

The Cog Hauler

April 2003

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May 2003

Newsletter of the Carolina Tarwheels, an organization of cyclists in the Durham/Chapel Hill Area

Letter From The President

By Wendy Roberts

Greetings Fellow Tarwheels,

With the new year comes new leadership in the club and many new opportunities for you to participate. I want to express my thanks to Sharon and the 2002 Board of Directors for their guidance of our bike club. And I am looking forward to working with our new board (not all of whom are new to the board!) to steer our club in ways that best serve our membership in the coming year. We have already had our first board meeting and handled a few issues (see minutes elsewhere in the newsletter) such as discontinuing our little-used hotline. Our newly printed business cards will reflect this change. If you want to distribute our club business card when you go on rides or meet folks who are interested on our club, let me know and I will get some to you. We have also posted our club bylaws on the website in addition to our full board meeting minutes. If you are interested in knowing more about the behind the scenes workings of the club, be sure to check out these pages. Board meetings are open to our members, so if you want to attend or get an item put on the agenda, contact me for details.

Of course, there are more ways than attending board meetings that you can be an active participant in club activities. It seems that finally winter has stepped aside (at least as of March 9 when I am writing this!), and riding is much more of a pleasure than it was in the frigid and/or rainy days of January and February. Consider this your call to get out and ride your bikes! Of course, to have rides, we also need ride leaders. I commend those who dutifully volunteered to lead rides during the less cooperative days of winter. Now is the season to think about where you would like to ride and to volunteer to lead that ride. Our next newsletter for June/July will be put together in the first week or so of May. Please consider leading a ride of your choice.

Believe it or not, there are also non-riding opportunities to participate. In February, a group of about ten Tarwheels had a shot at some of our 15 minutes of fame by

volunteering at the WUNC-TV on air fundraiser. It was a lot of fun and was a benefit to our community as well. In May, our bimonthly club meeting will feature a program by a local nutritionist and sport performance physiologist (details elsewhere in the newsletter). This should be a great opportunity to learn more about improving our riding experiences as we learn better how our bodies work and how we can better take care of them on/for bike rides. And, of course, this paragraph would not be complete without a mention of our 8th Annual Rural Heritage Tour Scheduled for August 9th. While that may seem like a long time off, I can assure you that there are plenty of things that need to be done before August. If you have spare time or energy and want help out, feel free to contact one of our BikeFest Directors Triumvirate (Cindy Blair, Scott Douglass, and Caroline Gilmore). I am sure they would be happy to hear from you!

Finally, I would like to extend a warm welcome to the newest Tarwheels: Lyle Gardner of Raleigh, Tab Hall of Burlington, Ann Severeid Miller of Durham, and Charlene Simmons of Chapel Hill. I wish everyone a great spring with plenty of bike rides!

--Wendy

Cary Cycling Celebration

Join the Carolina Tarwheels for the first ever Cary Cycling Celebration on Saturday, April 5 at the Cary Senior Center at Bond Park. The event is presented by the Town of Cary and will run from 9:00 AM to 3:00 PM. This will be a cycling extravaganza, with activities for all ages and all cycling levels.

Featured rides include a Metric Century, Half-Metric, tandem trials, mountain bike rides, and the Tarwheels' own Beginner rides. Be sure to stop by the Tarwheels' booth as you peruse the product displays from Triangle bike shops (including REI). More details (ride times, etc.) will posted to the Club E-Mail list and the Tarwheels web page as the event draws near!

Tips for Beginners

by *Maureen Kurtz*

April and May are just about the best months for cycling, I think! It's a great time to get started, and there are some wonderful opportunities for beginners. First of all, April starts out with the first annual Cary Cycling Celebration. There will be rides of various lengths, including beginner rides, as well as other events of interest to the entire family. (See the article in this issue for more information.) Also, the Tarwheels offer beginner rides in our regular rides schedule (see ride listings in this newsletter; also check the online ride schedule for late additions). The American Tobacco Trail is also a great place for beginners; there are 6 paved miles, from the shopping center at Fayetteville Rd. and Rt. 54, to the old Durham Bulls Ballpark. If none of these ride suggestions meet your needs, don't hesitate to contact me; I can send you routes suitable for beginners (mpk@netpath.net).

In this issue, I'd like to refer beginner rides to a few of the great sources of information and inspiration available to them. First, of course, is our own Tarwheels website at www.tarwheels.org. Here you will find posted the club rides and other rides in and out-of-state (listed under "Other events"). You'll also see postings of our meetings and social get-togethers, which leads into another great resource, your fellow riders. Make sure to introduce yourself to people you see at meetings, rides, and parties. Tell them you are new, and let them know what your riding interests are. You'll be amazed at the useful advice you'll get from experienced riders.

