

The Cog Hauler

February 2003

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March 2003

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

Letter From The President

By Sharon Roggenbuck

My cycling friends,

In the last newsletter I said it would be my last letter as your President. However, the Coghauler goes to press before the election meeting so I guess I will write one more time. All year long I have encouraged members to lead rides. I'm pleased to say that 57 members led rides this year. They range from one to twenty rides. This is great, but it still is only about a fourth of the membership. Thirteen people led 5 rides or more and three people led 10 or more rides, so it is still a small number of people who are leading the majority of the rides. We could have several rides each weekend to choose from if everyone took their turn. Contact Chuck Tharp for routes if you don't have one in mind. When you decide to lead a ride just be very specific about the type of ride you want it to be and what pace. We now have three general categories of rides; Social, Standard or Training ride. Social rides can be all paces but are generally slower and the group pretty much stays together or regroups from time to time. Standard rides have the pace designations of A B C or D and cue sheets or maps are usually furnished. Faster riders are welcome but the ride leader usually stays with the slowest person. Training rides are usually faster paced, may not have cue sheets and the leader does not stay at the rear.

Now that all the bills for Bikefest have been paid and some seed money has been set aside, I'm happy to say that with the profit we made from it we have been able to make some donations. We gave \$250. to each of the two supporting EMS units that helped, in addition to the donations that we usually make to the churches where we have rest stops. We have also been able to donate \$500. to League Of American Bicyclists who are very influential in promoting safe cycling. We also gave \$500. to the local Rails to Trails Conservancy which promotes converting old rail road beds to bike and pedestrian trails such as the American Tobacco Trail. This is keeping with our policy of promoting cycling.

By the time you get this you will have a new President, Officers and Board. Please support them as you have me. I am been pleased to be a part of such a fine organization. My thanks to all of you.

See you on the roads,
Sharon

Election Results



Mike Rychener, Jeff Charles, Sharon Roggenbuck, Ken Dietel, Janice Sitzes, Wendy Roberts, Jan Grossman

With the election at the January meeting the Carolina Tarwheels have the Board of Directors set for 2003. Some of the face on this years board are familiar others are new. Wendy Roberts is President of the Club after being a board member this past year. Also following the move from board member to club officer was Ken Dietel by becoming club Secretary. Jan Grossman, on the other hand, did not move at all. He is again keeper of the coins, treasurer. Sharon Roggenbuck, through election, will continue supplying her expertise as a board member. New to the board are Jeff Charles, Mike Rychener, and Janice Sitzes. Leaving the Board of Directors are Cindy Blair, Kyla Eggen, and Pete Finkelstein. A brief statement from each of the new members follows.

Mike Rychener

I have been a Tarwheel for 10 years and have led numerous rides, including several on the Blue Ridge Parkway. I have volunteered to help with Bikefest, including four times as rest stop coordinator. My goals for cycling in this area are more greenways, more bike paths, roads widened to allow bike traffic, and government promotion of alternative modes of transportation, which will make the roads safer for bikes.

This club is a community of wonderful people and I would be honored to serve as a board member. For what it's worth, I am a software developer for IBM's PC support web site and I enjoy various outdoor activities, contra dancing, swing dancing and movies.

Jeff Charles

I have been a member of the club for many years and have thoroughly enjoyed the Wednesday morning standing ride and our numerous weekend offerings. Bicycling has become an integral part of my life and Linda and I have taken bicycling vacations the past 10 years including Bike South 2000, Bike Florida and Bike Virginia. My latest bicycle is a recumbent trike that is a blast and I plan to share my experiences with the club at an upcoming meeting. The engineering solutions are unusual and it is a totally different perspective when you're sitting only 6 inches off the ground!

I want to give back to the club in a meaningful way over the coming years and hope to be elected to the Board. My business experience running my consulting company will be an asset. If elected I will volunteer to arrange the bimonthly club meetings for the Board and the overall club.

Janice Sitzes

I have been a member of the Tarwheels since moving to North Carolina approximately 5 years ago. I am running for the Board because I would like to make a greater contribution to the club that has provided me with such wonderful friendships and that has helped me develop my cycling skills—from dodging cars and buses in Manhattan to avoiding deer in Orange County. Over the past two years my involvement has increased, from working t shirt sales and baking cookies for Bikefest, to participating in more club rides, to leading my first ride—a new member ride this past summer. I've also participated in an increasing number of non-Tarwheels and out-of-town rides, and completed my first Century this past October.

