

The Cog Hauler

October 2006
&
November 2006

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

Thanksgiving Potluck 16 Nov.

Once again the Tarwheels will have their annual Holiday Pot Luck Supper on Thursday, November 16, 2006 from 6-8 at the Chapel Hill Senior Center located on 400 S. Elliott Road. This is always a well attended event and it's a good time to see if you recognize your cycling friends "in civies".

The Tarwheels will provide the turkey, stuffing, gravy, serving utensils, plates, etc. RSVP to Linda Charles at lcharles@nc.rr.com by November 1 and let her know what type of dish you will bring and how many will attend. Vegetarian dishes are always welcome.

OCTOBER IS ...TRASH AND TREAT TIME!

Saturday, October 7th at 1:00 PM, meet at the corner of Dairyland Road and Rocky Ridge (by Maple View Ice Cream) for our semi-annual roadside cleanup. Tarwheels

have adopted a two mile stretch of Dairyland Road, and with a good turnout of help we could be done in an hour. All volunteers will get a free scoop of ice cream when we are done.

There will probably be a morning ride starting from Maple View, calculated to finish by clean up time (check Ride Listings). Rain Date is Sunday, October 8th. See you there! Contact Dave Curtin (dfcurtin@mail.fpg.unc.edu) or Margret Mueller (933-6704) for questions or directions.

August Board Meeting Highlights

Summary for Coghauler:

New Bike Jersey

A total of 40 jerseys have been ordered (35 using 'club sizing (unisex)' and 5 women's sleeveless). Anticipated retail cost is \$57, same as the original jersey.

BikeFest Update

- 1 A full report on BikeFest will be complete in the near future

- 2 734 registered.
- 3 The volunteer party will be the ice cream ride/social to be set up for late September.
- 4 Discussion
 - o BikeFest Director – consideration being given to a committee of 3-4 (1-2 of which would rotate our each year) rather than single director
 - o Consideration being given to switching the ride start from the Hillsborough courthouse to Cedar Ridge High School

Financial

Since Bikefest appears to now be self-supporting, a proposal was made to reduce capital assts by \$2500 thus making this additional money available for support of bicycling-related issues. – Board approved unanimously

Donation Ideas

Ideas are being sought for club support for the coming year. Members are encouraged to contact a Board member with suggestions. Some ideas so far are:

- 1 bicycle/helmet donations, targeting a new county (i.e., other than Orange)
- 5 Rails to Trails
- 6 Louis Dey (sp) – repairs donated bicycles for distribution to area children
- 7 Support for the Recyclery in Carrboro

Tarwheels Brochure

The idea of a brochure describing club activities and goals was resurrected and agreed.

Membership Cards

It was proposed that club members be provided with a membership card. The idea was agreed and details discussed. Additional discussion will follow.

Tarwheels Potluck

November 16; Linda Charles has again offered to run the event. The Board was happy to accept.

New Tarwheel Jersey is Here!

The new jerseys are in! I still have a good selection of the original design jerseys. Classic ones are \$55. New ones are \$60 each (our cost) I also still have the green socks and map clips at \$3.00 each. Jerseys and socks are always available at meetings or contact Sharon at: day 493-5441, eve 732-4866 or if you aren't in a hurry at sharonrogg@aol.com.
- Sharon Roggenback.

New Bern MS Ride Review



Seventeen Tarwheelers biked 30mi, 75mi, or 100 mi. both Sat and Sun Sept 9th and 10th to raise money for Multiple Sclerosis. It was perfect weather for the ride and we all enjoyed riding, the great food and volunteers and the camaraderie of others. Knowing that we were doing something we love for a great cause made it even better. Mark your calendar now for next year and join us on Sept 8th and 9th. If you had been thinking about making a donation to MS and just hadn't gotten around to it you still have time. The money has to be turned in by Oct 9th. These are the Tarwheelers that were on the team this year: Elaine Cameron, Cynthia Camille, Maggie and Rich Crandall, Kathy and Scott Douglass, Bobb Head Dan Loughlin, Mary Maliki, Sharon Roggenback, John Swartz, Gwen and Jon Van Ark, Babu and James Welch, Connie Winstead and Evan Wynmor.

