

The Cog Hauler

April 2006

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May 2006

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

President's Letter

Seems like it was just yesterday that I was writing my last letter to the membership as President and I was looking forward to becoming Bikefest Director for 2006. In that letter I stated that "I would ask the incoming Board that will be seated for 2006 to consider the possibility of changing the bylaws of the Club to extend the President's term to two years instead of the current one year to allow for more continuity." Little did I know that I would be given the opportunity to serve an additional year as President and thus have a two year term. My thanks to Brian Davis for graciously agreeing to be Bikefest Co-Director with me thus giving me the flexibility to stay in office.

Speaking of Bikefest, it is time to think about volunteering for this annual event; we are still looking for a Director in Training for this year. Our plans are beginning and there may be some changes to the starting venue and consideration is being given to changing the 100 mile route for this year.

By the time you read this, the voting will be completed for the new Bike jersey design. Evan Wynmor has done an exceptional job spearheading this effort and my thanks to the artists that gave us 6 wonderful designs to consider. At this point in the voting, it won't surprise me if we have to have some type of a runoff vote to establish a clear winner!

April 1st also marks the start of our peak bicycling season, with numerous rides being offered to coincide with the improving weather. Make sure you stop by Maple View Farms Ice Cream Store to see the new bike rack donated by the Club. Kudos go to Sharon Roggenbuck for handling this entire project. We had two racks fabricated with the thought that the other one would go to Weaver Street Market in Carrboro, however, it now appears that this will not work out. Therefore, we are looking for suggestions where to place this second rack.

A big push this year is going to be to improve the Club's website and I am going to head up this endeavor. I'm looking for a few volunteers with computer skills to assist me in recommending changes.

As always if you have any questions or want to get more involved in the Club's activities, you can contact me at jmc51@ix.netcom.com. I look forward to a fun and safe riding season.

Feb Board Meeting Highlights

Official Club Address – Ken is updating our official club address with the NC Sec of State's office. The Board approved changing to a Feb 1 – Jan 31 fiscal year.

Bicycle Donations - The club donated 11 bikes and helmets to needy children (via Orange County Social Services and Clean Machine) for the Christmas holidays.

Bike Rack Donation - Brian Plaster (The Metal Shop) will construct two 10-12 ft long bike racks (for \$1600). One will be sited at Maple View Farms on Dairyland Rd. The second placement is yet to be determined.

Bike Jersey Design Contest - Designs will be posted on the website and also mail a returnable 'ballot' to the membership. Voting will be done by either ballot or web.

Durham Bike/Pedestrian Commission The Board voted to support Mary Malicki for an open position on the Durham Bike/Pedestrian Commission

Tarwheels Web Site The current Coghauler is not posted to the website due to insufficient server space. Alternatives are being studied.

Sponsorship Cary Cycling Celebration (CCC) is scheduled for Apr 9. The Board authorized a donation of up to \$500.

Loss of Leadership Roles It was noted that, after many years of doing so, Maureen Kurtz will not run the roadside clean-up this year and that, similarly, Libby Evans did not run the Halloween and Christmas parade events this year. The Board acknowledges the wonderful contribution of Maureen and Libby, and many others who regularly have contributed, and hopes that others in the membership will step up and contribute.

Bikefest!!!!

Greetings fellow Tarwheelers! Bikefest plans are starting to shape up this year and as in years past there is a need for volunteers to step forward and leave their mark in helping to sculpt how this event is produced. At the moment I am working with club members on possible major route changes as well as dealing with the possibility that our beloved courthouse starting line may not be available this year due to major renovations in Hillsborough.

This year's Bikefest could start a precedent in the way future events happen or perhaps (knock on wood) should not happen. The leadership for this ride is also

undergoing a change. Many of our longstanding members who have taken part in overseeing the operation of Bikefest are ready to hand over the reins to our newer club members so that the tradition may be passed on and the quality of the ride can remain intact. I am always open to new ideas about Bikefest and can most easily be reached by email. This ride is a signature event for the club. It's a great opportunity to make an impression on the community in which we live and ride. The money raised each year is donated to local bicycling related causes as decided by our board of directors. Our first wave of advertising for Bikefest is slated to happen by mid to late April. As co-director, along with Jeff Charles, I am committed to see that Bikefest leadership positions are filled so that the event can proceed smoothly. Now is the time to step forward to help create a masterpiece! Contact Jeff Charles or me and let us know how your time and talents can be used to help make this the best Bikefest ever! Thank You and Happy Riding.
Bryan Davis Bikefest Director 2006
bryandavis98@juno.com

Club Meeting 18 May 6 p.m.