My goals for the club are for an even more visible presence in the community, greater organization of road trips to out-of-town events (such as the Great Peanut Tour, Sea Gull Century, maybe even another Virginia Creeper weekend), and more workshops and presentations to help cyclists perfect their skills and expand their horizons (i.e., training for your first century, dressing appropriately for different seasons/conditions, bike maintenance, etc.) I also plan to lead more rides, particularly for the new member/C/D group.

March Club Meeting

**The next meeting of the Tarwheels will be at
Mariners Cove 604 Morreene Road
Durham
at 6PM on Thur. March 13th.**

As in the past, we have a choice of several dinners for \$12.95 regular portions and \$10.95 smaller portions. This includes your dinner, tea, tax, and tip. Mariner's Cove is just a short distance west of 15/501 on Morreene Rd. Our speaker will be our very own world traveler, Chuck Tharp, who will give a slide presentation on his bicycle trip in Scotland. Come on out, enjoy the food, the camaraderie, and one of Chuck's great trips.

Tarwheels Board Meeting

Attending:

Ken Dietel, Scott Douglass, Kyla Eggen, Pete Finkelstein, Jan Grossman, Wendy Roberts, Sharon Roggenbuck
Charles Scharlau

Financial Report:

Club is in good shape financially.

- New phone company won't send bill, but calls each month to say account is overdue. Jan agrees we owe \$60, just need a bill.
- Financial report accepted as submitted.

Membership: 229 members

- Several members have claimed they forget to renew membership because they aren't receiving reminder notice. Membership expiration is listed on Coghauler label, but now that e-Coghauler is an option it is important that reminder notices be sent. Only twice per year. Sharon will follow up with Dave. Reminder to be posted on web page.

Newsletter Report:

- Oct/Nov edition was printed in booklet form which was fairly expensive. Dec/Jan edition was back to printing on smaller sheets. Cheaper, and no negative comments received, so sheet form will continue.
- Post-deadline change requests: if they are typos, the e-Coghauler may be corrected. If they are article omissions/submissions, must wait for next edition. Always at discretion of editor.
- Still seeking permanent editor.

108 T-shirts:

- will be sold at next BikeFest, and included with other club For Sale items (socks, jerseys, etc). Advertized in newsletter

Insurance Update:

- Examining our policy shows the Tarwheels are explicitly listed under the LAB umbrella. It essentially provides liability coverage for the club. Wendy will follow up with our account rep Ginger to clarify outstanding questions. BikeFest is insured separately as a special event, with the same company.

Publicity:

- Caroline is working on new/updated club brochure. Potential opportunities: UNC-TV festival, parades, press releases about charitable donations.

Discussion how to recognize members who lead rides and those who provide extra services.

Discussion about donating to charities.

- As part of BikeFest expenses, club should donate to EMS services. Already donating to rest stop host churches. \$250 to be donated to Person County EMS. \$250 to be donated to Orange County EMS.

by Maureen Kurtz

- Board agrees club should donate to bicycle causes at national and local level when resources allow. Several organizations were considered. \$500 to be donated to League of American Bicyclists (LAB). \$500 to be donated to NC Rails-to-Trails Conservancy. Scott & Jan to follow up.

Election Nominations:

- Kyla, Cindy, and Pete's terms are expiring. None have chosen to re-run. They will conduct the election proceedings at January's club meeting.
- Discussion of potential nominees.

BikeFest report:

- Considered request to change routes. Evaluating options.
- Everything is on schedule for 2003.

Two new bike boxes have been received. Total of four now. The oldest ones have been retired as unusable.

Webpage report:

- e-Coghauler pages receiving approx 200 hits per week.
- Last statistics noted for main site were from mid-summer: nearing 200 hits/day on Thurs/Fridays.

Please welcome these members who have joined since the last newsletter.

Chapel Hill	MARY GARREN DICK HUFFMAN BARBARA NOWELL
Durham	LINDA DAVIS CRAIG GULUNAS MARTY MCCLELLAND
Fuquay-Varina	PEGGY SUE COLLUCCI
Morrisville	MARTIN JOHNSON
Raleigh	STACEY MANGUM

Roadside Cleanup

We need your help at the semi-annual roadside cleanup on Sunday, March 23 at 3 pm! About an hour of group work will take care of our 2-mile stretch of beautiful Dairyland Road. Afterwards, relax on the porch at Maple View Farm Ice Cream Parlour and enjoy a small ice cream treat courtesy of the Tarwheels. Park on Rocky Ridge Road across from the ice cream parlour (see directions to ride start locations). Please bring work gloves; we will provide plastic bags. Contact Maureen Kurtz at 933-8417, mpk@netpath.net if you have questions.