ATT Petition I-40 Bridge

Large stretches of the American Tobacco Trail are complete, but there is still a missing link across I-40. To help raise awareness and urge Durham City Council and managers to start the planning process, read and sign the petition at <http://www.petitiononline.com/att2>

There are at least 200 signatures on the list. If everyone just told one person about it every day, we would have an additional 1000 signatures in 5 days.

I think it would take 10,000 signatures minimum to make the mayor and council sit up and pay attention. 20,000 might make a real difference. Help make a difference! Allan Alexander

Things to remember in Fall

- 1) Drink lots of water, sports drink, etc, before during and after the ride. Rule of thumb: if you aren't urinating clear, then you aren't drinking enough.
- 2) Remember to use sun lotion even on cool days (the sun will burn you even if it is cold!!).
- 3) Always wear your helmet!!!
- 4) Wear a couple of layers and try a wind vest when the ride starts early and it is cool.

Send your fall weather riding hints to the editors!



For Sale

Tarwheel Jerseys: A few old jerseys (vintage!) and lots of new jerseys (old design) are available! **Club Socks:** Cycling socks by DeFeet are here! S M L and XL @ \$6.00 a pair. The jerseys and socks are always available at the meetings or contact Sharon Roggenback: day 493-5441 or eve 732-4866 sharonrogg@aol.com

For Rent

New Member Benefit! Thule?Yakima Rack Bike Mounts. Do you own a Thule or Yakima rooftop bike rack system? Have you ever planned a great bike trip, and wished you had room for one more friend and their bike?

The Carolina Tarwheels Bicycle Club has solved your dilemma! The Club now has - for members only - two (2) Rocky Mount Lariat SL bike mounts (with locks) available for your use! This innovative product fits both Thule and Yakima systems, and installation is a breeze! Perfect for that special trip when you need an extra bike carrier or two!

You can reserve the Rocky Mount carrier by contacting Jeff Charles. As with our other equipment, the first 10 days are free, then \$1/day thereafter. A \$10 deposit is required.



Tarwheels Rentals - BOB Trailers & Bike Cases

One of the perks of Tarwheels' membership is the ability to borrow a BOB Trailer (tows large amounts of stuff behind a bicycle) or a bike case (we have 4). Members get 10 free days of use of either and then it's just \$1/day. A \$10 deposit is all that is required. Contact Jeff Charles (489-7753 or) to arrange your reservation in advance.

More cycling links

Want to keep informed about bicycling issues, and in touch with other bicyclists? Here are free email newsletters, and free email discussion groups that you can subscribe to:

<http://www.tarwheels.org/mailman/listinfo/tarwheels-chat>

An unmoderated chat list sponsored by our club, the Carolina Tarwheels.

<http://www.adventurecycling.org/bikebits/>

BikeBits, a biweekly email newsletter from Adventure Cycling featuring brief articles of interest to recreational cyclists, upcoming events, and bicycle industry news, plus organization information and special deals.

<http://www.bikeleague.org/members/e-newsletter.php>

BikeLeague News, a bimonthly "agenda for bicycling enthusiasts", from the League of American Bicyclists.

<http://groups.yahoo.com/group/NCBicyclistAdvocacy/>

A "forum for the constructive discussion of issues directly related to the advocacy of bicycling in North Carolina", sponsored by the North Carolina Coalition for Bicycle Driving.

<http://www.roadbikerider.com/newsletter.htm>

RoadBikeRider.com Newsletter produced almost every Thursday by RBR Publishing Company. E-mailed without cost or obligation to roadies around the world.

Contributing to the Coghauler

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

Put "Coghauler newsletter" in the subject line
Send your contribution as either plain text, or as a MS Word attachment. Thanks! - *John Swartz*

Other Rides of interest:

More local rides on page 9.