Another wonderful resource for riders of all levels is the League of American Bicyclists (LAB). To quote the League from their website, "The League of American Bicyclists promotes bicycling for fun, fitness and transportation and works through advocacy and education for a bicycle-friendly America. The League represents the interests of the nation's 42 million cyclists. With a current membership of 300,000 affiliated cyclists, including 40,000 individuals and 600 affiliated organizations, the League works to bring better bicycling to your community." The LAB provides dozens of free brochures about a wide range of cycling topics at <http://www.bikeleague.org/educenter/factsheets.htm>. I particularly recommend that beginners check out the topics "Beginning Cycling", "Riding on the Road", and "Maintenance". You can also sign up on-line for their e-newsletter, "BikeLeague News", sent out about twice a month by e-mail. The League's online brochures and e-newsletter are free, but I highly encourage membership in this wonderful organization; most of their income is

used for education and lobbying for better laws for cycling. A bimonthly magazine is included in the price of membership.

I hope that this information is useful to you as you get started in cycling. See you on the roads and trails!

May Club Meeting

Our next club meeting will be Thursday, May 8th at a soon to be announced location. In keeping with our tradition, gather for dinner at 6pm, stay for the program at 7pm. This month our program will be given by Chris Eschbach PhD, Director of the Human Performance Laboratory at Meredith College. He is prepared to talk about his work in performance testing (imagine the tests done on Lance Armstrong which quantitate just how good and athlete he is), but is certainly willing to take questions on nutrition, training or anything else along these lines.



You Know You're a Bicyclist When...

You would recognize that threaded washer from a Presta valve stem anywhere.

You skip the last beer because you there is a group ride the next morning.

5th Annual Blue Ridge Parkway Weekend

May 9-11, 2003

Enjoy superb cycling on one of America's truly great roads. The Blue Ridge Parkway is a national treasure- a masterpiece of engineering and landscape architecture- that every cyclist should experience! Participating Tarwheels will stay at the legendary Blue Ridge Hostel, Milepost 214.5. The Tarwheels Weekend begins on Friday, May 9 at 3:00 PM with a ride toward Fancy Gap (any distance you choose - and perhaps a foray onto local roads if we have maps).

On Saturday and Sunday, there will be several ride options depending upon individual or group preferences. Challenge yourself with a spectacular climb to the Doughton Park Bluffs, or saunter toward the picturesque tranquility of Mabry Mill. Outstanding rail-trail riding is available on the renowned New River Trail, with access in Galax, VA, which is about 9 miles from the hostel.

Please make your reservations now!

Contact Alex Coji at the Blue Ridge Hostel, 276-236-4962. Hurry! Space at the Hostel is limited and this popular ride will fill up fast! Traditional accommodations (hotels, campgrounds) are in Galax - more info can be found at <http://www.ingalax.net/>. Don Belk (donaldrbelk@earthlink.net), 468-6398 (evening) is pleased to again organize this event.

If you're planning to go, please RSVP to Don after you make your reservation!

- Club telephone number will be discontinued.
- New business cards will be printed.
- Ride leaders are describing their rides appropriately in announcements. Ride Leaders are responsible for coordinating riders that show up, including explaining the type of ride. (for example, telling A riders that it is a D ride, or vice-versa).
- Jeff volunteered and was accepted as the new Program Coordinator. Thank you Sharon for coordinating three years of interesting guests and speakers at club meetings.
- More ideas needed for charitable contributions
- Mike is unavailable to coordinate the Swap Meet this year. volunteers to run the swapmeet welcomed..



“Cookie Monster like TarWheels”

Tarwheels Board Meeting

11 February, 2003

Welcome new board members!

Subcommittee Reports: Financial, Publicity, Website, BikeFest, Quartermaster/Inventory, Ride Coordinators, Membership, Newsletter, Welcoming

Discussion Topics: Bylaws, Insurance, Telephone Line, Business Cards, Ride Leaders and Types of Rides, Program Coordinator, Charitable Contributions, Think First proposal, Swap Meet, Other Business.

Decisions/Action Items:

- Bylaws have been added to the website.



Special Sites from past Rides

Oh Shenandoah

(Continued from Feb/Mar issue)

By Peter L. Finkelstein

Day 3

On this part of the trip we wander along the valley of the Shenandoah River, through pretty little towns and scenic back roads. This is also the day with the most route complications. Follow your maps carefully.

Leave Waynesboro by finding your way to Port Republic Road (865) going north. From the Comfort Inn, we go east a few blocks, then north on Railroad Road across the tracks, up a steep short hill, and proceed along for about a half-mile. When the road ends on a highway, jog right and left to the start of Port Republic Road. There are many other ways to get to the start of the road, depending on where you stay.