Tips for Beginners

Check out the March ride list and you'll notice the Beginner Ride program is back from winter break! We have two official beginner rides scheduled for late March (the 23rd and 30th). Also, check out the D-pace rides on the American Tobacco Trail (ATT) offered by Valinda Jordan this winter. D-pace rides are 10-12 miles per hour, and the ATT rides are 12-15 miles in length.

Last issue's column suggested ways to maintain or develop cycling fitness through the winter, so that you are ready for the great rides we're offering this spring.

In this issue I'd like to recap some of those pointers for you—you still have time to get in shape before the season gets into full swing!

Beat the Cold.

- train indoors: use a trainer at home, an exercise bike at the gym, or attend spinning classes
- train outdoors: walk or run. Plan bike rides for the warmest part of the day, between noon and 3 pm. Shorten your rides and ride in more protected areas. Ride on dirt roads or trails.

The Days are Getting Longer

Darkness is now becoming less of an issue than it was in December and January. Try to get in a 30 or 60 minute ride right after work. Have you thought about taking your bike to work and doing a 30-60 minute ride at lunchtime? Recruit your co-workers to join you.

Clothing

Dress in layers, especially if you're going for a longer ride. Avoid cotton clothing—remember, when it comes to cool weather exercise, cotton kills!

Your Bike

If your bike has been in storage for the winter, get it out well in advance of your ride time. You'll almost certainly need to pump up your tires. Check the tires for dry rot. Check the brakes: lift the front tire, spin it and squeeze the brakes; do the same for the rear tire. Apply lubricant to your chain (use only a lube specifically indicated for bike chains), wipe off the excess. Take a quick spin around the neighborhood to make sure everything works. You may want to consider hiring a mechanic to do a tune-up if it's been over a year since the last tune-up.

Remember to wear a helmet every time you ride. Hydrate well before a ride, and bring a full water bottle on your ride.

Hope we'll be seeing you on the trails and roads this spring!

You Know You're a Bicyclist When...

You pull up hard on the steering wheel trying to jump your car over a pot-hole

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



If you know of any local events that are appropriate to meet these goals, please contact Caroline Gilmore at CarolineGilmore@aol.com or 477-1997.

Advertisements

Tarwheel Jerseys:

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

Club Socks:

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

BOB Trailers:

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

Bike Cases:

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

FOR SALE:

Cane Creek MTB WAM Disc front wheel. Never used. 26", Disc brake mount, 28 straight pull, double-buttend stainless steel spokes. \$100. Contact Colleen at threespokes@earthlink.net or 732-7241.

Tarwheel Publicity

The Tarwheels Publicity Committee is responsible for increasing public awareness of the Carolina Tarwheels Bicycle Club. There are many opportunities available in the Triangle for the Tarwheels to heighten our visibility.

Examples of possible events include:

1. having an information booth or other type of presence at festivals such as Apple Chill, CenterFest, or Festival for the Eno
2. volunteering at various events such as the WUNC-TV Spring Festival, or
3. riding in the Chapel Hill/Carrboro Holiday Parade

We would like to compile a list of events such as these for Tarwheels' participation. Once the list is compiled, we will keep a calendar on file, and alert club members in advance of an event. The Publicity Committee will facilitate club members' participation in events, but it will be up to the interested Tarwheels members to plan the club's participation in an event.

American Tobacco Trail Phases D & D

By Valinda Jordan

Back on September 21st, we held the Grand Opening of Phases C and D of the American Tobacco Trail in southern Durham. These portions of the ATT respectively run from Cornwallis to NC 54 near I-40, and run up Riddle Road to form the Riddle Road Spur.

Over 50 people joined Congressman David Price, Durham Mayor Bill Bell, Durham County Commissioner Ellen Reckhow, NC Bike-Ped Coordinator Tom Norman, Durham Parks and Recreation Director Tim Grant, and others to officially open the Triangle's newest greenway. Thanks to all who attended.

After years of work by many, many people, it is truly exciting to see lots of folks using the trail south of Cornwallis. I remember my first TRTC meeting years ago when then President Tom Mappes showed me that the future ATT was just a stone's throw away from our meeting room.

We then walked over to the right of way, and dreamed of the day that a finished greenway would be here. That day is here folks!

