

The Cog Hauler

October 2004
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November 2004

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

Letter From The President

[Editor's note – Wendy has been busy with the end of year Tarwheels activities, so we re-cycled one from a past issue. (pardon the pun...)]

Once again, I will ask you to be an active member of your club.

It has come to my attention that we rely on only a very few regular ride leaders to fill the entire two month ride list in each newsletter. While we are indebted to those who make these rides happen for all our benefits (you all certainly have my praise and appreciation!), I feel compelled to point out that we would have no rides in the newsletter if it weren't for those who regularly step up to provide the rides. And this state would be no fun at all. **Have you thought about leading a ride?** Or when was the last time you did lead a ride? It is really easy to set up—simply choose a route (either one of your own or from a collection on our website), perhaps choose a co-leader, choose a theme (ride hard as you can until you bust, or ride for ice cream, or ride to celebrate a birthday, or ride for any other reason, or for no reason), choose a style (club ride with a sweep, training ride with no sweep, social ride for a real group experience—all are detailed on the website), choose a date, and send the details to one of the ride coordinators listed on the back of the newsletter. If you have any doubts as to whether you are up to such a duty, feel free to look over the "How to lead a ride" section of our website, or recruit a more experienced member to assist/mentor/co-lead for moral support, or call me for encouragement. Leading a ride is really not too hard to do, and ride leaders get all sorts of appreciation for the effort as well as any possible credit for fine weather on a good ride. Please consider leading at least one ride a year at whatever pace or in whatever style suits your preference for riding as a way of giving something back to your bike club.

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 or working on Tarwheels activities, 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

Help Needed! Publicity

The Tarwheels needs a good, service-oriented individual to take over the general club publicity duties. The person would handle publicity other than for Bikefest. Publicity duties include keeping club brochures and membership forms available in places potential members might frequent like bike shops, sporting goods stores, and bail bonds offices. Our Maven of Publicity (title included with the job!) would seek to involve the Tarwheels in high visibility community events by arranging for Tarwheels to volunteer in activities such as the UNCTV Festival, community service projects, bicycling competitions and safety events. Also, this person will be the contact for our club who might address volunteer related questions or advertise new opportunities. If this sounds interesting to you, please contact a club officer. Your efforts will be important and appreciated.

Riding Safety

In August, several members discussed a WRAL news story about police trying to identify a lone cyclist injured in an accident. The cyclist had no identification, and this prompted much Tarwheels chatting about ways to carry ID during rides. Here are some of the suggestions and comments:

- Carry a duplicate driver's license. Get one mailed to you by visiting the DMV website: <http://www.ncdot.org/dmv/>
- Carry a mobile phone on rides. Not only can you call if you need help, but most phones can be traced to their owners.
- Mary Dorsey suggests wearing a "RoadID" tag when you run and bike, www.roadid.com
- Mark Farnsworth zip-tied his Road ID to his helmet to make sure he doesn't forget it and because this is a place the EMTs will be likely to look.
- Daren E. Marceau suggests: carry a laminated color copy of your drivers license backed-up to a color copy of my insurance card. Contact #'s are penciled in on the border. It stays in the tool kit under my seat. Granted it's not on my person, but most police agencies or rescue personnel will eventually look in there.

Daren also suggests: Always carry a few dollars—great if you bonk and need food or water, but also excellent to wrap around a spare tube to keep the tube from poking out thru a hole in the tire. The fabric in the money will work even when wet. Keep cell phones in plastic bags—helps in the event of rain. And, file a flight plan with your spouse or a loved one before you go.

- compiled by the Coghauler Editors

BikeFest 2004 Triumphs Over Charlie!

For the first time in recent memory, BikeFest experienced bad weather. And I'm not talking about just a rain shower. Although our registration policy states that the event will be held "rain or shine", it's a stretch to assume that statement also includes "flood and hurricane". A hearty Thank You goes out to the approximately 50 riders and 70 volunteers who braved the remnants of Hurricane Charlie to make BikeFest2004 another (qualified) success. When one young rider was asked whether he was having fun even though it was raining, he responded, "It's fun because of the rain." Enjoying ourselves despite the conditions was the prevailing attitude of everyone who showed up.