The next meeting of the Tarwheelers will be Thur May 18th at 6PM at the Golden Corral on 55 just north of the intersection of 55 and 54. This is a pretty central location for Durham and Cary folks. Golden Corral is fast, fairly inexpensive, and they have a wide variety of food for vegetarians and meat eaters. Our presenter will be Candy Davies. She has taken some wonderful bike trips in Italy and New Zealand. The New Zealand trip will be her focus. She toured with the Trek Travel group and I'm sure she will have lots of pictures and stories to share with us. Come join your fellow Tarwheelers for dinner, socializing and some breathtaking pictures. Questions? Call Sharon, day 493-5441 or eve 732-4866

New Jersey Design Contest

There's just over a week to go till the end of the Tarwheelers First Jersey Design Contest. If you haven't voted yet, please do so. Your votes need to be received by March 31st. Please go to www.tarwheels.org to see the entries.

Your votes should be sent to our club president Jeff Charles at jmc51@ix.netcom.com.

- *Evan Wynmor* ecwynmor@earthlink.net

Roadside Cleanup – New Management

At January's business meeting Maureen Kurtz expressed a desire to pass along the responsibility of coordinating the clean-up of the Tarwheelers' adopted stretch of Dairyland Road in Orange County. Since I live half a mile from its terminus at Dodson's Crossroads and ride and drive that stretch regularly, I felt a slight twinge in my Guilt Bone

(you all know where that is), and decided to step up to the plate.

And I have help! So -- Margret Mueller and new Tarwheelers David Curtin are your new Mavens of Roadside Clean-up, or MORCs. (You have to admit that makes for a better acronym than Directors of...).

Our inaugural clean-up is scheduled for 1pm on Saturday, April 22 (rain date is April 23). There will be a beginner's ride and an unled longer ride beforehand, beginning at the Maple View ice-cream store at Dairyland and Rocky Ridge at 11:00. Look for details in the April ride calendar.

A good turnout of volunteers will mean a very short commitment of each person's time. Please come out and make us look good! Oh, and the road, too. Volunteers will be treated to a free scoop of ice-cream afterwards. Contact Margret Mueller (933-6704) or David Curtin (dfcurtin@mail.fpg.unc.edu).



Tarwheelers' now have Toilet

When nature calls, the Tarwheelers want the 'Share the Road' message to be seen. The Club Board of Directors approved expenditures for the installation of a port-a-potty at the Wilsonville Store, at the intersection of Farrington Road and US 64, near Jordan Lake. Perhaps the geographic center for popular bike routes among cyclists in the Triangle, this location is frequented by riders year-round. The toilet will serve both as a public convenience and a publicity stunt, says board member Don Belk, who got the idea from a port-a-potty that 'just happened to be there' at Dairyland and Rocky River Road during last year's BikeFest.

With the approval of the store owners, Belk and fellow board member Richard Crandall made the arrangements and installed signs on both sides of the port-a-potty, and a "Share the Road" message on the inside.

The signs reads: "This facility provided for your comfort

and convenience by the Carolina Tarwheels Bicycle Club - www.tarwheels.org - an organization of cycling enthusiasts in the Triangle region." Visit the Tarwheels Toilet on your next ride and read the 'Share the Road' messages inside. - *Don Belk*.

Standing Ride Reminder

There is no ride listed on the ride list, but I would like to remind you all of the standing Saturday rides available. See <http://www.tarwheels.org/rides.html> for more info. Last Saturday was a glorious day for a ride, yet only 5 showed up for the Maple View 40 mile C-pace ride. Three of us in the back rode together and had a great ride. The more who show up for this ride, the more chances there will be someone who rides your pace. So BYOCS (bring your own cue sheet; its printable from the website above), and come on out for a club ride! --Wendy, who plans to enjoy the nice weather by getting on the bike! (again)

Cycling Survey

Four graduate students in the business school at the UNC are conducting research into the buying habits of successful endurance athletes. The study is targeted towards the NC regional cycling community and is designed to better understand the cycling requirements of triathletes/duathletes and to offer you better products and services. Please take a moment to fill out the following survey:

<http://www.zoomerang.com/survey.zgi?p=WEB2255Z9FS7KX>

This anonymous survey should only take about 10 minutes and the data collected will help us tremendously and will be greatly appreciated. Thanks for your participation! Rob McPheeters, MBA Class of 2007, Kenan-Flagler Business School, UNC, 617.331.9278 rob_mcpheeters@unc.edu

How to contribute to Coghauler

Due to an increase of spam to the coghauler at earthlink dot net email address, it is sometimes difficult to find all Coghauler contributions. To make this easier, please do the following:

Put "Coghauler newsletter" in the subject line

Send your contribution as either plain text, or as a MS Word attachment. Thanks! - *John Swartz*

For Sale

Tarwheel Jerseys: Club jerseys, all sizes \$55. Club socks \$6.00 each and Map clips \$3.00 each. The jerseys, socks and clips are always available at club meetings or contact Sharon Roggenbuck: day 493-5441 or eve 732-4866 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?

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. As with our other equipment, the first 10 days are free, then \$1/day thereafter. A \$10 deposit is required.

Tarwheels Rentals - BOB Trailers & 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) to arrange your reservation in advance.

Other Rides of interest:

You don't want to miss the Inaugural MS Bike Tour Kick-Off Ride on **Saturday April 1** at Imperial Center in RTP. Take advantage of an easy 30 mile ride with two rest stops and a party at the finish. The ride will be held in conjunction with the MS Walk and all cyclists will get to enjoy the Band of Oz, lunch by Carrabba's Italian Grill and beverages provided by Pepsi and Carolina Brewing Company. Click here for more details and to pre-register. A registration fee of \$15 per person will be taken at the ride.

CNC Spring Retreat - **April 21-23**, 2006 - 5 to 100 mi, each day - Asheboro, NC, www.cyclenorthcarolina.org

April 22, 2006, 6th annual Tour de Faith, sponsored by Faith Christian School in Ramseur, NC. 15k, 30k, 50k and 100k rides, & a 10k walk/run.. The registration fee is \$30 by April 1, and \$35 after April 1. Supports Faith Christian School, <http://www.faithramseur.org/> Angela Gritsavage

Rock 'N Trot Off Road Duathlon 3 Mile Run/10 Mile Mountain Bike Saturday, **April 22**, 9:00 AM, Bur Mil Park, 5834 Owl's Roost Road, Greensboro, NC Contact: Scott Bassett, www.off-n-running.com .

The Giro is May 22 - May 29!

Rides and Events April 2525 & May 3535

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.

General ride info: Durham & Raleigh, John Crill (490-0500); Chapel Hill & Carrboro, 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 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

Directions to Ride Start Locations

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

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

Cole Park Plaza. On US 15-501, 5 mi south Chapel Hill.

ELG Signpost A subdivision sign on Chestnut Ridge Rd, 1/2 mile west of the intersection with Borland Rd. 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 I-40, go south on Airport Rd (toward Chapel Hill). Turn right on Eubanks Rd. Park&Ride is on your right after about mile.

Ford Road and Old Greensboro Rd - Take the Jones Ferry Rd 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 Rd. Ford Rd 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 - 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 Margaret St.

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 1/4 mile. Be careful not to continue to McDougle Elementary School, just beyond the Middle School. Most rides leave from the south parking lot, the one closest to NC 54.

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.

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

Standing Rides

Mondays. B+, 35-50 miles. 5:00 p.m. Ride starts at the Arcadia Cycling Center in Carrboro. This is a non-training, non-recovery ride and is designed for experienced riders who want to gain a higher level of endurance. The group will ride in a paceline format and maintain a constant energy output. A weekly ride update is sent out on the tarwheels-chat@tarwheels.org chat list and to members on the super-secret mailing list. You can request to be added or deleted from the "secret" list by emailing jtetrazini@bellsouth.net. Last minute information about this ride can be found at www.ArcadiaCyclingCenter.com.