If you haven't made it out to the Triangle's newest greenway, you owe it to yourself to go for a hike, a ride or a roll! Please get out and use the ATT and other area greenways and trails. Enjoying our trails and greenways not only helps your health, it demonstrates to municipality staff and leaders that these facilities are needed and appreciated. While you are on the greenways, why not carry along a grocery bag and pick up at least one piece of trash. If everyone picked up at least one piece of trash on their greenway visit, our trails and greenways would be spotless!

**Carolina Tarwheel Club Membership
Application can be found
on the club's website at:**

www.tarwheels.org

Rides and Events in February 2003 / March 2003

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

Helmets are required for all Tarwheel rides.

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

Times listed are departure times. Arrive early and be ready to go at the scheduled departure time. All rides are weather permitting. If it is raining, do not expect the ride leader to appear. If in doubt, contact the ride leader.

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

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

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

Directions to Ride Start Locations

The ride descriptions will have these ride start locations highlighted.

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

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

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

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

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

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

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

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

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

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

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

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

McDougal Middle School in Carrboro. From **Carrboro Plaza**, take Old Fayetteville Road north (toward the right), if you're coming from Chapel Hill). McDougal School is on the right after about ¼ mile.

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, turn right on Margaret Street, 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, 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.

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 three miles ahead on the left. From Durham/Raleigh, take I-40 to exit 263, then turn left on New Hope Church Road. After 3 miles, turn left on Union Grove Church Road. Church is just ahead on the right.

Wilson Park in Carrboro - Wilson Park is located on Williams Street, just off of N. Greensboro Street in Carrboro. To get there: Take NC 54 bypass around Chapel Hill/Carrboro, and then take the Greensboro Street/Merrit Mill/Smith Level Road exit. Turn left on Merrit 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).

Ride Listings

Standing Rides

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

Saturday Feb 1

All paces, 1:00 pm. 12-15 miles minimum. More if group chooses. Explore the American Tobacco Trail in Durham. Start at the Durham Bulls Athletic Park (Moorhead and Blackwell St.). Park in gravel lot under 147 overpass. Some riding on streets for brief periods. This is a casual ride for flexible souls who are curious about Rails to Trails and fun biking. Valinda Jordan, valindaj99@aol.com.

Saturday Feb 1

C, 10:00 a.m., 38 mi. Meet at **St. Mary's Catholic School**. Faster paces welcome, but I'll lead from the rear. We'll head up to Rougemont and Bahama with a stop in Bahama. There are rolling hills. Sharon Roggenbuck : day 493-5441 eve.732-4866 sharon-rogg@aol.com.

Sunday, Feb 2

C, 10:00 a.m., 30 miles. Mike Rychener (keyrick9@earthlink.net) will be leaving from University Towers in Durham, near the now-defunct South Square. He's covering two-thirds of the classic 3-hill thriller ride. It's mostly rural so please bring your own snacks in case the convenience store isn't open.

Gravel Road Ride, 1:00 p.m., 20 miles. The "Before it's all gone" ride. Chuck Sharp (veloman@netpath.net, 644-2410) will ride the gravel roads in northern Chatham County, at least the ones that are still left. Mountain bikes are recommended, although good touring tires will suffice. Meet at the intersection of Henderson Tanyard and Emerson Cook roads. From Chapel Hill, take Jones Ferry Road to Frosty's, approx. 7 miles. Turn right onto Crawford Dairy Road. After 1½ miles, turn left on Chicken Bridge Road. After 4 miles, turn left at stop sign onto NC 87. ½ mile later, turn right on Castle Rock Farm road. After about another 1½ mile, turn left on Henderson Tanyard Road. ½ mile later, turn left on Emerson Cook Road and park alongside the road.

Saturday, Feb 8

D, 1:00 p.m., 20-25 miles. - Meet at **Maple View Ice Cream Store** for a 20-25 mile ramble through Orange Co. Please park across the street instead of in the Maple View parking lot. Carol Porter (929-3506).

Sunday, Feb 9

C, 2:00 p.m., about 25 miles. Meet Libby Evans (evans@unc.edu, 942-4260) at Ford Road for a jaunt of some sort. Riders are invited to Libby's house afterwards for hot chocolate, hot tea, cold soft drinks, and perhaps muffins or cake. If it's raining, snowing, sleeting, or frigidly cold, meet at Libby's at 2:00 for snacks without the ride. (Cats share the household. If you're allergic, come prepared.)

