

# SINGLE TRACK MIND

## JUNE 2003

---

### Single Track Mind Cycling Club 2003 Poker Run- July 20th 2003

*Jim Grill*

It time again for the major event of the STMCC Calendar, the 9th Annual Tahuya Mountain Bike Poker Run. Again this year the event is being held at the Tahuya State Forest near Belfair Washington. This year however the event has been moved up 1 month to July. The moving of the date to July from August should improve the condition of the trails. In the past the trails have been very dry creating dusty conditions. Also there is less fire danger in July than later in August.

The event is again being staged at the Tahuya River Campground. From there, two courses, a long 20 mile course, and a short 10 mile course will take the participants through some of the finest most scenic trails in the area. There will be check points along the trails where the participants will draw cards and have their cards punched. These points will also be safety and refueling points. Snacks and water will be available.

At the conclusion of the day the persons with the best poker hands will be awarded some great prizes. Several sponsors have donated prizes. There will also be a raffle with all the participants automatically entered.

Camping is available on a first come first serve basis. The campground will be open to club members and guests starting Friday July 18th. The course layout crew will be out marking the course on Friday the 18th and on Saturday the 19th. If you are interested in helping with course marking contact the event chairman at the number below. The event needs volunteers to work the day of the event. Assignments at sign-up, checkpoints, parking, and other areas are available. There will be a raffle for the volunteers, and pizza in Belfair at the conclusion of the event. Again if you are interested in helping contact the chairman at the number below.

There is also a need to help spread the word about the event. The website has a great link to a printable version of the flyer:  
<http://www.stmcc.org/PokeRun2003.htm>

You should be receiving a flyer in the mail too if not included in this mailing. Additional copies of the flyer will be available at the next club meeting June 9th at Nifty Fifties in Tacoma. You may also contact the event chairman to make arrangements to receive flyers. It is important to distribute these flyers to as many bike shops and other locations that we can.

Lastly if you have any connections with people in the cycling industry, there is still a need for sponsors. The date for the first printing of flyers has passed, but there is still some time to make the second printing. Please contact the event chairman with any additions to the sponsor list. This event is the clubs major fundraiser of the year. Funds from this event are used for the clubs trail maintenance and advocacy activities for the coming year.

***Please thank the following sponsors for their generosity by frequenting their business:***

**Price Point cycling products** [www.pricepoint.com](http://www.pricepoint.com) 1-800-7742376

**Santa Cruz Cycles** [www.santacruzemb.com](http://www.santacruzemb.com)

**Western Spirit Mountain Bike Adventures** [www.westernspirit.com](http://www.westernspirit.com)  
1-800-845-2453

**Salsa Cycle Products** [www.salsacycles.com](http://www.salsacycles.com)

**Dirt Rag Magazine** [www.dirtragemag.com](http://www.dirtragemag.com)

**Sports Etc.** [www.sportsetc.com](http://www.sportsetc.com)

**Cliff Bar Energy Bars** [www.cliffbar.com](http://www.cliffbar.com)

**Team Estrogen women's cycling apparel** [www.teamestrogen.com](http://www.teamestrogen.com)  
1-877-310-4592

**Fat Tire Ale** [www.newbelgium.com](http://www.newbelgium.com)

**Local Bike shop Sponsors:**

**Gregg's Greenlake Cycle** [www.greggscycles.com](http://www.greggscycles.com) 206 523-1822

**Center Cycles** [www.centercycle.com](http://www.centercycle.com) 425 228-3661

**Black Diamond Cycle**

**Tech Support:**

**Velocity Mobil Cycle Repair** [www.velocitycycle.com](http://www.velocitycycle.com) 253 297-9148

**Important Event contacts:**

Event Chairman: Jim Grill [jagrill@hotmail.com](mailto:jagrill@hotmail.com) 253 863-3837

