

# The Cog Hauler

April 2005

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May 2005

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

## Letter from the President

“Call For Volunteers!” How many times have you read these words on the Tarwheels’ website and in the CogHauler? But you may be asking, how do I get involved, what needs to be done, what can I offer to the Club? Well, I thought it would be a good idea each month to cite examples of current volunteers who have given freely of themselves to assist the Club. Not only does it give me a chance to thank them publicly for all of their efforts, but also by mentioning some of the jobs they do, perhaps it will give other Club members an idea as to what it takes to run a Club our size.

Therefore, before moving on to matters with the current board, I’d like to again recognize two long time volunteers of the Club. Jan Grossman stepped down as Treasurer after serving for 2 years (2003-04). Jan has devoted enormous amounts of time to the Club and oversaw the Club’s accumulation of significant assets. Other activities include Jan and Mindi’s efforts in overseeing Rest Stop 2 at Bikefest, numerous behind the scene odd jobs, and as a ride leader. We will all miss his financial reports, his insight, and his dry wit at Board meetings. Jan thanks for your past and continued efforts.

For many years, Dave Connelly served as Membership Chair, handled bike box and BOB trailer rentals, led rides, and was our traffic director at Bikefest. He is reducing his time dedicated to these endeavors so he can get more involved in other bicycling activities in the community. Dave, the Club has appreciated your great attention to detail and organizational skills. Thank you and best of luck in your new endeavors.

Now to current business. I am pleased to announce that the Board has put in place a new method of leading Bikefest. Instead of what has become an annual question as to who will be the new director, we have created a new 3-person rotation made up of the Past-Director, a current Director and a Director-In-Training. In theory, one Club volunteer will need to sign up each year for a 3-year commitment rotating through each of the positions. As Director-In-Training a moderate amount of effort will be required as you become familiar with the ins and outs of Bikefest. The next year as Director you will have full authority as you are in charge. Finally in the third year, you will serve in an advisory capacity. Ken Dietel has graciously agreed to serve as the

Past Director and I have signed on as Director-In-Training. I am excited to announce that Bryan Davis has volunteered to serve as Director for BikeFest 2005. Please contact Bryan if you would like to get involved or if you have any questions.

Planning for success, the board wants to get an early start considering how to best donate Club money this year. The Board discussed numerous options including providing bicycles and helmets to children in need, the purchase of bike racks to be provided to local businesses to encourage bicycling in the community, and supporting Riverwalk in Hillsborough. Read Don Belk’s article in this issue for more details. We are soliciting your inputs for other ideas with the hope that we can come up with a plan to make our donations in the fourth quarter.

Next month I’ll update you on efforts to update our website and proposals that the Board is considering to increase bicycling advocacy in our community. Until then, I hope to see many of you on the road as we enjoy the Club’s rides and functions. If you have any comments or issues you’d like your Board to consider please get in touch with me at [jmc51@ix.netcom.com](mailto:jmc51@ix.netcom.com)

—Jeff Charles

## Board Sets Giving Policy and Solicits Inputs

Article II of the By-Laws of the Carolina Tarwheels Bicycle Club states among the Club’s goals to “promote the positive image of cyclists in the community through example.” The success of our annual BikeFest has resulted in a largesse on the order of \$4,000 to \$7,000 that allows us to carry out that objective.

Your Board of Directors takes that responsibility very seriously, and carefully deliberates how and when we donate money. In 2003 and 2004 we have made donations to various charities: sizeable contributions to the Triangle Rails-to-Trails Conservancy, monies to purchase bicycles for poor and deserving children, contributions for local bike rodeos, additional funding to the League of American Bicyclists, and a donation to Pedals for Progress, a U.S.-based, non-profit organization that collects, processes, and donates used bicycles and bicycle parts to the working poor in third-world countries.

Future plans for giving was discussed at our February Board meeting and your Board took the following action:

“For annual gifting from BikeFest proceeds, the Board will ensure that 80% of donations go to local (Triangle) organizations and activities. 20% of the total available for gifting will be directed to worthy State, National, and International organizations and activities as determined by the Board.”

During the meeting, the board discussed ways that we could establish an annual gifting that would enable the Club to maximize its effect locally. Three possible recommendations were discussed: 1) providing a bicycle and helmet to children in need, identified by working with local social services or religious organizations. (30-40 children could be covered by \$4,000); 2) the purchase of bike racks to be provided to local businesses to encourage bicycling in the community; and 3) support for the Riverwalk in Hillsborough.

The Board's plans are to award our donations in October this year. We are now seeking input from our membership on these suggestions as well as other possibilities for gifting Tarwheels money. Please let us know what you think about our policy, and give us your own suggestions for worthy groups and activities. Please feel free to contact me or any member of the Board if you have questions or comments.

Note: Funds for donations are determined after the Tarwheels Reserve Fund is fully vested.

## Club Meeting

The next meeting of the Tarwheels will be on Thursday, May 26, at 6:00 PM at Sal's Pizza Restaurant, 2223 E Hwy NC 54 just east of NC55 in RTP. Phone: 544-1104. This is not far off I-40. Our program will feature our own Scott Douglass doing a demonstration of routine bike cleaning, maintenance, and tire changing. This is not in-depth bike adjustments, just routine stuff we should all be doing to keep our "wheels" in good shape. This will be good for the newbies and a good review for the more experienced cyclists. If there is room we may be able to have a "hands on" try at tire changing. Bring a wheel and tire changing tools. Look forward to seeing you all there. –Sharon Roggenbuck, phone: 493-5441 (day)

## Roadside Cleanup April 10

Sunday, April 10, 3:00 p.m. Dairyland Road roadside cleanup. Come on out and help keep one of our most popular routes looking clean and attractive. Park on Rocky Ridge Road near Dairyland. Work usually lasts 45 minutes to an hour. Ice cream treats provided courtesy of the Tarwheels after the cleanup at Maple View Farms. Cleanup will be preceded by a few rides. Hope we see you then. If you have

questions, contact Maureen Kurtz, [m\\_kurtz@bellsouth.net](mailto:m_kurtz@bellsouth.net), 933-8417.