Saturday, Feb 15 thru Monday, Feb 17

C, distance TBD. President's day camping trip. Fully loaded bike camping trip. Details to be determined - somewhat dependent on weather. Contact Adrian Hands (832-5083, AHands@unforgettable.com).

Saturday, Feb 15

C, 10:00 a.m., 43 miles. Meet Sharon Roggenbuck at the gas station/convenience store at the intersection of 86 and 49 about 14 mi. north of Hillsborough. This route takes us up to Yanceyville and back. It has a lot of rolling hills but it is a very beautiful ride. There is a rest stop at a gas station at mile 19 but they don't have a bathroom. There is another gas station at mile 39 not far from the end. Faster paces welcome but I'll be bringing up the rear. Questions? Work, 493-5441 home, 732-4866 sharonrogg@aol.com

C, 10:00 a.m., 36 miles. A pleasant ride west and south from **Union Grove Church** with just enough hills. There is a shorter option if the weather isn't appealing. I'll lead from my usual spot, the rear. Deborah Gibbs, dag@rti.org or 933-9198.

Sunday, Feb 16

C, 10:00 a.m., 30 miles. Mike Rychener (keyrick9@earthlink.net) will be leaving from University Towers in Durham, near the now-defunct South Square. He's covering two-thirds of the classic 3-hill thriller ride again, this time in the opposite direction. It's mostly rural so please bring your own snacks in case the convenience store isn't open.

C, 10:30 a.m., 40 miles no drop. Enjoy winter? We tow a B.O.B. with hot chocolate on this incredibly scenic North Durham County ride leaving from Little River Elementary School. There are a few uphill with very rewarding swooping downhills. Alan Nechemias, 968-8618, nechemias@aol.com

Saturday, Feb 22

All paces, 1:00 pm. 12-15 miles minimum. More if group chooses. Explore the American Tobacco Trail in Durham. Start at the Durham Bulls Athletic Park (Moorhead and Blackwell St.). Park in gravel lot under 147 overpass. Some riding on streets for brief periods. This is a casual ride for flexible souls who are curious about Rails to Trails and fun biking. Valinda Jordan, valindaj99@aol.com.

Saturday, Feb 22

C/D, 10:00 a.m., 35-40 miles. Apex Food Lion. Join Don Belk (468-6398, donaldrbelk@earthlink.net) and other Cary/Apex Tarwheelers for a pleasant ride in Western Wake County and environs. Meet in the parking lot of the Food Lion at NC55 and Jenks Road in Apex. Ride leaves promptly!

Sunday Feb. 23

B/C, 10:00 a.m., 45 miles. Join Wendy Roberts for a February birthday ride! Meet at **Greenwood Commons** to celebrate the birthdays of the famous (Washington) and the Tarwheels born in February. I will be leading a 15mph pace around Jordan Lake. Faster riders are welcome, and if someone wants to lead either a true C pace or even a D pace, let me know and we can announce those opportunities as well. Expect a celebration after the ride at a local eatery. Please let me know if you would like your birthday to be officially celebrated (athenarides@hotmail.com), or feel free to participate anonymously.

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

Saturday, Mar 1

All paces, 1:00 pm. 12-15 miles minimum. More if group chooses. Explore the American Tobacco Trail in Durham. Start at the Durham Bulls Athletic Park (Moorhead and Blackwell St.). Park in gravel lot under 147 overpass. Some riding on streets for brief periods. This is a casual ride for flexible souls who are curious about Rails to Trails and fun biking. Valinda Jordan, valindaj99@aol.com.

C, 10:00 a.m., 35 miles. Join Bill Reid for a ride to Harris Lake from the Food Lion parking lot (Peak Plaza) at NC 55 and Jenks Road near Apex. There will be a rest stop at Harris Lake Park. Restroom facilities are available at the park. However, note potential food stops are very limited along the entire rural route. The ride will start promptly at 10:00. If the weather is doubtful that morning, please call Bill at (919) 829-0065.

Sunday, Mar 2

C, 10:00 a.m., about 42 miles. Meet Libby Evans (942-4260, evans@unc.edu) at **Ford Road** to ride to Snow Camp. Riders can stop at Ye Olde Country Kitchen for lunch or at a nearby gas station for a shorter rest stop.

Saturday, Mar 8

C, 10:00 a.m., 45 miles. Charles Fischer (fischer@zedec.com, 960-7523), Debbie Travers (dtravers@med.unc.edu, 405-2098), and Chuck Tharp (veloman@netpath.net, 644-2410) will again lead their "shared birthday" ride, from **Greenwood Commons**. Chuck and Charles will lead a 45-mile ride, while Debbie will start 1 hour later with a 20-miler.

