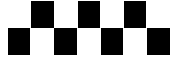


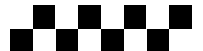


Quick Releases

The Monthly Bulletin
Of the Portland Wheelmen Touring Club



July 2018 Vol XLVII No 7



Top Talk

By Chip Kyle
President

One of the characteristics of this club that makes me proud is how willing you, the club members, are to volunteer and to serve in whatever capacity is needed. It is gratifying to see so many turn up, smile, ask what else can they do and be a significant, contributing part of a large effort. These attributes showed up in abundance for the recently concluded Pioneer Century. I want to again offer my heartfelt thanks to all of you for your help. We needed you, and you came through! Thank you for a job well done!

We are almost done with our pleas, begging, wheedling, arm twisting and solicitations as we look for volunteers for the STP. Running the finish line takes a tremendous level of volunteer effort from club members. As of this date, we are just two weeks from that event. There are a few important positions still open. We offer lavish compensation for volunteering: a pizza party before the event, food vouchers at the event (you get to eat twice!) and yet another colorful t-shirt to add to your collection. Corey Eng serves as Volunteer Coordinator for STP. If you have not already signed up for one of the volunteer positions, please do so. Contact Corey directly and get access to Sign Up Genius.

Please remember to put the club picnic on your calendar. It is scheduled for the first Sunday in August, the 5th. The format is somewhat different this year as we are returning to the potluck style.

July:

Emily Dalsfoist: Yoga for Cyclists



Emily is a skilled, experienced and knowledgeable yoga teacher AND an avid cyclist!

Aug: No Meeting

Come to the Picnic instead

STP VOLUNTEERS PRE-EVENT PIZZA PARTY

Monday, July 9

6:00 – 8:00 p.m.

Flying Pie Pizzeria

7804 SE Stark, Portland, OR 97215

Come meet your team leaders and other volunteers, pick up your T-shirt, enjoy some pizza, salad and beverage and socialize! Thank you for volunteering with the Portland Wheelmen Touring Club to help the Cascade Bicycle Club have a successful STP!

Questions? Contact

Ann Morrow, Finish Line Coordinator
360-608-3173, anniedmor@gmail.com

Corey Eng, Volunteer Coordinator

503-641-2971,



Club Meeting

Date: Thursday, July 5, 2018

Time: 7:00 PM

All Saints Episcopal Church

**4033 SE Woodstock Blvd
Portland OR 97202**

Board Meeting

Date: Monday, July 23, 2018

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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See the article nearby for the type of food to bring depending on your last name. We are offering three rides for your enjoyment - a family ride of 10 miles, and two longer rides of 25 and 32 miles. You will need to sign up for the picnic so we have an accurate headcount to know how much of the primary fare to purchase. Look for information elsewhere in this QR.

Summer is our most active time. There are more than 90 rides in July of all distances, locations and paces. On the calendar you will find a loaded tour, another extended weekend for (base) camping and riding at Ft. Stevens, the Tandem Rally, hilly and flat rides, evening as well as morning rides, and don't forget Bud's Ride and Yard Party at the end of the month. Whatever events or rides you partake in, please remember to . . .



Ride Safely!
Chip Kyle

For Coffee There Is Nothing Boring About Boring

On Monday June 18th more than 15 PWTC riders accepted ride leader Bob Johnson's invitation to try a new coffee stop: Heaven Scent in Boring. The offer of free coffee was part of the incentive (yes a new free coffee day is in the planning stage), but Bob was also a good salesman. He did not promote the ride as a charitable activity, but in a sense it was. The owner of Heaven Scent, Kelly Shewbert, learned from Emile, one of her employees, that a couple living in Boring had a child who would soon die unless a suitable heart transplant donor could be found. She publicized the problem to her customers, designated a certain date that she would donate her business proceeds to the new parents, invited others to contribute, and was surprised that many (Smith family included) heard the plea and rose to the occasion. Over \$10,000 was raised to help

the parents leave Boring and live in the Seattle area near the hospital where the transplant would occur. In March 2018 a donor heart became available, the baby now is in great health, which has resulted in allowing the family to move back to Boring.

As many of you would recognize, the coffee business is very competitive. I visit Heaven Scent on most Mondays (weather permitting) because of Kelly's contribution to such a worthy cause, but also because the pastries offered are some of the best available in the coffee shops I normally visit.