## 7th Blue Ridge Parkway Weekend May 13-15, 2005

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 13 at 3:00 PM with a ride toward Fancy Gap. 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. This year will include a Parkway Century - a spectacular ride to Glendale Springs and back. 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, 468-6398 (evening) ([donaldrbelk@earthlink.net](mailto:donaldrbelk@earthlink.net)), is pleased to again organize this event. If you're planning to go, please RSVP to Don after you make your reservation!

## New Bern MS ride registration

Registration is now open for the 2005 MS ride September 10 and 11 in New Bern. More details to follow, but for now check out:

[http://www.nationalmssociety.org/nct/event/event\\_detail.asp?e=8671](http://www.nationalmssociety.org/nct/event/event_detail.asp?e=8671)

Also 150 hotel blocks are set, so if you aren't camping (free), here is a complete list of accommodations,

[http://www.nationalmssociety.org/nct/event/event\\_page.asp?p=17176&e=8671](http://www.nationalmssociety.org/nct/event/event_page.asp?p=17176&e=8671)

For more information, contact Amy Lott, National Multiple Sclerosis Society Eastern North Carolina Chapter,

1-800-FIGHT MS, 919-834-0678, or [amy.lott@nct.nmss.org](mailto:amy.lott@nct.nmss.org)

–Sharon Roggenbuck, Team Captain

## Bike Seat Book

Several Tarwheels participated in a study last year to measure impact of seat design on cycling performance and reproductive health. Joshua Chen has finished his master's thesis on this, and has written a book on bike seat design. Check out: [www.RoadBikeRider.com/pbs\\_page.htm](http://www.RoadBikeRider.com/pbs_page.htm) .

## Stagecoach Road is Closed

Cyclists who want to get out to Jordan Lake will find that Stagecoach Road between Farrington Road and N.C. 751 is closed. NCDOT suggests using NC54 as a detour, but you may want to look at Martha's Chapel Road, which will get you to Farrington Road and Lake Jordan. The project is expected to be complete in Fall 2005.

## New Triangle Bike Commuter Mentor Group Forming

The Triangle Bicycle Commuter Mentor Program is looking for experienced bike commuters interested in helping others learn how to get around in the Triangle by bicycle. Mentors decide their level of commitment, from answering questions to finding routes to one-on-one coaching. For more information, visit their website or contact them at [info@triangle.bikementor.org](mailto:info@triangle.bikementor.org). Once a group of mentors is established, the Bicycle Commuter Mentor Program will be available to new bike commuters looking for advice or a riding buddy. Whether you're an experienced commuter or hoping to be one someday, check their Web site (<http://triangle.bikementor.org/>) to see how the program is coming along.

## Greetings from New BikeFest Director

My name is Bryan Davis and I have decided to take on the position of Director of BikeFest 2005. I am a newer member of the club but have been living and riding this area since 1987. I am currently working with last year's director Ken Dietel and club president Jeff Charles to organize this year's ride. I have also had the pleasure to have met and brainstormed this week with some of our club members that have brought their expertise from past BikeFest's. I hope to be making some phone calls this weekend to speak with others of you that share this same experience.

This is my call to ALL members to volunteer their time and talents for August 13th. Besides the need for people to help with parking and rest stops and SAG vehicles, I am particularly interested in meeting somebody with a love for database management who would be willing to become the registrar for this year's BikeFest. Although it's only March, time is indeed running short for many details to fall into place by August. The ride has grown in popularity each year and we expect the same this year. Past years have shown that it takes around 100 volunteers to make BikeFest a success. This is the 10th anniversary of this version of BikeFest. I hope that with your help we can make it the best ride ever.

Feel free to post to the Tarwheels chat board or contact me directly at [deansquishman@verizon.net](mailto:deansquishman@verizon.net). I look forward to meeting everybody!

--Best Regards, Bryan Davis, Director of BikeFest 2005

## Tarwheels Featured in New Cary Cycling Video

The Town of Cary's cycling information video, "Get Ready...Go!" is now on the Web, and your Carolina Tarwheels Bicycle Club has been instrumental in its completion. Tarwheels member Don Belk helped write and plan the video, and even appears in a few scenes, adorned, of course, in full Tarwheels finery. Tarwheels member and local cyclist advocate Steven Goodridge has encoded the video in MPEG, Windows Media and Real Video formats on the North Carolina Coalition for Bicycle Driving web site at <http://humantransport.org/bicycledriving/library/movies/movies.html>.

Also on this web site is a classic 1954 feature called "Drive Your Bike", which describes the bicycle-as-vehicle principle to prepare adolescent cyclists for safe cycling now and safe motoring later. More movies will be added in the future.  
--Don Belk.

## Cycling on TV

Cycling season has started on OLN (channel 65 cable in Durham)! Usual broadcast is Sunday at 5 pm. Find OLN's complete schedule at:

<http://www.olntv.com/htmlpage.asp?htmlid=24>

Upcoming events include:

Apr 4	Tour of Flanders
Apr 10	Paris Roubaix
May 1	Tour de Georgia
May 8-29	Giro d'Italia
July 2-24	Tour de France

-- John Swartz

## Cary Cycling Celebration April 17

The Town of Cary will present the third annual "Cary Cycling Celebration" from 8 a.m. -5 p.m. on Sunday, April 17 at Fred G. Bond Metro Park on High House Road. (It's back at Bond Park - Hooray!) This free event features product displays and maintenance mini-workshops presented by area cycling retailers; mountain bike and road rides led by local cycling clubs; trials demonstrations; and the annual Bicycle Rodeo from 1-5 p. m. for young riders.