Port Republic Road is one of the prettiest on the ride. Follow it North for about 10 miles. When it ends, turn right on Rt. 256, then left in 1/4 mile on 605. Follow 605 into the town of Port Republic.

Port Republic is a lovely little town. Take time to look around. It has a nice little store with food (and a bathroom, usually). We have frequently found that one or another of the churches in town are doing barbecued chicken. While it's a bit early for lunch, some of the riders will buy them to carry along and eat later.

When you get to the store, turn left on 659, cross the river, then right on 655. Follow 655 about 5 miles, to Pineville, (not much there, there) then right on 672. There are some very pretty homes and farms along this route. When 672 ends in the town (crossroads) of Montevideo, turn right on 996.

Go through Megaheysville, and continue on 996 until the road dead-ends. Then jog left up to highway 33. Go right on 33. This is a busy four lane road, but there is a shoulder and it isn't too bad. In a mile or less you'll come to a light with a big convenience store on the other side of the highway. They have good food there, fresh sandwiches, fruit, drinks, pastry, and some hot food. I think this is your best lunch option. Back across the street there's a nice church with pretty grounds. We frequently will carry our food over there to picnic. (Be sure to leave nothing but footprints.)

Continue along highway 33 a short distance, then left on 602 to the town of Shenandoah. Rt. 602 can be rather busy, and for some reason the drivers less polite than other places on the route. Be careful. As you get into town you'll cross an old bridge over the river, then go through a railroad underpass. In both places the road can be pretty bad. Again, be careful. Shenandoah has a fast food burger place, and a convenience store. If you didn't get lunch before, this is about your last chance before Luray.

Continue on 602 out of town. This will be a fairly long, but not too tough climb. Near the top of the hill notice the house on the left that has the unusual cement fence around it. It was done by the original owner of the house. An interesting bit of folk-art, I think.

Keep going on 602 another few miles until you get to the intersection of 602 and 603. Turn left on 603 for a wild downhill ride back to the river. The road ends at a T at the river. On your left is a small parking area and launching ramp for fishing boats. On a hot day this is a good spot for a dip in the river. (Watch out for poison ivy along the banks!)

From 603, turn right and follow the river road for about ten miles to highway 340 at Alma. Unfortunately, the road only follows the river for a few miles. When the road turns right, away from the river, get into your granny gear quick. There's a short, but very steep climb. Followed by more ups and

downs til Alma. At Alma there's a convenience store where you can get drinks and snacks. Across the road there is a large chicken processing plant. Hope the wind isn't in your direction.

Turn right on 340, then, in a hundred yards or so, left on 616. Just out of town there's a pretty church on a hill. Great yard to have a rest or a nap.

Continue on 616 about 10 miles and a few hills to route Route 211, then go right into Luray. Coast down the hill into town. At the bottom of the hill are two places to stay, the Best Western Intown Motel on the left and the Mimslyn Inn on the right. Capt. Nate Hereshoff, the famous yacht designer from the first part of the last century, when asked what color to paint a boat said "There are only two colors to paint a boat, black and white; and only a fool would paint a boat black." The Best Western Intown is a perfectly adequate modern motel, with a good diningroom. The Mimslyn is an old restored Inn, and a treasure. It sits high on a hill with a great view, and a gigantic front porch that runs the length of the building. Many a bicycling yarn has been retold a few more times than necessary on that porch. Just inside the door is a bar, where your favorite brew is available, but they don't seem to mind if a group brings in a case and a half dozen pizzas to eat on the porch. In fact they're very bicycle friendly, and have a large garage under the Inn where they're glad to lock up your bike. Oh, and did I mention the dining room. High ceilings, white linen, great food, and not expensive. The rooms are smallish, but comfortable, with the old-fashioned heavy white porcelain fixtures. The whole place makes me feel like I've stepped back in time. The Mimslyn is a great experience. Don't miss it.

Day 4

The last day is relatively short, about 45 miles. But it has "the hill", Massanutten Mountain. It also has some of the prettiest country along the trip.

Across from the Mimslyn, and next to the Best Western Intown Motel is a soft ice cream stand, and next to it, Lee street. Take it till it ends, and turn left on Bixler's Ferry Road. This will be Rt 675.

Follow 675 out of town and down the hill 3 miles to the Shenandoah River. Cross the bridge, and continue left on 675. In a half mile 675 turns right while the river road continues. Stay on 675.

Now the fun begins; first a few switchbacks, then just a long, relatively straight climb along the side of the mountain. A good number of people walk part of the way, some just stop to get their wind back and let their heart rate slow down before going on, a few can make it in one shot. It's about 2 3/4 miles to the top. Whatever you do, stop on top to rest and enjoy the view, which is incredible. You'll be able to see across the valley to the mountains you spent the first two days riding along; and the valley you came up yesterday. You'll be impressed.