If you have not visited Heaven Scent, are looking for great pastries at a very low price, and want to give business to a new eating establishment with a reputation of helping others, try Heaven Scent; 28104 SE Wally Road; Boring (503)663-2008

-Jerry Smith

PWTC Member since 1992

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.ori@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 Coordinator
 Brian Hammer 310-591-9458
 2018 Pioneer Day of Event Coordinator
 Ann Morrow 360-608-3173
 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
 Safety Committee.....
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 Ashley Reynolds 503 351-9510
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 Patrick Cecil 503-702-8864
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 Kimberly Morehead 360-355-2765
pwtc.qr@gmail.com
 Contributors: 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

Seattle to Portland 2018

Respectfully submitted by Ann Morrow

STP! It's the Northwest's really big road ride and it's coming up July 14 and 15. If you are riding I hope you have a wonderful ride. It's a great event and many Wheelmen have participated. If you are riding in 2018 I encourage you to wear a PWTC jersey as you are crossing the finish line. This enables the announcers to recognize a fellow club member and MAYBE even call out your name as you come through. Please appreciate that things get hectic, brains cease functioning and we wouldn't see our own child pulling across the finish line at times! But we'll try.

Our volunteers have been hard at work getting the finish line organized. Preliminary work began months ago with permitting, ordering of fencing, recruiting of volunteers and reserving the BUBBLE MACHINE! Team leaders are ready to go with Friday busses, traffic safety, return transportation, bike corral, baggage and the ever popular Information Booth. It's a lot of little details that make the finish line a real celebration for the participants.

If you aren't riding STP this year I hope you have volunteered to help down at Holladay Park near Lloyd Center. This is our club's second revenue generating activity of the year and we need all hands on deck to make it work (there are no club rides that weekend to encourage volunteerism!). A few hours of your time is much appreciated. It's fun to watch riders come across the finish line and it's a good way to get to know other PWTC members.

No HEAVY LIFTING as Vancouver Washington's SKYVIEW HIGH SCHOOL basketball and wrestling teams will be on site to tote fencing, load bikes and heft baggage. They will also serve as our ambassadors by handing out finisher patches.

Please contact Corey Eng, the Volunteer Coordinator, about volunteering. While we appreciate people dropping in at the park and offering to help, Corey has very specific job duties that need a committed participant. It's hard to slide a person into a role once everything is already in play. By the way, and in case you are unaware, it's Corey that does the hard work for the STP Finish Line. Without him organizing, problem solving, nagging, cajoling, threatening, pleading and encouraging we would be unable to take on this responsibility.

Use the following link to reserve your spot(s). <https://www.signupgenius.com/go/20f0a4aa8a92ca5fa7-20181>

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 Corey Eng at 503-641-2971 or coreybike@comcast.net. He says he's happy to get you entered into that data base but he needs you to let him know.

Thanks to all of you who give your time for this important event. It's truly a team effort - the team being Portland Wheelmen Touring Club. While it takes a bit of work to pull this off it's very gratifying to see thousands of fellow cyclists roll in to our lovely city and achieve a monumental cycling goal. Most of us have participated in similar events and been on the receiving end of such hospitality. This is our way of paying that forward.

PS: your ride sign in sheet for STP will be at the Information Booth. As a volunteer you may also earn club miles riding to and from the park and your sign in sheet will be at the Volunteer Booth. If you forget, contact me - Ann Morrow, 360.608.3173 or anniedmor@gmail.com. If you do volunteer I encourage you to utilize public transportation and/or your bicycle (park in the bike corral in the park) to get to and from the area. Parking is more and more at a premium each year.



PWTC Dues

Submitted by Chip Kyle

On an annual basis in June, the board is tasked with the review of the club dues and the dues structure. Along with this review is a close examination of our financial health and the direction the club finances are heading. At its June meeting, the board conducted the review and realized that the present income from dues covers only 50% of our fixed, annual expenses and does nothing to offset the annual variable expenses. The board would like to share its thoughts for going forward and seek your feedback before any final decision is made.

Presently the dues are \$25 per year per member with family members (immediate family, living at the same address) included at no cost. As of the June club meeting, the Membership Secretary reported that we had 425 members and 578 riders (implying there were 153 individuals who were considered "family members").

For the cost of membership, each and every rider receives a range of benefits:

- Club discounts at local bike shops;
- Abundant camaraderie and safety in numbers on a wide variety of daily club rides;
- Well planned extended cycling trips, camping & riding adventures;
- Access to a wealth of cycling knowledge available through presenters at monthly club meetings, the club library and the vast experience of other club members;
- Organized opportunities to volunteer with your riding friends to support the wider cycling community;
- An annual banquet and picnic with loads of door prizes, bike boxes for shipping your ride to your next great adventure, and much more!

The board has made the following recommendation and would like your feedback before final decisions are made. **We are recommending that dues remain at \$25 per year per member, but that the concept of family members be eliminated.** This means that the 153 family members would also pay annual dues of \$25.

We would like your feedback, so please send an email to me or any member of the PWTC board.

The inaugural Climb Spree riders reach the Parrett Mountain summit on a 90 degree day. Watch for this new ride to reappear on the calendar - it is full of gorgeous pastures, happy horses and lots of big hills and fun descents.



East Side Tues & Thurs night Rides



Ann's Welcome Ride—Explore Vancouver (WA not BC) June 3rd



June 17 Meet PWTC or Back in the Saddle —Two Bridges Ride

STP Volunteers Needed

Our second signature fundraiser, setting up, running and taking down the finish line at Holladay Park, takes place over the 3 day period Saturday through Monday, July 14-16. 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. The pizza party is at Flying Pie Pizzeria on Monday July 9, where you can meet your team leaders and grab your volunteer tee shirt.

As of July Quick Release publishing deadline:

Baggage has many open slots on Sunday between 2:30 pm – 7:00 pm.

Bike Loading has open slots on Saturday's 5:00 pm – 9:00 pm shift and Sunday's two shifts. Baggage and Bike Loading jobs will have many enthusiastic High-schoolers assisting.

Route Safety volunteers work the finish line area and numerous slots are available on Saturday's 3:00 pm – 6:00 pm and 6:00 pm – 9:00 pm shift and Sunday's 10:00 am – 2:30 pm and 2:30 pm – 7:00 pm shift.

Return Bus Transportation has open positions for both Sunday's noon – 4:00 pm and 3:30 pm – 7:30 pm shifts.

There is an opening at **Volunteer Booth** on Sunday from 2:30 pm – 7:00 pm

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

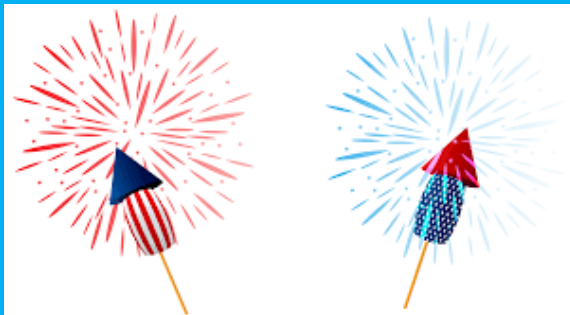
<https://www.signupgenius.com/go/20f0a4aa8a92ea5fa7-20181>

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 STP Volunteer Coordinator



Welcome New Members

Chris Albright
Tim Bogza
Bob Cook
Bonni Cotter
Michael Crabbe
Joe Derting
Philip Fensterer
Michael Hale
Matt Hodson
Eric Johnson
John Eric Lutz
Bruce McCracken
Michele McCracken
Cindy Minickharder
Ryan Minor
Lynda Reyes
Sam Shiffman



PWTC is looking for a volunteer to take over as Program Coordinator as Barry Emmerling will be finishing his stint soon. This is a fun job that mainly entails a lot of e-mailing to reach out to potential presenters, get them scheduled, and then send a follow up a few weeks before the meeting date. For anyone who may be interested in becoming the new Program Coordinator please feel free to contact Barry with any & all questions you may have (bemrs@comcast.net, cell: 503-318-9964). Barry is also glad to share additional tips along with a list of potential presenters, to make for an easy transition. Note: currently all of the presenter slots for 2018 are now filled, so the new person won't need to get anyone scheduled until next February.



I-205 Bike Lane

Respectfully submitted by
Ann Morrow

When Jim and I first viewed the house we currently live in one of the big appeals was a couple of "natural" areas in the yard. As a cyclist I do not want a "Butchart Gardens" landscape so the idea of natural combined with my naiveté helped promote the purchase of the house. Turns out "natural" is not static. Even natural takes effort.



Similarly, you may ride across the Glenn Jackson Bridge from Oregon to Washington (or vice versa) and use the path on the Washington side. I know you use the path because it's the only means to access the bridge! You may take for granted that it's a lovely serene little path giving you a brief respite from the noise and hustle of the bridge itself or Vancouver's city streets. Although it parallels SR-14 it still acts as a nice buffer.

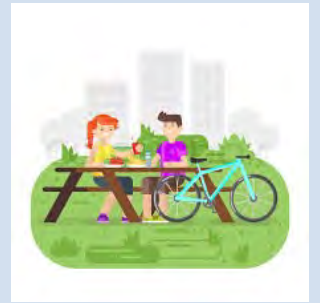
That lovely serene little path is maintained by our friends in the Vancouver Bicycle Club. Each spring and fall a VBC volunteer team heads out to at least attempt some control over leaves, blackberry bushes and debris. VBC member Jeff Wills shared some before and after photos from the June clean up. He spared us shots of his bleeding arms from the blackberry thorns. If not for him and the other VBC members it would be our legs and arms ripped up by the blackberry bushes.

Our club uses this path frequently and I encourage you to at least be mindful of why it looks so good. Jeff says he will keep us informed about their work parties so you can help as well.



PWTC PICNIC

Picnic registration is now open for August 5th at Columbia Park. We are bringing the much raved about potluck back, and the club will be providing cold cuts/beverages! During the picnic we will have: three rides to choose from prior to the lunch, a raffle for various prizes, and guest speaker author Dan Devise, regarding his book of the comeback of Greg LeMond.



If your last name starts with A-L, please bring a salad or appetizer. If your last name starts with M-Z, please bring a dessert. We hope to see you there!



Scotty in Dayville on the Old West Scenic Bikeway Loaded Tour





PIONEER PHOTOS





Sorority Sisters volunteering at the Gervais Rest Stop



Bicycle helmets – Safety facts and choices

Submitted by Pat McManus, Safety Committee

PWTC and most event rides require helmets on their rides. Of course, duh, we know that, but can you justify your use of a helmet to those who don't believe in wearing helmets and can you pick the right one?

The facts: Try these numbers on for size. The following study, which was based on over 6,000 people who suffered head trauma in a bicycle-related accident, found a significant reduction in severity of brain injury, mortality, and facial fractures in patients wearing helmets.

Bicycle helmets work when it matters the most. *American Journal of Surgery*. 2017. Volume 213, pages 413-417. Joseph B, Azim A, Haider AA, et al.

Division of Trauma, Emergency Surgery, Critical Care, and Burns, Department of Surgery, University of Arizona, Tucson, AZ.

Highlights:

The aim of this study was to assess the association of helmets with severity of traumatic brain injury (TBI) and facial fractures after bicycle-related accidents. Results of our study strongly support our hypothesis that helmet use in bicycle riders with intracranial bleed is independently associated with reduction in overall facial fractures and severity of TBI. Injury prevention programs should advocate the use of helmets in bicycle riders especially in the teenage group where least compliance with bicycle helmet use was observed.

Abstract:

BACKGROUND: Helmets are known to reduce the incidence of traumatic brain injury (TBI) after bicycle-related accidents. The aim of this study was to assess the association of helmets with severity of TBI and facial fractures after bicycle-related accidents.

METHODS: We performed an analysis of the 2012 National Trauma Data Bank abstracted information of all patients with an intracranial hemorrhage after bicycle-related accidents. Regression analysis was also performed.

RESULTS: A total of 6,267 patients were included. About 25.1% (n = 1,573) of bicycle riders were helmeted. Overall, 52.4% (n = 3,284) of the patients had severe TBI, and the mortality rate was 2.8% (n = 176). **Helmeted bicycle riders had 51% reduced odds of severe TBI and 44% reduced odds of mortality. Helmet use also reduced the odds of facial fractures by 31%.**

CONCLUSION: Bicycle helmet use provides protection against severe TBI, reduces facial fractures, and saves lives even after sustaining an intracranial hemorrhage.

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The choice: Now that you see a reason for helmet use, how about selecting one? Remember, good helmets can be pricey, but ask yourself how much your brain is worth. Virginia Tech (more formally known as Virginia Polytechnic Institute and State University) and the Insurance Institute for Highway Safety developed a 5-star helmet rating system based on more common types of bicycle-related crashes than the method used by the Consumer Product Safety Commission (CPSC rating). On June 26, 2018 they released their evaluation of 30 helmets using this system. Virginia Tech's website <https://www.beam.vt.edu/helmet/bicycle-helmet-ratings.html> states: "In collaboration with the Insurance Institute for Highway Safety, we have rated a total of 30 bike helmets using the STAR evaluation system. Our bicycle helmet impact tests evaluate a helmet's ability to reduce **linear acceleration and rotational velocity** of the head resulting from a range of impacts a cyclist might experience. Helmets with more stars provide a reduction in concussion risk for these impacts compared to helmets with less stars. **Wearing a helmet is most important** and can be the difference between life and death in the event of a crash. These ratings supplement standards by providing additional information on which helmets best reduce concussion risk. For bike helmets, we recommend any 4- or 5-star helmet."

Take special note of the 0-star rating for the non-helmeted head!



Letter to the Editor

I would like to commend the PWTC Board for their fiscally responsible and forward thinking decision to delay distribution of some of the donations that were planned at the end of 2017. A responsible Board needs to look at the long term effect of their decisions and the long term security of the organization.

Historically, the PWTC has been in the enviable position of having two lucrative fund raising events, the STP Finish Line and the Pioneer Century, which gave us the ability to be very generous with our funds.

But, the world changes and so does the PWTC. At its high point five or six years ago, the Pioneer attracted more than 1,300 riders. Since that high, the attendance has been on a steady decline, with the attendance below 500 for the last two years. This reduced attendance carries with it a direct reduction in the profit we generate from the event. Since many of the costs are fixed costs, like the fairground rental, rest stop expenses, permits etc, a reduction in registration represents a dollar for dollar reduction in profit. Last year we made less than \$2,000 on the Pioneer. This year we made approximately \$4000. At its high point the Pioneer generated in excess of \$25,000 in profit. Even a casual observer would see that this trend is going to have a significant effect on our financial picture.

Just like a fiscally responsible person who sees her/his income drop by 80% the PWTC Board has adjusted our spending accordingly. Where a person in this situation might delay the purchase of that desired new bike or the car, the Board has cut back on our expenses to reflect the new reality of the world in which we live.

So, again I commend the board for their decision and hope they continue to maintain the fiscally responsible, mature attitude that will keep the Club financially viable into the future. Remember, the PWTC is a 100% volunteer run organization and our Board and other volunteers give selfishly of themselves to make sure the club operates successfully. Most people have no idea how much time and effort the volunteers of the club spend to make it a successful club.

-Bill Hamilton

THANK YOU Pioneer Century volunteers

A big thank you to the many PWTC members and friends who spent hours preparing for the Saturday event, either before, during or after the official Saturday rides. The weather was perfect and we had no reports of any accidents.

Apologies in advance to anyone I may inadvertently missed.

Event Coordinators: Brian Hammer (with advice from Benn Schonman) and Ann Morrow.

Route marking: John Mardis, Karyn Mardis, Ron Ing and Benn Schonman.

Pre-registration leads: Lori Buffington and Chip Kyle.

Day of Registration lead: Joan Cullen

Food Czar: Arden Shelton

Canby Fairground Setup Manager and Assistant: Karyn Mardis and Jan Ostereich.

Friday Canby Fairground setup: Kimberly Morehead, Kathleen Hellem, Ian Aitken, Doug Myer and Ashley Reynolds.

Gervais rest stop: Cheryl Speer's Gamma Phi Beta Sorority Sisters

Elliot Prairie rest stop; Sawtell rest stop; Wait Park rest stop: Ellie Hodder's Pacific Ringers

Tripod & Directional road sign installation/removal:

Betsy McCollum and Todd McCollum (both setup and pickup).

Alan Mevis (both setup and pickup) and Del Decristofoto and Corey Eng (pickup).

Sag Drivers: Eric Hendricks, Ken Morgan, Dave McQuery, Dennis Hogan, Kevin Van Dyke, Chip Kyle and Kathleen Hellem.

Friday truck drivers: John Joy, Scott Poindexter and Bill Hamilton.

Saturday truck drivers: John Joy, Bill Hamilton, Dave Ek, Kenneth Larsen, Del Decristoforo, Kurt Minges and Scott Poindexter.

Sunday truck drivers: Alan Mevis, Ron Ing and Mark Hartel. (and Chip Kyle, shuttle service).

Valet Parking attendants: Alison Nelson, Dave McQuery, Joel Loh and Steve Price.