Rides, Events & BikeFest October & November 2006

All rides are weather permitting. If it is raining or the temperature is below 45 degrees, do not expect the ride leader to appear. If in doubt, call the ride leader. Call the ride leader if you need directions to the starting location.

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

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

Times listed are departure times. Arrive early and be ready to go at the scheduled departure time.

For general ride information: for Durham and Raleigh, call John Crill (490-0500); for Chapel Hill and Carrboro, call Libby Evans (942-4260) or Chuck Tharp (644-2410).

Ride Leader Guidelines:

- Prepare a map and/or cue sheet and scout the route before the ride.
- Arrive early to welcome riders, make introductions and brief participants on the details of the ride.
- **Make sure all riders are wearing helmets, and have signed an LAB liability release for that ride.** A release form is available from any of the Ride Coordinators, or from the www.tarwheels.org website.
- Ride at advertised pace.
- "Lead from the rear" or appoint someone to "ride sweep." Please don't allow anyone to get "dropped" by themselves.
- If an accident occurs with injuries, please contact the Insurance Coordinator (Wendy Roberts) to fill out an accident report.

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

Directions to Ride Start Locations

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.

Eubanks Road Park and Ride. From Exit 266 if I-40, go south on Airport Road (toward Chapel Hill). Turn right on Eubanks Road. Park and Ride will be on your right after about 1/2 mile.

Ford Road and Old Greensboro Road - Take the Jones Ferry Road exit from the NC 54 bypass around Chapel Hill. Turn left if you're coming from Durham/Raleigh, right if you're coming from the west. Go about 1 mile, then turn right onto Old Greensboro Road. Ford Road is ahead 4

miles, on the left. Park along the road. Please don't stop/stand in the road, the locals have complained to the sheriff!

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 Margaret St.

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. Most rides leave from the south parking lot, the one closest to NC 54.

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

St. Mary's Catholic School (formerly Kantnor School) at the corner of St. Mary's Rd and Pleasant Green Rd between Northern Durham and Hillsborough. From Durham, I-85 West, take exit 170 (US 70), then turn right at the stoplight onto Pleasant Green Road. After six miles, St. Mary's School is on the left just after crossing St. Mary's Road. From Hillsborough, 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.

Stoneridge Swim & Racquet Club Located at 6901 Turkey Farm Road, Chapel Hill. Turkey Farm Road is off Whitfield Road, about one mile east of NC 86, near I-40. From points east, take Exit 266 off I-40, go north on NC 86 for about 100 feet, turn right on Whitfield. Go almost one mile, take the second paved left onto Turkey Farm Rd. Go about .3 mile to parking lot on left.

Tarwheel Alley. From Exit 263 on I-40, turn right (if coming from Durham/Raleigh, left if coming from Hillsborough/Burlington). Take next right onto New Hope Trace Road. Park along road (but please do not block entrance to church.)

Umstead City Park in Chapel Hill is on Umstead Drive between Airport Road (Hwy 86) and Estes Drive Extension. This is a bit confusing since Estes Drive Extension, itself, intersects Airport Rd further north. The three roads form a "triangle" with Umstead Drive being the southern edge.

Union Grove Church (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.

Standing Rides

Most Tuesdays, A, 5:00 p.m., 25 - 40 miles. Ride starts at Arcadia Cohousing in Carrboro. Details, dates, start location and last minute information about this ride can be found at www.ArcadiaCyclingCenter.com. This ride is for experienced cyclists who would like to ride in a pace-line format. A weekly ride update is sent out on the tarwheels-chat@tarwheels.org chatlist and to members of the super-secret mailing list. You can request to be added or deleted from the "secret" list by contacting draketungston@bellsouth.net.

Wednesdays, A, B, C, 40 miles. 9:00 a.m. Join us for "The Wednesday Ride" at Union Grove Church and enjoy the camaraderie of a small group. Three distinct groups. Alan Schumacher leads the A-team, Alan Sieferheld leads the B group, and the C group. Different routes with Destinations rotating between Hillsborough, Efland, Saxapahaw and White Cross with usually one planned stop. Mileage may vary slightly depending on the group and the weather. Contact Ride leader Alan Schumacher solo@mebtel.net If you have any questions or want to be added to the ride email weekly updates.

