

The Cog Hauler

February 2004

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March 2004

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

Letter From The President

Wendy Roberts

Spring is upon us (or it will be by the time this goes to print!) and it is time to plan our bike rides. I have already been talking with several of you about various events such as the CNC Spring Ride and Bike Virginia coming up in June. I have gone to such rides both on my own (back when I was shy and before I knew others who would travel to a ride) and as part of groups (Tarwheels and otherwise). And I experienced far more cycling fellowship as part of a group. This spring and summer, I encourage all who want to travel for rides to round up some cycling friends to go with. It can be as easy as announcing on the chat list that you plan to go to an event and would welcome carpoolers. We also have a club banner available to take on such trips, which serves as a nice club rallying point. I look forward to seeing fellow Tarwheels in other locations, as well as here at home on club rides.

Speaking of club rides, I am pleased to announce that Ken Dietel has volunteered to direct the grand-daddy of all our club rides, our very own Rural Heritage Tour, Bike Fest. Look forward to hearing from Ken about various volunteer to maintain the standard of excellence set by our previous Bike Fest directors (no pressure, Ken!). As we look forward to the next Bike Fest (August 14, in case you haven't marked your calendar yet), I think it appropriate to appreciate the sound financial standing of the club, which we owe in large part to the success of Bike Fest 2003. Thanks again to Cindy Blair, Scott Douglass, and Caroline Gilmore for your tireless efforts!

The Tarwheels' fiscal stability has enabled the board to consider ways that we can give back to our cycling community and make our support work for our interests. The 2003 Board of Directors voted to make a \$500 contribution to the League of American Bicyclists, in support of the advocacy they do, particularly in the recent Clear Channel Radio brouhaha. We also approved a \$5000 contribution to the Triangle Rails to Trails Conservancy, a local organization which builds trails for hiking, cycling, and horse back riding in the counties where most of us live (more details elsewhere in the newsletter). If you would like to become more active in advocating cycling in our community or organizing events

that support new cyclists, such as bike rodeos, the board would like to hear from you. In the meantime, to borrow from a song of my youth, get on your bikes and ride!

--Wendy Roberts

March Club Meeting

Our next club meeting will be Thursday, March 11th at 6 PM at Mariner's Cove, 605 Morreene Road in Durham. The restaurant is just a short distance west of 15/501 from the Morreene Rd. exit. Dinner will be followed by a program beginning at 7 PM, in which Rob Schneider, a physical therapist, will talk about cycling exercises and conditioning for both in-season and off-season. This should be a great way to start preparing for 2004 as the warmer weather approaches.

Welcome to our newest members:

Carrboro: Bob Brogden

Durham: Diane Daniel & Wesley Kok, Nicole Durner, Dan Johnson, Amy King, Sheila Tayrose

Hillsborough: Diane Calleson

Pittsboro: Bill Bussey

Tarwheels Board Meeting

11 December 2003

Carolina Tarwheels Contributes to TRTC

At the December 2003 board meeting, we, the board of directors, had the pleasure of deciding how to give back to our community some of our financial well-being. The discussion carried a tone of responsibility to use the profits of our hugely successful Bike Fest to work some good for cycling on a local level. It was a unanimous decision of the board to fund a grant proposal from the Triangle Rails to Trails Conservancy for a sum of \$2800 to buy a professional grade lawnmower and chain saw. In light of the good work this organization does, the board decided to contribute an

additional \$1200 for a total grant of \$5000. TRTC President Bill Bussey (also a new Tarwheel member!) was delighted with our club's generosity and looks forward to future collaborative efforts with the Tarwheels (ideas for such projects should be directed to athenarides@hotmail.com). Both organizations hope to use the publicity from this grant to maximal effect. Other highlights from the meeting:

Finances:

- The club generated much more income than expenses in 2003.
- Discussion of possible recipients of excess funds, ideas submitted by club members.
- \$5,000 will be donated to Triangle Rails to Trails Conservancy. Watch for a public announcement!
- \$2,000 earmarked for bicycle rodeos in 2004.
- \$500 to League of American Bicyclists

BikeFest:

- BikeFest director's manual under construction.