And now we go down. BUT TAKE IT SLOW!! The road down is also very steep, and about 1/4 mile down there's a very very bad switchback. Banked the wrong way, gravel in the turn, blind. You really don't want to be going fast in this turn.

After the switchback the road's not too bad. And after the steep part, another half mile or so, it's lovely riding through National Forest, then woods and cabins. 5 miles from the top you'll come to the town of Kings Crossings. Cross a little bridge, turn right on 678.

Then you continue for about 18 miles down Fort Valley, one of the prettiest places I've ever ridden. Mostly gentle down hill, a few farms, one village with the only store you're likely to see, (the tap water has a strong mineral taste, try to avoid it) , lovely churches, and in the lower part of the valley you'll

be back in National Forest. Along this stretch you'll be riding along a stream with pretty stretches of rapids, and some good swimming holes. Stop and enjoy.

As you come out of the National Forest, the first road you'll see to your right (there's a sign saying Fish Hatchery) is 619. Take it to the right. Go past the fish hatchery, up a little hill, and continue as the road runs around the base of Massanutten mountain, and back into civilization. There are a few sharp turns and intersections, but just stay on 619. About 8 1/2 miles from the fish hatchery you'll run downhill back to the river, cross the bridge, and get back to Rt. 340.

Turn left on 340, and you'll be back in Front Royal in about a mile.

Hope you enjoyed the trip.

Advertisements



Tarwheel Jerseys:

There are still some wonderful, colorful Tarwheel Jerseys available for sale from our last order. The price is \$50 and the sizes are as follows: M, L, XL and one S and one XS. Please e-mail me at Winst008@mc.duke.edu or call me at home at 493-0522 if you are interested in a jersey. Jerseys are also available at Club Meetings. Thanks

Club Socks:

Cycling socks by DeFeet are here! S M L and XL \$6.00 a pair. Regular price in shops is \$10.00. These are green and black to match the jerseys. Stuff your Christmas stocking with some stockings! Contact Sharon Roggenbuck:

sharonrogg@aol.com

BOB Trailers:

Any Tarwheel member can rent a BOB trailer (tows large amounts of stuff behind a bicycle) for only \$1 per day by contacting Dave Connelly (544-6372).

Bike Cases:

Tarwheel members can also rent bike cases for \$1 a day by contacting Kyla Eggen: 942-7235, kylaeggen@mindspring.com

**BikeFest 2003:
The 8th Annual Rural Heritage Tour
August 9, 2003**

**This is a Carolina Tarwheels event.
Please start thinking NOW...
so you will be ready when the call for volunteers go out.**

Rides and Events in April 2003 / May 2003

Participants are considered to be on private excursions and thus must agree to hold harmless the ride leaders, the Carolina Tarwheels, Inc., and its officers and agents for injury or loss that might occur as a result of taking part in these rides.

Helmets are required for all Tarwheel rides.

All cyclists are invited to participate in these rides. Riders must understand, though, that these rides are over public streets and highways, and, thus, involve ordinary risk of accidents.

Times listed are departure times. Arrive early and be ready to go at the scheduled departure time. All rides are weather permitting.

If it is raining, do not expect the ride leader to appear. If in doubt, contact the ride leader.

There are three types of rides : Standard, Social and Training rides. SOCIAL rides may be any pace but very often are slower. The group pretty much stays together or regroupes from time to time. STANDARD rides may be a single pace or a combination of paces, A, B, C, and D. Cue sheets are provided. Faster riders are welcome but the ride leader stays with the slowest person. TRAINING rides are generally faster paced. Cue sheets may or may not be provided and the ride leader does not sweep. The type of ride should be clearly defined by the ride leader in the description.

For general information: for Durham and Raleigh, call Adrain Hands (832-5083);
for Chapel Hill and Carrboro, call Libby Evans (942-4260) or Chuck Tharp (644-2410).

Ride Pace Classifications: **A** 18+ mph; **B** 16-18 mph; **C** 13-15 mph; **D** 10-12 mph

Directions to Ride Start Locations

The ride descriptions will have these ride start locations highlighted.

Carrboro Plaza - on NC 54 at the western edge of Carrboro. From I-40 exit 273, follow NC 54 West.

Cedar Falls Park - In northern Chapel Hill: from I-40 exit 266, take NC 86 (Airport Rd) south 0.6 mile to light at top of the hill, turn left onto Weaver Dairy Road, continue east 1.6 mile. Cedar Falls Park is on the right.