Four Road Rides of different distances will be featured: a quarter-century (25 miles), half-century (50 miles), a metric century (62 miles), and a Three-Quarter Century (75 miles). There is no registration fee for these rides, but pre-registration is encouraged. Forms are available at Cary-area bike shops and at Town facilities. You can also register online and get more event information by clicking here:

<http://www.townofcary.org/depts/prdept/events/bikeevent.htm>

The Carolina Tarwheels are pleased to again be a sponsor of this exciting event. The Club will operate a booth at the Cycling Celebration and lead three 'Sampler Tours' - rides of 5-7 miles suited to the novice adult cyclist. These rides will depart at 10:00 AM, 12:00 noon, and 2:00 PM. Don Belk ([donaldrbelk@earthlink.net](mailto:donaldrbelk@earthlink.net)) is coordinating the Tarwheels participation, and is seeking volunteers to help operate the booth and ride on the Sampler Tours as 'Tarwheels Ambassadors'. Please contact Don if you can help.

## Capitol Area Metropolitan Planning Organization

Pete Finkelstein represents the Tarwheels at the CAMPO Bike And Pedestrian Advisory Committee for several years. They're looking to expand the group, and add new members from Wake, Granville, Franklin, Johnston, or Harnett counties in the CAMPO jurisdiction (Durham and Orange counties have their own advisory committees). If you believe that bicyclists and pedestrians should have a strong voice in what happens to our community, and that the future of our cities should include accommodations for cyclists and pedestrians in urban design, and you're willing to put a block of your time and effort into making it happen, then please consider joining. Call or email Pete if you would like more information or to volunteer.

## Volunteer: American Tobacco Trail

Do you have some time to spare over the weekend? Would you like to contribute to the bike route from Maine to Florida? Volunteer to help clear and maintain the American Tobacco Trail cycling route. Saturday, March 26 at 9 AM is our Chatham County ATT Workday at O'Kelly Chapel Road Trailhead. Saturday, April 2 at 9 AM is our Durham ATT Workday at Scott King Road. For more info on TRTC and American Tobacco Trail workdays click:

<http://triangletrails.org/VOLUNTEERS.HTM> .

Look forward to seeing you this Saturday or later this Spring on the American Tobacco Trail. --- Bill Bussey 919 545-9104 [www.triangletrails.org](http://www.triangletrails.org)

## More cycling links

Want to keep informed about bicycling issues, and in touch with other bicyclists? Here are two free email newsletters, and two free email discussion groups that you can subscribe to:

<http://www.adventurecycling.org/bikebits/>

BikeBits, a biweekly email newsletter from Adventure Cycling featuring brief articles of interest to recreational cyclists, upcoming events, and bicycle industry news, plus organization information and special deals.

<http://www.bikeleague.org/subscribe.htm>

BikeLeague News, a bimonthly "agenda for bicycling enthusiasts", from the League of American Bicyclists.

<http://groups.yahoo.com/group/NCBicyclistAdvocacy/>  
A "forum for the constructive discussion of issues directly related to the advocacy of bicycling in North Carolina", sponsored by the North Carolina Coalition for Bicycle Driving.

<http://www.tarwheels.org/mailman/listinfo/tarwheels-chat>

An unmoderated chat list sponsored by our club, the Carolina Tarwheels.

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## For Sale

**Tarwheel Jerseys:** The new shipment of club jerseys has arrived. The new jerseys have a few improvements: more breathable fabric, long hidden zipper, and dark green side panels with our website. They are now available with or w/o the elastic at the bottom. We sell them at our cost and the new ones are \$55 while the few L and XL left from the previous batch are \$50. **Club Socks:** Cycling socks by DeFeet are here! S M L and XL @ \$6.00 a pair. The jerseys and socks are always available at the meetings or contact Sharon Roggenbuck: [sharonrogg@aol.com](mailto:sharonrogg@aol.com)

## For Rent

**New Member Benefit! Thule?Yakima Rack Bike Mounts.** Do you own a Thule or Yakima rooftop bike rack system? Have you ever planned a great bike trip, and wished you had room for one more friend and their bike? Perhaps you've contemplated buying an extra bike carrier, but couldn't justify the expense for the few times you might need one?

The Carolina Tarwheels Bicycle Club has solved your dilemma! The Club now has - for members only - two (2) Rocky Mount Lariat SL bike mounts (with locks) available for your use! This innovative product fits both Thule and Yakima systems, and installation is a breeze! Perfect for that special trip when you need an extra bike carrier or two!

You can reserve the Rocky Mount carrier by contacting Jeff Charles. These are sure to be a 'hot item' during the peak of cycling season, so make plans now! Remember, Rocky Mount rentals are for members only! As with our other equipment, the first 10 days are free, then \$1/day thereafter. A \$10 deposit is required.

## Tarwheels Rentals - BOB Trainers & Bike Cases

One of the perks of Tarwheels' membership is the ability to borrow a BOB Trailer (tows large amounts of stuff behind a bicycle) or a bike case (we have 4). Members get 10 free days of use of either and then it's just \$1/day. A \$10 deposit is all that is required. Contact Jeff Charles (489-7753 or [jmc51@ix.netcom.com](mailto:jmc51@ix.netcom.com)) to arrange your reservation in advance.

# Rides and Events April/May 2005

All rides are weather permitting. If it is raining or the temperature is below 45 degrees, do not expect the ride leader to appear. If in doubt, call the ride leader. Call the ride leader if you need directions to the starting location.