Newsletter:

- New Coghauler editors: Amy King and John Swartz.
- Thank you Scott Douglass for your time and energy as editor.

Other Topics:

- For 2003, the Tarwheels have approximately 200 members.
- Inventory of Tarwheels club jerseys is running low. Approved an order for 50 more of the same style.

For Sale

Tarwheel Jerseys:

There are still some wonderful, colorful Tarwheel Jerseys available for sale from our last order. The price is \$50. Jerseys are also available at Club Meetings. Contact Sharon Roggenbuck: sharonrogg@aol.com

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. Contact Sharon Roggenbuck: sharonrogg@aol.com

For Rent

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 either Dave Connelly (544-6372) or Jeff Charles (489-7753 or jmc51@ix.netcom.com).

Past and Present Board



From left to right:

Front: Sharon Roggenbuck, Middle: Wendy Roberts, president; Jeff Charles, Mike Rychener, Janice Sitzes, Don Belk, Back: Dave Doty, Mark Schulz, secretary; Scott Douglass, Jan Grossman, treasurer; Ken Dietel.

BikeFest 2004 Preview

It's a new year, and planning for the next BikeFest has begun! The past couple years have blessed this event with good organization, great weather, and excellent volunteers. The number of riders in 2003 was 125% of 2002! Unfortunately, we cannot handle an additional increase of that magnitude for 2004. Thus, this year we are moving to a pre-registration only policy to limit the number of riders to 1,000.

Please mark your calendars for Saturday, August 14, and consider how you can contribute to make this a successful experience for the riders and the community. An event this size takes a lot of effort to put on, but if each of the 200 Tarwheel members can do a little piece, we will have another amazing BikeFest.

Right now I'm wide open seeking volunteers for any aspect. Just contact me by phone or email indicating what you'd like to help with, specifically or in general. There are pre-event responsibilities such as publicity (hard copy as well as website), registration, and weather manipulation; day-of responsibilities such as manning rest stops, driving SAG, and riding Sweep; and post-event responsibilities such as site cleanup and data consolidation. I'd like to identify some coordinator positions quickly, then fill in some shorter-term assignments in the coming months. You can get an idea of what's involved from last year's bikefest portion of the website under 'call for volunteers'.

<http://www.tarwheels.org/bikefest/volunteers.html>

I'm looking forward to another great BikeFest, and hope the entire 2004 year is a good one for each of you.

Beginner Ride Program

by Maureen Kurtz

Last year was a fantastic year for the Tarwheels Beginner ride program. We offered a total of 32 rides in the ride schedule. We had 21 leaders, some of whom paired up to co-lead (which I highly recommend). I can't tell you what the turnout was, but I know we often had rides of 10 or more participants [except for Ken Dietel;-)]. We offered rides from quite a few locations, of different lengths, ranging from 10 to 23 miles. Starting locations included the ATT, St. Mary's School (Hillsborough), Hillsborough Courthouse, Maple View Farm Store, RTP, Carrboro, Cary, and Margret Mueller's house. We had one beginner mountain bike ride offered by Chuck Tharp. Libby Evans led a regular Tarwheels ride that met a beginner ride and blended into that group—an innovative success.

Here are all of our wonderful leaders: Margret Mueller, Scott Douglass, Janice Sitzes, Blanche and Larry Dean, Chuck Tharp, Don Belk, Silke Schmidt and Dan Phaneuf, Kathy and Mark Shulz, Paul Caldwell, Ken Dietel, Dave Connelly, Kam Stoll, Caroline Gilmore, Alan Nechemias and Mia Halman, Peter and Isabel Calingaert, and yours truly.

If you would like to lead a beginner ride in 2004, please contact me at m_kurtz@bellsouth.net.

For a listing of upcoming beginner rides, see the ride schedule at the end of the newsletter, and check www.tarwheels.org for late additions.