Cole Park Plaza. On US 15-501 about five miles south of Chapel Hill.

ELG Signpost A subdivision sign located on Chestnut Ridge Road, 1/2 mile west of the intersection with Borland Road. Park alongside the road. This is in western Orange County.

Efland-Cheeks Elementary School - from I-40/85, take exit #160 for Efland, head north into Efland. Turn left on Forrest, which will then curve to the right. Turn left onto Rt. 70 and go about 1/2 mile. Turn right on Fuller, the school is directly ahead. Please park in a corner of the lot away from the school entrance.

Ford Road and Old Greensboro Road - Take the Jones Ferry Road exit from the NC 54 bypass around Chapel Hill. Turn left if you're coming from Durham/Raleigh, right if you're coming from the west. Go about 1 mile, then turn right onto Old Greensboro Road. Ford Road is ahead 4 miles, on the left. Park along the road. Please don't stop/stand in the road, the locals have complained to the sheriff!

Friday Center - The Friday Center is located on NC 54, between I-40 and Chapel Hill. From I-40, take exit 273 toward Chapel Hill. After approx. 2 miles, look for the Friday Center sign and turn left. After 1/4 mile, the Friday Center will be on your right.

Greenwood Commons - On NC 55, about 1 mile south of NC 54 in Durham. From I-40 Exit 278, turn toward Apex. Greenwood Commons is ahead 1 mile on right.

Hillsborough Superior Courthouse. In downtown Hillsborough at the corner of Churton and Margaret Streets. From I-85 Exit 164, or I-40 exit 261, turn north toward Hillsborough. Courthouse is on right, 1.2 miles north of I-85. Park behind courthouse in parking lot off of Margaret Street.

Lake Crabtree County Park - Just off of Aviation Parkway exit of I-40 (exit 285). If coming from Durham or Chapel Hill, turn right at the end of the ramp. Lake Crabtree Park will be just ahead on the left.

Little River Elementary School. In Northern Durham off of Snow Hill Road. From Durham, take Roxboro Road north. Turn right on Old Oxford Road. Snow Hill Road branches left after another three miles.

Maple View Ice Cream Store - At the intersection of Dairyland Road and Rocky Ridge Road in Orange County. From Carrboro, take Old NC 86 (extension of Hillsborough Street) for about a mile outside of town. Turn left at the stoplight onto Dairyland Road. Ice cream store is 3.5 miles ahead on right, at the top of a hill. Park along Rocky Ridge Road across from the ice cream store. From Durham /Raleigh on I-40, take exit 263 (New Hope Church Rd), turn left. After 3.5 miles, and just before the road turns to gravel, turn left on Rocky Ridge Road. Ice cream store is at intersection with Dairyland Road.

McDougle Middle School in Carrboro. From **Carrboro Plaza**, take Old Fayetteville Road north (toward the right, if you're coming from Chapel Hill). McDougle School is on the right after about ¼ mile. Be careful not to continue to McDougle Elementary School, just beyond the Middle School.

Morrisville Square - just west of the intersection of Church Street and Morrisville-Carpenter Road. From I-40 exit 285 turn right onto Aviation Parkway. Go a few miles, the Square is on the left about ½ mile after crossing the railroad tracks.

Orange County Superior Courthouse on Margaret St in Hillsborough. From I-40 Exit 261 and I-85 Exit 164, turn toward Hillsborough. At the edge of the downtown area, immediately after crossing over the Eno River, turn right on Margaret Street at the next traffic light. Then turn right into the large parking lot on the right.

Radisson Governor's Inn: On NC 54 in Research Triangle Park. From I-40, take the Davis Road exit (exit 280). Turn left on Davis Drive (believe it or not, it's a left turn from both directions on I-40), then right on NC 54. Governor's Inn is ahead on right.

Research Triangle Institute: Take the Durham Expressway (Rt. 147) to the Cornwallis Rd exit. Go SouthEast on Cornwallis Rd (should be a left turn regardless of your direction on the Freeway) towards the IBM entrance, to RTI parking lot at W. Institute Drive, which is the first right.

St. Mary's Catholic School (formerly Kantnor School) at the corner of St. Mary's Rd and Pleasant Green Rd between Northern Durham and Hillsborough. From Durham, I-85 West, take exit 170 (US 70), then turn right at the stoplight onto Pleasant Green Road. After six miles, St. Mary's School is on the left just after crossing St. Mary's Road. From Hillsborough, travelling north on Churton St., turn right on King St, which will become St. Mary's Road after crossing Cameron St. After six miles, turn left onto Schley Road, school is just ahead on left.