D, 11:00 a.m., 20 miles. Debbie Travers does her 20-miler (see previous listing).

Sunday, Mar 9

C, 1:00 p.m., 45 miles. In time-honored tradition, Chuck Tharp (veloman@netpath.net, 644-2410) will "ride his age" on his birthday. (I'm actually 29 years old, but that's too short a ride, wink wink nudge nudge.) Ride starts from the **Hillsborough Courthouse**. Route unknown at press time, but will probably take in central and northern Orange County.

Saturday, March 15

D, 1:00 p.m., 30 miles. Celebrate the Ides of March with a 30-mile ride in Chatham Co. Meet at **Cole Park Plaza**. Contact Carol Porter (929-3506).

C, 9:00 a.m., 47 miles. We Ride for Coffee! Downtown Raleigh to The Coffee Mill in Clayton. Meet at "Big Ed's" in City Market (Downtown Raleigh). <http://maps.yahoo.com/py/maps.py?addr=Wolfe+st&csz=Raleigh%2CNC> . First (and last) 8 miles urban (turns, hills, lights, etc...), remainder mostly rural. Fixed gears, Single Speeds, recumbents, three-speeds, roller blades, unicycles, penny farthings - all welcome! Contact Adrian Hands (832-5083, AHands@unforgettable.com).

Sunday, Mar 16

C, 10:00 a.m., 44 miles. Join Jan Grossman (932-9632, jangrossman@hotmail.com) at **Efland Checks Elementary** for his Northern Ramble through northern Orange County. The terrain is rolling hills. This is a standard club ride - I'll be riding at 13-14 mph - cue sheets are supplied and all speeds are welcome.

Saturday, Mar 22

All paces, 1:00 pm. 12-15 miles minimum. More if group chooses. Explore the American Tobacco Trail in Durham. Start at the Durham Bulls Athletic Park (Moorhead and Blackwell St.). Park in gravel lot under 147 overpass. Some riding on streets for brief periods. This is a casual ride for flexible souls who are curious about Rails to Trails and fun biking. Valinda Jordan, valindaj99@aol.com.

Saturday, Mar 22

C, 10:00 a.m., about 30 miles. Meet Libby Evans (942-4260, evans@unc.edu) at **Ford Road** to ride for cookies. It's possible that we'll still stop at the old Remy's convenience store which is closed, so be sure to bring plenty of water bottles.

Sunday Mar 23

Roadside Cleanup for Dairyland Road. You are invited to go on Maureen's or Al's rides, then help out on our semi-annual roadside cleanup at 3:00 p.m. The Tarwheels club has cared for this 2-mile stretch of beautiful Dairyland Road for the past several years. We park on Rocky Ridge Road across from the **Maple View Farm Ice Cream Parlour** (see directions to ride start locations). The Tarwheels will provide a small ice cream treat to all workers after the cleanup. Please bring work gloves; we will provide plastic bags. If we get a good turn-out, this should take less than an hour. Contact Maureen Kurtz at 933-8417, mpk@netpath.net if you have questions.

New Member/Beginner, 11 miles, 1:30 p.m. All paces. Optional un-led 20 mile route also available. Come join Maureen Kurtz (mpk@netpath.net; 933-8417) for a New Member/Beginner Ride through Orange County. Whether you are new to cycling, returning to cycling after many years, or just want to go on a leisurely ride, this ride is a good way to meet some nice folks and get into the cycling swing of things. Current Tarwheels are welcomed, too! Meet at the Maple View Farm Store; please park on Rocky Ridge Road. Please ensure that your tires are inflated, and bring a full water bottle and a properly fitting helmet. All riders are invited for a Tarwheels-subsidized ice cream treat afterwards. (And don't forget the roadside cleanup, either!)

C, 12:00 p.m., approx. 27 miles. If you would like to ride just a bit further, Alan Seiferheld (382-0224) is also leaving from **Maple View Ice Cream Store** (please park across from the store along Rocky Ridge Road). Ride will include Dodsons Crossroads, White Cross, Crawford Dairy, Stanford, and Teer Roads.

***Remember Roadside
Clean-up Day
March 23***

Saturday, Mar 29

B/C+ 9:30 a.m., about 40 miles. Join John (forty) Swartz (806-2398, swartz@mcnc.org) at **Greenwood Commons** for a forty birthday mile ride around Lake Jordan (borrowing a 40 mile cue sheet!). After the (forty) ride, enjoy cake and (forty) champagne (forty) to celebrate and find out how old he is (forty, forty, forty).

