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**1st Annual
BCC Cycling Swap
Is April 7.
Check the ride calendar for details soon.**

Out Spokin' is a newsletter for members, their families and friends of Bonneville Cycling Club.

It is published 10 times a year.

Please submit articles and photos to newsletter@bccutah.org.

Deadline for submissions for the March 2012 issue is February 19.

A2Z 2012 RIDE LEADER ORIENTATION

By: Don Williams, Road Captain



If you want to lead a BCC ride in 2012, this is an event not to be missed! We have Ride Leader Orientation scheduled for Wednesday evening February 8, at the same location we use for Board Meetings, 6970 S. Lester Ave, just west of State Street by

the Autozone. It's Doug Jensen's Condo Clubhouse. The room is large enough to easily handle 25 people.

This year the club will be offering pizza, sandwiches and drinks for those in attendance at the A2Z ride leader session. You will receive your ride leader info folder with releases and sign-in sheets, plus the latest info on picking a new route, jazzing up an old route, preparing a route cue, how to's on markings and leader guidelines responsibilities and the rewards of being a ride leader. For those who chose, marking paint and erasing paint will be available for your use.

We will utilize our survey of ride attendance from 2011, review how our numbers can be improved for 2012, and what it takes to make an a**kicking memorable ride, even if it's on a Wednesday afternoon.

A goal for this year is to increase the variety of our schedule, provide more opportunities above the 500 plus rides we have each season, and growing our number of Ride Leaders by 30 percent or more, providing more opportunities for BCC members to be involved.



BCC BOARD OF DIRECTORS

Mary Margaret Williams, President
president@bccutah.org

Liesa Burdett, Vice-President
vicepresident@bccutah.org

Don Williams, Road Captain
roadcaptain@bccutah.org

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Janice Mosby, Membership
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Bill Mosby, Webmaster
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Jackie McGill, Newsletter Editor
newsletter@bccutah.org

MEMBERS-AT-LARGE

Doug Jensen
Jane Tomb
Carol Landgraf

Enjoy the Ride!

Board meetings are held monthly. Take a look at the "Ride Calendar" at www.bccutah.org for specific dates and locations.

BCC MEMBER BENEFITS

Rides of various distances for all abilities

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outing, social, mountain and racing rides

Training on cycling techniques and safety

Rider mileage tracked weekly with year-end awards

Newsletter, website and e-mail communication with members

Social events

Bicycle advocacy

Reduced entry fee on BCC major rides

Discounts at local participating bike shops

New This Year:

BCC members receive preferred registration for Little Red & ULCER



FIRST ANNUAL CYCLING SWAP & GIVE AWAY

Join us from 9:30 a.m. - 3:30 p.m. in conjunction with the Legacy Homecoming Tailgate Century (LHTC) for the First Annual Cycling Swap & Give Away open to the public (no commercial vendors please). All participants of the LHTC, Saturday, April 7th will be your opportunity to sell or give away your accumulated unwanted cycling gear. Clean out your drawers, closets and garage to find those un-needed items of clean cycling clothing, shoes, accessories, training equipment, and bicycles. ALL ITEMS MUST BE IN GOOD TO EXCELLENT OR NEW CONDITION. You determine the selling price and keep all proceeds. You sell or give away your goods from the back of your automobile in the parking lot at the TAILGATE PARTY. Please label each item with the selling price or FREE tag. Note: This event and the LHTC will be held pending weather conditions.

Meet at: PRIMARY LOCATION: the south parking lot of the North Salt Lake Legacy Parkway Trail Head, 1150 West Center Street (located west of the Maverick on Redwood Rd) or SECONDARY LOCATION: In the northwest corner of the parking lot of the Farmington FrontRunner Station 450 North 850 West near the Farmington Legacy Parkway Trail Head.

PRESIDENT'S PACELINE

By: Mary Margaret Williams, BCC President



Since the first of the 2012 year, we have held our annual Polar Bear Ride, General Membership Meeting, First Annual Chili Cook Off and Annual Awards Banquet.

Funny thing, as Don says, if you want snow, put on a bike ride or have a banquet which so far has proven to be quite accurate. The Polar Bear Ride turned out to be just polar bear due to un-cooperating weather and the awards banquet provided Salt Lake with its first real dumper of the year. However, all managed to enjoy the festivities of the moment. The chili cook off was a great success thanks to Jane Tomb, Bob Schultz, Bill Mosby, Jay Kirsch, and Jackie McGill who pulled off the winner recipe. Each

contributing participant received a gift certificate to REI.

Again, speaking of the weather, it was great so far this winter providing us with many opportunities to put on a last minute ride, until.....the awards banquet. Sure enough a few hours before show time, the snow started and lo and behold a dumper. Parley's canyon closed for the entire night, an avalanche in Cottonwood Canyon and slide offs everywhere. Once again, participants, those able to actually arrive, made the best of fabulous food, music entertainment, and lots of awards. Naresh Kumar, Commuter Challenge participant, actually commuted by bike to and from the banquet, now that is what I call committed.

