



Quick Releases

The Monthly Bulletin
Of the Portland Wheelmen Touring Club

May 2018 Vol XLVII No 5

Top Talk

By Chip Kyle
President

For those of you who have been reading this column for the last two and a half years, you know that my focus has been on safety. The need for being aware and riding in a safe manner was highlighted at this year's Awards Banquet where the number of "Comeback" Awards was more than double of any previous year. These awards are somewhat akin to Purple Heart awards - they are given to club members who had a serious enough accident that prevented them from riding for some period of time but recovered and were back riding by the end of the year. This is an award that no one really wants!

One objective of our club could be to foster a culture and set of riding habits that minimize accidents, so no one earns a Comeback Award. As we make friends and become familiar with our routes, it is easy to lose our focus on riding safely. Encountering one pothole at a distracted moment, and you are down. The board has discussed how best to shore up our vigilance and determined that rider education and regular reminders are the best ways to keep safety top of mind. In addition to the ever-popular Ride Leader safety spiels, watch for the return of the Safety Spotlight in the QR and some new

May:

Phil Lingelbach & Bruce Janes – slide show of Cascading Rivers Ride to help promote the Sept 2018 ride based in Estacada.



June:

Jonathan Garcia, Rose City Recumbents **Note:** they will arrive early (6:00 or so) to offer demo rides, like Cynergy E-Bikes did last year.



SATURDAY - MAY 19, 2018

Reach The Beach | Portland, Newberg, Amity or Grand Ronde, Oregon

Ride Leader: Scott Poindexter

Jim O'Horo Columbia Gorge Explorer

May 25 – 28



See Page 13

Club Meeting

Date: Thursday, May 3, 2017

Time: 7:00 PM

All Saints Episcopal Church

**4033 SE Woodstock Blvd
Portland OR 97202**

Board Meeting

Date: Monday, May 28, 2017
Time: 6:30 PM

Place: Legacy Emanuel Hospital
2801 N. Gantenbein Ave
Room 1035

All club members may attend Board Meetings. Submit items to be considered in writing by the preceding Club Meeting to Chip Kyle at 503-387-3940 or cvkyle109@gmail.com

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safety-focused features in our Club Meetings.

We all also need to recognize that it is in each of our best interest to help each other stay safe. If you see a road hazard or unsafe riding practice, speak up! If someone offers you a helpful hint, take it in stride and know they have the best of intentions. Helping the rider in front of you stay safe helps you stay safe too. We ride because it's fun, and because we enjoy the outdoors, the camaraderie of a group, and the exercise. Let's be safe out there!

On a completely different note, this is a plea for volunteers. In less than four weeks, we will be hosting the Pioneer Century. There are several critical volunteer positions that need to be filled to successfully stage this event. To date, many club members have signed up to

work and we are thankful for their commitment to the club and their interest in helping make the Pioneer a success; however, there are some important positions unfilled. Please read Corey Eng's article nearby to see the ones that are open. Many of the positions are structured so that you can be a volunteer as well as ride. We need your help Please volunteer!

Ride Safely, Chip Kyle

SPECIAL Tuesday AM Spin – Jazzy Bagel Bike Rack Dedication

May 8 @ 11:30 the Gresham Chamber of Commerce is dedicating the **bike rack sculptures** by Jazzy Bagels. The **artist** will be there and a tourism guy.

Barry and Marcy have agreed to take the Tuesday AM ride out of Woodstock Church . Ride Start : 10:00 AM

Got Fenders?

Sarah Hill shows she was riding without.



Portland Wheelmen Touring Club Contact Information

(Please call before 9:00 pm)

Elected Officers

President.....Chip Kyle 503-387-3940
cvkyle109@gmail.com
Vice-President.....Ashley Reynolds (503) 351-9510
carlette.reynolds@gmail.com
Recording Sec.....Joan Cullen 503 762-1629
Membership Sec.....Lori Buffington 503-260-3167
bruce.lori@comcast.net
Treasurer.....Corey Eng 503-641-2971
coreybike@comcast.net
Road Captains.....email: roadcaptain@pwtc.com
Patrick Cecil 503-702-8864
Sarah Hill 503-720-9972
Members-at-Large.....Steve Price 503-705-7276
Jeff Marshall 503-255-3790
Pat McManus 503-309-9437
Eric Hendricks 503-803-7926