Saturdays, B+ and A, 10:00 a.m., 40-70 miles. NOTE THE TIME CHANGE! This replaces the standing 9:00 Saturday Training Ride. Ride starts at Wilson Park in Carrboro. Details and last minute information about this ride can be found at www.ArcadiaCyclingCenter.com. This ride is for experienced cyclists who would like to ride in a pace-line format. There will often be a ride leader who will support the B+ group which maintains an 18-19 mph average. The A group rides below the 22 mph average speed limit so that we don't duplicate the race training rides available in the area. If you're a little slow, the group will wait up or a stronger rider will help you back to the group (your choice). If you're very slow, the leader will check in to make sure you can make your way back alone or with another volunteer. To find out more about pace-lines, read www.tarwheels.org/pacelinev92.pdf.

A weekly ride update is sent out on the tarwheels-chat@tarwheels.org chat list and to members of the super-secret mailing list. You can request to be added or deleted from the "secret" list by contacting draketungston@bellsouth.net. Please join us at Weaver Street Market for lunch after the ride.

Saturdays, C, 9:00 a.m., 40 miles. No ride on August 12th! Ride starts from Maple View Ice Cream Store on Dairyland Road. Rest Stop in Saxapahaw. Note that this ride does not have a leader; all participants are expected to bring cue sheets and navigate the route themselves (or hook up with someone who does). The cue sheet is posted elsewhere in the Coghauler, and on the Tarwheels web site. Chuck Tharp (260-8037, ncveloman@nc.rr.com). (Always remember: if you want to bring a bunch of cue sheets, you can always preempt the default route with one of your own.)

Scheduled Rides

Scheduled Rides

Sunday, October 1

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 7

Sunday, October 8

C, 9:00 a.m., 33 miles. Meet Kathy Trotter at Tarwheel Alley for a 33 mile B/C jaunt thru Orange County, and a bit into Alamance Co. too. Rest stop at half way point. Call 732-4190 if questions. Kathy Trotter, kjtrotter@earthlink.net.

Saturday, October 14

No rides scheduled. Here's your chance to lead a ride!

Sunday, October 15

10:00, ~30 Mi, C+ pace. Meet at Old Greensboro Hwy and Ford Rd for a brisk trip west, through Saxapahaw, returning through the Dairyland area. paulcaldwell@bellsouth.net, (919) 933-0851.

Saturday, October 21

C+, 10:00 a.m., 36 miles. Meet Beth Gregory <gregory@4pi.com> in front of St. Mary's School for a scenic ride to Hurdle Mills. This route has a few hills.

C paced ride (~14-15 mph) starting at boat ramp south of Martha's Chapel on Farrington Rd (next to Bells Baptist Church) going toward Sanford. The ride may be 35-50 miles depending on the weather. RSVP necessary for last minute changes. If it is 50 degrees (and not raining) by 1015, the ride will begin at 11am and will be 50 miles. If the weather is cooler, we will start after lunch and

therefore, the distance may be shorter. There will be no ride if it is raining (or snowing for that matter).

Sunday, October 22

C, 9:30 a.m., 33-37 miles. Maple View Ice Cream Store: Connie Winstead will lead a C-paced ride (my Crawford Dairy loop) 33-37 mile range. Cue sheets provided. Ride leader will not sweep. If it's raining, I won't be there. Call or e-mail for further info: cwinstead@nc.rr.com; 493-0522.

Saturday, October 28 ,

10:30, C, about 30 miles. Meet Libby Evans (evans@unc.edu) at Ford Road to ride to Pittsboro for lunch at the General Store Cafe. Libby intends to wander around the shops in downtown Pittsboro for a little while after lunch. You're welcome to join her meanderings or head back after lunch.

Sunday, October 29

No rides scheduled. Here's your chance to lead a ride!

