

The Cog Hauler

August 2007,
BikeFest, &
September 2007

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

President's Column

Thank you Tarwheels!

Many of you have volunteered to help at Bikefest and we now have enough volunteers! This is wonderful. Thank you all for supporting our bike club. I hope that all who participate at Bikefest, whether riding or helping out, have a great time.

One of the things that I really enjoy about these social rides is the opportunity to chat with people. This is not something that comes naturally to me but I try. Someone I know overcame her shyness and started chatting with almost everyone on rides. Now she is one of the most popular people I know!

Cycling is great for your body. It is a low impact exercise that almost anyone can do at an intensity that is appropriate for them. It is also good for the soul to get out and move your body. It is even better for your soul when you are able to smile along the way. I used to get frustrated on rides because I wasn't as strong as I wanted to be. Now I enjoy rides more even if I ride alone and/or don't ride well because I say "Hi" or wave to all the cyclists I meet. If you don't do this already, try it out at Bikefest! Say "Hi" or wave to all and see if it improves your ride. Or at least see if it does your soul some good as you get fitter!

Happy and safe riding everyone, Mira

September Club Meeting

THINKING OF BUYING A BIKE? WANT TO TRY A DIFFERENT KIND OF BIKING? HAVE A SPOUSE THAT WOULD LIKE TO GET STARTED BIKING? Then come to our next Tarwheel club meeting "**Choosing a Bike**" and we'll help you make that decision. We'll have examples of a road bike, hybrid, tri bike, Townie, mountain bike, recumbent and touring. Different people will describe the bike and the type of riding that suits that bike. Join us on Thur Sept 20th at Golden Corral of Durham at 4054 Durham Chapel Hill Blvd. 6 P.M. for dinner and about 6:45 for the presentation. The second batch of the new style jersey will be available. Questions? Call Sharon at home 919-732-4866. Or e-mail me only if there is plenty of time. Sharonrogg@aol.com.

BikeFest!!!

Last Call for Bikefest Bakers! We're probably going to have 700 or more registrants for Bikefest on Aug. 11th. Thankfully, we have 20 individuals who have signed up to bake and I am sure we will get a lot of goodies, but we could use some more, just to be safe! If you haven't volunteered yet, here's a great way to make a contribution: just a couple dozen cookies or a couple of loaves of quick bread. You can drop off on Friday afternoon in Carrboro at the Clean Machine between 3:00 -6:00pm, in Hillsborough at the Rec Center on Friday between 5:30-7:30 pm, at my house in Durham on Thursday or Friday morning, or early Sat at the HQ (Visitors' Center). Put goodies in zip lock bags and label amount. So simple and it helps make Bikefest a success. E-mail me or call with questions. Thanks! Connie 493-0522.

Thank you very much if you have already signed up.

Sincerely, Bikefest Directors:

Alan Schumacher [solo AT mebtel.net](mailto:solo@mebtel.net)

Jim Welch [jwelch23 AT nc.rr.com](mailto:jwelch23@nc.rr.com)

Connie Winstead [cwinstead AT nc.rr.com](mailto:cwinstead@nc.rr.com)

Join the Tarwheel's MS Team

Come join the Tarwheel MS team this year! We're a loose knit team but we do great. Registration is already open for the Sept 8th and 9th Eastern NC chapter MS ride from New Bern. New Bern really welcomes us and has done everything they can to insure more rooms for us. Camping right across the street from the Convention center is great! Our team raised over \$35,000 last year. \$36,000 would have made us a "Mission Possible" team. I hope we can reach that this year. You can register online and check out the new web site at

www.nationalmssociety.org/nct/event/default.asp?g=6 .
Route choices are 30, 75, or 100. A distance for everyone.
Sharon Roggenbuck

Bikefest T-Shirts Gallery Online

The history of the Tarwheels' BikeFest event as viewed from its t-shirt designs is now online for all to view, thanks to Ken, Libby, Marie, Wendy, Dave, Beth, Al, and Paul.

Some of whom perhaps should have discarded their 20-year-old t-shirts several years ago, but we're glad they didn't. Back in the early 80s, the Bull Durham BikeFest was held in Durham. When it moved to Hillsborough in 1996, it became the Rural Heritage Tour. All along, there seems to have been a preoccupation with bovines. To check out the collection, follow the link at the bottom of the BikeFest web page, or jump there directly at: <http://www.tarwheels.org/bikefest/tshirts.html>

Bike Planning & Advocacy Meeting

Join bike and pedestrian advocates from across North Carolina to begin planning for the creation of a new statewide bicycle and pedestrian advocacy organization. Discussion topics will include organizational mission/goals, funding sources, board and membership structure, advocacy issues and more. The meeting will be held from 11am-4pm on Aug 12 at the American Legion, Post 53 @ 729 Creekridge Rd in Greensboro, NC. Free lunch provided. Bicycle ride to follow meeting! - Alison Carpenter www.surgenetwork.org 919-960-6886

Other Rides & Events

Durham Bulls and Lance Armstrong

On Sunday August 19th, the Durham Bulls will be running silent auction to support the Lance Armstrong Foundation (LAF). The ball game starts at 5 P.M., and the Bulls will be wearing yellow LAF baseball jerseys that will be auctioned off, and other Discovery Channel Team items will be auctioned off as well. Tickets are \$14 and include a LAF t-shirt with a portion of proceeds benefiting LAF. For more info, go to www.durhambulls.com.