Fundamentally, I consider this BikeFest to have been a success based on one primary criterion: nobody got hurt. While some were disappointed that the 64- and 100-mile routes were closed, the intent was to close the routes and event early enough to allow both riders and volunteers to return home safely before the predicted arrival of Charlie. Having accomplished that, independent of other aspects, we were successful. However, other aspects also turned out very well.



The Tarwheels were successful in implementing a "pre-registration only" policy for the first time, and in capping registrants at 1,000. Reasons for this decision included a limitation on parking spaces in Hillsborough, and a desire to maintain the level of quality and safety of the event. The club's Board of Directors deserves our thanks and respect for making the difficult decision last year to implement this policy. Despite some misgivings at the time, we now know

that BikeFest has the reputation to attract 1,000 riders. Indeed, we had to turn some prospective riders away this year after we reached that limit.

For those of you unaware of how the timing of events played out, here's a brief summary: BikeFest minus 3 days (Wednesday): It becomes apparent that Hurricane Charlie is headed toward North Carolina and may impact BikeFest. Contingency planning is initiated, starting with defining a communication plan of using the web page as the primary communication device, and email secondary. BF-2 (Thurs): Decision timelines are established and broadcast: that updates will be posted as required, with a final decision no later than 5:30am Saturday morning. BF-1 (Fri): The contingency plan to cancel BikeFest is discarded. The 100-mile route is cancelled, as Charlie is forecast to arrive later rather than earlier on Saturday. Registered riders who provided email addresses are sent messages. Friday evening staging happens as scheduled. Possible tornado report from Efland. BF (Sat): After consulting the latest forecasts, and a verification that neither the (possible) tornado nor (possible) flooding have blocked the route: At 5am, the final decision is posted: The 100-, 62-, and Fun Ride are cancelled, to enable BikeFest to shut down early, to enable riders and volunteers to return home, before inland tropical storm warnings are anticipated to take effect by 2pm and 4pm in Johnston, Wake, and Durham counties. BF (Sat): Approximately 75% of the volunteers show up. Approximately 10% of the registered riders show up. Approximately 50% of the riders who checked in go home in the rain without riding. Approximately 100% of all those present enjoy themselves, despite being very wet. The BikeFest Cue Sheets and Maps can be found at http://www.sdouglass.com/Cue_sheets/Cue_Sheets.htm

Food Aftermath: Expecting to have to feed 1,000 bicyclists (aka locusts), BikeFest supplies include 50 dozen bagels, lots and lots of cookies and baked goods, bananas, peanut butter, jelly, rolls, Moon Pies, Gatorade, etc. etc. I am happy to report that quickly perishable goods were donated to several homeless shelters. Semi-perishable goods were donated to the MS-150 group for their ride in September. Only the sealed, powdered Gatorade will be reusable for next year's BikeFest.

But Wait! We're not done yet! All the T-shirts that were pre-ordered needed to be mailed out. Additionally, the Tarwheels Board of Directors agreed that due to the extreme nature of this year's weather, everyone who registered would receive a five-dollar credit toward next year's BikeFest registration fee. That notice, along with this year's freebie bandana, also needed to be mailed out to those who didn't check in. By the time you read this newsletter, those extra tasks will have been completed by our wonderful club volunteers. And, the club should at least break even financially, even after the extra expenses are accounted for.

Whew! Despite all that Hurricane Charlie meant to us, not only in precipitation, but also in changes of plans and extra work and expenses, BikeFest2004 prevailed! Once again, Thank You to all who contributed to this enormous undertaking!

-Ken Dietel, Director, BikeFest2004

November Club Meeting Potluck Wednesday 10 November

Our next club meeting will be our Annual Holiday Pot Luck Supper on Wednesday, November 10, at the Chapel Hill Senior Center on Elliott Road. The Tarwheels will supply the turkey and fixing's, plates, and utensils. **RSVP** to Linda Charles at lcharles@nc.rr.com by Wednesday, November 3, with the number of guests and types of dishes you plan to bring. Also, a few vegetarian dishes would be appreciated. If you have any questions, please call Linda at 489-7753, evenings.

--Jeff Charles

East Coast Greenway Tour -- Potluck at Durham Armory, Oct. 13, 6:30pm

Please make plans to join us for a potluck supper on Wednesday, October 13, at 6:30pm at the Durham Armory. We want to publicize both this fundraising tour and, even more importantly, the benefits of walking, cycling and other outdoor activities.

