



# Off The Back



August 2002

## Club Events

**These events have been temporarily cancelled until we get new club insurance.**

**August 18<sup>th</sup> General Meeting and Road Ride** - at 9:30 a.m. at Muddy Waters Coffee Co., 1603 G Street, Arcata. Casual coffee talk followed by a road ride at 10:00 a.m. to Trinidad. Social ride pace; no one will be dropped. Ride Leader: Jim Robbins 441-1041.

**August 25<sup>th</sup> Family Fun Ride** - Load up the trailer, tandem, or cruiser and bring the family for a slow family road ride. Meet at 11:00 a.m. at Greenview Market, 1990 11<sup>th</sup> Street, Arcata. We will ride through the Arcata bottoms and up the Hammond Trail with stops at Roger's Market for ice cream and a stop at the park to play. Ride Leader: Jim Robbins at 441-1041.

**Sept. 14<sup>th</sup> General Meeting and Trail Work** - at 9:30 a.m. at Muddy Waters Coffee Co. Casual coffee talk followed by trail work in the Arcata Community Forest.

**September 22<sup>nd</sup> Tish Tang A Tang Mountain Bike Ride** - at 9:00 a.m. at Horse Linto Campground, Willow Creek.

## Presidents Corner

We are winding down another summer of great cycling here in Humboldt County. There are still some good events up and coming so get out on your bikes and make the most of the weather and cycling opportunities while you still can.

Speaking of cycling opportunities, the Hellgate camping trip sure was epic! From the trail, to the food, the swimming hole, the socializing and the weather, you could not have asked for a better outing. Thirty miles of classic single track! That's right, 30 and it was all very well groomed! Great campground too! If you missed this epic, I recommend that you get out there and check it out for yourselves. It is nothing short of awesome. Make sure you take plenty of water, food and get an early start to beat the heat.

Thanks to all the members that have recently reentered the Club for the following year. I was pleasantly surprised to be greeted with ten renewals when I recently checked the PO Box. The Board looks forward to another year of serving your cycling interests. Make sure that you continue to check your mailing labels on your newsletters. On that label, will be your expiration date for your Club membership. Renewal is simple, just fill out an entry form (download from web site, get at local bike shop or from newsletter) and send it to the PO Box with your membership fee. The Club recently received a note from IMBA which was quite alarming. Apparently, the company that issues our Club insurance is having a legal problem. Until this

legal problem is settled, our Club basically has NO insurance to cover events, rides or meetings. Needless to say, we hope that this problem can be ironed out quickly. We will try to keep you updated on this issue. Currently, we are trying to secure insurance through another carrier. Do any of you have any ideas, thoughts or suggestions?

Ride Hard and Often, John Dostal

## Local Rides

The Tuesday night road ride is the only current active ride. It is still meeting at North Coast Laboratories at 5680 West End Road in Arcata. The ride starts at 6:00 p.m. and should end before it gets dark, depending on pace. The Sunday morning Muddy Waters ride and Wednesday night mountain bike ride are not active. If you want to lead a local road or mountain bike ride, let us know!

## Member Profile- Todd Olsen

We have started a new section that profiles a club member for each newsletter. We will randomly select a member and ask for a self-written profile. This time we asked for a volunteer and board member Todd Olsen was nice enough to volunteer.

My love of bicycles started when I was a young boy tearing through every empty dirt lot that my buddies and I could find on our BMX bikes. Occasionally the city would dump a big pile of dirt at the end of our gravel road that we would mold into jumps we would use to launch ourselves high into the air. Of course none of us wore helmets, yet to my knowledge and amazement, not a single kid was mortally injured from the numerous endos and pummelings. When I was a little older I traded the BMX bike for a more practical 10 speed. Herein I discovered my love of speed. Applying the bike handling skills learned during the years of riding and racing BMX bikes, I found that I could ride my new "road bike" at top speed essentially all of the time. I gleefully slid through the gravel as I made the transition from the paved road to our driveway completely spun out in the tallest gear. On the final of these routine slides, something mysterious happened to my front wheel causing me to fly over the bars and into the giant Himalayan berry bush along our road. The two-month recovery of my broken leg and the acquisition of a pickup truck spelled the end of my bicycling for many years.

My uncle's premature heart attack initiated introspection into my own lack of fitness. Around the same time a persistent colleague at work kept inviting me to go mountain biking with him. Finally I decided to dust off my Trek Antelope and see how my bike handling skills had held up over the past decade and a half.