**Participants are considered to be on private excursion 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.

For general ride information: for Durham and Raleigh, call John Crill (490-0500); for Chapel Hill and Carrboro, call Libby Evans (942-4260) or Chuck Tharp (644-2410).

## Ride Leader Guidelines:

- Prepare a map and/or cue sheet and scout the route before the ride.
- Arrive early to welcome riders, make introductions and brief participants on the details of the ride.
- **Make sure all riders are wearing helmets, and have signed an LAB liability release for that ride.** A release form is available from any of the Ride Coordinators, or from the [www.tarwheels.org](http://www.tarwheels.org) website.
- Ride at advertised pace.
- "Lead from the rear" or appoint someone to "ride sweep." Please don't allow anyone to get "dropped" by themselves.
- If an accident occurs with injuries, please contact the Insurance Coordinator (Rob Day) to fill out an accident report.

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

## Note to riders:

### Stagecoach Road is Closed

Cyclists who want to get out to Jordan Lake, will find that Stagecoach Road between Farrington Road and N.C. 751 is closed. NCDOT suggests using NC54 as a detour, but you may want to look at Martha's Chapel Road which will get you to Farrington Road and Lake Jordan. The project is expected to be complete in Fall 2005.

## 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 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.

**Eubanks Road Park and Ride.** From Exit 266 if I-40, go south on Airport Road (toward Chapel Hill). Turn right on Eubanks Road. Park and Ride will be on your right after about 1/2 mile.

**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 ahead. Please park in a corner of the lot away from the school entrance.

**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 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.

**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, traveling 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.

**Stoneridge Swim & Racquet Club** Located at 6901 Turkey Farm Road, Chapel Hill. Turkey Farm Road is off Whitfield Road, about one mile east of NC 86, near I-40. From points east, take Exit 266 off I-40, go north on NC 86 for about 100 feet, turn right on Whitfield. Go almost one mile, take the second paved left onto Turkey Farm Rd. Go about .3 mile to parking lot on left.

**Tarwheel Alley.** From Exit 263 on I-40, turn right (if coming from Durham/Raleigh, left if coming from Hillsborough/Burlington). Take next right onto New Hope Trace Road. Park along road (but please do not block entrance to church.)

**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 on the right.

**Wilson Park in Carrboro** - Wilson Park is located on Williams Street, just off 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

### *Racing*

**Tuesday Evening Bicycle Racing —Ace Speedway** - USCF Race Permit (04-808) "Under the Lights" **April 20, May 4, May 18, June 1, June 15, June 29, July 13, July 27, August 10, August 24, September 7, September 14** Gate opens at 5:00 PM ♦ Races begin at 6:30 PM. 3 Classes, 3 Races \$15 entry fee. Ace Speedway is a 0.5 kilometer, 15 meter wide oval stock car racetrack with 10° banking located in Altamahaw, 8 miles north of Burlington off NC-87. More info: [velomac@mindspring.com](mailto:velomac@mindspring.com) or [oroboyz@aol.com](mailto:oroboyz@aol.com) or Cycles de ORO 336.274.5959 or Elon Bike Shop 336.584.5332. [Editors note: This is not a Tarwheels ride, but several Tarwheels ride at Ace – it is fun to watch and if you are thinking about racing, this is a good place to start.]

### *Standing Rides*

**Wednesdays, 40 miles, 10:00 a.m., A, B, C paces.** (changes to 9:00 on May 1st). Join "Michigan Mike" Freeman [mdfreeman@mindspring.com](mailto:mdfreeman@mindspring.com), 919-619-3098) at **Union Grove Church** and enjoy the camaraderie of a small group.

Three distinct groups, each with its own ride leader. Alan Schumacher leads the A-team, Alan Sieferheld leads the B group, and Michigan Mike leads the C group. Five different routes with Destinations rotating between Hillsborough, Saxapahaw and White Cross. Mileage may vary slightly depending on the group and the weather. Note: On May 1st the start time will change to 9:00 a.m. and on Oct. 1st it will change to 10:00 a.m.

**Wednesdays, 16-18 miles, 5:30 p.m., B/C paces.** Daylight Savings Time is upon us again and the Women on Wheels' ride (WOW) will begin Wednesday, April 6. We will meet at the lower parking lot at the Duke Center for Living on Erwin Road near Rt. 751. This is between 751 and Morreene Rd. The ride is a B/C pace ride, and no one will get dropped. The route will be the same as last year for those who joined us and will wind up 751, Murphy School Road, University Station, DOWN Mt. Sinai and back to Duke. The distance is about 16-18 miles depending on whether folks want to take alternate routes back to Duke. We'll start at 5:30 for now and move it later as we get additional daylight. Looking forward to another great riding season. For more information, contact Linda Charles at [lcharles@nc.rr.com](mailto:lcharles@nc.rr.com) or home phone number (evenings) 489-7753.

**Saturdays, 35-70 miles, 9:30 a.m., A pace.** Join the Tarwheels legends of cycling on a training ride through Orange, Chatham, and Alamance Counties, leaving from **McDougal Middle School**. This is a sub-racing speed ride with cue sheets provided. The ride leader, at their discretion, may offer to lead a second group or one might form by spontaneous generation. It has been determined, as the result of experimentation on humans and a few animal subjects, that the group could be divided into two groups: the laughing group which averages 17 - 19 mph and the group where the actual training takes place, which averages 20 - 22 mph. The training group goes as fast as they want and the laughing group maintains a "cruising" pace. An important caveat is that riders wanting to push for a pace faster than 22 mph, should look into one of the many thrash rides provided for that level of riding. That way, we can maintain the integrity of this ride as it's defined.