Saturday, November 4

No rides scheduled. Here's your chance to lead a ride!

Sunday, November 5

Novice/New Member, 1:00 p.m. Meet at Wilson Park in Carrboro for a ride of about 14 miles (around 1-1/2 hours) in the countryside. Optional un-led 21-mile route also available. There may be some moderately busy roads to navigate getting in and out of town, and the route is moderately hilly. Please plan to come on this ride if you are already somewhat fit and can negotiate traffic. No one will be dropped. Make sure your tires are inflated, your helmet fits properly, and that your water bottle is full. Call first if you plan to bring children--note that this ride is not recommended for younger or inexperienced children. Leader: Maureen Kurtz (933-8417; m_kurtz@bellsouth.net).

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 11

D, 10:00 a.m., 25-30 miles. Meet at Maple View Ice Cream and ride to Hillsborough for lunch. Carol_porter@unc.edu A and B, 10:00 a.m., 47 or 76 Very Hilly miles. Yanceyville one last time this year, let's do almost everyone's favorite ride. The ride is in three sections. The first and third sections make up the the 47 mi. route. The middle section is the extra 29 mile loop out of Yanceyville and back. The middle section this time will be something different (I found more hills..). We will be using the same Marathon rest stop for each loop. I will be riding the 76 mi. loop, with no sweep. The A pace is usually in the 17-19 mph range due to all the hills. The Correct cue sheet will be available. Keep in mind most of the hills come in the

3rd or final section. Because this is a very hilly ride it is not recommended for beginners. Plus, in downtown Yanceyville, you can visit the relocated North Road Bicycle company, formally in Raleigh.

Since it's also opening day for deer season, you might consider wearing your blaze orange jerseys. Rabbit - duck - rabbit - duck - duck - shoot ! The ride starts at the gas station at the intersection of Rt 86 and 49 North. This is about 14 mi. north of Hillsborough. Did we mention that there were a lot of hills? Questions? Email Alan at Solo@mebte.net

Saturday November 11

10:00, C, 44 miles. Join Libby Evans (evans@unc.edu) at Ford Road to ride to Snow Camp for their lunch buffet.

Sunday, November 12

C, 9:30 a.m., 33-37 miles. Maple View Ice Cream Store: Connie Winstead will lead a C-paced ride (my Crawford Dairy loop) 33-37 mile range. Cue sheets provided. Ride leader will not sweep. If it's raining, I won't be there. Call or e-mail for further info: cwinstead@nc.rr.com; 493-0522. Saturday, November 18

Novice/New Member, 1:00 p.m. Meet at Wilson Park in Carrboro for a ride of about 14 miles (around 1-1/2 hours) in the countryside. Optional un-led 21-mile route also available. There may be some moderately busy roads to navigate getting in and out of town, and the route is moderately hilly. Please plan to come on this ride if you are already somewhat fit and can negotiate traffic. No one will be dropped. Make sure your tires are inflated, your helmet fits properly, and that your water bottle is full. Call first if you plan to bring children--note that this ride is not recommended for younger or inexperienced children. Leader: Maureen Kurtz (933-8417; m_kurtz@bellsouth.net).

B, 9:00 a.m., 62 miles. Don Belk

(donaldrbelk@earthlink.net, 740-8354) will lead a ride through portions of southwestern Wake, Harnett, and Chatham 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. Note: this is a Social Ride! Don will maintain a pace within the advertised range for the distance of the ride and regroup at turns as the ride 'strings out'. Don invites Tarwheels from throughout the Triangle to join him! 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 19

C+, 10:00 a.m., ~30 miles. Meet Beth Gregory <gregory@4pi.com> at the Orange County Courthouse in Hillsborough for a ride to Efland and Carr. There may not be a rest stop on this ride (at least not with an open store), so be prepared. We can visit Cup A Joe's after the ride.

Saturday, November 25, Sunday, November 26

No rides scheduled. Here's your chance to lead a ride!

