Enjoy, David Cole

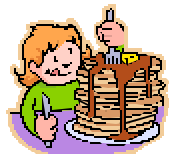
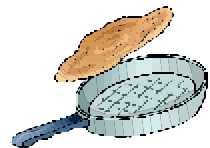
Whole Wheat Oatmeal Pancakes (16 pancakes)

Ingredients:

- 1 cup Quaker Quick Oats
- 2 cups water
- 1 cup flour
- 2 large eggs
- 1/2 cup whole wheat flour
- 1/4 cup apple sauce
- 1/2 cup powdered buttermilk
- 1/2 tsp salt
- 1 tsp baking soda
- 1 tablespoon brown sugar

Notes:

1. Recipe makes approximately 1 quart of batter.
2. Batter refrigerates well and is best when prepared the night before.
3. Cost: About one dollar (6 cents per pancake).
4. Calories: 1754 (72 per pancake, w/o butter or syrup).
5. Fat: 19g (1.2g per pancake).



Directions:

Mix dry ingredients, then add water, eggs, and apple sauce. Beat until smooth, and let stand (preferable overnight, but at least ten minutes).

Spoon 1/4 cup batter per pancake onto lightly oiled hot griddle (325-350 degrees). Flip when top is bubbly. Serve hot.



91st Tour de France
July 3 through July 25, 2004



News and Updates:
<http://www.letour.fr/2004/presentationus/> and <http://www.velonews.com>

Live Coverage:
<http://www.eurosport.com>

Receive Daily Coverage Direct to Your Inbox:
<http://www.tourdefrancenews.com/tourdefrance>



THE SPIN CYCLE
CYCLING SPECIALISTS

12th Annual Firecracker 100K & 50K
Sunday, July 4, 2004
The Capital Cycling Club and The Spin Cycle



8:00 am Ride, 6:30 am Registration
Pre-Registration \$10 (\$5 goes to MS Society), \$15 Day of Event
Online Registration or At Bike Shop Available Through June 28

Cue sheets available online at www.thespincycle.com



NCBC Summer Rally
Sunday, July 18, 2004
Shearon Harris Visitor's Center



8:00 am Ride, 7:00 am Registration
\$15 Members, \$20 Non-Members
20, 42 & 62 Miles
Look for maps, cue sheets and registration forms online at www.ncbikeclub.org



RIDE CALENDAR

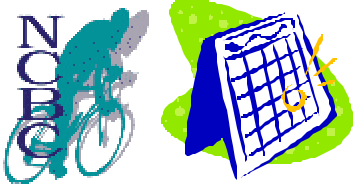
BY SMITH DOSS,
RIDE CALENDAR COORDINATOR



WEEKLY RIDES

Day	Time	Dist.	Pace	Leader	Phone	Starting Location	Comments
Mon	5:45 pm	20-25	16-18	Chet and Cyndy		Phillips66 @Harrington Grove	R-E-C-O-V-E-R-Y RIDE!!! A genuine one. Spin and recover from the weekend! If you want to ride fast, you're on your own.
Mon	6:00 pm	30+	17-19	Cycling Spoken Here Team Members	461-0066	Cycling Spoken Here at Maynard Crossing in Cary	Recovery ride tempo pace. www.cyclingspokenhere.com
Mon	6:00 pm Sharp	Any	10-12	Gilbert Anderson	828-8999	North Road Bicycle Company, 519 W. North Street, Raleigh	Informal pickup ride for new cyclists ambling through town on selected Raleigh greenways, broken up into groups of ten. Depart promptly at 6:00 and ride till sunset then dinner afterwards. If it rains, we go to dinner at a local restaurant.
Mon	6:15 pm	1 hour	13-16	Cid Cardosa, Sr. beaman@ insideoutsports.com	466-0101	Inside Out Sports 2002 Grisdale Lane Cary	Designed for beginner cyclists and triathletes. Beginner ride at 13-16 mph or at pace of slowest rider. No drop policy. www.insideoutsports.com
Tues	6:00 pm	12-15 20-25 30-35	12-15 16-17 19-21	Jim Melton Jeff Roberts	460-9373	The Spin Cycle in Cary	Three group rides. http://thespincycle.com/events.asp?level1=weekly_store_rides
Tues	6:00 pm	32	16-18	Mark and Kendra Farnsworth	387-0033	Cycling Spoken Here in Apex	This is a training ride. The pace may vary at different points on the route. It is possible (but not guaranteed) there may be occasional regrouping to accommodate differing ability levels. A cue sheet will be provided. The leaders will ride their bikes or inline skate.
Tues & Thurs	6:00 pm	22	14-16	Ride Leader Varies	387-0033	Cycling Spoken Here in Apex	www.cyclingspokenhere.com
Tues & Thurs	5:45 pm	25-40	18-20	Jon Buckley	676-4274	Phillips66 @Harrington Grove	
Tues & Thurs	6:00 pm	30-35	18+	Ben White	831-2100	Cycling Spoken Here in Apex	Ride increases pace to 19 to 21 mph. Cue sheet for ride available at www.cyclingspokenhere.com
Tues & Thurs	6:00 pm	~20	16-20	Matt Dean	366-3775	Riverwood Athletic Club (near Clayton)	Get some miles and have some fun. No one gets dropped. I am new to NCBC and trying to put together a local training group. Call if you have any questions.
Tues & Thurs	6 pm Sharp	25-30	19+	Anthony Register Scott Swaringen	779-5240 662-5282	Holland's United Methodist Church/Garner	This ride will get longer as time permits. We will be leaving at 6 sharp, so please come early and be ready to ride.
Wed	6:00 pm Sharp	Varies	17-??	Ed Downing and David Cole	851-4264 362-9578	MacGregor Village	Oh Melo Velo rides again in 2004! Out and back course, ride at your own pace, different route each week. See Ed's website for details: http://ohmelovelo.dnsalias.org/
Wed	6:00 pm	20-30 30-40	15-17 20+	Cindy Jones Jerry Muir & Brad	460-9373	The Spin Cycle in Cary	Two groups: Women's ride 15-17 Group ride at 19-21 mph, For additional info: http://thespincycle.com/events.asp?level1=weekly_store_rides

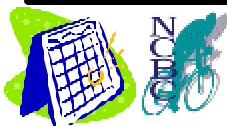
(Continued on Page 9)



RIDE CALENDAR
(CONTINUED FROM PAGE 8)

WEEKLY RIDES (continued)

Wed	6:00 pm	28-30	16-18	John Murray	387-0033	Cycling Spoken Here in Apex	This ride is designed to be fun. No one gets left behind. Pace and distance may vary weekly. Leave your ego at home and come out and join John for a great ride.
Thurs	10:00 am	17.5	14-16	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 www.cyclingspokenhere.com
Thurs	6:00 pm	30-35	21+	Justin Walker	387-0033	Cycling Spoken Here in Apex	Fast ride! www.cyclingspokenhere.com
Thurs	6:00 pm	25-30	17-19	Kevin Coggins	460-9373	The Spin Cycle in Cary	Group ride http://thespincycle.com/events.asp?level1=weekly_store_rides
Thurs	6:00 pm	22	15-17	Ride Leaders Varies	387-0033	Cycling Spoken Here in Apex	No drop. www.cyclingspokenhere.com
Thurs	6:30 pm	30	16-20+	Mike Beaman beaman@insideoutsports.com	466-0101	Inside Out Sports 2002 Grisdale Lane Cary	Designed for beginner to advanced cyclists and triathletes. The group will stay together for about 5 minutes and split up as the pace gets faster. www.insideoutsports.com
Sat	7:30 am	35-45	17-18	Jim Adams jimadams@nc.rr.com	848-0959	Pleasant Union School	Goals are camaraderie and exercise in that order.
Sat	8:00 am	25-45	15-17	James Kinn jameskinn@earthlink.net	851-5600	Parkway Pointe Shopping Center	Riders must call or email the rider leader James Kinn. I will not ride alone.
Sat	8:00 am	~40	20+	Thomas Gabele gabele@earthlink.net	801-8522	Cycling Spoken Here in Cary	
Sat	9:30 am	40-60	20+	Cycling Spoken Here Staff	461-0066	Cycling Spoken Here in Cary	Huge group ride. 19mph (tempo) with a 60 miles option. 20mph+ for the 60 milers. Cue sheet available inside store.
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 www.cyclingspokenhere.com
Sat	Varies	30-60	16-20	Michael Bowers mbowers007@yahoo.com	656-8518	http://tinyurl.com/x3d6	For more information: http://groups.yahoo.com/group/Team_Endorphin
Sat & Sun	9:30 am	50-60	20-22+			Mission Valley	
Sat & Sun	8:00 am	55-70	*			Blue Jay Point Park	Pick-up ride (Road Dog rules, we only drop our friends!).
Sun	8:30 am	2-3 hours	17-18	Allen Walker & Kurt Massey		Food Lion Rolesville	Rolling hills pick-up ride.
Sun	9:00 am	40-65	17-20	Kevin Coggins	460-9373	Spin Cycle at Salt Box Village	Two groups. http://thespincycle.com/events.asp?level1=weekly_store_rides
Sun	10:00 am	1 1/2 to 2 hours	16+	Ride Leader Varies	461-0066	Cycling Spoken Here in Cary	This ride starts out with the slower group then splits off after Cary Park for a longer faster spin. See website for cue sheet.