Event Coordinators

2016 Awards Banquet Awards...
Bud Rice 503-667-0683
Arden Shelton 503-709-7252
Awards Banquet...Benn Schonman 503-775-8300
2018 Pioneer Century Coordinators...
Ann Morrow 360-608-3173
Brian Hammer 310-591-9458
2018 Pioneer Century Vol. Coordinator...Corey Eng
503-641.2971 coreybike@comcast.net
2018 STP Finish.....Ann Morrow 360-608-3173
2018 STP Bus.....Bill Hamilton 503-778-0552
STP Vol. Coordinator.....Corey Eng 503-641-2971
coreybike@comcast.net
Program CommitteeBarry Emmerling
503-231-1879

Appointees

Statistician.....George Ammerman 971-270-6440
stats@pwtc.com
Librarian.....Jim Buchanan 503-545-8754
jimbuchanan45@comcast.net
www.librarything.com/catalog/pwtc
Information Line.....Patrick Cecil 503-667-0683
Historian.....Patty Mooney 503-254-7702
Helmet Committee...
Bruce Buffington 971-570-4791
Refreshments.....Bud Rice 503-667-0683
Welcome Rides.....Ann Morrow 360-608-3173
Web Committee...
Alan Coppola & Cindy Bernert-Coppola
503-781-1822
Mark Hartel 512-322-0269
Bike Boxes.....Jackie Seguin 503-231-7216
PWTC Clothing.....Arden Shelton 503-709-7252
PWTC Shop Flyer.....Ann Morrow 360-608-3173

Quick Releases Staff Editor...

Kimberly Morehead 360-355-2765
pwtc.qr@gmail.com
Editorial Assistant: Pete Schmidt
Club Reporters, Ann Morrow, Kathleen Hellem

Newsletter

Deadlines

Announcements, Events, and Classified Ads for consideration of publication should be submitted to Kimberly Morehead by the **20th** of the month to be in the next QR. Publishing of letters is at the sole discretion of the Editor and dependent upon space available. Opinions expressed are those of the individual and not representative of the PWTC or the Editor. Classified are run for 2 months unless other arrangements are made. Articles and classified from members have priority if space is limited.

Ride

Information

Ride information is to be submitted to the Road Captain. Ride leaders wishing to create their own ride descriptions or to sign up to lead a ride for the following month need to provide the Road Captain with pertinent information two weeks ahead of the ride!

Contact either Patrick Cecil or Sarah Hill at PWTC
Road Captain email: roadcaptain@pwtc.com

PWTC Web Site:

<http://www.pwtc.com>



Quick Releases 2018

BIKE MS TRAINING SERIES

Thank you, all **RIDE LEADERS** for stepping up and assisting with leading out rides. This is again, similar to our efforts with Reach The Beach training series. This gives **PWTC** great club exposure that will hopefully will result in club growth!

Special thanks to **VP Ashley Reynolds**, for stepping up and working with her liaison Joel Huffman. Great job, Ashley!

Respectfully submitted by,

Kathy Hellem



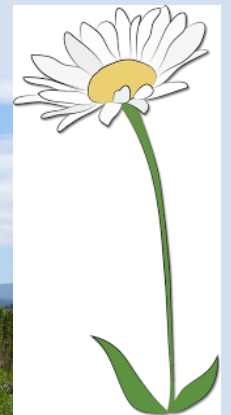
ADDING A RIDE TO YOUR SMARTPHONE'S CALENDAR

You can now add a scheduled ride from the PWTC Ride Calendar to your smartphone's calendar app (such as Google Calendar.)

- 1) From your smartphone browser, open the Ride Calendar.
- 2) Select the desired ride and scroll to the bottom of the page, below the start location map.
- 3) Click the "Add to Calendar" button.
- 4) If you are asked how to open the file, select your calendar app.



