

SINGLE TRACK MIND

March 2003

The President's Column- The Big Toe Speaks

Mike Curley-Founding member 2003 president.

Just touching bases with everyone. As I stated I am going to try to use the president's column each month to keep all apprised of what is going on. In last months newsletter I said we would be discussing the annual budget, Review ride release forms and further discuss how to better promote the club. Being true to my word I arrived at the meeting with a legal pad that said "Annual Budget, Review Ride release, how to promote, unfilled jobs and New Biz". New biz consisted of a discussion pertaining to Victor Falls, Vince, and the increasing theft problem. Vince was worried about the problem and was asking if STMCC wanted to purchase fake surveillance cameras. We as a group (those who were in attendance) did not feel that this would be effective or cost-wise. Posting signs to not leave valuables in your vehicles were considered however. One other new biz topics we discussed briefly the proposed changes to the NOVA policy and it's funding programs. It is all rather complicated but it will affect us in areas that include motorized. This is almost every Forest Service Trail we use as well as DNR properties. This change to the policy severely affects funding for these trail systems many of which are popular summer mtb areas. Lastly in new biz we briefly went over a new trail system proposed by the State Park (it seems that they felt bad about excluding other users "uses other than hiking" from many areas about 5 years ago). This new system is proposed along the I-90 corridor BBTC has had a hand in some of the planning of this project, it is however still many years away. If any one wants any more info on these topics feel free to contact me at itsadjustable@attbi.com

As for the main topics, after reviewing the breakdown of the annual club budget we decided that we need to discuss some of the finer details a little more thoroughly next month. The main focus of the budget is that as a non-profit we need to spend much of what we make each year, we cannot show a profit. We also promote that the funds raised at our events go to promote MTB stewardship. We wish to figure out how much we actually have to play with each year.

As for the ride release discussion it is becoming apparent that there may be more than one type of form out. We also discussed the fact that they may not be utilized the way that they were designed for. The decision was to have the Lawyer look over the paper work and we will need to put together a policy for their proper use.

Lastly filling of a few other jobs was discussed but nothing moved forward. We did however find out that Grinding Greg (last years picnic coordinator) is under the weather, we all hope he gets well soon.

As far as better promoting the club we discussed that we first need to start at making newer members feel welcome. To do this we discussed having a new members ride lead by a board member. So look for these special event in the months to come.

I wish to thank Pat Saludo, Ralph Leowen, Jim Grill, Nena and Neylon Curley and of course myself for all the hard work put into the Tahuya/Green mountain work party. We put in about 36 hours on a great project. We all need to remember that to hold the Poker Run at Tahuya we need to volunteer at least 200 hours of labor. Riding isn't a right, it is a privilege.

Since we are on the subject of the poker run remember to contact Jim Grill if you have questions or want to help. Right now we are looking for people who had sponsors contacts from last year, as well as anyone else wanting to help out with the sponsorship process.

At the REI club promo, it became obvious that all of the club stuff has become spread out, so if everyone could check out their storage areas we are still looking for the club display pictures, and the big WA. State stick board of all the places we ride. Let me or one of the board members know if you found something.

I wish to also thank all that have attended the last two meetings and hope that we continue to get an influx of people to the meetings. It only makes your club that much better.

New club member biographies

Julia Shozen

Two new members showed up at February's board meeting at Nifty Fifty's on Monday evening. These new members were a welcome addition at the Board Meeting. We filled them in on some club history and they gave us good insight into the reasons why non club affiliated riders benefit from being in a club and how we can better accommodate new members joining our club Arold has just joined very early this year. Chris Church's first club activity was just showing up at our February meeting, participating with great "I love mountain biking" attitude equal to new club rider Arold's and all of the other members present and then signing up as a new member.

Arold Aguon

Arold Aguon is originally from Goldendale Washington but has been in the Puget Sound since he finished serving in the Marine Corps in 1989. He was limited to riding road bikes near the bases when he was in the Marines but he picked up mountain biking as soon as he settled here in the Puget Sound.

He had ridden mostly in Ft. Steilacoom or at Victor Falls but had wondered where other riding areas were. He had asked around at shops but did not really have a good source of information of where to go and people to ride with. When he came across the STM website he was really impressed with the wealth of information available on where to ride and felt the website was extremely well designed and easy to navigate. He immediately wanted to get into the action with the STM club from viewing the website. (Good job Jim and Sue) Since he joined he has gone on every Wednesday night ride and at least every other Sunday ride. He is enjoying leaning about new places to ride and meeting people to ride with.

Arold enjoys all outdoor activities, including camping and hiking. He is looking forward to all the great summer outdoor activities the club arranges for members: rides, campouts, and the STM Poker Ride that he heard being planned as he participated in the February board meeting. After participating in our well-organized group rides, Arold felt curious about how the club was run so he attended the board meeting. He felt he gained a lot of insight into the scope of activities and the costs involved in supporting a mountain bike club's activities as we discussed our annual budget at the meeting. He did not realize it was a non-profit organization and the extent of all club sponsored activity expenses that the membership fees were being applied to.

Chris Church

Chris Church's first contact with STM was on a ride with "Downhill Dave" last summer by Green River Community College. He attended the February STM Board meeting to meet the people who have his same interests and have knowledge of the local trails. He liked how the business of the board meeting was conducted in a good fashion without being too serious and people were having a good time. "You could see the true spirit of the club, we're mountain bikers let's keep it easy." Chris was introduced into mountain biking in Grand Junction Colorado in 1985. While living in Colorado he enjoyed participating in Mtn. Bike Polo and he rode the local trails with unofficial biking clubs.

