

THE WHEEL TRUTH

AUGUST 2017
THE QUARTERLY NEWSLETTER OF THE VBC

Change is in the air! This change has to do with our RACC ride.

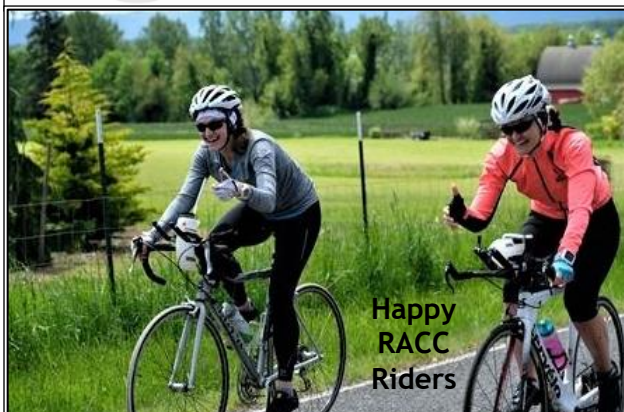
First and foremost, **Mary McLaren** deserves all kudos for making past RACC rides a huge success. She has worked tirelessly to lead many years of making RACC one of the Northwest's favorite rides. We all owe a big thank you to Mary for the effort she has invested and the many new ideas and changes she brought to RACC during those years.

Now to announce more change(s). RACC is moving to late summer in 2018. There have been many conversations regarding making the change with the motivation to create more funds for our club to give back to the community. RACC is also one of the more challenging rides and we feel moving it to late summer will allow people to train and prepare for those upper RACC hills. Replacing Mary will be a large task and to do so, we have formed a committee of 5 people to lead the charge.

With a high level of excitement, comes great challenge. Change is one of the most difficult obstacles to overcome. This is where we hope to have your help. We understand moving the ride may have an effect on volunteers needed to make this ride a success. I am looking and asking you to come together as we always have.

More details will be coming as we move forward, so please stay posted and think how you might help in our new RACC. In the meantime, enjoy your summer as there is so much riding left to enjoy. Remember to ride safely and take care of each other out there!

---Mick



Thank you, Mary!



**Bike Ride
Around
New Heights**

48 miles

Saturday, August 19, 8am

3 rest stops
Power snacks start/finish

It's all free!

NewHeights.org/BikeRide

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**Congratulations
Chit Winners!**

**Dennis Hatton
Mary Ann Teague
Joe Duvall**

Lead a ride and your name
goes in the
Chit Winner drawing.

**We all need a
little help
now and then.**



Join us and give
a little help or
get a little help
yourself.



Bike Clark County
Education. Advocacy. Adventure.

The Community Hub is OPEN
See page 3

Connect. Give. Lead. With VBC.

Want more information about us? Find us online at www.vbc-usa.bike or check our Facebook page

Ride Calendar
Our RACC Ride

Ride Descriptions
NW Events Calendar

Buddies List
Maps & Cue sheets

Contact Us Info
Silly pictures

Our Business Friends
News You Can Use

Chain, Chain, Chai-i-i-i-n...Chain of Fooooooooooooools

"One of these mornings, the chain is gonna break..." Aretha and Joe C tell it like it is.

A common question about bike maintenance: "How do I tell if my chain is worn out." If you aren't asking this question, you should. A worn chain will cause your cassette and chain rings to wear out prematurely. In addition, a worn chain is more likely to break and can cause poor shifting.

As for how long will a chain last? Don't bother asking. It all depends. How much force you put on the chain? **Ken Wallberg** will need a chain earlier than **Donna Richardson** - all other things being equal. Also, how well do you maintain the chain - do you clean and relube after every ride like **Gus Harmon**? Do you ride in the winter or just on sunny days? The road grit on a rainy day is tough on chains. Finally, what quality chain do you have? Given this variety of factors, a chain might last anywhere from 1000 to 6000 miles.

 **The only good chain test is to measure it.** 

Fortunately, measuring your chain to see if it is still "good" is easy to do and requires no special tools, just a tape measure or accurate 12" ruler.

- Use the ruler to measure the chain from the center of a pin to the center of the next pin. Don't include the masterlink in this measurement.
- A new chain will have twelve links in the 12"; the distance between the first and last pins will be exactly 12".
- If the distance between the pins is $12 \frac{1}{16}$ ", then your chain is starting to be worn.