The East Coast Greenway (ECG) is an ambitious project, a 2,600 mile traffic-free trail connecting cities along America's east coast from Maine to Florida. The ultimate plan is to have at least 80% of the mileage offered (trails, greenways, paths, wide shoulders and 10' sidewalks). In the interim, a network of secondary roads connects existing trails.

A small group of cyclists is now pedaling the entire route from the Canadian border to Key West, in order to raise funds for, and awareness of, the ECG project. To check in on their progress, go to: <http://www.greenway.org/> Click on "now underway!" and then click on Myron Skott's audio logs.

Here are some of the multi-use greenways in NC that are already open and enjoyed on a daily basis:

- North-South Trail system (Durham)
- Capital Area Greenway system (Raleigh)
- Cary Greenways
- American Tobacco Trail (Durham & Wake County)

- Dunn-Erwin Trail (Harnett County)
- Cape Fear Trail (Fayetteville)
- Greenfield Park bike path (Wilmington)

The primary audience for this event includes the Tarwheels, the Durham Bicycle & Pedestrian Advisory Commission (BPAC), the Durham Open Space & Trails (DOST) Commission, the Triangle Rails-to-Trails Conservancy (TRTC), and the Triangle Greenways Council. In addition to these groups, any fan of bicycle and pedestrian trails is welcome. Help spread the word.

The Durham Armory is at 220 Foster Street in the center of Durham, at the corner of the Downtown Durham Loop (Morgan St.) and Foster. If you are driving on the Loop, the Armory will be on your left. Automobile parking is available beside, behind, and catty-cornered from the Armory building. Non-motorized parking is almost anywhere. http://www.durham-nc.com/planners/meetings_events/civic_center.php

An RSVP is not necessary, only a covered dish or bread or salad or veggie or dessert. Remember, our touring cyclists will have worked up an appetite. Lemonade, iced tea, plates & utensils will be provided.

- Dave Connelly, pedaling@mindspring.com

Pedal for Pediatrics: Ride & Bike Rodeo

CHAPEL HILL, N.C. - The Second Annual Pedal for Pediatrics bicycle tour is set for Sunday, Oct. 10.

For riders ages 13 and older, routes of 14, 25 and 55 miles have been mapped along the tranquil roads surrounding Jordan Lake. All of the routes begin at the William and Ida Friday Center for Continuing Education off N.C. Highway 54 in Chapel Hill. All routes will be marked and patrolled by event staff, with rest stops and support-and-gear (SAG) drivers provided.

For riders younger than 13, the event will include a sponsored ride through the Meadowmont community, a safety rodeo, an obstacle course and a safety symposium held at the Friday Center. Riders younger than 13 will also receive a free helmet.

The registration fee for riders younger than 13 is \$5. For riders 13 and older the registration fee is \$30 and is tax deductible. The registration fee for older riders rises to \$35 after Oct. 1. All proceeds will be used to benefit children's programs at the N.C. Children's Hospital in Chapel Hill. The event is sponsored by Performance Subaru, the N.C. Children's Hospital and the Safe Communities Coalition of UNC Health Care's Trauma Program.

Check-in and registration begin at 7:30 a.m. The 55-mile ride departs at 9 a.m. while the 14- and 25-mile rides leave at 9:30 a.m. The bike rodeo begins at 10 a.m. and winners of door prizes will be announced at noon.

Event registration forms, course descriptions (cue sheets) and maps can be found at www.ncchildrenshospital.org. For additional information or questions, please contact Bobbie Lesane at the Medical Foundation of North Carolina Inc. at (919) 966-1201 or lesane@email.unc.edu.

- Tom Hughes, TAHughes@unch.unc.edu

Special Olympics Needs Cyclist Volunteers

Special Olympics Orange County is initiating a new cycling program this fall and is recruiting volunteers for their pilot program, which is being kept small and manageable with just 11 cyclists and lots of parental support. The athletes are both children and adults with a wide variety of cycling skills. About half the group will stay in the parking lot and work on basic cycling skills, and the other half of older teens and adults are already on the roads and trails with their families or even independently.

The program is seeking a few more volunteer coaches who can contribute their enthusiasm and knowledge to the athletes and their families. There are competition opportunities for Special Olympics athletes if the coaching staff and talent are available to support that. However, the primary goal is to expose athletes to new and challenging opportunities and increase their opportunities for inclusion in community-based recreation settings. Practices will begin Sunday, Sept. 12, and run through Sunday, Oct. 31, at East Chapel Hill High School off Weaver Dairy Rd., in the back parking lot. Time is 2-3:30pm. For more information, contact Colleen Lanigan, Coordinator, Special Olympics Orange County, Chapel Hill Parks & Recreation, 919-968-2787 x204, clanigan@townofchapelhill.org.