Tarwheel Alley - Off I-40 Exit 263 (New Hope Church Rd). If coming from Durham/Raleigh, turn right at end of ramp, if coming from Hillsborough/Burlington, turn left. Then take first right. Park along road (don't park in the church parking lot).

Umstead City Park in Chapel Hill is on Umstead Drive between Airport Road (Hwy 86) and Estes Drive Extension. This is a bit confusing since Estes Drive Extension, itself, intersects Airport Rd further north. The three roads form a "triangle" with Umstead Drive being the southern edge.

Union Grove Church (aka Union Grove United Methodist Church) is located on Union Grove Church Road. From Carrboro, take Hillsborough Street/Old NC 86 to Dairyland Road, turn left. Then after half a mile, turn right on Union Grove Church Road. The church is ahead three miles on the left. From Durham/Raleigh, take I-40 to exit 263, then turn left on New Hope Church Road. After 3 miles, turn left on Union Grove Church Road. Church is just ahead on the right.

Wilson Park in Carrboro - Wilson Park is located on Williams Street, just off of N. Greensboro Street in Carrboro. To get there: Take NC 54 bypass around Chapel Hill/Carrboro, then take the Merritt Mill/Smith Level Road exit. If coming from Raleigh or Durham, turn left on Merritt Mill then go right (north) on Greensboro Street towards Carrboro. Go through 3 stoplights, and turn right on Williams Street (the first right turn after the 3rd light at Estes Drive Extension). If coming from the west, turn left on Smith Level Road/Greensboro St. Go through 4 stoplights, and turn right on Williams Street.

Ride Listings

Standing Rides

Mondays, 6:00 pm, all paces, 12-16 miles. Meet at the front of Cycle Center on Broad St. in Durham. Park in that parking lot or across the street at the Duke office building. Option to meet this group at the trail head on Blackwell and Moorhead around 6:10 or so. Note: we are starting at Cycle Center to avoid parking problems during baseball games. This is a new standing ride and with enough interest, we will make it permanent. This is a group ride but faster riders may ride and their own. Water, snacks, and bathrooms at the start and half way. Valinda Jordan, 383-2846 or valindaj99@aol.com.

Directions to start: Cycle Center bike shop-located beside Whole Foods on Broad St. in Durham, across from Duke's East Campus and Main St. American Tobacco Trail-At the corner of Blackwell and Moorhead across from The Durham Bulls baseball park and right off the Durham Freeway (147).

Wednesdays, 17 miles, C/D Pace. Women On Wheels (WOW) will start their weekly C-D paced rides on Wednesday, April 9 at 5:45 p.m. We leave from the parking lot of Family Health

International (Headquarters Park) on Hwy 54, near Hwy 55. The time will be shifted to 6:00 or 6:15 once there is more daylight. The 17 mile route is through RTP and Morrisville. No one will be dropped. Email Linda Charles (lcharles@nc.rr.com) or Beth Raymond (Eraymond@fhi.org) before the first ride to get directions and start time.

Wednesdays, 10:00 a.m., 40 miles. Join "Michigan Mike" Freeman (mdfreeman@ mindspring.com, 969-7519) at **Union Grove Church** and enjoy the camaraderie of a small group that will average between 15 & 16 mph. Destinations rotate between Efland, Hillsborough and Saxapahaw. Mileage varies depending on the group and the weather.

Saturday Apr 5

First Annual Cary Cycling Celebration, to be held at Bond Park from 9:00 AM to 2:00 PM. Among many exciting features will be several road rides and mountain bike rides organized by area Clubs (Tarwheels, NCBC, and some racing outfits) and local bike shops. There will be a metric century, a half-metric century, and Beginner rides. A complete article on the CCC can be found elsewhere in this Coghauler.

Sunday, Apr 6

D, 1:00 p.m., 20 miles. Meet at **Maple View Ice Cream** (please park across the road). 20-mile ride through Orange Co. Carol Porter (carol_porter@unc.edu, 929-3506).

Saturday Apr 12

New Member/Beginner Ride, 9:00 a.m., 7 or 14 miles. 7 mile loop repeated twice - your choice. Option - road or trail. Children welcome with adult. Please ensure that your tires are inflated, and bring a full water bottle and a properly fitting helmet. Start at **Research Triangle Institute** parking lot. Leader Janice Sitzes, 932-5269, <jsitzes@southernseason.com>

B/C, 9:00 a.m., 33 miles through western orange co., B/C pace, leaving from **Tarwheel Alley** off New Hope Church Rd. Park along the road, not in the church parking lot please. Ride leader: Kathy Trotter, 732-4190. Other paces welcome if you'd like to lead.