Beginner ride leaders at the January 15th Club Meeting, from left: Front Kathy Douglass, Janice Sitzes, Isabel Calingaert, Don Belk, Maureen Kurtz, Ken Dietel Back: Scott Douglass Caroline Gilmore, Mark Schulz, Peter Calingaert, Dave Connelly

Year in Review—Roadside Cleanup

by Maureen Kurtz

The Tarwheels cleaned up our assigned portion of Dairyland Road on two occasions last year, in March and in September. We had big turnouts for both events (upwards of 20 people each time). Each cleanup only took about an hour and was followed by ice cream at Maple View Farm Store. The next cleanup is scheduled for Sunday, March 14 at 3 pm (after a beginner ride), and as usual, we will have ice cream afterwards. Hope to see you there!

2nd Annual Cary Cycling Celebration—Call for Volunteers

The Carolina Tarwheels will again be a sponsor of the 2nd annual Cary Cycling Celebration, to be held on Saturday, May 8 at Middle Creek Park.

The Club will have a significant presence at this exciting and growing event, as we seek to expand Tarwheels membership and involvement in Wake County cycling. Volunteers are urgently needed to:

- Lead a Beginner Ride (6-8 miles)
- Lead a Novice Ride (20 miles)
- Operate a Tarwheels booth with displays and information about the Club

You can volunteer as well as enjoy the multitude of rides and other activities in store for the Celebration. If you are interested, please contact Don Belk at 468-6398 or via e-mail at donaldrbelk@earthlink.net.

“Yoga for Cyclists” Workshop

Learn from a certified yoga instructor and a physical therapist how the principals of yoga can make a difference in how you ride. Pedal more efficiently, eliminate aches and pains, decrease joint strain, and achieve aerodynamic postures.

The workshop will be held Saturday, March 13, from 2-5pm at the Balanced Movement Studio at 304 W. Weaver St., Carrboro. Call 942-0240 to register.

Rob Schneider, one of the physical therapists at the studio, will present a program at our March 11th club meeting.

For more information about the workshop and the personal training and classes offered at Balanced Movement Studio, please contact Brian Beatty, PT, at bbeattypt@nc.rr.com or call 942-0240.

3-State 3-Mountain Challenge

The Chattanooga Bicycle Club is announcing the 2004 3-State 3-Mountain Challenge. The Mayor of Chattanooga has chosen this event as one of three events to showcase Chattanooga and what it has to offer. More detail is on our web site at www.chattbike.com.

The 3-State 3-Mountain Challenge - May 1, 2004 - is one of the southeast's most scenic and challenging centuries. The rigorous 100-mile option will take you through 3 states (Tennessee, Alabama and Georgia) and over 3 mountains (Suck Creek, Sand and Lookout) with a total elevation gain of 9730 feet. The moderate 62-mile option remains in 1 state and crosses 1 mountain. The 25-mile option takes riders across the hilly terrain of 1 state -- all the amenities -- pizza party at end -- packet pickup, fun and cycling booths on Friday night at the pavilion -- fun bicycle scavenger hunt on Sunday. Several convenient downtown hotels are serving as host hotels with a limited number of rooms reserved for the event at a special rate. Teams of five or more and tandem pairs are encouraged with a \$5 discount per person. Funds raised will benefit the Bethel Children's Village and other local Charities.

More detailed information and applications are available on our website -- www.chattbike.com -- and online registration is available from our web site or from www.active.com. Contact for the event is Daisy Blanton, 706/820-1157 or DaisyBRider@cs.com. Please contact me for flyers for this event.

5th Annual Assault on the Carolinas

I would like to invite you and your friends to the 5th Annual Assault on the Carolinas on **Saturday March 27th, 2004**, in Brevard, NC. This is an excellent training ride to start off your season. We will have a **Metric Century, Half Metric, and a Family Fun Ride**.

Start/Finish is at Brevard High School, 747 Country Club Road, Brevard, NC 28712. **Registration opens at 7:30am until 9:00am. Ride Starts at 9:00am.**

This is a benefit ride for the Pisgah Forest Rotary Club; proceeds will be used for community and international projects. The entry fee for the 100K and 40K is \$25.00 if you register before March 23rd, 2004. The first 200 registrants will receive an Inertia Designs Cargo Wedge Seat Bag with the Assault on the Carolinas logo.