For Sale

Tarwheel Jerseys: The new shipment of club jerseys has arrived. The new jerseys have a few improvements: more breathable fabric, long hidden zipper, and dark green side panels with our website. They are now available with or w/o the elastic at the bottom. We sell them at our cost and the new ones are \$55 while the few L and XL left from the previous batch are \$50. Don't forget the matching socks! The jerseys and socks are always available at the meetings or 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

Tarwheels' 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).

Tarwheels' Bike Cases:

All four of the Tarwheels' bike cases are now reserved for about the last 3 weeks of July. If you need one before July 9 or after August 1, please let Jeff or me know as soon as you can. 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).



Photo from Bike Virginia 2004 – Scott Douglas

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

Rides and Events

October and November 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:

- ▶ 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, athenarides@hotmail.com) 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

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, traveling north on Churton St., turn right on King St, which will become St. Mary's Road after crossing Cameron St. After six miles, turn left onto Schley Road, school is just ahead on left.

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 (watch of moose).

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.

Ride Listings

Standing Rides

Tuesdays and Thursdays, 6:00 a.m., 13-15 miles (C pace).

Cary Sunrise Ride. Join Don Belk (donaldrbelk@earthlink.net) for an early morning ride through tranquil, tree-lined neighborhoods with a couple of good hills to awake you to the day. The ride leaves promptly at 6:00 AM. Lights are recommended. No ride if inclement weather or if temperature is below 40 F degrees. Starting Location is: Herbert C. Young Community Center, 404 North Academy Street in downtown Cary. There is ample parking in front of the Center. Come ride with us! Our motto: "Bragging rights for the entire day."

Wednesdays, 40 miles. 10:00 a.m. (until November 1st, when it changes to 12:30 p.m.) Join "Michigan Mike" Freeman mdfreeman@mindspring.com, 919-619-3098) at **Union Grove Church** and enjoy the camaraderie of a small group. The popularity of this ride means that we can now split into three groups, averaging an A, B, and C pace. So, if you've come out in the past and found the pace a bit too high, try us again! 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.

Thursdays, 7:30 p.m. McDougal School track ride, 18 mph pace line in lane 3. Other lanes available for your own pace. Lights required. Seasonal refreshments provided sometimes.

Rain cancels. Contact Mia Halman (mhalman@nc.rr.com) & Alan Nechemias (neche@nc.rr.com).

Saturdays, 9:30 a.m., A pace, 50-70 miles. Join Jefferini Tetrzini, still a legend in his own mind, at McDougal School for a "training" ride through Orange, Chatham, and Alamance Counties. The plan is to continue the ride through the winter. I'll adjust the speed and distance inversely with the outside temperature. (619-0623). Directions: From Carrboro Plaza in Western Carrboro, 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. There are several parking lots but we'll meet in the most southern lot (the one closest to 54).

Saturday, October 2

Signup to lead a ride!

Sunday, October 3

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

Saturday, October 9

Signup to lead a ride!

Sunday, October 10

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

Saturday, October 16

C, 10:00 a.m., about 45 miles. Libby Evans (942-4260, evans@unc.edu) will start from **Ford Road** to ride a hilly route to Fearington Market for lunch. We'll ride through scenic Bynum with a pass-by viewing of Clyde Jones' critter-filled yard. After lunch, you can play a game of chess on the life-sized chessboard in the yard next to the market, wander through the gardens, or shop in the bookstore before heading back.

Sunday, October 17

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 welcome, too! Meet at the **Maple View Farm Store**; park on Rocky Ridge Road. Please ensure that your tires are inflated, and bring a full water bottle and a properly fitting helmet. Please try 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, m_kurtz@bellsouth.net, 933-8417 if you have questions.