Thanks to Jackie McGill for heading up the Banquet committee that included Jordan Leeman, Jane Tomb and Doug Jensen, and arranging the venue, food, and programs. (Yes, Don reminds me that was lamb with mint jelly). Jay Kirsch, who believes he isn't on the Board anymore, arranged for the relaxing music and the program slide show. Jane provided us with club clothing sales, Robin Perkins put together an enjoyable Little Red show, and Cottonwood Cyclery provided a \$10 gift certificate to all attendees. So, what does belonging to the club do for you? As a 501C3, our venue and food bill was reduced; each person received 2 drink tickets, a pair of BCC socks and with the \$10 gift certificate, made the banquet, free!

The theme this year is "Sporting BCC". Therefore, awards consisted of BCC cycling clothing: wind vests, wind jackets, jerseys, and for commuters a front and rear Stinger lightset from Nite Rider. Make sure you participate more this season to earn some of these fabulous awards.

The Board has worked diligently to create a solid foundation ensuring sound financial accountability; an easy to maneuver web site providing us with up to date happenings while keeping track of rides and mileage.

Our 501c3 status permits BCC to provide and increase donations to cancer research, Harmons MS, the Diabetes Ride, bicycle education and advocacy. A well rounded ride schedule geared toward fitness, health, training and safe cycling provide us our activities. As we continue to keep up on these important tasks, this year we plan to have an even better cycling year. Our plan is to "sport BCC" and promote the best club in the Valley. We want to sign up new members and keep present members proud to belong.

Remember, statistics show that cyclists who ride with a cycling club are more skilled and safer not to mention it provides an avenue to ride with others. The more people on a ride, the more chance someone rides your pace hence the benefit of an increase in membership.

Sport BCC, wear your club clothing and bring a friend to ride with the best group in town.

BCC MEMBER DISCOUNTS: MOAB SKINNY TIRE FESTIVAL

The folks at the Moab Skinny Tire Festival have offered a 25% discount on registration for this year's event March 10-14 for BCC Club members.

That means that including the \$50 donation required for the two-day entry, the cost drops to just over \$100 for 2 days of riding in Moab. The four-day is a little higher but there are 4 days of riding included for the price. This offer is for BCC members only.

The event is a fundraiser for cancer survivors and monies can be designated to the Huntsman Cancer Institute or other cancer treatment facilities.

The discount code is RecruitRiders. (it is case sensitive, no spaces). It gives BCC members a 25% discount off whichever registration they choose (two day or four days of cycling at the Skinny Tire Festival). Cyclists are still responsible for their minimum donations (\$50 or \$70 based on two day or four day).

For more info, the link is <http://moabskinnytirefestival.eventbrite.com/?ref=ebtn>. If someone prefers to mail or fax a form in they can download a paper copy at: http://skinnytireevents.com/images/stories/PDFs/STF_RegisterForm.pdf

More information about the event is available on the web at www.skinnytireevents.com.

WELCOME NEW MEMBERS!

Bonneville Cycling Club welcomes the following new members:



Dayna Geiger
Denise White
Safia Keller

Karen Heichman
Madeleine Duncan
Jennifer Woodmansee
Laurie O'Connor
Annika Hokanson
Teresa Tackman
Travis Slagle

Terry Loertscher
Heidi Barlow
Karen Cordner
Carol Ezell
Peggy England
Laurie Harvey
Jeanie Jacquez
Sue Van Uitert
Christeen Pratt

SAFETY CORNER

Mary Margaret Williams
LCI #254

Winter riding with the right equipment can be fun. Here are a few tips:

Road Conditions: Dark wet areas on the road may be more than a dark spot. Lurking beneath could be pot holes, snow or ice, be aware;

Bridges freeze before roads: this is true, once again beware;

Remember to be visible: many drivers don't expect bicycles out in the winter and may not see you, be aware; Have lights for the front and rear of your bike; Be reflective and bright;

Warmth: Layer clothing and wear breathable material;

Nutrition: Eat and drink: colder weather inhibits drinking, don't bonk;

Taking a break: don't stop too long since your body temperature lowers and your sweat starts forming ice making for an unpleasant restart to the ride;

If all else fails, get out your snow shoes or skis and enjoy winter sports or God forbid, the dreaded indoor trainer.

BOARD MEETING RECAP

By: Jordan Leeman



- The budget for 2012 is being prepared.
- Total club membership is up to 348 members.
- The ride calendar will alternate in and

out-of-town rides this year.

-You can read the minutes in their entirety, on the website.

BICYCLE ADVOCACY

Don Williams LCI 253

We as cyclists, are naturally involved in advocacy whether we like it or not. When we head out on a club ride, a training ride or a commute we set examples when we enforce cyclists rights to the road, as bad examples, we can provide fodder for letter writers to the editorial pages. So, in more than one way we have to be careful out there.

There are immediate benefits that start long before a legacy for grandchildren to benefit in the coming years of shared road usage.