This ride is administered by Jefferini Tetrzini, still a legend in his own mind. Although Tetrzini will be able to lead a few rides, the ride will depend on volunteer leaders. Email ride proposals to [jtetrzini@bellsouth.net](mailto:jtetrzini@bellsouth.net) by Thursday noon, prior to that week's ride. The distance of the ride that you propose is the only thing needed but you can send along a ride description if you're so moved. You will get a "you're it" confirmation and notification will be sent out on the [tarwheels-chat@tarwheels.org](mailto:tarwheels-chat@tarwheels.org) chat list and to members of the super-secret mailing list. You can request to be added or deleted from the "secret" list by contacting Tetrzini's

personal assistant at [jtetrzini@bellsouth.net](mailto:jtetrzini@bellsouth.net) or by calling 919-619-0623.

## ***Friday April 1***

### **Old Member – Cue sheet correction ride. 4:00 a.m.**

Remember that ride that the road was out mid way requiring a 27.43 mile detour. Or how about the ride where half the R should have been Ls and the Ls, Rs. Bring those cue sheets to the "secret ride start" off Avril Fewls Road. We will ride from there and ride each bad cue sheet and note the corrections. So what the ride originally left from Morrisville. We will ride there. And we'll ride back. If you can't keep up, you will be dropped (remember that is why you brought your own cue sheet to the ride). Ride with a lot of water and power bars too. We are going to avoid stopping and plan to ride by all gas stations, convenient stores, etc... This ride is for hardy old rider - plan to ride on this ride if you are already bored with the standard rides and want a ride without form or substance. This ride is best done with tyres underinflated. We plan to ride back by 11 p.m. April 31. Leader: Wanda B. Rhideleeder.

## ***Saturday, April 2***

**New Member/Novice Ride, 11:00 a.m., 10-15 miles.** Mark Schulz ([buho@mindspring.com](mailto:buho@mindspring.com) or 644-6101) will lead a New member/Novice ride on some new and old roads north of Hillsborough, from the **Orange County Courthouse**, Hillsborough. Coffee, food, and and camaraderie afterwards at Cup a Joe in downtown Hillsborough. Please ensure that your tires are inflated, and bring a full water bottle and a properly fitting helmet.

**D, 9:00 a.m.** D-pace Novice/New Member veggie ride. Join Dave Connelly ([pedaling@mindspring.com](mailto:pedaling@mindspring.com)) at the Durham Farmers' Market, 400 N. Morris St. Depending on your preference, we'll go for easy cycling on the American Tobacco Trail, or touring the Duke campus, or visiting Durham landmarks. Enjoy fresh local produce before or after the ride; also fresh local music. For starting location and other info: [durhamfarmersmarket.com](http://durhamfarmersmarket.com)

## ***Sunday, April 3***

**Novice/New Member.** Meet at Wilson Park in Carrboro at 11:00 a.m. for a ride of about 12 miles (around 1-1 1/4 hours) in the countryside. There may be some moderately busy roads to navigate getting in and out of town, and the route is moderately hilly. Please plan to come on this ride if you are already somewhat fit and can negotiate traffic. No one will be dropped. Please make sure your tires are inflated, your helmet fits properly, and that your water bottle is full. We can all get together for lunch at Weaver Street Market after the

ride. Leader: Maureen Kurtz (m\_kurtz@bellsouth.net, 933-8417).

### ***Saturday, April 9***

**New Member/Novice Ride, 11:00 a.m., 10-15 miles.** Mark Schulz (buho@mindspring.com or 644-6101) will lead a New member/Novice ride on some new and old roads north of Hillsborough, from the **Orange County Courthouse**, Hillsborough. Coffee, food, and and camaraderie afterwards at Cup a Joe in downtown Hillsborough. Please ensure that your tires are inflated, and bring a full water bottle and a properly fitting helmet.

**C, 10:00 a.m., about 45 miles.** Meet Libby Evans (evans@unc.edu, 942-4260) at **Ford Road** to ride a very hilly route to Fearington Market for lunch. Hate leaving your non-biking friends and family on a pretty day? Have them meet us at Fearington Market to eat. We'll pass by Clyde Jones' house in Bynum to see his "critters," you can play a life-size chess game after lunch, and the gardens should be at their spring best. Did we say the route is hilly? It is!

### ***Sunday, April 10***

**New Member/Beginner, 1:00 p.m. 11 miles.** All paces. Optional un-led 20-mile route also available. Come join Jeff and Linda Charles(jmc51@ix.netcom.com; 489-7753) for a New Member/Beginner Ride through Orange County. Current Tarwheels are welcome, too! Meet at the Maple View Farm Store; park on Rocky Ridge Road. Please ensure that your tires are inflated, and bring a full water bottle and a properly fitting helmet. Please try to stay after the ride for the roadside cleanup at 3 pm, which will be followed by ice cream at Maple View Farms, courtesy of the Tarwheels

**3:00 p.m.** Dairyland Road roadside cleanup. Come on out and help keep one of our most popular routes looking clean and attractive. Park on Rocky Ridge Road near Dairyland. Work usually lasts 45 minutes to an hour. Ice cream treats provided courtesy of the Tarwheels after the cleanup at Maple View Farms. Contact Maureen Kurtz, m\_kurtz@bellsouth.net, 933-8417 if you have questions.

### ***Saturday, April 16***

**Mainly C (but all paces welcome), 10:00 a.m., around 40 miles.** Sharon Roggenbuck is leading an MS training ride, MS Team ride, and club ride. Start at the Superior Courthouse in Hillsborough. Same place Bikefest starts. All paces welcome, cue sheets provided, rest stop along the way. I'll be at the rear. Questions? Please call me: day 493-5441 or eve 732-4866. SHARONROGG@aol.com

**C, 10:00 a.m., 30 miles.** Meet Libby Evans (942-4260, evans@unc.edu) at **Ford Road** for a ride through the Dairyland area. There are no rest stops on this ride.