Saturday, October 23

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

C, 10:00 a.m., 43 mi. Yancyville Revisited. This is a great time of year to do this ride. It's a really pretty ride anyway and it should be beautiful in Oct. This is a VERY hilly ride. No killer hills but lots of them. The beauty surrounding you and the camaraderie of your friends will make you forget the hills! Rest stop in Yancyville, about half way. All paces welcome but I'll be at the rear. Starts at a gas station/convenience store at the intersection of 86 and 49 NORTH. This is about 15 mi. north of Hillsborough. Sharon Roggenbuck Day: 493-5441 Eve: 732-4866

Sunday, October 24

C, 10:00 a.m., about 60 miles. Libby Evans is repeating the ride she revived from John Cleaveland. We'll go through Silk Hope, Crutchfield Crossroads, Saxapahaw, and will pass by the borders of Snow Camp. There are at least 3 opportunities for convenience store rest stops, and Libby will probably stop at each one. (Heck. Why not?) Ride starts from **Ford Road**.

Saturday, October 30

Signup to lead a ride!

Sunday, October 31

Signup to lead a spooky ride!

Wednesday November 3

Have you RSVP'ed for the Tarwheel's potluck? (Contact Linda Charles at lcharles@nc.rr.com or 489-7753)

Saturday, November 6

Signup to lead a brisk ride!

Sunday, November 7

Signup to lead a warming ride!

Wednesday November 10

Annual Holiday Pot Luck Supper at the Chapel Hill Senior Center on Elliott Road. The Tarwheels will supply the turkey and fixing's, plates, and utensils.

Saturday, November 13

C, 10:00 a.m., 30 miles. After a brief hiatus, Libby Evans (evans@unc.edu) is back with yet another chocolate chip cookie ride. Join her at **Ford Road** to ride, eat, and amble back to the start.

Sunday, November 14

D, 10:00 a.m., 38 miles. Meet Carol Porter at **Carrboro Plaza** to ride to Hillsborough for lunch at James Pharmacy. 38 miles.

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

Saturday, November 20

Newcomer/Novice, 10:30am Maple View Farm Store. 11 miles with a 20-mile, unled option. "Backward" beginner ride. This route is a little different in that we are going UP the big, bad hill on Borland Rd. Once you get the hill over with, the rest of the ride sure seems easier! If you are accustomed to riding in the Dairyland area (or any hilly area), you will be able to do this ride. Let's all gather for ice cream after the ride. Make sure you come to the ride with your helmet, a full water bottle, and inflated tires. Leader: Maureen Kurtz (933-8417; m_kurtz@bellsouth.net).

B, 9:00 a.m., 62 miles. Also C/D, 50 miles. Don Belk (donaldrbelk@earthlink.net, 468-6398 (h), 740-8354 (mobile, morning of ride only)); and Janice Sitzes (caribesmom@yahoo.com) will lead two simultaneous rides through portions of southwestern Wake County and Harnett County. Explore surprisingly rural and scenic roads as you keep your legs in shape before heading into winter's somnolence. Don will lead a zippy group that will average 17-18 mph over 100 kilometers, while Janice will guide a more punctilious crowd averaging 12-14 mph over a prudent 50 miles. Note: this is a Social Ride! Don and Janice will each maintain a pace within the advertised range for the distance of the ride and regroup at turns as the ride 'strings out'. Don and Janice invite Tarwheels from throughout the Triangle to join them! Ride leaves promptly from Thomas Brooks Park in west Cary. Directions to Ride Start: From all points, take I-40 to NC54/55 exit. Head south on NC 55 to Green Hope School Road. Take a right on Green Hope School Road, then a left on Green Level Church Road. The park entrance (Brooks Park Avenue) will be on your left.

Sunday, November 21

No rides listed at coghauler press time – check the website for last minute additions!

Thanksgiving day, November 25

Signup to lead a turkey ride!

Friday, November 26

Signup to lead a low calorie ride!

Saturday, November 27

Look, it's not too late to lead a ride – read the president's column at the beginning of the Coghauler for details, it is easy, and fun!

Sunday, November 28

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

Other Rides of Tarwheel Interest:

The Raleigh News & Observer contains a nice **summary of coming attractions** for 2004:

<http://newsobserver.com/features/story/3167275p-2859220c.html>

Another site is **NC Bike/Ped's calendar** of events:
http://www.ncdot.org/transit/bicycle/events/events_calendar.html

The Beat Goes On Ride, October 2. It's already August and won't be long before October 2nd! Hope you are getting ready for the bike ride through the beautiful mountains of western North Carolina. The air will be a little crisp and the leaves will begin to change colors... Mark your calendars to attend the fourth annual "The Beat Goes On" bike ride. Please visit our website www.spchfdn.org for maps, registration forms, and general information.