Sunday, Mar 30

New member/Beginner, 11:00 a.m., 12 or 23 miles. Margret Mueller and Maureen Kurtz will co-lead a beginner/newcomer ride of 12 miles leaving from Margret's house at 7519 Dodsons Crossroads. There's also an optional 23 mile loop. Please come prepared to ride i.e. have a helmet, full water bottle, and properly inflated tires. Because we'll be on Old Greensboro Road for a couple of miles, this ride is not suitable for children. A cue sheet will be provided for the optional self-guided 23 mile loop. Refreshments at the end of the ride. For questions or detailed directions to the start of the ride call Margret at 933-6704 or e-mail Maureen at mpk@netpath.net .

C/D, 10:00 a.m., 35-40 miles. Spin Cycle, Saltbox Village, Cary. Join Don Belk (468-6398; donaldrbelk@earthlink.net) for a 'slower' version of a local bicycling tradition ? the Sunday Morning Spin Cycle Ride! This ride will saunter through swanky subdivisions and golf courses as it makes its way into rural western Wake and Chatham. Meet in the parking lot of the Saltbox Village shopping center at High Meadow and Kildaire Farm Road. Ride leaves promptly!

All leaders are asked to email their cue sheet to cuesheet@sdouglass.com.

With the support of the ride leaders in this effort a collection of ride cue sheet

will be made available to the club

membership

Oh Shenandoah

By Peter L. Finkelstein

Twenty years ago this May, 3 bicyclists who worked together in the Washington DC office of the U.S. Environmental Protection Agency went for a bike ride. This wasn't your ordinary, garden variety, after work spin; but a four-day, 200 mile tour that went south the length of the Shenandoah National Park, then north along the valley of the Shenandoah River to the starting point in Front Royal, VA. After they were back, they shared the story of their ride with friends, regaling them with tales of the challenging route, the beautiful scenery, and the great places to stay and eat. The next year they decided to do it again, and several more cyclists from the office came along. The word spread, and the ride became an annual happening. When I first did the Shenandoah ride about 11 years ago, there were around 40 riders. In the last few years, it's been as high as 60, with the number fluctuating depending on weather and the whims of the riders. People bring their friends, their wives and kids, the new riders bring others, and so it grows.

Our ride is completely unorganized. There's no leader, no announcement, no sag, no support; just show up, and ride. We stay in motels and inns along the route, and carry our own gear on our bikes. The purpose of this article is to share the directions and logistics with fellow cyclists, so that you too can enjoy this beautiful and challenging route, and start your own Shenandoah tradition. Think of it as an annotated cue sheet.

But this isn't meant to be a complete cue sheet either! There will be enough information to help you make up a route; but you should get your own maps, check distances, and decide on the side trips you want to make. The Shenandoah National Park occupies several mountains that form part of the Blue Ridge Mountains in northwestern Virginia. The Park makes a line about 100 miles long, running northeast to southwest. Running along the ridge-tops, the Skyline drive goes along the middle of the park, from the north end at Front-Royal to the south end at Waynesboro. The Skyline Drive ends at Waynesboro, but the road continues as the Blue Ridge Parkway, which continues south through North Carolina to the Great Smoky Mountains National Park. The Appalachian Trail runs the length of the Park, which also has numerous other hiking trails, camp grounds, two nice inns, and other amenities. To the west of the Park, within view from the overlooks on the Skyline Drive, is the Shenandoah River and Valley. The River is a quiet, lazy, meandering stream, about 100 yards wide in most places, and shallow enough to walk across in summer. The valley, which was the main route for pioneers heading to western Virginia, Central North Carolina, and Tennessee in colonial times, is beautiful, pastoral in most places, with comfortable liveable sized towns scattered about. If you stay off the major highways, the roads are quiet and perfect for cycling.

A word of caution: this is not a wimpy ride. The hills on the Skyline Drive are long and steep. You'll climb about 6000 feet each of the first two days. And there aren't many places to stop for water or food. If it's hot, water can be a problem. The third day is easier, but there are a few moderate length, very steep "gut-buster" hills. The final day starts with a very hard climb over Massanutten Mountain, but it's pretty much downhill after that. You should be in good shape for this ride, enjoy hills, and have a nice low gear. (20 - 25 gear inches) I'd also suggest that you make all your reservations before you go. The motels and inns can be full, and in some areas it's a long, long ride to the next one.