**McIver
Overnight
Friday April
20th**



We had 10 riders...Craig (Sarah's' husband) succeeded in getting her to be his 'sherpa' and carrying all their equipment. Trailer did not work with his bike (poor boy!) It was the perfect trip to test out new equipment and for newbies to see if touring was enjoyable...it was for all!

The weather was perfect...we camped in the hiker/biker area which was delightfully quiet.

On Saturday after a hardy meal at Harmony Bakery we climbed up Amisigger Road back to the start where once again hungry cyclist devoured 3.5 boxes of Girl Scout cookies in less than 15 minutes!

It was a great trip!
By Benn Schonman

WELCOME RIDES 2018

In May you will notice our ride schedule includes rides called WELCOME RIDES that include enticing names such as "West Side Ride," "Around the Compass Explorer," "Willamette River Ride" and "Explore Vancouver (WA not BC)." These rides will run from May through September.

There are 4 ride leaders: Tom Carter, Bud Rice, Bruce Buffington and me, Ann Morrow. We each offer one of the above rides and we each try to offer them once a month. The beauty is, with 4 of us, the obligation is not burdensome.

This year, my usual LaCamas Lake Loop has to be scrapped, at least for the time being, as the area around LaCamas Lake is being renovated for new development. Once one road opens up another is going to be worked on throughout the summer it seems. And "open to vehicular traffic" does not always mean happy trails for us on our skinny road bike tires. Additionally, this route, which many PWTC members have told me is a favorite, has evolved over the years from a mostly rural ride to a mostly urban ride. Some of the remaining rural roads have no shoulder and get busier each passing year.

In any event, for 2018 I am going to head off to the west instead of the east and we'll look at Vancouver Lake and the Columbia River instead of LaCamas Lake. It should be a nice "touristy" kind of ride in The 'Couv. Please note there is a new start location as well.

We welcome any and all of you to join us. These are group rides and I know some of the boys don't have maps, they just spin around in their own serendipitous fashion and it's a different ride every month. I, on the other hand, have a map and cue sheet and we are sticking to that route every single time! But it's still a group ride. When we are leading these rides, and if we have newer riders, it is sometime difficult to have much of a discussion with them. We're out front leading. It's wonderful to have other club members to talk to them, ride with them, and show them by example how to ride in a group.

Please encourage newer riders, your non-member cycling buddies, whoever you think can ride 25-30 miles at about 12-15 mph on the flats, to join us. These are a bit longer and more challenging than Chuck's Slow Poke Rides or my MEET PWTC or Back in the Saddle Again rides. They are pretty ambitious for novice riders. Send them to Chuck or me for the easier rides!

Don't forget to thank Bud and Tom and Bruce for helping out with these rides. It takes a certain kind of person to lead group rides and these guys are masters.

Thank you.

Ann Morrow



Welcome New Members

Janet Adkins
Heather Burke
CalLee Davenport
Andy Englehart
Liz Hardaway
Lee Hazelton
Nancy Hazelton
Mark Johnson
Matt Kennedy
Brian Kruse
Debra Monzon
Gary Monzon
Ken Norland
Greg Schmick
Mike Sjodin
Connie Vorenkamp
Steven Vorenkamp
Pete White
WendyLeigh White



PWTC is looking for a volunteer to take over as Program Coordinator, to start when Barry E. finishes his stint after the July 2018 meeting. This is a fun job that mainly entails a lot of e-mails to reach out to potential presenters, get them scheduled, and then send a follow up 2 - 3 weeks before the meeting date. (It also helps being handy with the club's digital projector, as typically about half the presenters will want to use it). For anyone who might be interested in being the new Program Coordinator, feel free to contact Barry at any time with any questions you may have. Barry is also glad to share additional tips, a list of potential presenters, etc., to make for an easy transition

2017 Charitable Donations

Being a part of PWTC, members work hard to fundraise and to give back to the community. Most members volunteer in two annual events, STP and Pioneer Century. Every November, the Board makes the determination of the approved amounts, and exactly who will be the lucky recipients of our charitable donations. The Board communicates this information to members via the December QR newsletter and a formal announcement at the December club meeting. Funds are dispersed to our friends in the community typically in late December or early January.