Junior Cycling Team in Chapel Hill

The Franklin Street Cycling Racing Team (FSC) in Chapel Hill hopes to recruit Junior riders ~13yrs. old or older for a 2nd Juniors team to start learning, training and racing - this Fall, at whatever pace suits everyone. No racing experience is necessary, a high quality road bike is not necessary, confidence on a bike is recommended and interest in learning to ride fast with a very supportive and friendly team is pretty much the whole idea.

Interested parents can contact us/me via the Juniors link on our web site: www.franklinstreetcycles.net I can give you much more information and answer any questions, I'm one of the parents of one of the racers! Thanks for your interest,

Kurt Scharfenberg, Scharfk @ labcorp.com (riding mostly with the TarWheels now..I can't keep up with my 15yr. old any longer)

Tour De Tots Benefit Bike Ride

Saturday, September 8, 2007, benefit ride for the Jeff Gordon Children's Hospital in Concord NC. There is a 5 mile family ride, 31, 62, and 100 mile ride. Registration in August by calling 1-800-575-1275 or 704-403-1275 More information: www.northeastmedical.org/TourDeTots/

2007 CNC Registration!

September 29th (check-in day) to October 6th. Visit www.cyclenorthcarolina.org to register: West Jefferson, Elkin, Greensboro, Hillsborough, Louisburg, Roanoke Rapids, Edenton, Currituck/Knotts Island

This was a ride we did on June 16th for a Tarwheeler Ken Har, who died last year,. We raised over \$300 for the Durham Rescue Mission.

For Sale

Tarwheel Jerseys: A few old jerseys (vintage!) and lots of new jerseys (old design) are available! **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: day 493-5441 or eve 732-4866 [sharonrogg AT aol.com](mailto:sharonrogg@AT.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) to arrange your reservation in advance.

Equipment Rental

The club owns four hard shell travel cases suitable for airline travel or UPS and two BOB trailers. Members can rent the equipment for a nominal fee.

Bike Shop Discounts

A number of local bike shops in Durham, Chapel Hill, Carrboro, Cary and Raleigh offer discounts to members.

Tarwheels Activities for Members and Non-Members

Bi-Monthly Club Meetings

Club meetings are held every two months in various local restaurants. Club business is conducted, and many times an invited speaker makes a presentation on a cycling topic. The meetings are an excellent time for new and old members to get to know each other. Non-members sometimes attend meetings to learn more about club activities.

Group Rides

A list of rides offered by the club and led by club members is published in *The Cog Hauler*. Guests may participate in any club ride. All riders must sign a liability waiver for each ride, and helmets are required. Many rides feature a special theme such as lunch at a local restaurant, a combination of biking and canoeing or biking and dancing, or chocolate chip cookies.

Although most of our club rides are road rides, the club also offers off-road rides for mountain bike enthusiasts.

Club members sometimes offer group trips to remote sites for biking. The Blue Ridge Parkway is a popular weekend destination, usually combined with a stay in the youth hostel in Galax, VA.

The club also offers rides specifically designed to attract new members and beginning cyclists. These rides are short (8 to 20 miles) and slow-paced (10-12 miles per hour) with frequent stops for riders to regroup. If you haven't been on a bike in a while, and want a gentle reintroduction to the pleasures of being on the road, be sure to look for the beginner/new member rides!

Tarwheels Special Events

BikeFest

The club sponsors an annual event that attracts cyclists from all over the Southeast and from other areas of the country. BikeFest, also known as the Rural Heritage Tour, takes place on the second Saturday of August. Rides in the past have included routes through the local countryside from 20 to 125 miles. In addition, a short (8-10 mile) tour of historic Hillsborough, NC is offered for families or other riders who want to know more about our North Carolina heritage.

Other Events

Many of us ride in events in other states such as the Register's Annual Great Bike Ride Across Iowa (RAGBRAI), the Seagull Century in Maryland, Bike Virginia, Bike Ride Across Georgia (BRAG) and Cycle North Carolina (CNC).

Web Site

To access the club's web site, point your browser to <http://www.tarwheels.org>. The site includes the current ride list, a membership application, notices of special events, club photos and stories, and links to other bicycling web sites.