Please go to www.Active.com <<http://www.active.com/>> to register for this great ride (simply go to www.active.com <<http://www.active.com/>> and enter cycling events and 28712 for zip code on the home page and you will have the option to select the 5th Annual Assault on the Carolinas to complete registration). After March 23rd, to the day of the race, the registration will be \$30.00. The registration fee is non-refundable for any reason.

The entry fee for the Family Fun Ride is \$10.00.

There will be fully stocked rest stops on the 100K and 40K rides, technical support will be provided at the start/finish line, and we will have a SAG vehicle.

There will be prizes for the top 3 male and female finishers for the 100k. All entrants will be eligible to win great door prizes from local retail shops and restaurants.

The 100K ride: Wonderful ride through the NC/SC Mountains with beautiful scenery, fast descents, and a challenging 6 mile climb up Caesar's Head. 2 or 3 fully stocked rest stops.

The 40K ride: Ride through the scenic river valleys of Transylvania County, will be enjoyed by riders of all skill levels. 1 fully stocked rest stop.

The 10K: Family Fun Ride through Brevard NC.

Lodging: Rooms are available for the discounted rate of \$65.00 per night at either hotel listed below. Be sure to tell them you are participating in the Assault on the Carolinas for the rate.

Hampton Inn: 828-883-4800
Holiday Inn Express: 828-862-8900

Come enjoy Brevard and Pisgah Forest for the weekend. Check with Sycamore Cycles (828-877-5790) and Back Country Outdoors (828-884-4262) for a list of favorite local routes for Friday and Sunday. You can bring your mountain bike too! We have Dupont State Forest and Pisgah National Forest that provides some of the best mountain biking possible.

Bring your friends and tell others so this Assault on the Carolinas will be one to remember.

--Jay Coan

Email: Assaultonthecarolinas@brevardinsurance.com

Tigerville Bike Trek & BBQ

The Tigerville Bike Trek and BBQ has been moved to August 7th and will have its start/finish from the North Greenville College's library. The routes will remain the same, once riders enter state Highway 414 from the entrance of North Greenville College.

Rides and Events

February/March 2004

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:

v Prepare a map and/or cue sheet and scout the route before the ride.

v Arrive early to welcome riders, make introductions and brief participants on the details of the ride.

v 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.

v Ride at advertised pace.

v "Lead from the rear" or appoint someone to "ride sweep." Please don't allow anyone to get "dropped" by themselves.

v 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

Get more details at:

<http://www.freewheelers.info/biketigerville2004.html>

Or register online at:

http://www.active.com/event_detail.cfm?event_id=1114491

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.

Green Hope High School - a new school on Carpenter-Upchurch Rd. From Durham, Chapel Hill take I-40 to NC 55. Take NC 55 towards Apex. Turn left off NC 55 at Morrisville-Carpenter Rd. at Carpenter Cross Railroad tracks and turn right on Carpenter-Upchurch Rd. School is about 2 miles on left. From Cary take High House Rd to Carpenter

Upchurch Rd. Turn right on Carpenter-Upchurch Rd. School is about 2 miles on right.

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

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

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

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

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

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

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

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

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

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

**Team Carolina
TarWeels Collected
more than \$22,000 for
Multiple Sclerosis
Society**

Don't Forget – Bikefest August 14!!

Ride Listings

Standing Rides

Wednesdays, 11:00 a.m., 40 miles. Join “Michigan Mike” Freeman (mdfreeman@mindspring.com, 919-619-3098) at **Union Grove Church** and enjoy the camaraderie of a small group that will average between 15 and 16 mph. Destinations rotate between Efland, Hillsborough, and Saxapahaw. Mileage may vary depending on the group and the weather. Note: Start time will change to 9:00 a.m. in the spring.

Weekdays, 12:00 noon, 13-15 miles (C pace). Join Don Belk for a lunchtime ride in downtown Cary and environs. Rides go most days with good weather. Rides are usually announced the afternoon or evening before, and leave from the **Herb Young Community Center**, 404 N. Academy Street. To get on the notification list, or for more details, contact Don at donaldrbelk@earthlink.net or 469-4084.