Chris, his wife, Karla and their daughter moved to the Puget Sound five years ago. Karla also likes to ride but their college student daughter does not think mountain biking is 'hip'. However this daughter was proud to recently acquire a used bike for its historical value of it having been part of the Seattle anti WTO demonstration. Chris is working on fixing this bike up for her. (Hey, way cool, a bike with symbolic value, a bike lover's daughter can appreciate that.)

Chris enjoys the variety of our local riding areas. He likes the different terrain and environment from Colorado, "a lot more trees". Although he hasn't had time to get on the trail in the last three months, he keeps in shape by putting his bike on the trainer and tries to ride every day when he is not on travel with his job. He now works as a tech rep for a manufacturer of engines for cooperate airplanes. Although he has met celebrity owners or users of aircraft through his this job like John Travolta, Harrison Ford and others, his big retirement goal is to be a bike mechanic.

Fellow STM members, please welcome these two new members. Refresh your 'I love mountain biking' attitude and feel free to follow their example and show up at any board meeting even if you have never done so before.

A new bike shop in town- Black Diamond Bike and Backcountry

STM has a new member and sponsoring bike shop. Peter Fisher is a veteran mountain biker and owner of the newly opened Black Diamond Bike & Backcountry (a shop owner that rides!); in Black Diamond, of course...right next to our friends at Palmer Coke and Coal. Peter has been in the bike biz for a number of years and knows a lot of bike stuff. Peter plans to lead some cool nightrides from his shop. Stop in and say "Hi", next time you're out Lake Sawyer way. Don't forget to ask for the sponsoring bike shop discount of 10%.

Ride Reports

Rick Russell

OFS Ride at Ft. Steilacoom, Jan 26

Kurt Kurtz had the up beat company of Joe & Sue (you know who), Don Swanson, and Dino Rick riding for 2 hours on the FUN trails there. We had blue skies, except for a brief rainsquall during the ride. Lots of hikers and dogs, as usual...and plenty of time to see the Super Bowl blowout after.

Slowpokes at Victor Falls, Feb 2, '03

I don't know if the slow riding pace attracted a turnout of 15 riders on this overcast Sunday...or if they just wanted to get together and ride with STM (after a winter of "couch potato-ing"?) We had regulars, new members, and riders out of STM's past...which included 3 former club presidents (Ralph Loewen, Kevin Collier, and Steve Merriam; who was also our first Webmaster) and twice club treasurer, Don Swanson. New faces were Brian Gagne & Lisa (?). Regulars Kay Oliver, Roy & Andy Edick, Alex Schell, Todd Petrie, Ken "Samurai" Lawson, Capt. Monroe, Bob Hollander(?), and me rounded out the group of eager mudslinging slowpokes.

Our first loop of 2 hours got fragmented at the "Rusty Truck" trail when Capt. "wrong way" Monroe took a wrong turn and led a group of ten down the bridge infested "College Trail". After a futile search in the tangle of VF trails, the remainder of us followed the leader's chosen loop back to the 2-hour destination point at the cars. Coach Don volunteered to continue the search for the lost brigade who had followed the wayward Capt. (He was successful.) While we waited there for signs of the wayward, a few straggled in. After waiting until 1:00 PM, 6 of us ventured onto the Eastside (as planned) to enjoy an hour of riding to finish off the day. Arriving back at the cars at 2:20 (and 10 miles) we noted that all of the "Captain Wayward's" followers had already gone home. Don and Brian rode in a few minutes later, after doing an hour two-some search and rescue ride, and advised me that everyone had gotten back to the cars OK!

Comment: Slow-paced rides have been requested by a lot of our members this year. Everyone there was advised that the first 2-hour loop was to be at a "slowpoke" pace; lead by me (a perennial slowpoke). The 3rd hour was designated for those who wanted to "hammer" as a separate group. For some reason our slowpoke session got spread out on Rusty Truck and some left the leader's route unannounced.

As the designated ride leader, I had a responsibility to plan and organize a route; and see that everyone got back safely. I know it was a large turnout (sometimes split up into slow and fast groups), but on a Slowpoke Ride everyone should be able to stay fairly close together (and be comfortable) without the usual "gather-up and rest" stops (often cold). This pace also allows you to practice slow riding skills...like track stands, ratcheting, static wheelies, etc. I'm sorry if this incident upset any of our group.

Slowpokes at Lake Sawyer on Feb 9th

Kurt Kurtz lead a hardy band of five on a 12 mile Slow-Fest of Lake Sawyer trails. Due to a meeting place mix-up, 5 riders from Rainier Cycles weren't seen until near the end of the ride. Oh well!

Slowpokes at Tapeworm on Feb 16th

Seven STM riders turned out to attack (or be attacked by) the technical trails at the Towers of Power FUN trail system amid brief rain showers. The trails were muddy and the numerous slick roots and logs added to the FUN. A well-built roller coaster bridge has been recently added to Tapeworm. Arold Aguon and Todd Petrie (new Heckler) were first timers there...and seemed to have a blast conquering the many obstacles easily. Dave and Jim Goulet, