



# Quick Releases

The Monthly Bulletin  
Of the Portland Wheelmen Touring Club

September 2018 Vol XLVII No 9

## Top Talk

By Chip Kyle  
President

Summer is the most active time for our club. For the last several months, we have posted more than 70 rides each month with 90+ in the month of July. These are impressive numbers, both from the quantity of opportunities to ride and the number of club members turning out to participate. Reports from ride leaders are indicating large turn-outs, with some rides having more than 30 participants. Despite the fact that the weather has been unusually hot (and smoky!), it's a testament to our enjoyment of riding and sharing time with our other club members.

At the beginning of the month we staged our annual picnic with great success. In contrast to the last 3 years, we returned to the potluck format with the club providing the main portion, drinks and sundries while the attendees brought salads and desserts. More than 100 people turned out to enjoy one of three different rides along with the plethora of cookies, pies, cobblers, cakes, and too many types of salads to count. It was all great and I attempted to sample as many as I could (they were small samples). Everyone I spoke to following the picnic told me how much they enjoyed the

### September:

Portland Police Bureau Traffic Division  
Officer McCageor (Cage) Byrd



### October:

Yashar Vasef, of the Community Cycling Center will discuss CCC's mission

### Last Organized Ride of the Season....



PRESENTED BY



### Harvest Century

Sunday , September 23rd

Ride Leader:

Kathleen Hellem



### Club Meeting

Date: Thursday, September 6, 2018

Time: 7:00 PM

All Saints Episcopal Church

4033 SE Woodstock Blvd  
Portland OR 97202

### Board Meeting

Date: Monday, September 24, 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

### In this month's issue

Top Talk Cont.....	2
Spotlight on Safety.....	3
<i>The Comeback</i> Thank You.....	3
RSVP Recap.....	4
Picnic Recap.....	5
Aldo Elephant Cycle Charge.....	6
Club Dues.....	7
PWTC Name Change.....	8
New Members.....	8
Ride with GPS.....	9
Cove Palisades pictures.....	10
Cycle Oregon Lite.....	11
Pictures.....	12

format - especially the diversity of food. While the decision will be left to future boards, I expect we will continue with this format going forward. A heartfelt thanks to Ashley Reynolds for organizing the event along with the expert assistance of Ann Morrow and Kathleen Hellem. All three did a great job and the event would not have happened without them.

As I'm writing this, the last one of the extended weekend rides in other parts of Oregon is taking place. Bud Rice is again leading a ride in Central Oregon - this one out of Cove Palisades State Park. Day 1 took the riders to Madras, Day 2 to Smith Rock, and Day 3 to Haystack Reservoir. Ride distances ranged from 30 to 50 miles, and recently posted pictures on FB show many smiles and fun times. If you haven't participated in one

of these rides, give it some thought. Alternatives to camping are always available.

In the meantime, Ride Safely!  
Chip Kyle



Check out the link to the ODOT bicycle manual Rules of the Road.

<http://www.oregon.gov/ODOT/Programs/TDD%20Documents/Oregon-Bicyclist-Manual.pdf>

## 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  
   Rob Schroeder 503-653-5484  
   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 Century Vol. Coordinator...Corey Eng  
   503-641.2971 coreybike@comcast.net  
  
 2018 STP Bus.....Bill Hamilton 503-778-0552  
 STP Vol. Coordinator.....Corey Eng 503-641-2971  
   coreybike@comcast.net  
 Program Committee .....Barry 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](http://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.....  
   Pat McManus 503-309-9437  
   Steve Price 503-705-7276  
   Jeff Marshall 503-255-3790  
   Eric Hendricks 503-803-7926  
 Quick Releases Staff Editor...  
   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 Rob Schroeder or Sarah Hill at PWTC  
 Road Captain email: roadcaptain@pwtc.com

### PWTC Web Site:

<http://www.pwtc.com>



## Thank You

I wanted to extend my heartfelt thanks to everyone who came out to my book talks in Spokane, Tacoma, Corvallis, Salem and Portland. They were my last stops

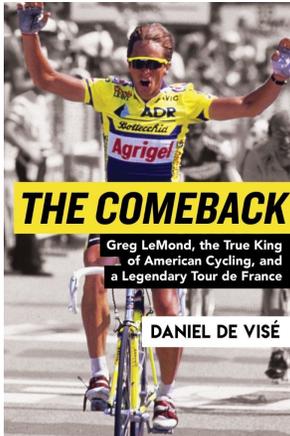
on a twenty-city book tour, and the strong participation of cyclists and cycling fans made every stop worthwhile. Along the tour, I met several actual characters from the book (!), including Greg's father and sisters, his friends Cliff Young, Ron Kiefel and Frank Kratzer, and his first team sponsor, Roland Della Santa. The book has gotten some great press, including reviews in the [Washington Post](#) and [Seattle Times](#), excerpts published by [VeloNews](#), [City Pages Minneapolis](#) and the [U.S. Bicycling Hall of Fame](#), and features in the [La Crosse](#) and [Reno](#) papers (Kathy's and Greg's respective home towns). I also wrote an article for the [Chicago Reader](#) about my own family's experience crossing the country on bicycle in Dust Bowl era. Thank you again to everyone who bought the book: Your generosity in supporting both the talks and the book has been invaluable. And thank you for continuing to support the project - - every purchase, every rating or review on [Amazon](#) or [Goodreads](#), and every word-of-mouth recommendation to another potential reader is huge. Please feel free to write me at [ddevise@gmail.com](mailto:ddevise@gmail.com) if you would like another signed copy of the book, and have a great rest of the summer!

All the best,  
Dan de Visé

<https://www.danieldevisé.com/>

*Note from Barry:*

Marci's been reading his book - says it's good!



## Flashing Lights

By Steve Price

Bottom Line

Just because it meets the eye doesn't mean that it penetrates to the brain. Visibility is not the same as noticeability. We want to be noticed. Flashing lights in daylight will get us noticed. Being noticed will help prevent collisions and injuries.

The Details

Our brains try to make our lives easier for us. Think of the first time you rode in a group. You were aware of every little thing happening close to you. Your muscles were tense. Your mind was tense. At the end of the ride, you might have had a headache and needed a nap. Now, you are much more relaxed. Your mind automatically selects what to be concerned about and what to ignore. Without even being aware of it, you let most of those little things go by almost unnoticed because experience has shown you (that is, your brain) that they do not signify a hazard. Instead, you notice the relatively few things that represent a real hazard.

Driving is the same way but with a slight twist. Drivers unconsciously perform the same type of selectivity but do so with an eye toward other four wheeled vehicles. Two wheeled vehicles tend not to be perceived by automobile drivers. They might be seen, but they don't register. They are just background.

So, how to register in the mind of an automobile driver? Studies have shown that flashing lights can be quite effective in this regard. One study concluded that use of flashing lights can reduce accidents with personal injury to cyclists by 19%. Flashing lights help cyclists stand out from the background.



There is still some discussion among researchers about how much light and how focused the beam of light should be for maximum protection. However, there is a clear consensus that flashing lights are better than steady beam lights, and irregular flashing patterns are better than regular patterns. Also, because cyclists are particularly vulnerable to being hit from the side - particularly by cars pulling out of side streets - side visibility is helpful. You don't want that beam to be too narrow.

One final thought. Remember the first time you saw a road worker in one of those orange safety vests? He or she really jumped out at you, right? Now, you see so many of those safety vests that they don't jump out at you quite so much anymore. Expect the same for flashing bike lights. We may need to adjust in the future. However, for now, please use visible, irregular-pattern flashing lights during the day on all your rides.

(This article is the result of reviewing several sources. However, most of the information can be found in an article by James Huang that appeared in Cycling Tips. It can be found on-line at <https://cyclingtips.com/2017/02/see-seen-every-cyclist-needs-know-daytime-running-lights/>)

## 2018 RSVP Club Mileage Approved Ride Recap

Great ride! Not without challenge. Read at your own RISK!

**Case no. 1** Rachel had the wrong size screw in her cleat that (see pic) was *too long*, poking into her foot with pedal stroke and trained very little before slapping on 186 miles. **OUCH!**

**Case no. 2** Ann was riding along minding her own business and was **STUNG** on her cheek by a bee/wasp. Literally, she woke up day two unrecognizable, (see pic). Unable to wear her contacts, let alone open her left eye, rode day two of this ride **86 miles** with only one good seeing eye.

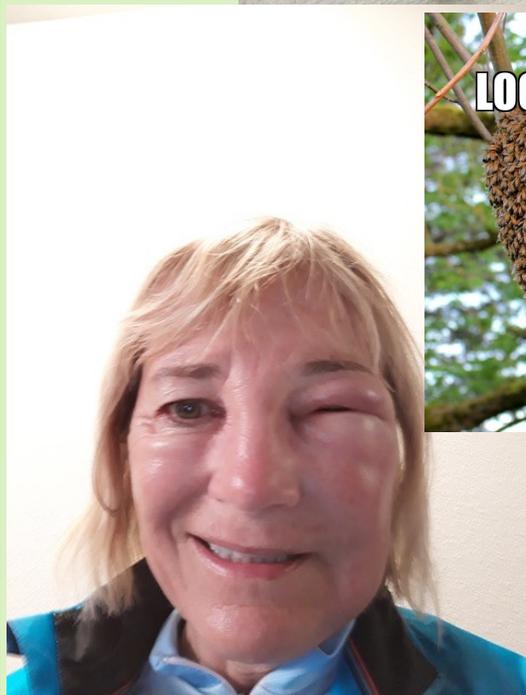
Hmmm... I take that back, she was sans' eye contact in her good. *How did she do this ride???*

**Case no. 3** Cindy's bike cable broke and she spent a couple hours at least at various rest stops trying to get this corrected. She shows true grit to be sure. Everyone knows a century ride is no place to be held up for any length of time. What spirit crusher that was for her. She overcame it and finished despite her challenges, **like a boss!!!**

**Case no. 4** Alan, CD, and I (Kathleen), we didn't have any challenges that compared to Rachel, Ann, and Cindy. No complaining from these three cyclists will be tolerated!

*Thanks all for coming out and riding RSVP 2018!*

Respectfully submitted by,  
Kathleen Hellem



## Welcome New Members

John Bryson  
Jamie Currin  
David Cutter  
Jim Harness  
James Harold  
Joshua Hughes  
Craig Loftin  
Bonnie Losick  
John Nicola  
Tom Rowe  
John-Scott McDaniel  
Burk Webb  
Spring Westerfield  
Tygre Westerfield  
Annika Willms  
Marcie Willms



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](mailto: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. No technical expertise is needed - a volunteer has come forward to help with the projector, etc.

## Annual Picnic Recap

Thanks to those who attended on August 5th! We had a turnout of around 100 club and family members. The food was potluck style (club provided cold cuts), allowing more money to be spent on prizes this year - purchased from Western Bikeworks and River City. It was a special treat to have Dan De Vise speak regarding his book about the comeback of Greg LeMond. A great narrative; I personally was not planning on purchasing the book, until I heard the engaging introduction! The picnic committee consisted of Scotty, Ann, Kathleen, and myself. Special thanks to Cindy for setting up the registration, our ride leaders that day (Ann, Tom, and Chip), and to Chip and Khaki Kyle and Arden for helping with the prior set-up. If you have any feedback, please contact Ashley at [atcarlette.reynolds@gmail.com](mailto:atcarlette.reynolds@gmail.com).

Submitted by Ashley Reynolds



## THE ADDO ELEPHANT CYCLE CHARGE

October 7–12 2018

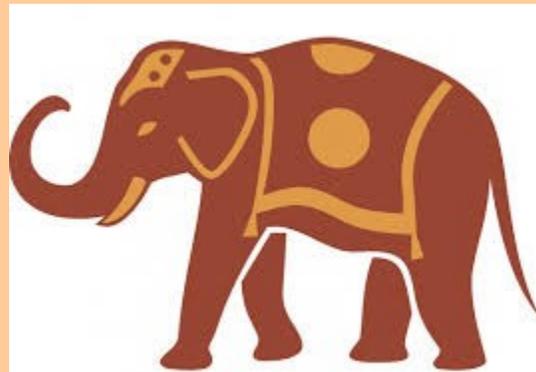
If you've got fire in your belly and adventure in your heart then the Addo Region Cycle Charge is for you. This 200 kilometre tour •

Possible experiences during the ride:

The challenge is to ride approximately 30 - 50km daily, but this is not a ride for the faint-hearted. Big Five Country on Jeep and Single Track Routes, with spectacular scenery and amazing sightings guaranteed. from Darlington Dam via the Bedrogfontein Mountain Pass to the Addo Main Camp is 5 days and 5 nights of trail-blazing through

See an original Settlers Ox-wagon.

- See where General Smuts stayed.
- Visit the Milkwood Tree Boer War Camp.
- Unknown Boer War graves.
- Tree carvings by British soldiers.
- The site of one of the original farm murders when the settlers arrived.
- The rare Red Minnow fish, a different species in each valley stream
- Trek Boer ruins
- Amazing flora such as unique Oldenburgia trees, Cycads, Proteas, Aloes and many more.



### INCLUDED IN THE PACKAGE

5 x nights of bush camp tented accommodation under the stars.

- Each rider gets their own canvas tent, bed and bedding, pre-erected at each bush camp.
- All bush camps include a shower and toilet.
- Delicious meals for breakfast, lunch and dinner.
- Beverages provided, including light alcoholic drinks.
- Free transfer from Addo Main Camp to Darlington.
- Guest speakers each evening and entertainment activities available each night.
- Armed Rangers and a medical emergency crew available.

See full brochure at [this link](#). PWTC member John Francis promoted it at the Picnic.

# Club Dues

By Chip Kyle

During the May and June board meetings, the financial position of the club was discussed at length. At the July club meeting, the topic of a possible revision to our current dues structure was presented to the members seeking comments, input and suggestions from all those present. At the subsequent board meeting in July, the board took into consideration all of the comments made during the club meeting and those received following the meeting from individuals who sent in emails or had approached a board member directly. Based on the comments received, the following decision has been made by the board:



**Effective January 1, 2019**, the annual PWTC dues will be \$35 per individual and \$50 per family (defined as up to 5 people having the same physical address). Similar to the current structure, there will be a two year membership option where the dues will be \$65 per individual and \$95 per family (same definition). Going forward as new functionality is added to the website, the emphasis will be on electronic processing of new memberships, and renewal of existing memberships along with associated payments.

8/19 Vancouver Lake from Sellwood Park



8/23 Slow Hill Montgomery Madness



8/21 Tues Night Ride



## WHY should PORTLAND WHEELMEN TOURING CLUB explore changing THEIR NAME ANYWAY???

The topic of a Club name change has been debated, voted on and brought up by new members potential new members for the last couple decades. Members of PWTC have dare suggested a name change on many occasions. If you want more historical information, ask Ann Morrow who has been an **MVP** and arguably, one of PWTC's most respected leaders for over 25 years! I can assure you, this isn't a new idea or topic. She certainly has as a story or two regarding this topic.

It's a **HOT** topic as many of us have found out. Some members are adamantly against it and some of us have witnessed members getting outraged showing public displays of angst at the mere suggestion of a club name change. My goodness, it's brought out sides of people we'd otherwise never known existed on both sides, *pro-no change name* and *pro-change name*. No matter where you stand on this topic, love it, hate it, or somewhere in the middle, it's perfectly okay to express your opinions and share argument behind those opinions. Please just do so in a humane manner! Your board is here to implement what the club members want. You have a voice, please use it!

How could the club benefit from a name change? Who's demanding it? What goes into changing your club/organization anyway? Is it even worth it? What would it take to change our Club name? These are all questions worth exploring.

On June 24, 2018, I sent an email to the board re: Sunday Parkways recap. This is a great venue for promoting our club. This is an event we participate in annually to gain more exposure to our club and branding in general. This is my 4<sup>th</sup> year volunteering for this event, and while I have every intention of fulfilling this volunteer position in the future, I must admit I've lost count of how many times the public attendees have made comments and questioned why we haven't changed our name yet! Certainly, there are many who don't care either way! But seemingly more and more, with every passing year, people are speaking out and asking for a change! Are we ready to explore this topic as a club?

The Tacoma Wheelmen Bicycle Club aka TWBC was founded in 1888. Yes, I said 1888! Craig Hill, a journalist for the News Tribune published an article December 16, 2016 addressing this very topic! Please take a second to review the link listed at the end of this article. They are on their third name change. The members quoted in the article stated, "the name change is just part of the club's effort to raise the profile of the club and increase membership. The club also plans an overhaul of its website, a change to its nonprofit status and more rides. The hope is, looking down the road, to add a few people from the younger set," Eslinger said. "A few of us that go to most of the functions are a little older."



Back to the other question, what would it take? The "**why**" is obvious of late. The how would involve researching the (new possible name), verifying with the US patent and Trademark office confirming that no one else is using it, verifying if the Domain name is available, it's worth mentioning (Portland Wheelpeople Touring Club), keeping with the PWTC acronym, and (Portland Bicycle Club), are still both *available* Domain names. Notifying the Secretary of State to confirm your new Domain name isn't registered to anyone else in the State of Oregon, change of name on licenses and permits, notify the IRS, apply for a new EIN and change your website/club documents. It's a bureaucratic process and won't happen overnight to be sure!

Please feel free to talk with me about this initiative anytime, on a bike ride, email [katzh1969@gmail.com](mailto:katzh1969@gmail.com). Please talk amongst each other too and understand everyone has their own opinion on this matter that may differ from yours and that okay too. I will be going to our board on behalf of our members to present this endeavor. For now, think of possible names, or maybe you want the name to remain the same. There are no right or wrong answers here. It is relevant however, and worth exploring. It's your club! Use your voice!

<https://www.thenewstribune.com/outdoors/article120736473.html>

Respectfully submitted,

Kathleen Hellem

To All PWTC Members -

We're excited to announce that we have recently created a Ride with GPS PWTC Club account. One of the many benefits of the Club account will be PWTC members getting access to paid features for many of our Club routes, including:

- Voice navigation in Ride with GPS Mobil App
- Offline Maps in Ride with GPS Mobil App
- PDF Map and Cue sheet generation
- Advanced turn notifications when exporting .TCX files
- Estimated Time when viewing Club Routes



A video overview of the benefits of joining the PWTC Ride w/GPS Club account can be seen [here](#)

To become an approved member, please click the link below or past the URL into your browser and follow the prompts:

[https://ridewithgps.com/auto\\_approve/Club/1360/BUU2d05flqM3QLwm](https://ridewithgps.com/auto_approve/Club/1360/BUU2d05flqM3QLwm)

Once you click this link, either sign into your existing Ride with GPS account, or sign up to create a new account. Once the process is complete, you will land on our new Club Home Page where you can check out our route library and begin taking advantage of all the great features of our Club account.

Additional Ride w/GPS help content can be seen [here](#)

Brian



# Cove Palisades Camping Trip - August 24, 25 & 26



## 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](mailto:anniedmor@gmail.com). Cindy Bernert-Coppola will be leading the Monday ride - 503.781.1822 or [cindybco@gmail.com](mailto:cindybco@gmail.com).



John Burkhardt, George Ammerman and Don Spencer rode to the coast via Vernonia, Elsie, Nehalem, Cape Lookout and returned up the Nestucca.



# Quick Releases

A Monthly Bulletin of the  
Portland Wheelmen Touring Club

WE'RE ON THE  
WEB!

PWTC.COM

Kurt Minges climbing a hill near Madras, OR on  
the camping trip.



Check your membership expiration date.

Is it time to renew?

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



Jerry fixing a flat on the way to Boring on 9/3  
but showing his optimistic and cheerful self.