Case in point:

Wasatch Blvd South of Big Cottonwood once again has a safe bike lane on the uphill side, with striping moved back to where it was several years ago, as a result of on-going efforts to make roads in the county more bike friendly



The SLC Mayors Committee – We subscribe to their e-mail list to keep up with goings-on in the SLC bike community. Lou Melini attends most, if not all of their meetings as the commuter in residence. As a result of these efforts, when Janice Tolhurst’s Serotta bike was located in a pawn shop on State Street, and a note had been posted to the Committee’s email list concerning the bike, long story short, thanks to BCC members, the wheels quickly set into motion to get her bike back home.

What can YOU do?

If we don’t step forward, who will? We need BCC members to get involved with Mayors Bicycle Advisory Committees for their City and Salt Lake County. A BCC member sitting in to help in any way the club can assist will hopefully provide a direction for bicycle planning that we can all be proud of. It’s one hour a month, and an opportunity to change our part of the world.

The BikeUtah bike summit is coming May 4th to Ogden, it’s already noted on the BCC yearly calendar. And BCC will be one of many sponsors for this event. BCC needs its members to join BikeUtah as individuals, the club is a member organization, if you can, buy a Share the Road License Plate and see what is necessary to make the summit a success.

For a more grass roots, one-on-one effort, BCC Bike skills classes re-start in the Spring, and experienced members are needed to help instruct newbies and just be a positive influence in safe road use. We can all help make a difference and reduce the number of ill-informed road users.

YOUR CLUB’S FINANCIAL STATUS

By: Julia Roebuck

The financial statements and the accounting are reviewed 2 times a year, at June 30 and December 31, by a CPA. The information presented here gives information on the Club’s finances as of June 30. An updated statement as of December 31 will follow in another newsletter shortly, with more detail.

If any member has any questions on any matter related to the Club’s finances, please send an email to the Treasurer, or feel free to come to a Board meeting and ask any questions you may have.

2011 TOP AWARD WINNERS

Volunteers, Volunteers, and Volunteers!

42 recipients received volunteer award for countless hours of service.

Ride Leaders

Bob Schultz, Jane Tomb, Dave Crotchett, Doug Jensen, Ron Meier, Carol Landgraf, Jeanne Allgood, Jay Kirsch, Jackie Young, Sandy Levenson, Jeff Levenson, Janice Mosby, Bee Lufkin, Art Brunisholz, Debra Kimbrough, Don Banford.

THANK YOU VOLUNTEERS!

Most Improved

Pauline Leeman, special kudos for the Picnic Ride.

Skull

Jane Tomb, for her July 4th Strawberry White and Blue

Hard Luck

Peter Hansen, Dana Morgan, Carol Landgraf

Fun Ride

Jeanne Allgood – for Tricky Treat

Fingers to the Bone

Bob Renwick, Robin Perkins, Jerry Brown, Ron Meier for MS Harmons course work

Service

Jay Kirsch - you wouldn't believe what he did behind the scenes

Volunteer of the Year

Jordan Leeman if you rode our events, Jordan processed your registration.

Accomplishment Worth Remembering Award

Doug Jensen LOTOJA is best

Little Red Appreciation

presented by Penny, Robin and Lynda to Curt Griffin

High Mileage Awards

Yellow Jersey

Doug Jensen and Jackie Young

Red Jersey

John Silletto and Liesa Burdett

Green Jersey

Bob Schults and Patty McDonald

For the two folks we missed at the banquet, congratulations to Shari Zinik for making 5,000 miles and Dave Moore for surpassing 2,000 miles

JUST FOR FUN

You asked for ride suggestions? Is like giving Mijasus an extra Christmas present! I have for you a few ideas so hold onto your handlebars here we are going....

(My secretary did for you the ride describing so to be easier to be understanding.)

1. THE CAP'N RON CYCLO-BABBLE SERIES....Come, bring bike, ride and get analyzed.... feel much better when done!
2. FREQUENT FLAT FESTIVAL.... "tired of being flatted over by life then this is the ride for you!" We will be riding the Jordan River Trail through the Fair Grounds. This section is infamously known as Goathead Heaven. Get a year's supply of flats in one day. Our ride leader will be Stan, not to be confused with Stan's No More Flats Stan, but our own "powder those tire tubes" Stan.
3. JACKIE PHELAN SEAT POST RIDE .. In honor of Jackie Phelan's legendary feat * we will also ride a circuit without saddles. No whining!
(* Jackie won a fifty mile mountain bike race over a dirt trail without the benefit of a saddle, her's fell off in the first mile.)
4. IRON TAIL RIDE... same as the J.P. ride only longer and over a dirt trail with lots of ruts and roots.

COMMUTER CHALLENGE

By: Don Williams

The 2011 commuter challenge doubled in size from its first year in 2010. The 2011 participants receive a NiteRider Lightning Bug /Stinger light set for their troubles. A \$35 value was provided at a tremendous reduction in cost direct from the NiteRider folks to recognize our commuters and their efforts to clear the air in the Salt Lake Valley.

New for 2012 – ride sharing is a legal entry into the challenge. Just think about it. Don't you hitch a ride with a buddy when there is a club ride in Springville or Nephi or Cache County? That's carpooling, and now those miles can be entered for the one not driving the vehicle. This also works when riding a tandem to the start of a club ride, except both riders get RTR credit.

Remember, if you ride your bike to work, school or a BCC ride there is credit to be earned .