Sunday, Apr 13

C, 1:00 p.m., 40 miles. Sharon Roggenbuck will borrow one of Mike Freeman's Wed. morning routes leaving from **Union Grove Church** on Union Grove Church Rd. We'll head down to Saxapahaw on country roads for a stop at 20 mi. at Poppies Shell Station. C pace, faster riders welcome but I'll be leading from the rear. day 493-5441 home 732-4866 sharonrogg@aol.com

B/C, 10:00 a.m., 30 miles. Join Evan Wynmor (967-0288, ecwynmor@aol.com) at **Umstead Park** in Chapel Hill for my "Sunday Brunch Ride" We'll ride the usual fast downhills and slow uphills. The rest stop (Brunch) will be at Weaver Street Market with an easy 2 miles back to Umstead Park.

Saturday Apr 19

C, 10:00 a.m., about 44 miles. Libby Evans (942-4260, evans@unc.edu) is heading for Ye Old Country Kitchen in Snow Camp for their Saturday buffet. Meet her at **Ford Road**.

Easter Sunday, Apr 20

No rides scheduled. Please check the online schedule at www.tarwheels.org for last-minute additions.

Saturday Apr 26

Beginner/New Member ride, 10:00 a.m. Blanche and Larry Dean (two2tandemnc@hotmail.com; 957-0208) Starting at the **Radisson Governor's Inn** in RTP.

Approx 20 miles, flattish. Bring a snack for the rest stop at the halfway point (no store); make sure you have at least one full water bottle (if it's hot, bring two).

C, 10:00 a.m., about 45 miles. Join Caroline Gilmore (477-1997, CarolineGilmore@aol.com) at the **Friday Center** for another round of the New Hill Adventure ride that goes out to Jordan Lake, the Bonsal train station, and Shearon Harris. Ride will be led from the back. Rest stops are at 9.3 and 29.7 miles, so plan accordingly. The Friday Center is on NC 54, between Chapel Hill and I-40.

Sunday, Apr 27

C, 10:00 a.m., 35 miles, ELG signpost, "Riding Rural Reaches Ride" takes us through Saxapahaw and Eli Whitney. Lori Shapiro and Jack Ramsey, days 966-4196, eves 563-0359, or

Lori_Shapiro@med.unc.edu.

Saturday May 3

D, 10:00 a.m., 35-38 miles. Hillsborough the back way with lunch at Lu-E-G's. Meet at

Carrboro Plaza at 10:00. Carol Porter. (carol_porter@unc.edu, 929-3506).

C (13-15 mph), 7:00 a.m. 61.8 miles. We will carpool out to Hanging Rock State Park for the 3 Mountain Challenge. We will then bike up Sauratown Mountain, Pilot Mountain, and Hanging Rock. Yes, we will have some hills in-between, as well as great views, and rest stops(food!)

The plan: Meet at our place (Sarah and Bill's) and head out about 7am. By 10:00 am we should be on our bikes. Around 4:00 pm back to the cars, we will eat our way home by 8:00 pm. If interested call or e-mail me before the ride. I can give you directions and answer questions. Bill

Heemstra (919) 490-6242 or billheemstra@hotmail.com

Sunday, May 4

New Member/Beginner, 1:30 p.m., 12 miles. "Springtime in Cary". All paces.

Come join Don Belk (donaldrbelk@earthlink.net; 468-6398) for a New Member/Beginner Ride through some of Cary's loveliest neighborhoods. Whether you are new to cycling, returning to cycling after many years, or just want to go on a leisurely ride, this ride is a good way to meet some nice folks and "Spring" into the cycling swing of things. Current Tarwheels - especially members in the Cary/Apex/Raleigh area - are welcomed, too!

Meet at the Page-Walker Arts and History Center, 119 Ambassador Loop on the Cary Town Hall campus. The campus is off North Academy Street, between Chapel Hill Road and Chatham Street in downtown Cary. Please ensure that your tires are inflated, and bring a full water bottle and a properly fitting helmet. Refreshments following the ride!

All paces, 100/62/31/10 miles. Raven Rock Ramble, organized by our very own David Cole. Harris Lake County Park. You can find all the details at the event web site at <http://www.ravenrockramble.addr.com>, but here's the essentials:

Date: Sunday, May 4th, 2003 - rain or shine

Distances: 100 miles, 100K (62 miles), 50K (31 miles), 10 miles

Time: Registration starts at 7:30am, all rides start at 8:30am

Place: Harris Lake County Park in southwest Wake County, near the Shearon Harris nuclear plant

Cost: \$20.00 if registered by April 20, \$25 afterwards. Includes a cool t-shirt.

Receipt will be provided for tax-deductible portion of registration fee.