For 11 speed setups, you might replace the chain at this point. For 10, 9, etc. systems you can ride a bit longer. Once the distance between the pins is $12 \frac{1}{8}$ " the chain is toast. Replace the chain immediately. In the future, don't let the wear get this far.

I generally measure my chains every few months (more if wear is getting close to limits).

For a more comprehensive discussion of measuring chain wear (with photos) - see

<http://www.bikeradar.com/us/road/gear/article/bicycle-chain-wear-explained-46015/>

---Many thanks to Joe C!

New VBC Website: PHOTO ALBUMS

We currently have 10 photo albums online: Event Rides/Touring, Cyclists Working to Help our Community, 2017 RACC, Club Rides, RACC, Washougal Bike Park, Club Picnics, RAO 2012, Tour de MacArthur, We Celebrate Clay. We have 100s of photos that you can share or download. Want to contribute? Send in your photos.



Send us your photos!



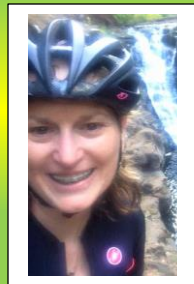
Bike Clark County in the News *with Christine*

Bike Clark County's Community Hub Bike Shop on 16th & Main Street is open and a HUGE success! Chris and Colin are dedicated full-time employees and have the doors open for business,

Thursday through Sunday from 11am - 7pm! Stop by the Community Hub and enjoy a 10% discount as a VBC member. Here are some of our products and services:

▲ Lazer Helmets ▲ NEW Linus Bikes ▲ Commuter Accessories ▲ Professional tune-ups & repairs

Check out the BCC calendar at www.BikeClarkCounty.org for volunteer opportunities. Pedal on!



Barb Larrain
CA Climate Ride
2016



If you've done any VBC time trials, Cycle Oregon rides, or Ironman events, you might know **Barb Larrain**. Barb has also worked behind the scenes for our club entering the RACC entrants' names in our database. Now Barb has committed to combining her love of cycling and challenge with her need to make a difference and give something back.

Barb's note below tells what she's doing and how we can help:

In June I started my 3,650-mile cross-country bicycle ride from Astoria, OR to Portsmouth, NH. I will ride 45 days with 30 other cyclists on a fully self-paid tour organized by America by Bicycle (<https://americabybicycle.com/aan-short/>). The ride: about 80 miles/day, 1,076,212 pedal strokes and 138,959 feet in elevation.

I've lived and cycled in the beautiful Pacific NW for over 30 years. I've noted changes in our climate and environment during my lifetime and worry about effects on the birds, animals, plants, the loss of habitat --as well as the children too young to know and future generations. We've made progress, but can learn and do more. We are all in this together!

I've wanted to bicycle across the country while I still can, but felt the strong need to do more than just ride for myself. I want to bring awareness to this issue and give others a way to support the health of our environment while doing what I love. Your donations are tax-deductible and go directly to climateride.org and the 4 beneficiaries I've chosen: 350.org, Environmental Defense Fund, NRDC, Sierra Club National. None of it is used to cover my adventure. It was a challenge to find the "right" charitable organizations that expressed it for me. Note: See Barb's blog with great pictures on Instagram @belprivate.

<http://www.climateride.org/events/independent-challenge/across-america-north-by-bicycle>

Welcome New Members!

Bernard & Finn Andrade
Donald Backus
Stephen Bain
Judy Boyle
Shannon Brakefield
Bill Brinkman
Marti Ernst
Brian & Donna Finnegan
Kathy Finney
Cindy & Mike Fitzgerald
Kathy Fockler
Robert French
Tyler Gordon
Chris Hintz
Adin & Roy Johnson
Harvey Johnson
Kimberly Kathrein
Diane Knaust
Artie Larson
Pamela Libby
Nicholas Macias
Steve Mattice
Erik Morris
Susan Papenfuse
Emmy Pellico
Jose Perez
Jennifer Pesut
Kory, Larhea, and David Phillips
Jason Preuit
Martha Ray
Victoria Rehfeldt
Gary Rust
Brock Steiner
James Thompson
Jesse & Mike Tonkinson
Doug Underwood
John Williams
John Wood
Ken & Nicki Woodrich
Michelle Wynkoop

Welcome to our newest ride leader, Shanna Rice!