Memberships in Other Organizations

The Carolina Tarwheels club is affiliated with the League of American Bicyclists (LAB) and Hostelling International-USA (HI-USA). LAB supports local and national cycling-related legislation, and our club HI-USA membership can be used by members planning club rides with hostel lodging.

How to Join

The annual cost of a membership is \$15 for individuals or families. Checks should be made out to the Carolina Tarwheels and mailed to P.O. Box 111, Durham, NC 27702. **You must sign and include the liability release on the back page of this brochure.**

Tarwheels Contacts

For more information, send e-mail to info@tarwheels.org. You can also write to the Carolina

Tarwheels at P.O. Box 111, Durham, NC 27702.

About the Carolina Tarwheels

Who Are We?

Our incorporated, not-for-profit club has members of all ages with a variety of backgrounds from Chapel Hill, Carrboro, Durham, Raleigh, and surrounding communities. On most weekends the Tarwheels feature at least two organized group rides which leave from locations around the Triangle area and vary in distance (from 8 to 100 miles) and pace (from 10 to 18 or more miles per hour). The rides are a great way to meet other cyclists and to learn new places to ride. We are commuters, long distance tourists, mountain bikers, and recreational road cyclists.

We welcome anyone who enjoys time spent on a bicycle!

Tarwheels Membership Benefits

Newsletter

Our newsletter, *The Cog Hauler*, is mailed to all members every two months. It includes a list of club rides, articles from members, rides sponsored by other organizations that might be of interest, and other news items. The Cog Hauler is also available electronically on the club's web site (*eCog Hauler*).

Electronic Mailing List

The Tarwheel@tarwheels.org electronic mailing list is used by members to announce pickup rides, local meetings of interest to cycling advocates, requests to buy or sell cycling-related equipment, and other items. This mailing list is moderated.



Tarwheel Rides August & September 2007

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 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 (Wendy Roberts) 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

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.

Chatham Marketplace. On US 15-501 in Pittsboro, midway between the new US 64 bypass and the circle in downtown Pittsboro. Look for the watertower with "Chatham Mills" written on it.

Churton Grove shopping center, Hillsborough - From I-40 or I-85 go north on HI 86 (Churton street) to downtown and turn right onto E. Tryon st. Turn left on St. Mary's Rd. Go 1 mile and at the light, turn left at HI70. Shopping center on right.

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 _ 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!

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

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 _ 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.

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 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

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.

Saturdays

B+ and A, Morning, 25 - 70 miles (seasonal). Ride starts at Wilson Park in Carrboro. Details, start time, location and last minute information about this ride can be found at www.ArcadiaCyclingCenter.com. This ride is for experienced cyclists who would like to ride in a pace-line format. The ride usually breaks up into 2 or 3 individual

groups. To find out more about pace-lines, read www.tarwheels.org/pacelinev92.pdf. A weekly ride update is sent out on the 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 jtetrazini@gmail.com. Please join us at Weaver Street Market for lunch after the ride.

Scheduled Rides

Sunday Aug 5

7:00 a.m., ~ 18 mph pace, 40 miles. Beat the heat (and the traffic) and join me for a 40 mile loop thru northern Orange county. This route will not have any planned stops and it's not too hilly. Ride starts at **Churton Grove Shopping center** at St. Mary's and HI 70 just north of Hillsborough. Contact ride leader Alan Schumacher solo@mebtel.net if ya have any questions. As always, weather & child permitting (where applicable).

Sunday Aug 12

Novice/New Member, 9:00 a.m. Meet at **Maple View Farm Ice Cream Store** for a ride of about 20 miles in the countryside. Some of these roads are somewhat busy 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. 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--note that this ride is not recommended for younger or inexperienced children. Leader: Maureen Kurtz (933-8417; m_kurtz@bellsouth.net).

Sunday Aug 26

B/C 9:30 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 Sep 1

B/C, 8:00 a.m., 44 miles. Start from Margaret St at **Orange Co. Courthouse**. 44 mile countryside ramble to Hurdle Mills, B/C pace, Bring supplies, but there is a store stop at halfway point. Ride leader: Kathy Trotter, trott004@mc.duke.edu, 732-4190.

Monday, Labor Day, Sep 3

September 3rd Labor day Monday A/B 10:00 a.m., 47 or 76 or 100* Very Hilly miles (your choice!). What a great way to spend labor day than riding and laboring The Yanceyville Hills. Join us once again and climb (and climb) the hills to Yanceyville and back. The "A" pace is usually in the 18 mph range due to all the hills. I will be riding for 70 mi. with no sweep. The ride is in three sections. The first and third section are the 47 mi. Route. The middle section is the extra 27 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 it 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. *Those interested in the 3rd annual, totally unsupported, century option +, email me for details & secret start place. *Did we mention that there were a lot of hills?* Questions? Email Alan at Solo@mebtel.net

Saturday Sep 15

10:00 am. D-pace, 25 miles. Meet at **Maple View** to ride to Hillsborough for lunch. 25 miles. Carol Porter (carol_porter@unc.edu, 929-3506).