Club President: Mike Curley [itsadjustable@attbi.com](mailto:itsadjustable@attbi.com) 253566-0359  
(camping and course layout)

Event publicity chairman: Pat Sprouse [SprouseP@earthlink.net](mailto:SprouseP@earthlink.net) 360  
697-1491

## Club Member Special Thanks

As always, STMCC members are willing and ready to share their time and talent to help the club and the Mountain Biking community at large. A special thank you goes out the following people:

-Joe Wetmore and First Choice Business Machines- Joe and First Choice are now printing our newsletter at no cost to the club. This saves us about \$400 per year in copy costs and allows us to use the money to support and promote our club and Mountain Biking.

-The Edick family- Andy has agreed to doing the task of folding, stamping, and labeling the newsletter every month. Kathy has taken over the membership database and the job of mailing out new member packets.

-Thanks to Aimee McGuire for the many years of hard work in building, maintaining, and supporting our club. Aimee did the membership database, new member packets, and the newsletter mailing among other things over the past few years.

## 2003 Summer Microbrew Fest & STM ride at St. Edwards Park, Kirkland

*Terry Haggard*

The 2003 Summer Microbrew Festival and Mt. Bike ride is slated for Saturday, June 14, 2003. This ride

in and around St. Edwards State Park is on a very popular, and technically challenging track, conveniently maintained by our fellow riders at BBTC. St. Ed's is located on the grounds of a nearly 100 year old seminary, now home to Bastyr Univeristy (a college of integrative and naturopathic medicine)

No, Gary Fisher won't be there loaning out demo bikes as in years past (the Sugar was nice), but read

on, ride on, and enjoy some cold adult beverages, or non-alcohol beverages (free rootbeer for kids & those

not consuming.) Something for everyone as this is very much marketed as a family oriented event. For

more details, see the website [washingtonbrewfest.com](http://washingtonbrewfest.com). See all you thirsty fat tire rippers on the ride.

**LOCATION:** Saint Edward State Park, on the shores of Lake Washington 14445 Juanita Drive NE, Kenmore, WA Saint Edward State Park is only 15 miles from Seattle. Map on the web site at.

**ADMISSION:** Admission is \$20 at the gate. \$15 Advance discount tickets are available, see website below for details. Price includes a 6 oz souvenir tasting glass and 5 tokens. A taste, which is a full 6oz glass of beer is one token. Additional tokens are available. Designated drivers and guests who are not drinking pay a \$5 admission fee. To drink, one must be 21 years and have valid ID. Those under 21 admitted free when accompanied by a parent. Many non-alcoholic samples will be serve

## The Great Montana Postal Ride (aka the 33rd annual TOSRV- West Ride

*Joe Krezelak, (aka "the perpetual beginner") and of course Sue ("knows no fear")*

May 17th and 18th my favorite riding buddy (my wife Sue) and myself had the opportunity to ride the 33rd annual Tour of Swan River Valley-West (TOSRV-West) ride outside of Missoula Montana. The ride goes between Missoula and Bigfork Montana. The ride allows for two different starting points and two different ending locations that allow you to ride between 105 and 126 miles each day. Sue and I put in 210 miles on Saturday and Sunday and finally qualified for a double century. The ride goes through some of nicest scenery in western Montana and provides a real great opportunity to test your winter training program out. The ride is not designed to be a race or endurance run, but instead is just about a bunch of different folks from all over the country getting together to see the Swan River Valley before the tourist show up for the summer.

I've nicknamed the ride "The Great Montana Postal Ride" this year because it met the old Post office credo, "neither rain, hail, sleet, or snow, or gloom of night shall keep us from our course". Well we didn't have the gloom of night, but the clouds were dark enough to make the early afternoon look like late evening. We did unfortunately have snow, ice pellets, rain, snow pellets, and plenty of wind to make the ride a little more interesting (temps running between 28 deg and about 45 degrees). Oh yeah, did I mention it was rather chilly as well. Chilly Hilly had nothing on these folks. While I am telling you it snowed, it was really just the flurry type of stuff that doesn't really build up on the roadways, so you didn't have to worry about sliding around on skinny road tires. No danger there. Did I mention that I finished both days without having to catch a lift (not that I wouldn't have considered it on the second day if someone had offered). Now for the wife completing this kind of ride is to be expected, but I wasn't sure if these old tired and chub covered bones were going to survive.