"Four years ago I started cycling after an injury when my doctor advised I could stay active while healing by swimming or cycling. I had no pool access, but I did have my 10-year-old Trek Navigator 200. My first ride was six miles. Since then I've ridden the STP, Bridge Pedal, RTB, ALS, and Petal Pedal. In the future I'd like to travel by bicycle and tour. I love the freedom! My goal in wanting to be a leader, is simple. I ride too slowly for the 18 pace and too fast for the 14. So I thought maybe I could lead people who tend to fall behind like me!" --Many thanks to Shanna!



VBC Picnic: Saturday, August 26th

Bring the family and enjoy a great summer day at the VBC annual picnic. We will be returning to the popular Vancouver Lake venue. We will provide great food, fun games, and fabulous door prizes. It's free for you, family and guests; all you need to bring is your appetite. Note: free entrance if you ride your bike in. Cars pay.

New this year

Munchies while we're waiting!
Trays of cheese, fruit, and crackers thanks to Angela & Jane.

Food (including GF and VEG)

Hand pressed burgers made from Painted Hills beef
Chicken Sausages
Homemade Crispy Cajun Chickpea Cakes
Grilled Peppers and Onions
Homemade Kale Salad
Grilled Corn Salad
Potato Salad
Fresh Fruit including grapes, strawberries, blueberries, and melon
Homemade Desserts - cupcakes lemon bars, and GF cookies
Chips and fixin's



Ride options (check the August VBC Ride Calendar for details)

Various distances
Various routes
Various paces
Various start times

Door and Game Prizes

Gift certificates for VBC sponsors
Bike accessories
Road ID gift certificates

Games

This is a work in progress, but we will have a number of the old favorites.

QUESTIONS?

Contact Joe Cote wsuvprof@msn.com



Time & Location

- Saturday, August 26
- Vancouver Lake, Heron Shelter
- Rides options (check ride calendar)
- Food served about 12:30



5-mile Cycle-Only Skyway

The 16' wide skyway handles 2,000 riders per hour, covers 5 major residential areas, with 11 easy access points connecting 11 bus routes and 2 rail stations. It took only one year to go from planning to completion. Picture it here connecting Hazel Dell, Salmon Creek, Downtown, Orchards and East Vancouver. Well, not yet.

This path is real—but it is in the decades-long bike-friendly island city of Xiamen, China, and was designed by Dissing + Weitling Architecture, a Danish firm--of course. "Bicycles are returning in popularity among China's urbanites, mostly due to the omnipresent traffic jams, although many are also appreciative of its health and environmental benefits," the architects explained. "Not to mention that grabbing the bike is an efficient, easy, and fun way of getting around in the cities, especially for short commutes."

"I tried today, and it took 10 minutes from my home to my workplace, which is the same as when I was driving," said Chen Yimen of Xiamen.

The city of Xiamen promoted the Xiamen Bicycle Skyway to "decrease traffic congestion and promote greener and sustainable forms of transportation in the city." ---And to point the way for us in Vancouver. We can hope.

Patronize VBC Business Friends and Keep It Local

<http://www.vbc-usa.com/about-us/discounts-and-benefits/>

Western Bikeworks
Camas Bike and Sport
Salmon Creek Cycle Co

Vancouver Cyclery
360 Physical Therapy
Vancouver Family Dental

Bad Boyz
Bortolami's Pizza
We've Got Your Back Chiropractor

What can you expect when you go on a club ride with VBC?

Something for everyone

We try to offer variety: different paces, terrains, distances, starting points and time of day. We hope you can find everything from the casual neighborhood exploration to the after-work pedal-head challenge. Some rides offer a food or coffee stop along the route or at the end. Don't miss this part of the ride. It's when we all get to visit together regardless of our different abilities. Share stories, pick up some tips and talk shop.

Don't see what you want? Offer it!

Speak to **Capt. Bret** about putting your idea on the calendar. Browse the Cue Sheets pages on our site or talk to our **Road Scholar Joe C** if you'd like a new map and cue sheet.