<i>Below is what the 2017 Board approved, announced at the December Club meeting, and</i>
Northwest Bicycle Safety Council \$5,000
Friends of the Historic Columbia River Highway (FHCRH) \$1,500
Community Cycling Center \$1,000
Bikes for Humanity (education & bike repair instructions for low income children) \$1,000
Our Savior Lutheran Church (parking lot & facilities use at the weekday rides) \$1,000
Bike Index \$500

<i>Dispersed in <u>late March 2018</u> (The remaining of 2017 contributions to be re-assessed after</i>
Northwest Bicycle Safety Council \$5,000
Friends of the Historic Columbia River Highway (FHCRH) \$1,500

I am concerned, and I expressed these same concerns at the April club meeting, because the original disbursements were not made as published and no update regarding why or when they might be made has been shared. A request was made to the board to present the status of the charitable donations in the May QR. It's my understanding they have slated this topic for possibly the May board meeting based on the reply I received on April 10, 2018.

I would like to see the board implement an official policy imposing a deadline as to when charitable donations will be dispersed going forward. Policy would also be beneficial to assist new presidents and treasurers understand what their obligation is to the club. Since 2015, the trend has been that donations simply *don't* go out until well past January, towards mid-year. Hence, the request to implement a new policy.

I hope my concerns are shared by other club members. In simple terms, I would simply like the board to uphold the 2017 board's directive, made in the form of a motion which was apparently approved unanimously, or explain their concerns, reasoning and intentions so the club has the benefit of knowing what is happening and why with the money they helped raise.

Respectfully submitted by,

Kathy Hellem

LAST CALL FOR VOLUNTEERS – 2018 PIONEER CENTURY

As I tally up signups on SignUpGenius on this last full week in April, I see 63 of the 105 volunteer time positions filled, leaving 42 open slots to fill. We do not have a June club meeting for last minute pleas for help for remaining unfilled positions, so please log into SignUpGenius using the following link.

<http://www.signupgenius.com/go/20f0a4aa8a92ea5fa7-2018>

Here are the open positions, generally sorted by date/time/Item type:

	START DATE/ TIME	END DATE/ TIME	ITEM	LOCATION
1	6/2 6:00 AM	6/2 9:00 AM	Tripod/Directional Signage Deployment	Eastside Routes
2	6/2 6:00 AM	6/2 9:00 AM	Tripod/Directional Signage Deployment	Westside Routes
3	6/2 6:00 AM	6/2 9:00 AM	Tripod/Directional Signage Deployment	Westside Routes
4	6/2 6:00 AM	6/2 9:30 AM	Valet Parking Artisans	Canby Fairground
5	6/2 6:00 AM	6/2 9:30 AM	Valet Parking Artisans	Canby Fairground
6	6/2 6:00 AM	6/2 9:30 AM	Valet Parking Artisans	Canby Fairground
7	6/2 6:00 AM	6/2 9:30 AM	Valet Parking Artisans	Canby Fairground
8	6/2 6:15 AM	6/2 9:15 AM	Route Ambassador I	NE Territorial Rd and Bike Path
9	6/2 6:00 AM	6/2 6:30 PM	Merchandise Manager	Canby Fairground
10	6/2 6:30 AM	6/2 9:30 AM	Merchandise Sales	Canby Fairground
11	6/2 6:30 AM	6/2 9:30 AM	Merchandise Sales	Canby Fairground
12	6/2 9:30 AM	6/2 12:30 PM	Merchandise Sales	Canby Fairground
13	6/2 9:30 AM	6/2 12:30 PM	Merchandise Sales	Canby Fairground
14	6/2 12:30 PM	6/2 4:30 PM	Merchandise Sales	Canby Fairground
15	6/2 1 2:30 PM	6/2 4:30 PM	Merchandise Sales	Canby Fairground
16	6/2 6:30 AM	6/2 5:30 PM	Event Photographer	Canby Fairground
17	6/2 6:30 AM	6/2 5:30 PM	Event Photographer	Canby Fairground
18	6/2 6:45 AM	6/2 1:00PM	SAG / Support Driver	62/100/104 Mile Routes
19	6/2 6:45 AM	6/2 5:30 PM	SAG / Support Driver	All Routes
20	6/2 1:00PM	6/2 5:30 PM	SAG / Support Driver	All Routes
21	6/2 1:00PM	6/2 5:30 PM	SAG / Support Driver	All Routes
22	6/2 9:30 AM	6/2 12:00PM	Champoeg RS Ambassador	Champoeg RS
23	6/2 11:30 AM	6/2 2:00PM	Champoeg RS Ambassador	Champoeg RS
24	6/2 4:00 PM	6/2 6:00 PM	Tripod/Directional Signage Retrieval	Eastside Routes
25	6/2 4:00 PM	6/2 6:00 PM	Tripod/Directional Signage Retrieval	Eastside Routes