Event photographer: Rohith Gunawardena

Route ambassadors: Frank Arndt and Kris Damiano.

Day of ride registration: Tom Carter, Cackie Kyle, Marci Ray, Mark Klein, Milan Kavanagh, Cindy Bernert-Coppola and Alan Coppola.

Pre-registration check-in: Yvonne Ammerman, Chuck Dorr, Peter Goodkin, Robert Locke, Gary Shuler, Pat McManus and Richard Miselis.

Merchandise Manager: Linda Hammer with assistance from Wendy Heidt and Diane Kerns.

Wrist band cutters: Gary Monzon, Yvonne Ammerman and Nora Cheng.

Champoeg rest stop: Dick Adkins, Janet Adkins, Frank Arndt, Clay Dudley, Craig Hill and Sarah Hill.

Finish line rest stop: George Ammerman, Sharon Ford, Kimberly Morehead, Arden Shelton and Betsy McCollum.

Event closure, cleanup and packup: Patrick Cecil, Bob Johnson, Kurt Minges, Bob Sahleen, Bud Rice and Dick Weber.

Sunday sanitary cleanup: Steve Abeling, Joan Cullen, Brian Hammer, Linda Hammer, Agnes Ho, Mark Hartel, Ron Ing, Alan Mevis, Pat McManus and Chip Kyle.

Hope to see many of you next year!

Corey Eng, Pioneer Century Volunteer Coordinator

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.

CYCLE OREGON LITE : September 8, 9 and 10, 2018

I want to extend an invitation to all you to come and join us in Central Oregon the weekend after Labor Day. After a summer of riding you will be ready for these High Desert routes.

The September days in Central Oregon can be nippy in the early morning but invariably warm nicely as the day progresses. The traffic is sparse as summer tourists are back in school but it's still summer!



We'll head out from SunRiver on Saturday and ride to Elk Lake for lunch then up and around Mt. Bachelor. It's a nice metric century with a good climb between Elk Lake and Bachelor but then a blissful descent almost back to the start. I am usually able to provide a SAG vehicle that day to assist with carrying gear and providing a boost up the climb if needed.

Sunday we will ride out to Twin Lakes and your route can vary as it's an out and back. You can add or subtract mileage by altering your route.

On Monday we will explore the Twin Bridges Scenic Bikeway. You'll find the scenery to be quite different from the previous two days as we are out in the Juniper trees and rural terrain with Cascade views.

We've made a tradition of stopping at the McKay House for lunch before heading back across the mountain.

These are just club rides so find a place to stay and join us at the start locations. It's a great way to cap off your summer of riding.

I hope to see you in Central Oregon!

Ride Leaders Ann Morrow, 360.608.3173 or anniedmor@gmail.com. Cindy Bernert-Coppola will be leading the Monday ride - 503.781.1822 or cindybco@gmail.com.

Pioneer Century Thank you

Thank you to all of the participants and volunteers who supported the recently concluded Pioneer Century. As has often been stated, the Pioneer is and continues to be a prideful event for the Portland Wheelmen family. Individuals coming together to fulfill a common goal of presenting one of the more enjoyable and satisfying event rides in the region. Our volunteers give of their time, expertise and more than a wee bit of sweat equity in order to fulfill the myriad of tasks that this little shindig requires. By all observations, it was a fun, safe, successful day. Even the weather "played nice" unlike the recent extremes of damp & muck or broil & char feasts that we recall all too well. On a personal note, I wanted to extend my appreciation to our leadership team of Corey Eng, Lori Buffington, Joan Cullen, Chip Kyle, Cindy Bernert-Coppola, Arden Shelton, Ann Morrow along with mentors Benn Schonman, Ron Ing and The Mardi. Their insights, contributions and counsel were invaluable to me as we navigated the numerous obstacles that often surface during throughout the preparatory months. For now though, we step aside and yield the stage to the needs of all things STP. As we do, feel free to check out a photo [retrospect](https://drive.google.com/file/d/13WvoB-xSJRQObOWg5Bjv5KYE2_w9tCKX/view) (https://drive.google.com/file/d/13WvoB-xSJRQObOWg5Bjv5KYE2_w9tCKX/view) of the volunteers and two wheel participants who contributed to the on going's of this, the 44th annual Pioneer Century.

Brian



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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WEB!

PWTC.COM



2018 Gorge Ride Volunteers

Sunday Parkways