RIDE CALENDAR (CONTINUED FROM PAGE 9)

Day	Time	Dist.	Pace	Leader	Phone	Starting Location	Comments
Sun	10:00 am	1 1/2 hours	14-16	Todd Spain	461-0066	Cycling Spoken Here in Cary	This ride is not competitive and will go a slow 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 90 minutes . (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 www.cyclingspokenhere.com

JULY 2004 RIDES

Date	Time	Dist.	Pace	Leader	Phone	Starting Location	Comments
Sun 7/4	8:00 am Ride 6:30 am Registration	50K 100K	Any	Kevin Coggins kevin@thespincycle.com	460-9373	The Capital Cycling Club and The Spin Cycle	12th Annual July 4th Firecracker Metric \$10 if you register in advance (\$5 goes to MS Society), \$15 if you register day of event. Online registration or register at the store through 6/28. Cue sheets available online at www.thespincycle.com .
Sat 7/10	8:00 am til Noon			Sponsored by Fit & Able	362-1185	Lochmere Swim & Tennis Club, Cary 200 Highlands Dr.	Multi-Sport & Drafting Clinic . Only call phone number if lost and needing directions on the day of the event. Questions contact Alisa Wright Colopy at fitandable@nc.rr.com .
Sun 7/18	8:00 am	20 42 62	Any	NCBC Summer Rally		Shearon Harris Visitors Center	NCBC Summer Rally - Registration starts at 7:00 am. The 100K is challenging (hilly). Other routes somewhat flatter. Look for maps, cue sheets and registrations forms on the NCBC website. Will also be available the day of the event.
Sun 7/25	9:00 am	32 & 50		Doug Bradley		Harris Lake County Park	GRITS Tandem Ride , Several ride lengths available. http://www.ncbikeclub.org/Grits/GRITS.htm
Sat 7/31	8:00 am	12, 34, 65	Any	Bikestock Fest www.bikestockfest.com		Fisher River Park Mount Airy, NC	Bikestock Fest - 7-8 am Registration. 12 milers start at 9 am. Music (5 bands) starts at noon and continues until 10 pm. Showers available 3 miles away at Surry Community College. \$40 Music & Ride, \$30 Music Only. Pre-register by 7/17 to receive t-shirt, cap and Bikestock socks. Proceeds go to Young Life of Surry County. Questions contact Mack Sumner macbeale@aol.com

THIS CALENDAR IS ACCURATE AS OF JUNE 16, 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 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".

Ride Calendar Legend

*Pickup ride pace at rider's discretion. Riders are encouraged to discuss pace before starting.

Suggestions for Riders

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.

**North Carolina
Bicycle Club, Inc.**

P.O. Box 32031
Raleigh, NC 27622

PRSRT STD
US POSTAGE
PAID
CARY, NC
PERMIT NO. 221

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.*



Next Meeting: August - Check Website for Details

No Meeting in July

**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) _____