Now I know that a lot of folks are going to ask what does a road ride have to do with mountain biking, well let me tell you something about this ride. The usual snob roadies and half-baked support that we see from some of the more high rent clubs out this way was not apparent. The folks were there to ride and relax and enjoy life. There was a good mix of young male and female studlies; as well as some older folks who made me smile every time I saw them. It is nice to watch folks who have reached what some folks call the ebbing time of their lives and wish that I could be half that able when I reach their ages. And the food! Who could believe that anyone could provide that much good food at each stop! Now if you know the "perpetual beginner", you understand that food is a major consideration in my life; and it shows.

Did I mention the car drivers in Montana? I never in my life saw people so courteous to bicyclists. The cars made sure they provided plenty of distance between themselves and the bicyclists and even the oncoming cars pulled all the way to their right to ensure there were no conflicts. Didn't even have anybody yell obscenities at us as they drove by. Matter of fact, a lot of them waved and smiled. Haven't seen much of that on this side of the Cascades.

Now the bad news. For most good things you end up having to give

your pound of flesh. This was no exception. I was really concerned that my seat bones would not make it through this ride and I have been testing different saddles all winter to find one that worked well. Well my seat bones are intact, but some of the tissue in the forward seating area took a real beating. I'll need to take a few days off away from a bike saddle, but I will recover without any long term damage.

Now the good news. One of the things that we forget about road riding is that it builds up our endurance. My mountain biking endurance and climbing has been better as of late. I won't claim that I am any more coordinated than before, but heck who knows maybe someday I'll be able to ride without crashing at least once.

Other good news. While we were at the ride (remember I told you they weren't regular roadies in Missoula) I picked up a copy of Adventure Cycling Association magazine. They have great articles on touring road rides as well as touring mountain biking rides across America. One particular place of interest is the Southwestern Montana Vortex where the Lewis and Clark Route crosses the TransAmerica Trail and the Great Divide Route. While these are not gnarly single track, they are unpaved sections of roads that have been connected over the years to form some really nice scenic rides. Not for everyone, but sure nice for those who want to get out and do some miles on a mountain bike.

Which brings me to the end of this story and the challenge for everyone to get out and ride. Winter is mostly over and it is time to dust off the bike and lube the chain and get out in the fresh air. Ride the road, ride the trail, but "ride long, ride hard, ride often". Sue and I will be riding the John Wayne trail the end of May and hopefully we can have a good report for everyone the end of June. If it goes well we will try and do another long trail ride in July. Since these trails are not as severe and technical as most of the single-track in the region it should be entertaining for all members of the family. Heck we may even try for a mountain bike century ride by the end of the summer... Did I say that?

So my message for everyone is to get out and ride. Time is fleeting and before you know it you'll never be able to look back and tell great stories about the rides you had "back in the day". If you get to Montana stop in and visit the folks in Missoula. They have great road and mountain bike rides scheduled throughout the year and are always happy to let you join them. Till next time. Keep the rubber side down and the handlebars pointed to the stars. P.S. for those folks who may not believe it, I was actually too tired after the ride in Montana to drink a beer. Now you know that I was bushed. Hopefully I will have recovered by this weekend and can get a little MTB in.