Additional Rides of Interest



3rd Annual Habitat for Humanity Benefit Bike Ride (100k/50k) on Saturday, October 28th at the American Tobacco Campus, Downtown Durham. For ride details and registration, contact Roxanne Hall at 682-0516, Ext. 113 rhall@durhamhabitat.org or visit

http://www.durhamhabitat.org/about_us/news.php?ID=31

le tour de femme

OCTOBER 21, 2006

Women's-only full and half metric century (31/62 miles) October 21 Cary,; presented to raise community awareness and funding for Breast Cancer Research, Cancer Research and Survivorship. Info: <http://www.letourdefemme.org>

Bike Rodeo Finale and Safety Fair at Teer House Learn helmet safety and how to bicycle through several obstacle courses. Children must be accompanied by a parent or guardian. To participate in a rodeo, contact Master Officer Eric Hester, Durham Police Department at 560-4582 x 238. The Bike Rodeo Grande Finale will be held at Teer House on **Saturday, October 14 from 10:00 -12:00 noon**. Previous city-wide winners will navigate through final skill obstacle courses to compete for a brand new 12 speed bike.

Tour De Tots Benefit Bike Ride

Saturday, October 28, 2006, benefit ride for the Jeff Gordon Children's Hospital in Cabarus County, NC (exit 58 off I-85). There is a 10 mile family ride, 30 and 60 mile ride. Info: www.northeastmedical.org/TourDeTots/

14th Annual Between the Waters Bike Tour □ October 28, 2006 Onancock, VA 100/60/40/20 mi Info : www.cbcs.org.

First annual Whirligig Bike Ride set for 2006

8am, Saturday, November 4, Downtown Wilson.. 20/40/62 mi loops Free showers,\$25 ride reg. includes a T-shirt and BBQ dinner after the ride. Rest stops & sag support.

Info: <http://www.wilsonnc.org/whirligig/news.asp?id=170>

Carolina Tarwheels Officers & Volunteers

Board Members 2006

Jeff Charles, president jmc51@ix.netcom.com
Paul Caldwell, secretary paulcaldwell@bellsouth.net
Ken Dietel, treasurer kdietel@mindspring.com
Don Belk donaldrbelk@earthlink.net
Dave Doty dbd010352@yahoo.com
Sharon Roggenbuck sharonrogg@aol.com
Chuck Tharp chucktharp@bellsouth.net
Candy Davies candy_davies@unc.edu
Connie Winstead cwinstead@nc.rr.com
Julie Tenney tenne001@mc.duke.edu
Richard Crandall crandallrw@yahoo.com

Membership

Richard Crandall, crandallrw@yahoo.com

Welcoming Committee

Don Belk, donaldrbelk@earthlink.net, 732-1793

Publicity

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

Insurance Coordinator & Ride Waiver Collector

Wendy Roberts, athenarides@hotmail.com

LAB positions

Dave Connelly: 544-6372 pedaling@mindspring.com - local touring information
John Daly 477-6742 jtd515@aol.com - club representative
Don Belk 732-1793 donaldrbelk@earthlink.net - government relations advocate

Ride Coordinators

Adrian Hands 832-5083 AEH@akc.org
Raleigh/Durham/Cary
Chuck Tharp 644-2410 ncveloman@nc.rr.com Chapel Hill/
Carrboro/ Hillsborough
Libby Evans 942-4260 evans@unc.edu Chapel Hill/
Carrboro/ Hillsborough
Maureen Kurtz 933-8417 m_kurtz@bellsouth.net New
Member/ Beginner

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Amy King – hoogirl@nc.rr.com
John Swartz – coghauler@earthlink.net

Newsletter Distribution

Valinda Jordan, Valindaj003@aol.com

Newsletter Deadline: Nov 20, 2006

Email submissions to:

Amy King: hoogirl@nc.rr.com

or

John Swartz: johneswartz@earthlink.net

or

Coghauler [@earthlink.net](mailto:coghauler@earthlink.net) (Put "Coghauler" in Subject line)
PO Box 111, Durham, NC 27702, Attn: Newsletter



P.O. Box 111

Durham, NC 27702