Saturday February 7

C and only C, 1:00 p.m., about 30 miles. No, that's not a typo. Join Libby Evans (942-4260, evans@unc.edu) for an afternoon jaunt starting from **Ford Road** and wandering around the Dairyland area. No stops, so be sure to bring something to snack on if you think you'll need it. Cue sheets will be in short supply and only given to riders who commit to riding in the C range (13-15 mph).

Sunday February 8

Noon, Beginner and New Member, 20 miles, Mark Schulz (644-6101, buho@mindspring.com) will lead starting from the **Hillsborough Courthouse**. We are starting at noon for the warmer temperatures and the opportunity to share coffee and treats at Hillsborough's Cup a Joe afterwards. Please ensure that your tires are inflated, and bring a full water bottle and a properly fitting helmet. Veteran club members are welcome.

C+, 10:00 a.m., 38 miles. Don Belk (donaldrbelk@earthlink.net, 468-6398) leads a nice loop from the **Spin Cycle bicycle shop in Cary**, located at Saltbox Village, 1241 Kildaire Farm Road. This popular route skirts downtown Apex and traverses quiet, tree-lined roads through southwestern Wake County. Rest stop is at the marvelous Wilsonville crossroads. (Note: This ride will leave at the same time as the traditional Sunday morning rides at the Spin Cycle, which average 18+ mph, so make sure you get with Don's group.)

C, 10:00 a.m., 32 miles. Start from **Greenwood Commons**, PLCFischer@nc.rr.com.

D, 1:00 p.m., 25 miles. Carol Porter (Carol.Porter@znc.edu). Meet at **Greenwood Commons**.

Saturday February 14

B/C, 10:00 a.m., 35 miles. **Greenwood Commons.** Join Bill and Sarah for a lovers ride. It is Valentines day and all you really need is the love of bike riding for this ride! Call me if you have questions Bill (919) 572-2382

Sunday February 15

C, 10:00 a.m., 50 miles. from **Morrisville Square**. Rest stop in Wilsonville. Ride Leader: Alan Johnson Phone: 467-8457 (home) email: alanj@email.unc.edu or alanmj@mindspring.com

1:00 pm, Social ride (12-14 mph), 29 miles. Meet at **Maple View Farm**; please park along Rocky Ridge Road rather in their parking lot. This is a social ride, meaning I'd like the group to have some semblance of being, well, a group. If you cannot or will not ride at the pace, or usually ride faster and are unable or unwilling to double back or wait for the group, then this ride is not for you. Convenience store rest stop at 17 miles. Leader: Maureen Kurtz (m_kurtz@bellsouth.net, 933-8417).

Saturday February 21

The Frostbite Tour. Not a Tarwheels-sponsored ride, but worthwhile nevertheless. See story elsewhere in this newsletter.

Sunday February 22

C, 10:00 a.m., 44 miles. Libby Evans (942-4260, evans@unc.edu) is heading to Snow Camp for lunch again. Join her at **Ford Road** with money to buy lunch at Ye Old Country Kitchen.

Saturday Feb. 28th

C, 10:00 a.m., 24 or 40 miles. Double Loop Figure Eight Ride. Meet behind the **Farm and Garden Store at Rt 86 and Walnut Grove Church Rd**. This is about 5-6 mi. north of Hillsborough on Rt 86. Park behind the store. This figure eight ride has a rest stop at the store at 24mi. If the weather isn't great or if you only want to ride 24 you can stop at that point or you can do the other loop for a total of 40mi. Faster riders welcome, I'll be at the back. Sharon Day: 493-5441 Eve: 732-4866 or if you aren't in a big hurry try e-mail. sharonrogg@aol.com

D, 1:00 p.m., 20 miles. Meet Carol Porter at **Maple View Farm** for a 20-mile ride.

Sunday February 29

B/C, 10:00 a.m., 30 miles. Join Evan Wynmor (967-0288, ecwynmor@aol.com) at **Umstead Park in Chapel Hill** for my "Sunday Brunch Ride" We'll ride the usual fast downhills

and slow uphill. The rest stop (Brunch) will be at Weaver Street Market with an easy 2 miles back to Umstead Park.