Wednesdays. A, B, C, 40 miles. 10:00 a.m. Join us for "The Wednesday Ride" at **Union Grove Church** and enjoy the camaraderie of a small group. Three distinct groups. Alan Schumacher leads the A-team, Alan Sieferheld leads the B group, and the C group. Different routes with Destinations rotating between Hillsborough, Efland, Saxapahaw and White Cross with usually one planned stop. Mileage may vary slightly depending on the group and the weather. Contact Ride leader Alan Schumacher solo@mebtel.net If you have any questions or want to be added to the ride email weekly updates. The April 5th ride is a lunch ride. We'll ride to Mebane, eat lunch (dutch treat)

and return much slower. **Note: Ride start time changes to 9:00 a.m. in May.**

Wednesdays, C, 17 miles. The Women on Wheels (WoW) ride will begin again on Wednesdays, April 5. We will ride the same route as last year, about 17 miles starting from the Duke Center for Living parking lot closest to the Erwin Road entrance. The lot is on the left as you come up the driveway. Pace is mostly C (slower C at the beginning of the season, quickening as the summer progresses). We will begin at 5:30 for the first few weeks and then will advance to 5:45 and 6:00 as daylight allows. Contact Linda Charles at lcharles@nc.rr.com or 489-7753 for directions to the start. Looking forward to another great cycling season.

Saturdays, C, 10:00 a.m., 40 miles. Ride starts from **Maple View Ice Cream Store** on Dairyland Road. Rest Stop in Saxapahaw. Note that this ride does not have a leader; all participants are expected to bring cue sheets and navigate the route themselves (or hook up with someone who does). The cue sheet is posted on the Tarwheels web site. Chuck Tharp (260-8037, chucktharp@bellsouth.net).

Saturdays, B+ and A, 10:00 a.m., 50-70 miles. Ride starts at **Wilson Park** in Carrboro. Here's how the ride usually unfolds. The ride leader will lead the B+ group and maintain a 16-18 mph average. Anyone who wants to ride faster may do so in a distinct A group off the front. There is a 22 mph average speed limit for the A group so that we don't duplicate the race training rides available in the area. Although the B+ ride is significantly slower than the A group (which rides at a sub-racing speed), some riders may find it too fast. If you're a little slow, the group will wait up or a stronger rider will help you back to the group (your choice). If you're very slow, the leader will check in to make sure you can make your way back alone or with another volunteer. You'll know within the first 6 miles if you're strong enough to maintain the pace. We want to attract experienced riders who would like to expand their ability and are interested in pace-line skills. To find out more about pace-lines, read

www.tarwheels.org/pacelinev92.pdf. Please join us at Weaver Street Market for lunch after the ride.

This ride is administered by Jefferini Tetrazini, still a legend in his own mind. A weekly ride update is sent out on the tarwheels-chat@tarwheels.org chat list and to members of the super-secret mailing list. To be added or deleted from the "secret" list, contact Tetrazini's personal assistant at jtetrazini@bellsouth.net or by calling 919-619-0623. Last minute information about this ride can be found at www.ArcadiaCyclingCenter.com.

Scheduled Rides

Saturday, April 1

Novice/New Member, 1 p.m. 11 miles. All paces.

Optional un-led 20-mile route also available. Come join Maureen Kurtz (933-8417; m_kurtz@bellsouth.net) 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 in front of the store. Please ensure that your tires are properly inflated, and bring a full water bottle and a properly fitting helmet. There is occasional fast traffic on some of these roads, 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. Call first if you plan to bring children- note that this ride is not recommended for younger or inexperienced children. Stay after the ride for ice cream at Maple View Farms, courtesy of the Tarwheels!

All paces, 8:00 a.m., 100 miles. Start Location: **Morrisville Square.** Alan Johnson and I are riding the first 2/3s of the upcoming 200K brevet. The route leaves from Morrisville and heads out to Snow Camp and then loops back through Silk Hope. No sag, no support, please be prepared to ride 100 miles unsupported. Light rain or showers does not cancel ride, this is a brevet training ride after all. Contact Mike, y2bike@yahoo.com or Alan, alanj@email.unc.edu

Sunday, April 2

Saturday, April 8

10:00 a.m. Parent/Child ride. Meet at **Orange County Superior Courthouse** (a.k.a. Hillsborough Superior Courthouse) The object of this ride is to get out and ride with your kids. The pace will be a slow pace ride. Only rule is you need to bring your child and ride with them. We'll do ~20 miles that will be similar to the 20 mile loop used on Bikefest with a few tweaks. There is a reststop at Mile 14 if needed. There are no shoulders on these roads but traffic is minimal. The route does not go on any busy roads. The route has some hills (It's Hillsborough) but mostly rural rolling countryside. So older kids 10 yrs+ with some riding experience would be good. I'll be riding with my 11yr old son at his pace (slow) so I do not plan on sweeping the ride. If any other Tarwheelers would like help out, feel free. As always, weather & child permitting. Contact me with any questions at Solo@mebtel.net. Alan Schumacher