### ***Sunday, April 17***

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

**All, 8 a.m., 25, 50, 67, 75 miles.** Cary Cycling Celebration from 8 a.m. -5 p.m. at Fred G. Bond Metro Park on High House Road. More details in article above.

### ***Saturday, April 23***

**New Member/Novice Ride, 11:00 a.m., 10-15 miles.** Mark Schulz (buho@mindspring.com or 644-6101) will lead a New member/Novice ride on some new and old roads north of Hillsborough, from the **Orange County Courthouse**, Hillsborough. Coffee, food, and and camaraderie afterwards at Cup a Joe in downtown Hillsborough. Please ensure that your tires are inflated, and bring a full water bottle and a properly fitting helmet.

### ***Sunday, April 24***

**A, 10:00 a.m., 65 miles.** Burlington Reservoir ride +. Meet at Efland-Cheeks Elementary School and we'll do a extended version of Jan Grossman's ride (He gets his usual kickback). Ride has one planned rest stop at 35 miles. All paces are welcome, but leader will be riding as fast as he can. Cue sheets are available and leader will be carrying his cell phone. Contact ride leader Alan Schumacher <solo@mebtel.net> if ya have any questions. As always, weather & spouse permitting (where applicable).

### ***Saturday, April 30***

**New Member/Novice Ride, 11:00 a.m., 10-15 miles.** Mark Schulz (buho@mindspring.com or 644-6101) will lead a New member/Novice ride on some new and old roads north of Hillsborough, from the **Orange County Courthouse**, Hillsborough. Coffee, food, and and camaraderie afterwards at Cup a Joe in downtown Hillsborough. Please ensure that your tires are inflated, and bring a full water bottle and a properly fitting helmet.

**B/C, 10:00 a.m., ~37 miles (with ~28 mile option - last ~4 miles unlead).** Join Libby Evans (942-4260, evans@unc.edu) for the Chocolate Chip Cookie ride. Start at Ford Road. Note that the last Libby knew, the store where we stop to eat

cookies was still closed. Be sure you have enough water to last the ride.

**Falls Lake Ride from Cedar Creek Gallery** - Down a country road, tucked at the edge of the woods outside of Creedmoor, you will find the award-winning Cedar Creek Gallery featuring one of the largest selections of fine crafts on the East Coast. The gallery is open until 6pm, so you'll have plenty of time to explore all it has to offer after a bike ride around the Falls Lake area and through the town of Creedmoor. Directions to Cedar Creek Gallery can be found on their website at <http://www.cedarcreekgallery.com>.

Please park along Fleming Rd. just outside of the Gallery, and do not use the gallery parking lot. For more information (such as start times and distances) contact Bonnie Pobiner via e-mail at [bonnie.f.pobiner@gsk.com](mailto:bonnie.f.pobiner@gsk.com) or home tel. 676-0978.

**A+, 8 a.m., Tour de Moore.** Southern Pines, multiple races, starting about 8 a.m. \$25 entry fee. More info: <http://www.golfnetonline.net/howard/scc/tdmrr05.htm>

### *Sunday, May 1*

**Meadowmont Classic Criterium (May 1, 2005)** The third annual Meadowmont Classic Criterium is coming to Chapel Hill on Sunday May 1, 2005 — If you don't race, come and watch. Races start in the morning and run all day. More Info at: <http://www.tricyclists.com/meadowmont.html>

### *Saturday, May 7*

**New Member/Novice Ride, 11:00 a.m., 10-15 miles.** Mark Schulz ([buho@mindspring.com](mailto:buho@mindspring.com) or 644-6101) will lead a New member/Novice ride on some new and old roads north of Hillsborough, from the **Orange County Courthouse**, Hillsborough. Coffee, food, and and camaraderie afterwards at Cup a Joe in downtown Hillsborough. Please ensure that your tires are inflated, and bring a full water bottle and a properly fitting helmet.

### *Sunday, May 8*

### *Friday, May 13 through Sunday, May 15*

**Blue Ridge Parkway Weekend.** Now a Tarwheels tradition! See article elsewhere in this Cog Hauler.

### *Saturday, May 14*

D, 8:30 a.m. D-pace Novice/New Member veggie ride. Join Dave Connelly ([pedaling@mindspring.com](mailto:pedaling@mindspring.com)) at the Durham Farmers' Market, 400 N. Morris St. Depending on your preference, we'll go for easy cycling on the American Tobacco Trail, or touring the Duke campus, or visiting Durham landmarks. Enjoy fresh local produce before or after

the ride; also fresh local music. For starting location and other info: [Durhamfarmersmarket.com](http://Durhamfarmersmarket.com)

### *Sunday, May 15*

**New Member/Beginner, 10:30 a.m. 11 miles. All paces.** Optional un-led 20-mile route also available. Come join Maureen Kurtz ([m\\_kurtz@bellsouth.net](mailto:m_kurtz@bellsouth.net); 933-8417) and Candy Davies for a New Member/Beginner Ride in Orange County. Current Tarwheels are welcome, too! Meet at the Maple View Farm Store; park on Rocky Ridge Road. Please ensure that your tires are inflated, and bring a full water bottle and a properly fitting helmet. Please try to stay after the ride for ice cream at Maple View Farms, courtesy of the Tarwheels.

### *Saturday, May 21*

**New Member/Novice Ride, 11:00 a.m., 10-15 miles.** Mark Schulz ([buho@mindspring.com](mailto:buho@mindspring.com) or 644-6101) will lead a New member/Novice ride on some new and old roads north of Hillsborough, from the **Orange County Courthouse**, Hillsborough. Coffee, food, and and camaraderie afterwards at Cup a Joe in downtown Hillsborough. Please ensure that your tires are inflated, and bring a full water bottle and a properly fitting helmet.