Saturday March 6

New member/beginner ride, 9:30 a.m., around 15 miles.

This will be a sightseeing tour of the greenways of Durham and the campuses of Duke University, plus some city streets as connectors. Meet at the American Tobacco trailhead, under the Durham Freeway (NC 147) at the corner of Morehead and Blackwell Sts. pedaling@mindspring.com 544-6372

C, 10:00 a.m., 45 miles. YABR (Yet Another Birthday Ride), this one celebrating the birthdays of Charles and Chuck. Come join us for a ride at **Greenwood Commons**, then lunch at one of the many local eateries. Charles is at PLCFischer@nc.rr.com, Chuck is at Chuck-Tharp@nc.rr.com. (I guess this could also be called "The Road Runner Ride".)

Sunday March 7

B/C, 10:00 a.m., 39 miles. Greenwood Commons. Sarah and Bill will head out for Sarah's 39 mile Birthday Ride. Call me if you have questions Bill (919) 572-2382

C, 10:00 a.m., 61 Kilometers (38 Miles). Birthday Ride, leaving from **St. Mary's Catholic School**. I will lead from the rear at a C- (probably). Hope to all the "Old Group" there for a fairly level ride. When I said old, that had nothing to do with AGE. Contact Jerry Allen (J32tirallen@aol.com) for more information.

Saturday March 13

B/C, 9:00 a.m., 47 miles. Adrian Hands ([A-Hands@unforgettable.com](mailto:Adrian.Hands@unforgettable.com), Cell 919 247 6758) again rides for Coffee! Downtown Raleigh to The Coffee Mill in Clayton. **Meet at "Big Ed's" in City Market** (Downtown Raleigh). 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!

Sunday March 14

B/C, 10:00a.m., 38 miles. Meet Beth Gregory (643-2294, gregory@4pi.com) at **St. Mary's School** for a ride north into Person County. There is a rest stop with a store on the route.

New Member/Beginner, 1:00 p.m. 11 miles. All paces. Optional un-led 20 mile route also available. Come join Maureen Kurtz (m_kurtz@bellsouth.net; 933-8417) for a New Member/Beginner Ride through Orange County. Current Tarwheels are welcomed, too! Meet at the **Maple View Farm Store**; park on Rocky Ridge Road. Please ensure that your tires are inflated, and bring a full water bottle and a

properly fitting helmet. Please stay after the ride for the roadside cleanup.

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

Saturday March 20

B-/C, 9:00 a.m., 33 miles. Meet at **Tarwheel Alley** to ride through Orange County. Kathy Trotter, 732-4190.

C, 10:00 a.m., 61 miles. Start from **Morrisville Square** for a 61 mile birthday ride. Lunch at Farrington Village. Ride Leader: Alan Johnson Phone: 467-8457 (home) email: alanj@email.unc.edu or alanmj@mindspring.com

C, 11:00 a.m., about 30 miles. Join Silke Schmidt and Dan Phaneuf (silke.schmidt@duke.edu, 403-9466) at **Ford Road** for a ride in the Dairyland area (no stops).

Sunday March 21

C, 9:00 a.m., 80 miles, Michael O'Connor - 572-6336 Brevet training ride, rain or shine, call if heavy rains or snow are predicated. **Morrisville Square** south through Apex and past Shearon Harris over to Duncan before turning back north towards Wilsonville.

C/D, 10:00 a.m., 30-40 miles, Mark Schulz (644-6101, buho@mindspring.com) will head West starting from the **Hillsborough Courthouse** in search of the Burlington Amtrak station. Bring money for lunch.

Saturday March 27

C, 10:00 a.m., 30 miles. Libby Evans (942-4260, evans@unc.edu) will meet you at **Ford Road** for another riding of the Chocolate Chip Cookie Ride. Come hungry.

5th Annual Assault on the Carolinas in Brevard NC, more info below (fun ride, 10k, 40k, 100k).

