

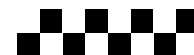


Quick Releases

The Monthly Bulletin
Of the Portland Wheelmen Touring Club



March 2018 Vol XLVII No 3



Top Talk

By Ashley Reynolds
Vice President

As a newer member to this club (joined in Aug. 2016) and to cycling, I'd like to first thank the club for being welcoming and eager to pass on their tricks of the trade. I am proud to say I'm still learning (aren't we all?). Having been a Clackamas County resident and non-biker for a good portion of my life, up until recently I have associated the abbreviations 'CCC' with 'Clackamas Community College'. Imagine my confusion when several members were talking about volunteering at 'CCC'! (Club lingo is for 'Community Cycling Center'.)

On another note, something I'm excited for this year is the opportunity to "bike your cause." On a personal level, as someone with moderate asthma, I'm thankful for the club's ongoing support with the Reach the Beach training rides. Profits support research/education programs for lung-related diseases- asthma, COPD, cystic fibrosis, lung cancer, etc. (goes to the American Lung Association). It has been great to watch our club continue assisting those biking for this cause, with outside riders with us

April:

Yashar Vasef, Senior Development Mgr, Community Cycling Center - discussion of CCC's mission



May:

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

Don't Miss this month...



Monster Cookie Metric Century

Sunday, April 29

Salem Bicycle Club

Ride Leader: Chip Kyle



Club Meeting

Date: Thursday, April 5, 2017

Time: 7:00 PM

All Saints Episcopal Church

**4033 SE Woodstock Blvd
Portland OR 97202**

Board Meeting

Date: Monday, April 23, 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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on a weekly basis and with the addition of more training options this year.

It has also been encouraging seeing others passionate about other causes. Another big one is the 'Bike MS' ride, a two-day event in August. Upon being solicited for training ride support, several members were very enthusiastic about the idea of assisting, so don't be surprised if you see 'MS Training Rides' already on the calendar (two in April). A few summer training rides are still in the works!

Spring and summer are filled with excellent riding opportunities as the weather gets warmer and the days get longer. Given these opportunities, I encourage members

to think about giving back, whether it's riding for a cause, helping others train for their cause, or assisting in spreading the word. Cycling is a blast, but can be sweeter when aiding those less fortunate or riding for those who can't.

Ashley Reynolds
Vice President



March Club Meeting: James Emond giving us the flat repair clinic. Benn made Phil a fitting license plate.



Portland Wheelmen Touring Club Contact Information

(Please call before 9:00 pm)

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 Arden Shelton 503-709-7252
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 2018 STP Bus.....Bill Hamilton 503-778-0552
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 Club Reporters, Ann Morrow, Bill Hamilton, Dave McQuery, Kathleen Hellen

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 Bill Hamilton at PWTC Road Captain email: roadcaptain@pwtc.com

PWTC Web Site:

<http://www.pwtc.com>



Going to Tucson?

Looking to rent a place?

Dominique has a friend that has a rental right next to the Loop.

Town and Country Home Rental in East Tucson next to the loop:

Available: March 5—October 10, 2018

4 people max

Call Jane Kepner for details: 503-784-8875



PICKLE JUICE SLUSHIES COMING SOON!

For those of you who tend to have cramping while riding and have found that salty pickle juice is the ultimate cure, here's some good news: Pickle Juice Slushies are coming for summer! Check out this link for more information.

Only 1 out of 7 of the High School students we polled was anxious to give it a try. The others were emphatically repulsed at the very idea.

I suggest you locate your nearest Sonic Burger so when you feel those cramps moving in you can get to the cure in a hurry.

Respectfully submitted by
Ann Morrow

<http://www.sheknows.com/food-and-recipes/articles/1138723/sonic-pickle-juice-slushie>

Tom's Rest

A place to stay on your cyclist travels through Sisters.

I'm sure many of you remember Tom Edwards whom was a long time PWTC member, along with his wife Cheryl. In loving memory, Cheryl is honoring Tom through Tom's Rest. She is continuing what Tom started on their property just out of Sisters near the bikeways. He had a dream of helping others and had purchased a bike that is placed at the gate of Tom's Rest.



This is a place available for lodging and camping for free to all touring cyclists or those experiencing a loss. All others can visit for a nominal fee which helps the cost of her program. There is a cabin for 6, an RV that sleeps 5, an RV Hookup and of course camping. There is also a common room that can be a gathering place for meals and discussions. Check out Tom's Rest on Facebook.

Tom's Place is centrally located with access to Sisters, Smith Rock and Bend Trails.



Check out the link <http://nuggetnews.com/main.asp?SectionID=10&SubSectionID=10&ArticleID=26416&TM=48364.51> for a beautiful article from NuggetNews.com.