C pace, 19 miles, 9:00 a.m., Greenwood Commons. Stretch the legs early in the season with a jaunt through and around RTP. Optional Caribou Coffee stop 9 miles in. Some hills. Ken=405-2003.

Sunday, April 9

10:00 a.m. ~60 miles A pace. Meet at **Efland-Cheeks Elementary School** and we'll do the Burlington Reservoir ride, extended version. This is a A pace ride but all paces are welcome and the ride leader will not sweep the ride. This route is mostly rolling with few tough climbs. There is one planned stop at mile 35. Cue sheets are available for those who need direction. Contact ride leader Alan Schumacher. Solo@mebtel.net if ya have any questions. As always, weather & child permitting (where applicable).

Saturday, April 15

9:30, C, about 60 miles. Reward yourself for having already done your taxes by meeting Libby Evans (evans@unc.edu, 942-4260) at **Ford Road** for a ride through Saxapahaw, Crutchfield Crossroads, and Silk Hope. Note that this ride uses a map, not a cue sheet. There are 3 options for rest stops on the route. The first two are spaced about 20 miles apart; the third one is just a few miles from the second one.

B/C, 100k, Siler City to Seagrove and back. Distance: around 62 miles. Pace: b/c, depending on who shows up. Alan Johnson and I will be checking the road conditions for his upcoming 300k brevet ride. We will be riding the middle portion of it starting in Siler City. The ride goes out to Seagrove and back through quiet country roads with hills that get longer and steeper the further west we go. Lunch stop in Seagrove. Meet at 10am at the Chatham Square strip mall, located behind the Servco gas station in Siler City. Take HW 64 west until it turns into E 11th St in Siler City, look for it on the left as you head west. Contact Mike, y2bike@yahoo.com or Alan, alanj@email.unc.edu

A, B, C paces, 10:00 a.m., 47 or 70 Very Hilly miles.

What better way to celebrate Springtime's arrival and taxday than riding The Yanceyville Hills. Join Sharon Roggenbuck and Alan Schumacher as we once again tackle the hills to Yanceyville and back. Alan will lead an A paced ride for 70 mi. with no sweep. Sharon will lead from the rear on the 47 mi. route. The ride is in three sections of approximately 23 mi. each. The first and third section are the 47 mi. route. The middle section is the extra 23 mi. loop out of Yanceyville and back. We will be using the same Marathon rest stop for each loop. Keep in mind most of the hills come in the 3rd or final section. Because this is a very hilly ride is not recommended for beginners. The ride starts at the gas station at the intersection of Rt 86 and 49 North. This is about 14 mi. north of Hillsborough. Did we mention that there were a lot of hills? Questions? Email Alan at Solo@mebtel.net or Sharon at Sharonrogg@aol.com

Sunday, April 16

B/C pace. ~36 miles. 10:00 a.m. Meet Beth Gregory (bethg@4pi.com) at **St. Mary's School** for a ride to Carr. The route is gently rolling. We'll go down the long hill on New Sharon Church Road.

Saturday, April 22

Beginners/Newcomers ride, 11:00 a.m., 11 miles and unled 20 miles, choose your pace Meet at the corner of Dairyland and Rocky Ridge (across the road from the **Maple View Farms** ice-cream store, not in their parking lot) for a supervised 11-mile ride. Helmets are required and a full water bottle is recommended. Cue sheets will be provide for any cyclists wishing to do an unled 20-mile ride instead. Hopefully we will all finish around the same time and can segue right into the roadside clean-up

scheduled for 1:00! Contact Margret Mueller (933-6704) or David Curtin (dfcurtin@mail.fpg.unc.edu)

Sunday, April 23

B/C 10:00 a.m., 30 miles. Join Evan Wynmor (967-0288, ecwynmor@earthlink.net) at **Umstead Park in Chapel Hill** for my "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, April 29

Novice/New Member, 10:00 a.m. Meet at **Wilson Park** in Carrboro for a ride of about 14 miles (around 1-1/2 hours) in the countryside. Optional un-led 21-mile route also available. 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. Call first if you plan to bring children-- this ride is not recommended for younger or inexperienced children. Maureen Kurtz (933-8417; M_kurtz@bellsouth.net).