Contact: David Cole

dlcole@nc.rr.com

919-362-9578 (home - before 9pm, please)

919-254-4113 (work)

B/C, 10:00 a.m., 30 miles. Join Evan Wynmor (967-0288, ecwynmor@aol.com) at **Umstead Park** in Chapel Hill for my "Sunday Brunch Ride" We'll ride the usual fast downhills and slow uphills. The rest stop (Brunch) will be at Weaver Street Market with an easy 2 miles back to Umstead Park.

C, 1:00 p.m., 38 miles: Sharon Roggenbuck is borrowing one of Mike Freeman's Wed. morning routes again. We'll leave from the **Union Grove Church** on Union Grove Rd. This time we'll head up Borland hill and into Hillsborough with a rest stop at 22 mi. at the Exxon station. Mostly rural roads, some options for making it shorter. C pace, faster

riders welcome, I'll lead from the rear. Sharon day 493-5441 home 732-4866 sharonrogg@aol.com

Saturday May 10

Casual C pace, 9:00 a.m., 35 miles. Join Bill Reid for a ride to Wilsonville from the Food Lion parking lot (Peak Plaza) at Jenks Road and NC 55 near Apex. There will be a rest stop at Wilsonville. The ride will start promptly at 9:00. jwreid@intrex.net

Sunday, May 11

New Member/Beginner, 11:00 am, 12/20 miles. Meet and finish at **Maple View Ice Cream Store**. No ride in rain. Please bring a full water bottle and a properly fitting helmet, and make sure your tires are properly inflated. Ride leaders are Silke Schmidt (403-9466, silke.schmidt@duke.edu) and Dan Phaneuf (dan_phaneuf@ncsu.edu).

C, 10:00 a.m., 40 miles. ELG signpost, "Chasing Yellow Arrows Ride" traverses windy roads of Efland! Lori Shapiro and Jack Ramsey, days 966-4196, eves 563-0359, or Lori_Shapiro@med.unc.edu.

Saturday May 17

No rides scheduled. Please check the online schedule at www.tarwheels.org for last-minute additions.

Sunday, May 18

C+, 10:00 a.m., approx. 40 miles. Meet Beth Gregory (643-2297, gregory@4pi.com [weekdays 9-5 only]) at the Orange County Courthouse in Hillsborough for a ride into the wilds of Orange County.

C, 10:00 a.m., 35 miles. ELG Signpost, "Riding Rural Reaches Ride" takes us through Saxapahaw and Eli Whitney. Lori Shapiro and Jack Ramsey, days 966-4196, eves 563-0359, or Lori_Shapiro@med.unc.edu.

Saturday May 24

C, 10:00, 28 miles. Meet Libby Evans (evans@unc.edu, 942-4260) at **Ford Road** to go eat chocolate chip cookies. One of these days she'll re-route it to avoid the now-closed Remy's (sigh, whimper), but it's possible this one will still stop there. Bring plenty of water for the ride.

Sunday, May 25

All paces, 10 a.m., 38 miles. McDougale Middle School. Join Tom Hughes as he revives The Martini Ride after a bit of a hiatus. The concept is simple: ride approximately 38 miles first, then there's a cocktail reception at Tom's dream condo in Carrboro. All paces are welcome, but Tom plans to ride at a B pace. Gallant souls who volunteer to sweep the slower paces will be rewarded with the first drinks served.

Monday, May 26 (Memorial Day)

10:00, C, 35-50 miles. Meet Libby Evans (942-4260, evans@unc.edu) at **Ford Road** for a ride. Libby wants to do something she hasn't done in a while, so she isn't sure at press time what the ride will be. It's more likely to be closer to 50 than 35, and if all goes well, she'll find somewhere new as a stopping point. If anyone knows of interesting restaurants that fit this distance, let Libby know as soon as possible. (And if time pressures get to her, she'll pick an old standby route.)

Saturday May 31

New Member/Beginner, 10:00 a.m., 10-12 miles. Kathy and Scott Douglass co-leaders will lead this ride starting at **St. Mary's Catholic School**. Roads are smooth and no major hills. Contact leaders if you need directions to the start or questions. Kathy will be leading from the front and Scott's trailing behind. Scott will have his camera so SMILE. Helmets required, as on all Carolina Tarwheel rides. No facilities at the start. (919) 383-9722) or scott@sdouglass.com

Be sure to “ride “ over to the Club’s Webpage or the latest news on special events and ride updates and additions....

www.tarwheels.org

Carolina Tarwheels Officers and Volunteers

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Chuck Tharp 644-2410 veloman@netpath.net: Chapel Hill/Carrboro/Hillsborough
Libby Evans 942-4260 evans@unc.edu: Chapel Hill/Carrboro/Hillsborough
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Newsletter Deadline: May 12, 2003

Email submissions to: coghauler@sdouglass.com or

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