### *Sunday, May 22*

**C, 10:00 a.m., 30 miles.** Join Libby Evans (942-4260, [evans@unc.edu](mailto:evans@unc.edu)) for the Chocolate Chip Cookie ride. Start at **Ford Road**. Note that the last Libby knew, the store where we stop to eat cookies was still closed. Be sure you have enough water to last the ride.

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

### *Saturday, May 28*

### *Sunday, May 29*

### *Memorial Day, May 30*

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## **BikeFest 2005: Saturday, 8/13**

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## Other Rides/Events of Interest

### 13th Annual Cheaha Challenge Century

Many use this ride as a trainer for the Assault on Mt. Mitchell Sunday, April 17, 2005, Piedmont, AL (1.5 hours NW of Atlanta) [www.neabc.org/cheaha](http://www.neabc.org/cheaha)

Arrive on Saturday evening and watch many of the Tour De Georgia teams race in the Cheaha Challenge Criterium Saturday evening, April 16, 2005, Anniston, AL (1.5 hours West of Atlanta). \$10,000 cash to the Pros; \$3,000 to other races: [www.neabc.org/criterium](http://www.neabc.org/criterium)--Mike Poe, Cheaha Event Director

### Burnsville Metric & Roan Moan

The Burnsville Metric will be held on Saturday, April 30. The Roan Moan will be held July 30. There are web pages for each of these rides going back several years at <http://www.bicycleinn.com/> Also available are two of this year's rides on the "2005 in Revue" page. Note: The Bicycle Inn has changed its email from [cyclist@wnclink.com](mailto:cyclist@wnclink.com) to [gr8bikn@wnclink.com](mailto:gr8bikn@wnclink.com)

### 2005 Cycle South Carolina

Dates: June 20, 2005 through June 24, 2005

Where: Savannah, GA to Spartanburg, SC

Distance: 320 miles

For more details, including daily distances, fees, towns visited, please visit [www.cyclesouthcarolina.com](http://www.cyclesouthcarolina.com)

### Cycle North Carolina - Spring Retreat Update!!

The registration deadline of March 28 for the Second-Annual CNC Spring Retreat is fast approaching. Registrations received after that date and on-site registrations will be subject to a \$15 late registration fee. Currently there are around 300 registered riders from 13 states. Route info: Friday - 5 mile, 30 mile, 50 mile. Saturday - 5, 30, 65, and 100 mile loop. Sunday - 5, 25, and 50 mile loops. Lots of other activities (dancing, kayaking, tours, etc...). Check our web site at, [www.ncsports.org](http://www.ncsports.org) for a list of registered riders and more details.

### Foothills Classic Century Challenge, April 10

2<sup>nd</sup> annual foothills classic century challenge will take place on Sunday, April 10, beginning at Germanton Park on Hwy 65 in Stokes County, NC with 60 and 100 mile routes with rest stops, sag support, t-shirt, art prints and prizes, and a post ride meal. Proceeds support the Stokes County Arts Council. For more information, visit [www.foothillsclassic.com](http://www.foothillsclassic.com)

### Seventh-Annual Cycle North Carolina Update

The overnight towns are: Asheville - Forest City - Hickory - Concord - Albemarle - Laurinburg - Whiteville - Wilmington. October 1-8. More details to come at, [www.cyclenorthcarolina.org](http://www.cyclenorthcarolina.org)

### 2005 "Spring Into Action" multi-sport clinic -- Valdese Aquatic Club in Valdese, NC

The clinic will provide hands-on instruction with ten coaches from TRImyCoach. We will cover:

- Run-stride mechanics session
- Swim stroke analysis and drill instruction
- Nutrition clinic
- Lunch will be provided
- Q&A time for any of your multi-sport questions

We are limiting each camp to the first 60 athletes. The clinic is \$55 per athlete, which includes lunch.

--The TRImyCoaches

### Team and Solo Ultra Bicycle Racing Heart of the South 500 and Double Century, Birmingham, AL, April 2-3

Team relay racing is intense and highly competitive. The Heart of the South 500 on April 2nd and 3rd has divisions for solo, 2- and 4-person relay teams. The course is tough, with 30,000 feet of climbing in 500 mile. More info:

[www.heartofthesouth500.com](http://www.heartofthesouth500.com)

### League of American Bicyclists: Cycling Instructor (LCI) Training in the Triangle, June 3-5, 2005

Becoming a League Cycling Instructor (LCI) and teaching BikeEd classes is a great way to help existing and future cyclists enjoy all the benefits of bicycling. If you've been through the Road I training, you probably already know the benefits of bicycle training, including the confidence to go where you want, when you want, while staying safe and healthy.

If you would like to spread the word on good bicycling habits and sharpen your own skills in the process, this training is for you. Training as an instructor qualifies you to lead League of American Bicyclists BikeEd training courses for adults and children.

The intensive 3-day training will take place from Friday afternoon June 3 through Sunday June 5, 2005. Expect about 3 hours on Friday, 7 hours Saturday (with an option for an evening session), and 6 hours Sunday, with a lot of the time spent riding. We're still working on a precise location, but it will be at a convenient place in Durham or Chapel Hill.

**IMPORTANT: You need to register by April 22, 2005.**

1. Look at the seminar registration page at <http://www.bikeleague.org/educenter/seminars.htm> to get the application and to review the application procedure. The seminar costs \$175 (payable to the League by April 22). You'll get a copy of John Forester's book Effective Cycling, and a copy of the companion Effective Cycling video.
2. You will need to join the League of American Bicyclists (If you're not already a member, you can sign up at <http://www.bikeleague.org/support/join.htm>)
3. You will need to have completed the Road I seminar and passed the skills test before taking the LCI training. Contact

Jeremy Raw ([jraw@igc.org](mailto:jraw@igc.org)) about what to do if you're interested but haven't had a chance to take Road I.