The Night Before

We always start our ride from Front Royal on Thursday morning. That way we're out of the Park before the weekend hoards descend, who can, on a summer or leaf-season fall weekend turn the Parkway into a parking lot.

Wednesday Night I like to stay at the Scottish Inn. It's modest, cheap, and close to the start of the ride. It's on Route 340, on the south end of Front Royal. Down the street is a nice used-book store, and a modest Italian Restaurant. A few blocks to the right, on the main drag in downtown is a nice German restaurant. There are several other restaurants in the downtown area, and more back near the interstate on the north side of town.

First Day

There's a good breakfast joint near the motel. (Turn left out of the motel, then right at the first light, first place on the left.) When you're ready to start, go south on Rt. 340 about a mile out of town, turn left where the sign says Shenandoah National Park. Go a bit to the entrance where you have to pay, and get a map. Then shift to your lowest gear, and start climbing. And climb; and climb some more. You're going to be on this road (The Skyline Drive) for two days, and it's just about impossible to get lost, so I won't give too many directions. There are

numerous pull-outs and overlooks along the Drive. Many have signs with historical or ecological information. Stop and enjoy them, this is a tour, not a race.

Dickey Ridge Visitor's Center (mile 4.6) is the first place to take a break. Bathrooms and water are available, as well as some nice exhibits about the park. Worth a stop, and you may need a break from the climbing. From here the road goes up- down, and around the mountains. Mostly up. Beautiful scenery everywhere you look.

Elkwallow Wayside (mile 24) is the next place to stop, and a good place for lunch. You may think it early for lunch, but it may be the only place for the rest of the day. (Sometimes a restaurant at Thornton's Gap is open, sometimes it isn't, - don't chance it) The food isn't great here, but at least you didn't have to carry it up all the hills. The Appalachian Trail (AT) comes out here, and there are usually some hikers stopping for a break too. It's fun to talk to them, and compare touring by bike and on foot.

After Elkwallow, it's an easy ride down to Thornton's Gap (mile 31.5) where at least water should be available. Then it's 10 miles of hard climbing to Skyland Lodge (mile 41.5) where we stay for the night. This is a great place, with nice, rustic rooms, and a great restaurant. There's also a bar, and occasionally live music. This is the highest spot on the Drive, and the views from the restaurant and rooms are spectacular. It looks out to the west, so sunsets can be very special. If you get in early, and haven't worn yourself out, there are stables where you can rent a horse, and lots of hiking trails.

Day Two

Continue South on the Parkway. I usually leave Skyland Lodge early, and ride the ten miles to Big Meadows Lodge (mile 51) where I stop for breakfast. You have your choice here of stopping at the gas station and restaurant on the parkway, or riding two miles up the side road to the Lodge. Ride the two extra miles. The Lodge is spectacular. A huge stone building with mammoth wooden beams built during the CCC era. The view from the windows in the dining room is beautiful, at least it is when the valley isn't full of fog. And the food is better than at the roadside rest area.

After breakfast, continue south on the Drive. There are picnic areas, camp grounds, and interesting overlooks as you go along. Also lots more climbing, with some really fun 40 mph descents too.

About the only place for lunch along the drive, if you aren't packing your own food, is the Loft Mountain Wayside (mile 79.5). The food is nothing to write home about, but ok. There are nice outside tables, and it's a good place for a break.

After Loft Mountain, it's fairly steady up and down riding, with a final easy downhill to the end of the Drive at Rockfish Gap (mile 105).

Exit the Drive onto Rt. 250 West. It's a four mile downhill scream into Waynesboro. Watch the signs carefully, getting onto 250 W. It's a bit confusing. Rt. 250 is a very busy, 3 to 4 to 5 lane highway with lots of traffic and big trucks. After the quiet of the Drive, it can be a bit unsettling. And did I say it's downhill, and fast, all the way into town. The shoulder of the road is frequently broken up, or may disappear. I'd suggest you stay in the outside lane and hold your position.

In Waynesboro we usually stay at the Comfort Inn, but there are several nice motels in town. Get directions when you make your reservations. There are also several good restaurants in town. Our favorite is the Italian restaurant, Scotto's, a few blocks west of the Comfort Inn.

Editor Note: Part two of *Oh Shenandoah* will be in the April /May Coghauler

**Get the latest information about the Carolina Tarwheels
Bicycle Club at
www.tarwheels.org**

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