The Sequatchie Valley Century will be held October 2, and is sponsored by the same folks who bring you the 3-State 3-Mountain Challenge. Surrounded by mountains, friendly communities and terrific fall scenery, this is a must-do event. Fully supported ride options of 100, 62 & 25 miles will be leaving from Marion County High School in Jasper, TN, at 8:00 CDT. The 100-mile option will include a significant mountain ascent. Funds raised from the Sequatchie Valley Century will benefit the Marion County Food Bank. Donations of nonperishable food items are also welcome.

More detailed information, applications and online registration are available on the Chattanooga Bicycle Club website at www.chattbike.com or from www.active.com. Email DaisyBRider@cs.com or call 706-820-1157.

The Sixth Annual Cycle North Carolina, October 2-9. The overnight towns will be Sparta, Mount Airy, Eden, Mebane, Henderson, Rocky Mount, Washington, and Oriental. Registrations received after March 29 and on-site registrations will be subject to a \$25 late registration fee. Check out www.ncsports.org for more information or contact Amanda Stinson: amanda.stinson@ncsports.org.

Tour de Leaves road bike ride, Saturday, October 9, hosted by the Henderson County Family YMCA, (828) 692-5774. Contact Frannie Jacobus for information; direct line (828) 693-7669, ext. 16 or email franniej@mchsi.com. This year we are offering 100, 65 and 31-mile route options - not an easy ride – with plenty, plenty, plenty of climbing.

Autism Society of NC 5K & 1-mile Ribbon Run, Oct. 9. A few more volunteers are needed to help with the biking part (lead and follow up) of our 5K and 1-mile fun run on Saturday, October 9, at City Market in Raleigh. The cyclists would need to be available from 8:00am to 10:15am at the latest. The event starts at 9:00am. If you are interested in helping, please contact Nancy Huber, Events and Donations Coordinator, Autism Society of NC, as soon as possible at 919-743-0204; or email nhuber@autismsociety-nc.org.

20th Annual Downtown Greenville Cycling Classic (formally the Michelin Classic), October 9-10. Rich Hincapie and the Hincapie Sportswear Team cordially invite

you to come see four-time Olympian, George Hincapie, and current US Pro Criterium National Champion, Jonas Carney, in some of the Southeast's most exciting and fast-paced racing action. There's a great new course for Saturday's event that includes the historic West End area of downtown Greenville. Sunday's races will be competed on the same course you've known and enjoyed for several years.

Come to Greenville, SC, the weekend of October 9-10 and enjoy the popular Fall for Greenville festival that features fine food and fantastic live music all weekend long. The Fall for Greenville downtown festival offers something for the entire family (and moose).

Log on to www.hincapiesports.com/cyclingclassic to get all the details for this exciting weekend. Watch the website for details on our traditional end of the year race party at the brand new Hincapie Sportswear headquarters to be held Saturday, October 9, following the exciting racing action. Bring your whole family and your entire team to join in on the fun. We hope to see you at the race.

Lead a Tarwheels Ride – Hey, you are obviously a careful reader, devouring every line written in the coghauler. Thanks, your Coghauler editors appreciate your attention. But would be even better would be if you lead a ride – it is easy, and as ride leader you can call the shots. You want a C-paced ride and ice cream at the end. No problem, think about leading a ride from Maple view Farms Ice Cream Store. Want to go fast and see the railroad in Bonsail – lead a ride from the Friday center. Check the web site for more details, or call any of the ride coordinators listed on the last page of this and every Coghauler.

Spare Tube...

"Every time I see an adult on a bicycle, I no longer despair for the future of mankind" - H.G. Wells

"As a social revolutionizer, the bicycle has never had an equal. It has put the human race on wheels, and thus changed completely many of the most ordinary processes and methods of social life. It is the great leveler, for not till all Americans got on bicycles was the great American principle that every man is just as good as any other man fully realized. All are on equal terms, all are happier than ever before."

- New York Evening Post, June 2, 1896

"I still feel that variable gears are only for people over forty-five. Isn't it better to triumph by the strength of your muscles than by the artifice of a derailleur? We are getting soft...As for me, give me a fixed gear!"

- Henri Desgrange, *L'Equipe* article of 1902

Carolina Tarwheels Officers and Volunteers

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

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