During that first ride, it was painfully clear that my concerns about lack of fitness were well founded. I gasped for breath as Mike and his friends effortlessly spun up hill after hill. The descents were a different story. With gravity and rusty bike handling skills, I could at least keep up with the pack. Aggravated by my lack of fitness, I kept riding and suffering. After a few months, I realized that the Antelope really was not intended nor up for the challenge of serious mountain biking, so I started browsing around the local bike shops for a replacement. I really did not know what I was looking for, but simply could not resist the flashy red Cannondale that I finally purchased for a whopping \$1250. It took me several days to get over the shock of spending such a large amount of money on a bicycle. It only took a couple of rigorous off-road rides for me to realize that I had made one of the best purchases of my life and the Antelope was put permanently out to pasture.

My, how times can change. These days I rarely bat an eye as I toss my VISA card to Justin at Revolution Bicycles. I have a Waterford road bike (red of course) and a new KONA Explosif. My fitness is a lot better. My legs are a whole lot bigger, and although I still suffer on some climbs, in a strange way I sort of enjoy it. This is a good thing since I love microbrews nearly as much as bicycling and am surely doomed to always be a Clydesdale. But, what the hell, the important thing is that I have rediscovered my love of bicycling and have at least for now preserved a portion of my youth. – Todd Olsen

## Rules for the Ride

Non-members are welcome on all Club rides. But, the following guidelines must be followed by all cyclists:

- Helmets are mandatory!
- Wear comfortable and adequate clothing for the ride.
- Bring the basic tools to repair your bike (pump, patch kit, various wrenches, & spare tube).
- Some tool options include a spoke wrench and a chain tool.
- Food and drink along with money for food, calls, or fixing that blown tire.
- Have fun! That's what riding a bike is all about.

## Survey Results

The Bigfoot Bicycle Club appreciated your feedback. Here are the results.

### How did you hear about the club?

Friend	Newsletter	Website	Bike Shop
50%	11%	7%	32%

### What type of bike riding do you do?

(Circle all that apply)

Road	Mountain	BMX	Commuting	Touring
61%	89%	5%	39%	39%

### What type of riding do you do more than 50% of the time? (Circle one)

Road	Mountain	BMX	Commuting	Touring
56%	38%		6%	

Do you race?	Yes	No
	81%	19%

### If you race, what type of racing?

(Circle all that apply)

Road	Cyclocross	BMX
29%	14%	
MTB Cross County	MTB Downhill	
48%	10%	

### If you race, what level do you compete at?

Pro	Expert	Sport	Beginner
	21%	43%	36%

### Do you participate in local rides such as the Tour of the Unknown Coast?

Yes	No
81%	19%

### Do you participate in group training rides?

Yes	No
62%	38%

### When would you participate in a club ride?

Saturday or Sunday morning most common

### How would you rank the club newsletter? (1 = low and 5 = high)?

1	2	3	4	5
Average was 3.8				

### How often should it be published?

Monthly	Bimonthly	Quarterly
59%	29%	12%

### How would you like to receive the newsletter?

- Mail 47%
- E-mail 41%
- Web site [www.bigfootbicycle.org](http://www.bigfootbicycle.org) 12%

### Have you visited our web site?

Yes	No
66%	44%

### How can we improve the web site?

Most common suggestion was to have a list of local rides.

### Would you participate in a club organized mountain bike camping trip?

Yes	No
80%	20%

### Would you participate in a club organized road tour, either self-supporting or aided?

Yes	No
71%	29%

### Should the club organize mountain bike races or road races/rides?

Yes	No
79%	21%

### Should we change the club name to be more regionally recognized, like the Humboldt Bicycle Club or Six Rivers Bicycle Club?

Yes	No
50%	50%

### Would you purchase a club jersey?

Yes	No
94%	6%

### Due to the high cost and financial risk to the club, would you pay up front for a jersey?

Yes	No
100%	

### What is the most you would spend on a club jersey? (Circle one)

\$70	\$80	\$90	>\$90
86%	7%		7%

## Bike Sites

Have a favorite bike related web site? E-mail suggestions to [jbrobbins@cox.net](mailto:jbrobbins@cox.net). The sites picked for this issue are:

- [www.classicrendezvous.com](http://www.classicrendezvous.com)
- [www.campyonly.com](http://www.campyonly.com)
- [www.bigfootbicycle.org](http://www.bigfootbicycle.org)

## How Fast is Lance?

For the record, Lance Armstrong climbed the 13.1 mile, 7.6% grade to the summit of Mont. Ventoux at an average speed of 22.2 kph. That is nearly 14 mph. That is after approximately 124 miles of racing. To put it in perspective, the climb from Freshwater Park to the Kneeland Post Office is approximately 4.6 miles at an average of approximately 8%. Lance could ride this climb in just under 20 minutes after 124 miles of racing! He could undoubtedly do it faster than this. Ouch!