## STM's "4 Hrs of Adrenalin" a Success- April 27th 2003

*Dino Rick Russell, Jim Grill*

49 riders on 15 Teams competed in the first ever 4 Hours of Adrenalin event on a beautiful sunny spring day at Victor Falls. Although the event was a new experience for most, including the organizers, all the riders displayed great enthusiasm and team spirit. Most complimented on the challenging 4-mile course, in spite of "muddy" trails conditions. The "interval start" used to avoid congestion, and "team pairs"

concepts were well received. Amazingly, there were no serious injuries and only one reported mechanical, Singletrack Mind's Club president Mike Curley broken a chain early on his first lap.

The event ran smoothly due to yeoman efforts by Jim Grill, Joe & Leslie Wetmore, and "Chef" Joe Krezelak. Special thanks go to the generosity of Hill Side Christmas Tree Farm owner Vince Matt for inviting us to set-up and run the event in his pasture area. Vince also allowed us to use one of his sheds for sign-up. We even had the company of Vince's two fine dogs Charlie and Kensan, especially during the BBQ! Lots of great raffle prizes were generosity donated by Center Cycle of Renton, and Black Diamond Bike & Backcountry. "G-man" Greg Grubenhoff did a great job designing awards.

### Scoring

Our scoring system was based on:

1. Number of laps completed within each team's 4-hour segment
2. Comparing actual finish clock time to the 4 hour estimated finish clock time, and using this resulting differential to break lap ties, with highest minus result winning in class (without breaking the 30 minute average lap rule)
3. Total minutes ridden were divided by number of laps ridden to calculate average lap time.

### Interesting statistics

The 49 riders did 183 laps for 730 total miles on the 4-mile course with no apparent damage to the trails. (Mountain bikes are environment friendly) 29 of the entrants were non-members. The event did a good job of proportioning club membership.

The majority of teams maintained average lap times just a shade over 30 minutes (approx 8 mph). In the "A" class 5 teams completed 7 laps in their 4-hour segment, requiring a system of time differentials on last lap finishing time to break ties. The 1st & 2nd place "A" class teams were within one minute of each other.

### Results:

*--All Gals Class*

Team "Dirt Chix" of Sue Krezelak, Melissa Rogers, Pat Sprouse, & Kathy Edick (7 laps).

*--Co-ed Class Team*

"Conners" of Ray Conners, Tricia Battes, B. Ingelbek & Keegan Gilmore (6 laps)

*--The A Class Team*

"BCAA" of Brian Gagne, Cory Fraser, Alex Schel, & Alex Akay (7 laps) won by a one-minute tie breaker over Team "Mixed up"

*--Iron Men Class Team*

"Allopek" of Dave Miller and Mike Franz blasted the course for 8 laps.

*--Single Speed*

Isaac Gmazel amazed us with 8 laps at 32 minutes per lap on a rigid single speed.

*--Iron Man Solo*

Dave Sawyer completed 9 laps in 237 minutes for a 26-minute avg.

*Honorable Mention's*

Members of team "Dead Presidents", Ralph Loewen, Mike Curley, Kevin Collier, and Don Swanson put forth a valiant effort by finishing 6

laps without CPR! Club Vice-president Pat Sprouse and club treasurer Kathy Edick prove that STM officers are very active in club events. DNR person Phil Wolff teamed up with Mark Fisher to finish 8 laps in the Iron Men Class as "Team Green".

### Conclusion

There seems to be a competitive nature in mountain bikers that attracts them to the challenges and comradeship of off-road cycling. This was shown in the up-beat response to this event. Most are not WIM or NORBA racers, but enjoy low-key recreational competition. This event should be considered for next year. It was a lot of work developing and working out the details for this unique event. In the end it was worth it. A very special thanks goes to the event chairman "Dino" Rick Russell. Without his dedicated enthusiasm and organizational skills this event would not be possible.

### STMCC Club Meeting Monday, May 12, 2003

*Members present: Aimee McGuire, Pat Sprouse, Sue Krezelak, Jim Grill, Ralph Loewen, Rick Russell, Scott Korsmoe, Kathy Edick,*

-First order of business, thank Rick Russell for a job well done on the 4 Hours of Adrenafun.