	START DATE/ TIME	END DATE/ TIME	ITEM	LOCATION
26	6/2 4:00 PM	6/2 6:00 PM	Tripod/Directional Signage Retrieval	Westside Routes
27	6/2 4:00 PM	6/2 6:00 PM	Tripod/Directional Signage Retrieval	Westside Routes
28	6/2 12:30 PM	6/2 2:00 PM	Equipment Transfer—Day of (PM)	Sawtell RS to Elliot Prairie RS to Canby Fairground
29	6/2 3:00PM	6/2 4:30 PM	Equipment Transfer—Day of (PM)	Gervais RS to Champoeg RS to Canby Fairground
30	6/2 10:30 AM	6/2 12:30 PM	Wrist Band Cutter	Canby Fairground
31	6/2 12:00 PM	6/2 3:00PM	Fairgrounds Rest Stop Ambassador	Canby Fairground
32	6/2 2:30 PM	6/2 4:30 PM	Event Closure/Cleanup/Packup	Canby Fairground
33	6/2 2:30 PM	6/2 4:30 PM	Event Closure/Cleanup/Packup	Canby Fairground
34	6/2 5:00 PM	6/2 7:00 PM	Penske Truck Drivers—The End	Canby Fairground to Benn's house
35	6/2 5:00 PM	6/2 7:00 PM	Penske Truck Drivers—The End	Canby Fairground to Benn's house
36	6/2 5:00 PM	6/2 7:00 PM	Penske Truck Drivers—The End	Canby Fairground to Benn's house
37	6/3 9:00 AM	6/3 12:00 PM	Sanitary Engineers—Encore	Benn's House
38	6/3 9:00 AM	6/3 12:00 PM	Sanitary Engineers—Encore	Benn's House
39	6/3 9:00 AM	6/3 12:00 PM	Sanitary Engineers—Encore	Benn's House
40	6/3 12:00 PM	6/3 1:30 PM	Penske Truck Drivers—Encore	Benn's House to Penske Truck Rental
41	6/3 12:00 PM	6/3 1:30 PM	Penske Truck Drivers—Encore	Benn's House to Penske Truck Rental
42	6/3 1:00 PM	6/3 1:30 PM	Penske Truck Driver Shuttle Service	Penske Truck Rental to Benn's House

A new position has been added. It is a Team Leader Merchandise Manager, for Saturday all day.

Also, as a reminder, Directional Sign Deployment/Retrieval and Sag Driver's fuel costs are reimbursable.

John Joy has generously offered his automatic transmissioned pickup for use as a Sag Vehicle for a volunteer Sag driver who may not have provisions to haul people and their bicycles.

When you signup, be sure to indicate the size of your volunteer tee-shirt, that should be worn during your shift. If your shift allows, Volunteers are allowed to ride one of the courses free, just be sure to fill in the "Day of" Registration form, and to get PWTC mileage sign the PWTC Waiver & Ride Sign In List.

If you have any questions about what any job entails, please call me at either 503-641-2971 or 503-916-9195, or email at coreybike@comcast.net.

Thank you,
Corey Eng

STAGES

Respectfully submitted by

Ann Morrow

I enjoy riding my bike but have virtually no competitive spirit. I don't want to race, I don't care if you beat me up the hill or back to the start. I care a little if you beat me to the bakery but that's a totally different topic and my concern is not, alas, enough motivation to make me pedal faster.