For more information about the class and prerequisites contact: Jeremy Raw([jraw@igc.org](mailto:jraw@igc.org), 919-933-0214).

**Our Big Walker Century Ride will be on Sat. July 9, 2005**, in Wytheville, Va., with a century, a metric century and a 25-mile ride. The century takes riders over Big Walker Mountain twice, with an elevation change of 8000 feet, and through pastorally scenic Wythe and Bland counties. Great rest areas, support, and giveaways. Check out the Web site for registration info at [www.bigwalkercenturyride.com](http://www.bigwalkercenturyride.com)

--Andy Kegley, Executive Director, HOPE, Inc.

### **Tigerville Bike Trek & BBQ set for July 30, 2005**

Visit <http://www.freewheelers.info/bbq> for more info or contact Steve Yetman at [BikeTigerville@aol.com](mailto:BikeTigerville@aol.com)

### **Sacred Summits Cycling Tour, September 9-11, 2005**



The Sacred Summits ride for 2005 is September 9, 10, 11 – Friday, Saturday and Sunday. Riders may choose the entire ride or only the days they wish.



All of the ride is on the Blue Ridge Parkway beginning in Blowing Rock, overnights at the Orchard at Altapass, and the famous Biltmore Estate, ending outside of Canton. The total cost for the 3-day ride is \$245. This includes all meals, tent village facilities, technical support, sags and rest stops. We transport your personal luggage each day. You need only bring your bike, personal

gear and tent. A shuttle service will be provided at the end of the ride for bikes and riders from Lake Logan back to Blowing Rock. For more information, contact Judith Teele, Sacred Summits, at 828.443.1749 or [sacredsummits@bellsouth.net](mailto:sacredsummits@bellsouth.net)



## **Post-ride...**

Anybody got a defunct elevator shaft that just seems to be getting in the way? Convert it to your bicycle workshop! That's what Cycling Specifics did in their space in Carrboro, as seen here. The truing stand and grinder for custom cycling footbeds are bolted to the "top" of the elevator, which now serves as the workbench. A few hooks at the top of the frame are perfect for bikes and wheelsets, and the boards that faced the operating cables are now protected by a sheet of pegboard, perfect for holding all of the tools!

CyclingSPECIFICS, CARRBORO

[www.cyclingspecifics.com](http://www.cyclingspecifics.com) .

## Carolina Tarwheels Officers and Volunteers

### Board Members 2005

Jeff Charles, president [jcharles@charlesandconn.com](mailto:jcharles@charlesandconn.com)  
Mark Schulz, secretary [buho@mindspring.com](mailto:buho@mindspring.com)  
Ken Dietel, treasurer [kdietel@mindspring.com](mailto:kdietel@mindspring.com)  
Don Belk [donaldrbelk@earthlink.net](mailto:donaldrbelk@earthlink.net)  
Dave Doty [dbd@010352@yahoo.com](mailto:dbd@010352@yahoo.com)  
Sharon Roggenbuck [sharonrogg@aol.com](mailto:sharonrogg@aol.com)  
Chuck Tharp [chucktharp@bellsouth.net](mailto:chucktharp@bellsouth.net)  
Candy Davies [candy\\_davies@unc.edu](mailto:candy_davies@unc.edu)  
Richard Crandall [crandallrw@yahoo.com](mailto:crandallrw@yahoo.com)

### Membership

Dave Connelly, 544-6372

### Welcoming Committee

Don Belk, donaldrbelk@earthlink.net, 732-1793

### Publicity

Help, Help, Help! We are without a publicity chair.  
Please contact the board members if you can help!

### Insurance Coordinator & Ride Waiver Collector

Wendy Roberts, athenarides@hotmail.com

### LAB positions

Dave Connelly: 544-6372 pedaling@mindspring.com -  
local touring information  
John Daly 477-6742 jtd515@aol.com - club  
representative  
Don Belk 732-1793 donaldrbelk@earthlink.net -  
government relations advocate

### Ride Coordinators

**Adrian Hands** 832-5083 [AEH@akc.org](mailto:AEH@akc.org) Raleigh/Durham/Cary  
**Chuck Tharp** 644-2410 [chucktharp@bellsouth.net](mailto:chucktharp@bellsouth.net) Chapel Hill/  
Carrboro/ Hillsborough  
**Libby Evans** 942-4260 [evans@unc.edu](mailto:evans@unc.edu) Chapel Hill/ Carrboro/  
Hillsborough  
**Maureen Kurtz** 933-8417 [m\\_kurtz@bellsouth.net](mailto:m_kurtz@bellsouth.net) New Member/  
Beginner

### Web Site

Dave Doty [dbd@010352@yahoo.com](mailto:dbd@010352@yahoo.com)  
Charles Scharlau [cscharlau@earthlink.net](mailto:cscharlau@earthlink.net)

### Newsletter Production

Amy King – [a.king@verizon.net](mailto:a.king@verizon.net)  
John Swartz – [johncswartz@earthlink.net](mailto:johncswartz@earthlink.net)

### Newsletter Distribution

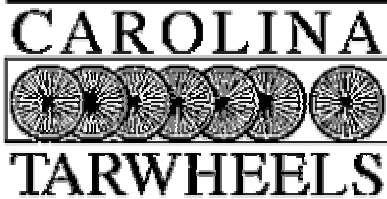
Valinda Jordan, [Valindaj003@aol.com](mailto:Valindaj003@aol.com)

### Newsletter Deadline: May 15, 2005

Email submissions to:  
Amy King [a.king@verizon.net](mailto:a.king@verizon.net)  
or

John Swartz [johncswartz@earthlink.net](mailto:johncswartz@earthlink.net)

PO Box 111, Durham, NC 27702, Attn: Newsletter



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