## Arcata's Sunny Brae Forest

The City of Arcata is trying to raise \$1.7 million to buy a 171-acre parcel near Sunny Brae to add to the community forest. The area contains "more than 4 \_ miles of roads and trails, which would be converted for recreational use by joggers, hikers, bicyclists, and equestrians." The club is brainstorming ways to make a donation. If you have any ideas, participate in the next general meeting. If you want to help directly, donations may be sent to:  
HAF/Arcata Forest Fund  
c/o the Humboldt Area Foundation,  
P.O. Box 99, Bayside, CA 95524.

## Comming on the Web Site

The web site will soon be updated with a link to local rides. We want the web site to be a source of knowledge for local riders as well as an advertisement for visitors to the north coast. We have completed ride descriptions for several local rides as well as internet links to previously documented rides.

Here are the rides we need help with:

1. Ossagon Trail
2. Little Bald Hills Trail

3. Grasshopper Peak
4. Fieldbrook Loop
5. Arcata to Hammond Trail to Trinidad

We need members to pick a ride and provide the following information:

- Where is it?
- Ride description that includes at least the difficulty, total length, and trail or road condition.
- A detailed route description with mileage points and markers.
- One or two photos would be helpful to show the local scenery.

Any other ride descriptions are more than welcome but they must be legal. Please contact Jim Robbins at [jbrobbins@cox.net](mailto:jbrobbins@cox.net) or 441-1041 to pick a ride so we don't have members duplicating work.

## Newsletter Submissions

All members are encouraged to submit articles to the newsletter. We are looking for articles that will educate or entertain other club members. The deadline for the October newsletter is September 30<sup>th</sup>, 2002. Send articles to Jim Robbins at [jbrobbins@cox.net](mailto:jbrobbins@cox.net) or by regular mail to Bigfoot Bicycle Club, P.O. Box 2823, McKinleyville, CA 95519.

## Next HBBCA Meeting

The next Humboldt Bay Bicycle Commuters Association meeting is scheduled for September 23<sup>rd</sup>, at Chapala Cafe, 201 2<sup>nd</sup> Street, Eureka. Meeting time is 6:30 p.m. The HBBCA's 20<sup>th</sup> anniversary is in August! Get involved in bicycle commuting and bike advocacy!

## Membership Director

Anne Robbins has volunteered to be the membership director. Send renewal applications to P.O. Box 2823 McKinleyville, CA 95519. If your contact information has changed since you joined or renewed, send changes to [jbrobbins@cox.net](mailto:jbrobbins@cox.net).

## 2002 Event Calendar

There are still a few good events this summer and fall. Check local bike shops and the web for more detailed information. Submit event info to [jbrobbins@cox.net](mailto:jbrobbins@cox.net).

- **August 10<sup>th</sup> - Humboldt 100**, road bike tour, Organizer: Vic Armijo of Team Bigfoot, web site: [www.teambigfoot.net](http://www.teambigfoot.net)
- **August 18<sup>th</sup> - Return of the Jedi**, mountain bike cross country, Location: Grants Pass, OR, web site: [www.obra.org](http://www.obra.org)
- **September 7<sup>th</sup> - Siskiyou Century**, 31, 64, and 100 mile rides, Location: Yreka, CA, web site: <http://siskiyoucentury.com/>
- **September 14<sup>th</sup>-15<sup>th</sup> - Unknown Coast Weekend**, 2-day supported tour of the unknown coast hosted by Chico Velo Cycling Club, web site: [www.chicovelo.com](http://www.chicovelo.com)
- **September 15<sup>th</sup> - Tour of Trinidad**, 20, 45, and 100 kilometer rides, Location: Trinidad, CA
- **September 21<sup>st</sup>-22<sup>nd</sup> - Humboldt Hoe-Down**, mountain bike cross country and downhill, Organizer: Vic Armijo of Team Bigfoot, web site: [www.teambigfoot.net](http://www.teambigfoot.net)
- **September 28<sup>th</sup>-29<sup>th</sup> - Mountain Bike Clinic and Tea Party**, mountain bike clinic with Jacquie Phelan, Redwood Park, Arcata. For reservations and information contact Center Activities @ (707) 826-3357.
- **October 26<sup>th</sup> - South Bay Time Trial, No Host-No Fee**. 13.6 mile flat course or 15.2 mile hilly course. Time: 8:30 a.m. registration and 9:00 a.m. start, Location: College of the Redwoods. For more information call (707) 443-9861



## 2002 Board of Directors

President: John Dostal 442-0726 for info

Vice President: Justin Brown

Treasurers: Todd & Jolien Olsen

Secretary: Michael Butler

Newsletter: Jim Robbins

Wed Site Director: Matt Hodgson

Membership Director: Anne Robbins

Director at Large: Tim Wykle

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The Big Foot Bicycle Club is supported by the following sponsors:



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