I am married to a guy that enjoys watching the Tour de France (the highest level of bicycle road racing) and he will also watch at least parts of some lesser races if he happens upon them. When July comes, he is up early to watch THE TOUR. Whatever method we utilize to receive television must somehow provide access to THE TOUR. Sure, he records it, but he wants to see it unfold closer to real time. There is no talking to him during that time! Of course, some days it's "boring" or it's a "rest day" so not much happens and I can direct his focus elsewhere.

Back in the late '90s and early 2000's my husband came to really admire Lance Armstrong. Finally, an American road racer that was a continuing contender. When rumors began about doping, hubby, along with many others, stuck by his guy. As additional evidence was revealed the denial continued until hubby sadly admitted that Armstrong, along with many other Tour riders, had used some sort of performance enhancing drug. Those were dark days in the Morrow household.

Since those golden years we Americans haven't enjoyed such notoriety in world road racing. Chris Horner, from Bend, had some limited success and there have been others. But nothing like Armstrong. July has lost a lot of its charm and excitement.

Most of us probably aren't supporters of performance enhancing drugs. This makes Armstrong a pariah because of his bad behavior. However, if you believe in second chances and can overcome your anger at having been betrayed, Armstrong is back with a very interesting Podcast called STAGES. "OUTSIDE" editor Christopher Keyes noted Alex Rodriguez of MLB fame has a history of using PEDs and he is considered an outstanding analyst for Major League Baseball.

Armstrong's website describes STAGES as follows:

STAGES presents a singular perspective on the world's most iconic cycling races, including the Tour de France and the Classics, as well as the broader endurance sports scene. Not your typical cycling or sports podcast, STAGES brings listeners deep inside the racing action, imparting insights from someone who knows the suffering and splendor like no one else. In addition to course previews and timely race analysis from Armstrong's distinct point of view, the audience also gets to hear from featured guests, who regularly swing by the STAGES studio to join the always-lively conversation. Guests have included former teammates like George Hincapie during the Tour de France, and Mark Allen and Dave Scott in advance of the IRONMAN World Championship.

I'm not a racing follower. At all. But I've found that I really enjoy watching this Podcast and listening to the strategies and the banter and ribbing between the guests and Armstrong.

Started in 2017 specifically for the Tour de France, a real following quickly developed for Armstrong's Podcast and this year, pre-Tour, we can learn about Paris-Roubaix, Tour of Flanders and a mountain bike race, 24 Hours in the Old Pueblo, in which George Hincapie, Christian Vande Velde, Dylan Casey and Armstrong rode as a team.

Additionally, I just learned about THE FORWARD with Lance Armstrong. His website says this podcast:

...gives the audience a rare and revealing listen into Armstrong's conversations with some of the most interesting people he's met through the years. Guests of the weekly podcast include an eclectic range of personalities—some well-known, others simply with intriguing stories to tell—from the world of politics, entertainment, art, business, sport and more. ...The Forward Podcast is a personal, honest, engaging and always entertaining dialogue that leaves the listener with new insights and information every week.

I watched some of his conversation with Michael Shermer in which they discussed the purpose of this life, cancer, suffering and Race Across America.

This podcast is not focused on cycling but picking and choosing shows of interest would be enlightening.

What with the weather being so lousy, it's sometimes necessary to get our cycling fix vicariously. This is an enlightening option.

Go to lancearmstrong.com and get the details regarding accessing the programs. At least some of them are on YouTube.

PWTC Insurance

By Chip Kyle

At the April club meeting, an overview of the insurance carried by the club was presented. Since the attendance was lower than usual due to poor weather, I thought it would be helpful for all club members to be aware the types of coverage we have.

The club carries three types of insurance: a general liability policy; a directors and officers (D&O) liability policy; and an excess accident medical policy. The first protects the club from liability claims of bodily injury, property damage and personal injury. It covers: Club Rides (recreational rides for which no fee is charged), Special Events (rides for which a participation fee is charged, e.g. Pioneer); and Bicycle Related Activities (club meetings and fundraisers). There is a limit for coverage of \$1,000,000 for a single occurrence, with a general aggregate of \$5,000,000. Regardless of whether or not the ride participants are club members or not, the club is covered.