Sunday Sep 16

Sunday, Sept. 16. C+, 9:00 AM, 35-38 miles. Meet at the **Churton Grove Shopping Center** on NC Hwy 70 (NW corner at St. Mary's Rd. intersection) for a ride in rural Orange County that includes Hawkins & Saw Mill Roads (typically quiet, low-traffic roads). Park near N. Scottswood Blvd. Leader: Beth Gregory (gregory@4pi.com, 643-2297).

Saturday Sep 22

Novice/New Member, 9:00 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. 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--note that this ride is not recommended for younger or inexperienced children. Leader: Maureen Kurtz (933-8417; m_kurtz@bellsouth.net).

Sunday Sep 23

10:00 a.m., 50 miles ~19 mph pace. Join Me for 50 on my 50th and We'll do the now famous hilly 50 mile loop to Johnson Mill and back. 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).

B/C 9:30 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 downhills and slow uphills. The rest stop (Brunch) will be at Weaver Street Market with an easy 2 miles back to Umstead Park.

Sunday, Sep 30

C, 10:30, 40 or so miles. Join Sheila Tayrose (stayrose at mindspring dot com, 493-5385), for a ride starting from the boat ramp near Bells Baptist Church on Farrington Road and heading for Sanford. Start time is 10:30, but is dependent on the weather (would like to start when it is at least 50 degrees).

Habitat for Humanity Halloween Rides

The 4th Halloween 100 bike ride benefits Habitat for Humanity of Durham. Join Habitat Friday, October 26th and Saturday October 27th for the following spooktacular rides...

* Friday, October 26: Experience Downtown Durham and the American Tobacco Trail by moonlight on the Full Moon Meander. The 16 mile group ride starts at moonrise, 6:33 p.m.

* Saturday, October 27: Enjoy scenic views of Durham County as you ride 175k (100 miles), 100k (62 miles) or 50k (31 miles). All routes are marked with rest stops, refreshments and restrooms. The 175k begins at 8:30 a.m. followed by the 100k at 9:30 a.m. and the 50k at 10 a.m.

* Is a relaxed ride more of a treat for your family? Ride 3-12 miles on the American Tobacco Trail Family Fun Ride on Saturday morning. The ride begins at 10:30 a.m.

Gear up for a ghoulish good time. Show us your Halloween spirit, and compete for best costume! Contact Roxanne Hall Little rhall@durhamhabitat.org 682-0516 x113. www.durhamhabitat.org

Carolina Tarwheels Officers & Volunteers

Board Members 2007

Mira Gloss, president mira-tarwheel AT earthlink.net
Linda Charles, secretary lcharles at nc.rr.com
Ken Dietel, treasurer kdietel AT mindspring.com
Candy Davies candy_davies AT unc.edu
Cheryl Lytle clytle1802 AT earthlink.net
Sharon Roggenbuck sharonrogg AT aol.com
Alan Seiferheld annandal AT gmail.com
John Swartz johncswartz AT earthlink.net
Julie Tenney tenne001 AT mc.duke.edu
Chuck Tharp chucktharp AT bellsouth.net
Connie Winstead cwinstead AT nc.rr.com

Membership

Richard Crandall, crandallrw AT yahoo.com

Insurance Coordinator & Ride Waiver Collector

Wendy Roberts, athenarides AT hotmail.com

BikeFest Directors for 2007

Connie Winstead, cwinstead AT nc.rr.com
Alan Schumacher solo AT mebtel.net
Jim Welch ,jwelch23 AT nc.rr.com

Ride Coordinators

Chuck Tharp 644-2410 ncveloman AT nc.rr.com Chapel Hill/
Carrboro/ Hillsborough
Maureen Kurtz 933-8417 m_kurtz AT bellsouth.net New
Member/ Beginner

Web Site

Dave Doty dbd010352 AT yahoo.com
Charles Scharlau cscharlau AT earthlink.net

Newsletter Production

John Swartz – coghauler at earthlink.net

Newsletter Distribution

Valinda Jordan, Valindaj003 AT aol.com

Newsletter Deadline: September 23, 2007

Email submissions, corrections, etc... to:
John Swartz: johncswartz AT earthlink.net
or

Coghauler AT earthlink.net (Put "Coghauler" in Subject line)
PO Box 111, Durham, NC 27702, Attn: Newsletter



P.O. Box 111
Durham, NC 27702