For more information contact:

Cheryl Edwards

[503.332.2114](tel:503.332.2114)

cherylannedwards@gmail.com

"Tom was the most giving person I ever knew in my life. I am lost without him, but through this program, he continues to give and helps me heal. It warms my heart every time anyone finds respite and rest on the property." -Cheryl Edwards

REACH THE BEACH TRAINING SERIES UPDATE AND GENERAL VOLUNTEERING FOR PWTC!

Thank you to all Ride Leaders who stepped up and assisted with adding RTB to your rides. We've been successful with our training rides and met a lot of neat people along the way. This opportunity to partnership with American Lung Association gives our club exposure to potential members. It takes each of us members to encourage the people training to consider becoming a member of our club. What are some of the cool benefits of being a member? Talk those up to new people. It's certainly worth the \$25.00 annual fee. It more than pays itself back over one year. The club offers a subsidized annual banquet plate with awards, picnics, pizza parties for various volunteer venues, monthly club meetings with snacks, and a little insurance if you should wreck your bike. While it's not a large amount of compensation, every little bit helps when you've had a bike accident. It's easy to conclude the benefits far exceed the \$25.00 annual fee investment.

Our job as members and cyclist of PWTC, is to build up our club and the people in it. We have a very diverse cycling community. We worked hard over the years to change our reputation in the community to one that welcomes newer cyclist and doesn't drop them on rides. Nikki Hilton (past President of PWTC), took on this initiative during her term. It was one worth taking on! That's not to say that once in a blue moon someone gets left behind in a bathroom, it happens. But it's rare. We've come a long way as a club. The old saying goes, "We lead by our example, not by our opinion!"

Lastly, thank your Ride Leaders/Board members for their continuing efforts! Consider becoming a Ride Leader or Board member. The terms for Board members are no longer than **(1) year**. It's very fun and a super light-hearted way to be a participate in volunteering for your bike club. There is plenty of support from us older board members that have served a term or two. It's a fun experience!

Respectfully submitted by,
Kathleen Hellem



Welcome New Members

Chris Baily
Mary Carey
Bill Casey
Colleen Casey
Bob Foley
Mike McMahon
Mural Nishikawa
Phil Nishikawa
Kathryn Olsen
Darryl Parish
Keith Sheffield



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

UPDATE: Programs are set up until October so the new coordinator will only need to schedule something for October & November for 2018. 2019 programs don't start until February 2019.

IMPORTANT DATES FOR 2018

If you're like me, your summer ride schedule is already packed and we're just moving into spring! There are many fun event rides and multi-day club rides, not to mention our fellow club members' many offerings of "regular" rides. You may actually get a little irritated looking at the Ride Calendar and lament that you will miss out on some tantalizing rides because you can't be two places at once. As you fill in your Summer of 2018 Ride Calendar here are some important PWTC dates to be mindful of:

| DATE | EVENT | COMMENTS |
|--------------------|-----------------------------|--|
| April 29, 2018 | Monster Cookie Ride, Salem, | Club effort to have a significant |
| May 20, 2018 | Sunday Parkways | Volunteers needed. Southeast Portland |
| June 2, 2018 | PIONEER CENTURY | Ride or volunteer but be there! No other club rides on this date. |
| June 24, 2018 | Sunday Parkways | Volunteers needed. North Portland |
| July 14 & 15, 2018 | SEATTLE TO PORTLAND (STP) | Ride or volunteer but be there! No other club rides on these dates. |
| July 22, 2018 | Sunday Parkways | Volunteers Needed |
| August 5, 2018 | Picnic | No club meeting in August. No club rides other than the pic- |

Additionally, there are plenty of other activities to keep you and your bike rolling: The Gorge Ride on June 16, Ride Around Clark County on August 18 and Peach of a Century in September, to name a few. And you're probably already signed up for our Multi-Day rides!

Get that calendar out and fill in those dates. I'm looking forward to a wonderful summer of riding with my club mates!



COMMON CLUB COURTESY

A review

When our guest speaker is presenting during a club meeting I think it's extremely rude to talk among ourselves. It's disruptive, discourteous to our guest, and really makes it hard for the rest of us to focus on the presentation. Certainly, that would apply to the general club meeting as well. A quick comment to your friend like, "no kidding," in a low voice is no big deal but launching into a long spiel about your own experience that you think ties into or is superior to our guest's story or just conducting a private conversation is inconsiderate and, according to all etiquette protocol, rude. Save it, please!

Similarly, when a ride leader is giving the pre-ride "speech" it is rude to not give them our undivided attention. Someone has called the group together to speak to them and others talk on, implying that what the ride leader has to say is unimportant. What kind of message does this send to new riders joining us that day? I see it as a sign of disrespect. I know you've heard the speech hundreds of times but please be courteous all the same.

Is being polite and respectful obsolete? If you are the speaker and everyone else continues to talk among themselves is that okay with you?

I've written about this topic before and really am not grasping why this seemingly simple concept of silence while others speak is ignored.

Feel free to educate me if I am asking too much or this rule of etiquette has been repealed and I missed the memo.