The D&O insurance can be thought of as malpractice insurance for the organization and those who manage the club. It provides coverage for legal costs, judgments and settlements for allegations of wrongful acts, errors, and omissions. Similar to the general liability policy, the coverage limit is \$1,000,000.

Of most interest to all club members is the excess accident medical policy. This insurance kicks in after the injured rider's own medical insurance is exhausted and covers expenses related to the accident (such as doctors' and hospital bills, deductibles, co-pays, etc.). This insurance is available to all club members and to non-club members who are on their first ride with the club. Non-club members participating in club rides are not covered **after** their initial ride. There is a \$10,000 limit per person per accident on this policy.

Please note and remember that when you sign in for a club ride, you are not just recording mileage, you are also signing a waiver that absolves the club of any responsibility for what happens to you or your bike. From the waiver: ". . . under no circumstance will a claim be made . . . I acknowledge that cycling is a dangerous sport

. . . I will ride safely, legally and courteously . . ." Basically, you are taking full responsibility for yourself and the results of your actions.

If a minor is participating in the ride, then that person is also covered as long as the minor's legal guardian signs for him/her. Otherwise, the minor cannot participate in the ride. Feel free to ask any board member if you have additional questions.

Editor's note: I did not catch in Kathleen's article that she incorrectly stated insurance would help if you wrecked your bike. This is not the case as Chip pointed out in this article. Please forgive my oversight.

STP Volunteers Needed

Our second signature fundraiser, setting up, running and taking down the finish line at Holladay Park, takes place over the weekend of July 14-15. There are other positions on Thursday, Friday and Monday too, July 12,13 and 16 respectively. I have noticed some Wheelmen volunteering for the Pioneer Century (we thank you) but missing out on the fun of STP, why not try them out both? Volunteers for STP will receive a colorful tee shirt to identify them as a volunteer and a food voucher to redeem at the many food vendors. Of course there is that pizza party the Monday before the long weekend.

Use the following link to reserve your spot(s).

<http://www.signupgenius.com/go/20f0a4aa8a92ea5fa7-20181>

Note: you do not necessarily need to use the Login button, located in the upper right corner of the page, when choosing an available slot(s) and time(s).

If you have any questions about the volunteer jobs or need help logging in to SignUpGenius, contact me at 503-641-2971 or coreybike@comcast.net

Your club thanks you,

Corey Eng, 2018 Pioneer and STP Volunteer Coordinator



4/21 SMM





4/3 Tuesday Morning Spin



RTB Triple Volcano 4/21



Monster Cookie Ride

Fort Stevens Camping Trip - July 19, 20, 21, 22

Explore the northern Oregon coast this summer on this riding and camping extended weekend. We'll be staying at Fort Stevens State Park at the mouth of the Columbia River. There will be rides on July 19, 20 21, and 22.



Make your own campsite reservations at [1-800-452-5687](tel:1-800-452-5687) or at oregonstateparks.org. Event headquarters will be at campsite #173. Remember that state park campgrounds fill up very quickly. If you are not a camper you can book a motel in the area.

RIDES

Thursday, July 19 --- A late afternoon/early evening ride around the park and the over to Warrenton for a dinner stop. Distance about 15 miles

Friday, July 20 --- Ride mostly back roads down to Seaside for a lunch stop. Return along Hwy 101. Distance about 47 miles

Saturday, July 21 --- Ride back roads on a loop along the Youngs River. Several distances from 28 to 54 miles.

Sunday, July 22 --- Take a loop over to Fort Clatsop. About 35 miles.

For more information contact Bud Rice, [503-667-0683](tel:503-667-0683) or bikebud@spiretech.com.



Cove Palisades Camping Trip - August 24, 25 & 26



Explore some of the most scenic parts of the state on this three ride camping weekend in Central Oregon, Friday, Saturday, and Sunday August 25, 26, and 27. We will be staying at the Crooked River Campground at Cove Palisades State Park near Madras. All of the campsites have water and electricity at each site.

Fridays ride travels along Lake Billy Chinook, Round Butte Dam, and has a lunch stop in Madras. On Saturday we ride down to Smith Rocks State Park, with a lunch Stop in Terrabonne. Sundays ride goes out to Haystack Reservoir.