If we do the 4 Hours of Adrenafun next year, we will keep the same format. We could not reach a decision at tonight's meeting on whether or not to have the 4 Hours of Adrenafun next year. So we decided to table it until the first of the year. We received \$108.00 in our donation can at the event.

-It was discussed that we need a better ride release form for these types of events. Suggestions were insurance information, rider's address, maybe a card to carry with each rider.

-Summer Picnic - all details are settled and taken care of. August 2nd. We have 5 hours reserved at Lake Wilderness. 10-3? Check with Greg Schoenle.

-Report on 2003 budget by Kathy Edick. \$4,810.00 surplus. Because we are a non-profit organization we need to spend/donate a lot of the surplus.

-Two members of STMCC, Sue Krezelak and Pat Sprouse will be riding in the Mary Bridge Children's Hospital Courage Classic this August. It is a fundraiser for the intervention and prevention of child abuse. Pat and Sue asked the club to give a donation to each of them. The club will give \$50.00 to Pat and \$50.00 to Sue, it was moved by Kathy Edick and seconded by Jim Grill.

-DNR may have their funding for recreational use pulled. STMCC will give money for work parties at Tahuya, DNR land. Poker Run will be held at Tahuya.

-STMCC is paying to have our logo added to the new revised Tahuya trail map. It will advertise our club and we can give our new members a copy along with their membership card and STMCC club sticker.

-Poker Run: Pat Sprouse mailed solicitations to each bike shop in the area. It said that if they want to be a sponsor to contact Jim Grill.

-Don Swanson, Pat Saludo, Mike Curley, Mark Fisher, and Jim Grill

will handle the trail design for the Poker Run.

-Should we use sandwich boards on the road to direct riders to the horse camp? Is the sign with all the rules on it at Mike Heacocks? Do we need to make a new one for the Poker Run? Jim Grill said that he would visit Mike Heacock to see if the signs are in his storage shed.

-Should we feed people at the Poker Run this year to recoup some of our money - if so, we will need a food permit. Jim Grill will talk to Phil Wolff regarding this.

-Jim needs to push for volunteers for the Poker Run. Let Jim know if you are volunteering or have recruited someone.

-Rick Russell has punch cards and release forms covered.

-We need the mailing list from last years Poker Run. Ralph Loewen will check his computer for the mailing list data file. We need to get the mailing list and flyers done by June 20th.

-We need to show Phil Wolff a copy of our insurance policy before the Poker Run. Kathy Edick will check through the papers that Dave Goulet gave to her when he turned the treasurers position over to her. The Insurance Policy may be in with these papers.

-Phil Wolff needs a written request from us asking to have the Poker Run at Tahuya.

-Aimee McGuire reports that we need to order more club t-shirts. Club t-shirts are currently stored at Mike Heacock's place. Kathy Edick volunteered to have the t-shirts stored at her house. We are going to order some of the t-shirts in different colors.

-Our club's attorney is reviewing our by laws. He finished reviewing our ride release form and the adult form is ok. The minor release form is not.

Work Parties: June work party - White River/Skookum or Cowlitz Valley. July work party - Mt. St. Helen Ape Canyon Trail

-STMCC along with REI is sponsoring an athlete in the Special Olympics this June.

-STMCC member Steve Gann will be donating his time as a bike tech at the Special Olympics in June. Jim Grill said that if anyone else was interested in helping at the Special Olympics to please let him know.

Are you one of those internet savvy club members? Love to get e-mail at work or at home?

If you are interested in using e-mail instead of snail mail to get your STMCC news, send a note to Tony Picardo @jennpicardo@att.net. We'll begin to create a e-mail list of all members of the club who would like to receive the newslettr via e-mail and eventually get it to you rather than a paper copy. You'll continue to get a paper copy till we get the switch made.

*Thanks!*