B, 10:00 a.m., 45 miles. Name of ride: Bonsal Boogie. Starting location: **Parking lot, Friday Center, Hwy 54** [note: not the first lot as you turn in from 54; keep going] Distance: 45 miles Pace: goal of 17 mph [all riders welcome] For more info: Dave Streifford [email: tbum@mindspring.com; 968-8176] or Rick Lessard [golfingsailor@earthlink.net; 545-9940]. This is as level as it gets in the Triangle. The route is similar to the Pedal for Pediatrics course, but about 10 miles shorter. The ride goes south to the bucolic little hamlet of Bonsal [off of old US 1] and the NC Railroad Museum and back. Fuel and pit stops are scheduled, but plan to bring enough fluid and food for the ride. Cue sheets w/ map will be provided. Rick and/or Dave will ride sweep or from the rear.

Sunday March 28

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 down-hills and slow uphill. The rest stop (Brunch) will be at Weaver Street Market with an easy 2 miles back to Umstead Park.

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THE FROSTBITE TOUR

WHAT: A 100-mile or 100-kilometer bicycle ride through Wake County

WHEN: Saturday, February 21 (rain/snow date Sunday, February 22) *leaving no later than 8 am!

WHERE: Starting at Helios Coffee Company at 413 Glenwood Avenue in Raleigh, looping towards the towns of Micro and Bailey and returning to Helios.

WHY: Because its an unusually well-supported ride(sag wagons, pit stops with delicious food and cheering fans, and other surprises), because it's a challenge, for the free T-shirt!

HOW MUCH: No registration or entry fees, just a commitment to raising at least a quarter a mile (\$25) towards The Dave Brumitt Fund. (see below)

WHO: The Frostbite Tour is being held in honor of Dave Brumitt (1945-2003), tough and courageous man and committed bike (and motorcycle) rider. The Dave Brumitt Fund seeks to raise awareness of gastroesophageal cancers and to fund research seeking causes and treatment options. The fund is administered by the Triangle Community Foundation. Please make checks out to The Dave Brumitt Fund.

PLEASE JOIN US! For more information contact Barbara Wiedemann at bwiedemann@mindspring.com.

American Tobacco Trail Maintenance – Call for Volunteers

The Friends of the American Tobacco Trail will be holding several work days this winter in an effort to cleanup the Chatham County section of the ATT for spring. These work days will be held on days other than the 1st and 3rd. Saturdays to avoid conflicts with the Durham County work. Some may be on Saturdays and some on Sundays.

Right now no firm dates have been established but we are making a list of people who would like to be notified of upcoming Chatham County workdays. We can make use of volunteers of all abilities but we especially need folks with chain saws and also a few folks with pickup trucks that

wouldn't mind hauling logs and branches up and down the corridor to locations that we can dump them. Even if you don't have a chain saw or pickup truck we still need even more hands to make light work of this task.

If you would like to be put on the notification list or have questions please contact Steve Lund at: slund-att@pobox.com (preferred) or (919) 481-1300.

IT MAY BE FREEZING NOW . . . BUT FALL COLORS ARE JUST A FEW MONTHS AWAY

Hope everyone has marked their calendars for October 2, 2004. A ride through the beautiful mountains of North Carolina and see the fall leaf colors. Choose 100 or 57 miles, but be sure to come for a good time! See details on our Web site at www.spchfdn.org.

See you then!

Sally Hakes
Spruce Pine Community Hospital Foundation
828-766-1751
sally.hakes@msj.org

Visit Carolina TarWheels' Webpage at www.tarwheels.org for up-to-date Ride Information and Membership

Carolina Tarwheels Officers and Volunteers

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Hotline Manager

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Caroline Gilmore, CarolineGilmore@aol.com,
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Chuck Tharp 644-2410 ChuckTharp@nc.rr.com: Ch.Hill/Carrboro/Hillsborough
Libby Evans 942-4260 evans@unc.edu: Chapel Hill/Carrboro/Hillsborough
Maureen Kurtz 933-8417 mpk@netpath.net New Member/Beginner

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John Daly 477-6742 jtd515@aol.com club representative
Don Belk 732-1793 donaldbelk@earthlink.net government relations advocate

Newsletter Deadline: March 19, 2004

Email submissions to:

Amy King a.king@verizon.net

or

John Swartz swartz@mcnc.org

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