Make your own campground reservations at [1-800-452-5687](tel:1-800-452-5687) or at oregonstateparks.org. Event headquarters is at campsite E31. If you aren't a camper you can book a motel in Madras, about 10 miles away. For more information contact Bud Rice, [503-667-0683](tel:503-667-0683) or at bikebud@spiretech.com.

The Old West Scenic Bikeway: June 28-July 2

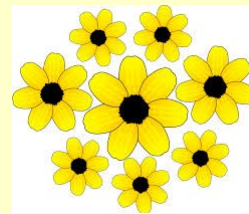
The Old West Scenic Bikeway is a beautiful, challenging, 174-mile loop through rural Eastern Oregon. It passes through small communities and every time you round a corner you take a big sigh and recognize how lucky you are to be in such a majestic area.

We'll start in the town of Long Creek which is about a 5 hour car trip from Portland. The Long Creek Lodge / 541.421.9212 has rooms and there is camping at the Long Creek RV Park / 208.360.5197 for \$10/tent Make your own accommodations. Vehicle parking available for a few days in town. Ritter Hot Springs (not on 'Old West' Bikeway) is just a few additional miles up Hwy 395 and is the idyllic last night of camping for our trip. Ritter has a very small hotel and camping. It's an easy 20 miles back to Long Creek from Ritter.



The Fine Points

Day 1: Long Creek to Lone Pine Campground / Kimberly.....	33 miles
Day 2: Lone Pine to Clyde Holiday Park / Mt. Vernon.....	51.3 miles
Day 3: Holiday to Bates State Park.....	36.8 miles
Day 4: Bates to Ritter.....	49.7 miles
Day 5: Ritter to Long Creek.....	19.5 miles
Total 190.3	



Note: There are sections without potable water...tablets or filtration folks! Carry extra water bottles

Website Info / Map / Cue Sheet <https://traveloregon.com/things-to-do/outdoor-recreation/bicycling/road-biking/old-west-scenic-bikeway/>

Details Date: June 28-July 2

Start Time: after a good hearty breakfast with a not too early start ...it's only 33 miles today...we're on vacation!

Type: Non Group Pace: Leisurely Length: 190 miles Terrain: C-D

For More Information contact: Benn Schonman / 503.775.8300 / bennschonman@gmail.com

2018 Columbia Gorge Explorer

Coming this May 25 - 28 is the 18th annual Jim 'O'Horo Memorial Columbia Gorge Explorer loaded tour. This 4 day scenic touring classic starts in Vancouver and takes two days to ride east along Columbia River, crosses the Columbia on Rt 97 at Biggs Junction and takes two more days to return to Vancouver along the Oregon side of the Columbia. For many years, Jim O'Horo, a member of both the Vancouver Bike Club and The Portland Wheelmen Touring Club, and an activist in the cycling community, organized and lead this ride. Jim passed away a couple of years ago and the ride was re-named in his honor.



This years ride offers some changes from the rides in the past. The route remains mostly the same, but the scenery has changed since last year because of the catastrophic fires in the Gorge. Several segments of the route will take us through these burned areas. What was once a verdant tree lined path, is now a scorched landscape. It will be interesting to see what new growth begins to appear by spring. We will also be camping in the lower campgrounds at Viento State Park, because of damage to the upper campsites where we've previously camped. Additionally, we have reserved campsites at each campground, and the \$20 registration fee covers all three nights of camping.

The CGE is a 4 day unsupported loaded tour, which means you are responsible for transporting all your equipment. Many of the riders are experienced loaded tourers and are willing to help with any equipment problems that may arise, however, there is no SAG support on this ride, so you need to be self sufficient. There are food stops along the way where you can resupply, so you don't have to begin with 4 days worth of food. Water is regularly available along the course and in the campsites as well.

This ride is now posted on the VBC and PWTC websites, with links to the route maps and registration instructions.

If you have any questions, please contact Bill Hamilton at cge@pwtc.com.

Quick Releases

A Monthly Bulletin of the
Portland Wheelmen Touring Club

Check your membership expiration date.

Is it time to renew?

Online: <http://pwtc.com/>

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