Otherwise, please let others have the floor and resume your conversation or share your story when it won't interfere with someone else.

Thank you.

Ann Morrow

David A. Larsell

April 22, 1925 - March 23, 2018



David was born in Portland to Arthur and Grace (Bodle) Larsell. He graduated from Roosevelt High School in 1943, he then joined the Navy. After the War he graduated from the University of Portland. David later earned a Masters Degree from the U of P. He taught for 32 years for the Portland Public School District. He spent the last years of his career teaching Math at Jackson High School. Mr. Larsell was well loved by his students.

In 1947 He met Joan Parker at Timberline, they both loved skiing. They married in 1948 and had six children, all were skiers. In their later years they boasted they were "still going down hill." They both skied into their 80s.

Dave was an active member of the Portland Wheelmen. He logged over 50,000 miles on his bicycle with the Wheelmen. He rode Cycle Oregon 10 times, the last time when he was 80.

David was preceded in death by his brothers, Douglas and Donald Larsell. He is survived by his brother, Richard. Survivors also include his wife of 69 years, Joan; four sons, David, Terry, Bill and Matt; and two daughters, Monica Foster and Katie Larsell. He had 14 grandchildren; and nine great-grandchildren.

A funeral Mass will be held at 11 a.m., April 6, 2018, at St. Henry's Church, 346 N.W. First St., Gresham, OR, reception to follow in the parish hall.

In lieu of flowers, donations may be made to St. Henry's capital campaign or the Portland Wheelmen.



CALL FOR VOLUNTEERS

Sign-up to volunteer for the **2018 Pioneer Century** and the **2018 Seattle-to Portland Bicycle Classic**. These two events are the major sources of income that allows all of you to enjoy the benefits our club offers.

The **PWTC Pioneer Century** takes place on Saturday, June 2, 2018. There are job slots available Friday, Saturday and Sunday of that weekend. As a volunteer you enjoy multiple benefits, including a Pioneer logoed tee-shirt to be worn during your shift, the availability of free camping Friday night at Canby Fairgrounds and free entry to ride one of the many course options, depending on what your work shift allows. Use the following link to reserve your spot(s): <http://www.signupgenius.com/go/20f0a4aa8a92ea5fa7-2018>

Be sure to indicate your tee-shirt size and answer yes or no to whether you wish to camp Friday night.

The **Seattle to Portland (STP)** one and two day rides occur on Saturday/ Sunday July 14/15, 2018. Many volunteer jobs are available on both days. Volunteers receive a tee-shirt to be worn during their shifts and a meal voucher redeemable at the many food vendors at the Holladay Park finish line. Use the following link to reserve your spot(s): <http://www.signupgenius.com/go/20f0a4aa8a92ea5fa7-20181>

Both SignUpGenius (SUG) links shown above do not require the need to use the Login button, located in the upper right corner of the page, when choosing an available slot(s) and time(s). After your choice, hit the "Submit and Sign Up" button at the bottom of the page which takes you to another screen asking for your email address and other information.

If you have questions about any volunteer jobs or need help with SUG call me at 503-641-2971. PWTC thanks you.

Corey Eng, 2018 Pioneer and STP volunteer coordinator.





WHEELMAN SUPPORTING JOHN BURKHART AT HIS CONCERT
03/18/18



ANN'S MEET RIDE 03/18/18

BREAKDOWN ON PAT'S AFTER-
NOON RIDE 3/11/18



CHUCK'S SLOW POKE RIDE
3/25/18





BUD'S SOCIAL RIDE 03/24/18



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

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 (website: cityo_longcreek.com) has rooms and camping, but not for the first night. Make your own accommodations. Vehicle parking for a few days is also available. 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 _ltration 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/>

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



Tired of the rain? Yearn for those days of summer when you could ride with just a jersey and shorts ... not all the rain gear, booties, heavy gloves etc?

As many of you know, there is wonderful weather and bicycling during the winter and spring in Tucson. Tucson is a superb city for cycling. Wide bike lanes on the main roads, many bike paths, a national Park filled with majestic saguaro cactus at the edge of town, Mount Lemon with its significant climb and many others. Once again, there is the opportunity to ride over a dozen different rides (including a couple brand new routes) for any PWTC members who can get to Tucson, AZ, during the month of March, 2018. Rides are in the morning leaving the afternoons for tourist activities including the Sonoran Desert Museum, the Air Force "boneyard" and Pima Air Museum, San Xavier mission and the Tubac artists' community to name a few.



Contact Roger Harris, [503-341-6385](tel:503-341-6385), or rch2815@gmail.com for more information concerning ride descriptions, places to stay, and things to see.

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.

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A Monthly Bulletin of the
Portland Wheelmen Touring Club

WE'RE ON THE
WEB!

PWTC.COM

Check your membership expiration date.
Is it time to renew?

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



Bud's Social Ride 03/24/18



SMM 03/24/18



Corey's Snoozeville ride 3/18/18