Safe, responsible, caring ride leaders

Our club motto is "Ride safely, have fun," and our leaders are trained to do their best to help you ride your best. At the start of each ride you can expect:

- Introductions
- Explanation of ride style for group/re-group/non-group and pace
- Explanation as needed of the route, highlighting options and obstacles
- Details of how we communicate when riding as a group
- Reminder to obey traffic laws, be considerate to other road/path users, and promote a positive image of cycling

Notes about pace

- Ride leaders are expected to ride the advertised pace, but unless it's otherwise stated, all other riders are free to ride faster or slower to make it "their ride".
- If your pace is casual and you turn out for a slugfest, you might luck out and find a social-paced buddy. If not, be sure you're OK riding independently. Take a map from the ride leader or print one from the website. Bring along a repair kit for flats and know how to use it. If you have any doubts about your abilities to keep up with the group, talk to the ride leader before departing.
- Some rides like the Gran Fondos have several groups that meet at the same point, but differ in route and pace. Other rides form groups casually when the first hill breaks up the pack. Rides clearly state "Group" or "No one left behind," mean it. Many rides spread out and re-group at points. Pick the ride that fits you best.
- If you get dropped, don't give up. Ride as much as you can; it will help your speed. Leave early, maybe take a shortcut, be flexible, take a friend or pick a different ride next week.
- Ride pace can change. Check the website to see if the ride leader edited it. As the season progresses, rides tend to get a little faster as we all improve. Again, check with the ride leader if you have doubts. A new ride leader may sub for or take over a ride and pace may change. Be ready to go with the flow.

Bottom line: All group rides will be a little too slow for some of us and a bit fast for others. It's just the nature of group rides.

Rider responsibilities - Come prepared to ride

- Check over your bike before leaving home: tires, chain, wheels, seat, shifting, and brakes.
- Wear your helmet.
- Bring food, water, clothing, bus fare, repair kit, lights, coffee/beer money, cell phone or whatever is appropriate for the ride to keep you happy.
- Read the description and notes under the ride on our website calendar. Links to our [Safe Riding Policy](#) and [Ride Style Definitions](#) are very helpful.
- Advise your ride leader of different plans and be advised that they are not able to keep track of riders off route.

Questions? Concerns? Please talk to your ride leader or our [Road Captain Bret](#).

*--Many thanks for contributions from one of our most caring and experienced ride leaders,
Vern Kimball, who insists his editor be mentioned, too.*

Heading to Canada? Celebrate their 150th year and experience The Great Trail.

This trail is not car-free; approximately 30% is open to cars. Some of it is not even on land; 26% is waterway. But it links 15,000 communities across all territories and provinces of Canada and is supposed to be completed in 2017. It's multi-use and they mean it: cyclists, hikers, horseback riders, skiers and snowmobilers.

80% of Canadians live within 30 minutes of the trail. How did they get the world's longest recreational trail? Community-based organizations brought the trail into existence, a "gift from Canadians to Canadians." Non-profit organizations and the government worked together on this project. First China (see page 4). Now Canada. Let's get one here in Vancouver.



PO Box 1456
Vancouver, WA 98668

MEMBERSHIP Form for THE VANCOUVER BICYCLE CLUB

New____ Renew____ Today's Date ____/____/____

NAME you go by _____
FIRST LAST

ADDRESS _____
STREET CITY STATE ZIP

*E-MAIL _____ HOME PHONE _____
AREA CODE NUMBER

CELL PHONE _____
AREA CODE NUMBER

SECOND MEMBER:

NAME: _____ *EMAIL: _____
FIRST LAST

HOME PHONE: _____ CELL PHONE: _____
AREA CODE NUMBER AREA CODE NUMBER

1-Year Individual Membership	\$15.00	_____
1-Year JOINT Membership	\$20.00	_____
2-Year Individual Membership	\$26.00	_____
2-Year JOINT Membership	\$36.00	_____
FREE (70+) Individual Membership	00.00	_____
FREE (70+) JOINT Membership	00.00	_____

Please make check /money order payable to:
Vancouver Bicycle Club
Attn: Membership
PO Box 1456
Vancouver, WA 98668-1456

*Note: Almost all club communications with members are through email. If we don't have your email, you'll be missing out.

How would you like to receive your newsletter?

Download _____ Printed _____