D, 10:00 a.m., 20 miles. Fearington Village 20-mile loop. Join ride leaders Lisa and Don Sommerfeldt on a loop out of Fearington Village, on the rolling backroads of Chatham County. The ride begins and ends at Fearington Village. We'll be crossing 15/501 at the intersection at a stop light (Fearington's entrance) but the remainder of the ride is on country roads. We'll regroup at Frosty's General Store (approximately 10 miles into the ride). Lunch at Fearington Village's deli. This is a social, no drop ride. Ride leaders will go no faster than a D pace. Questions: 919-929-0069.

All paces, 10:00 a.m., 100k, Seagrove to the Uwharries and back. Pace: Any . This time Alan and I are riding the middle portion of the 400K brevet. If you like hills or are training for a hilly ride, this ride is for you. Ride starts in Seagrove at the Quick Check @ W. Main St. / Little River Rd in Seagrove. Recommend car pooling b/c of the drive time. In the past my wife and I made a day of the trip to Seagrove. While I went off to do the bike ride, she visited the local pottery places. For more information on the brevet series and to download a queue sheet, check Alan's website at <http://www.unc.edu/~alanj/>

Sunday, April 30

Saturday, May 6

10:00. 30 miles, C pace. 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.

Sunday, May 7

Saturday, May 13

D, 10:00 a.m., 30 miles. Silk Hope Diner 30-mile D level ride (this is a new one). Ride the rolling country roads of Chatham County from Oak Bluffs (a street about 1/2 mile from Frosty's General Store along Jones Ferry Road) to the Silk Hope Diner and back. On this ride, we'll pass more cows than cars. We'll also be riding past Shakori hills. At the half-way point, we'll stop at the Silk Hope Diner for a quick bite to eat. This is a social, no drop ride. Directions from Carrboro: Head West on Jones Ferry Road away from Carrboro/Chapel Hill. Continue passed Frosty's General store for about a half mile. We'll start and end the ride at the intersection of Jones Ferry Road and Oak Bluffs. Any questions, call us at 929-0069 .

Sunday, May 14

A pace, 9:00 a.m., ~50 miles. Churton Grove Shopping center on Hi 70 & St Mary's in Hillsborough. We'll be doing the Famous Wintertime ride with all them hills. Route has roughly 2500' of climbing for 50 miles. 1 rest stop is planned . Cue sheets are available for those who need direction. Contact ride leader Alan Schumacher solo@mebtel.net if ya have any questions. As always, weather & child permitting (where applicable).

Saturday, May 20

Sunday, May 21

B/C 10:00 a.m., 30 miles. Join Evan Wynmor (967-0288, ecwynmor@earthlink.net) at **Umstead Park in Chapel Hill** for my "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 27

10:00, C and C Only, 44 miles. Libby Evans (942-4260, evans@unc.edu) will leave from **Ford Road** to have lunch in Graham. There are several places where we might eat. We can either all eat together, or split up and eat in different places. This is a C and only C paced ride. Not everyone will be given a cue sheet, and those who are given cue sheets must commit to averaging no faster than a C pace (13-15 mph). If you want to ride faster than a C pace, this isn't the ride for you.

Sunday, May 28

10:00 a.m., B, 45 miles. Libby Evans (evans@unc.edu) will meet you at the **Friday Center** to ride to Bonsal. The route is fairly flat. If you normally ride at the high end of a C pace (on a more typical rolling route) and want to try your hand at a B ride, this one might suit you. Meet in the parking lot closest to Highway 54 at the Friday Center. (If you pass the Friday Center itself to get to the parking lot, you'll be in the wrong one.) We'll stop at the Bonsal train station. It's likely there will be no food or water refills there, so be prepared to pick up what you need at a convenience store before the rest stop or bring provisions including plenty of water.

Carolina Tarwheels Officers and Volunteers

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Publicity

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

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representative
Don Belk 732-1793 donaldrbelk@earthlink.net -
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PO Box 111, Durham, NC 27702, Attn: Newsletter



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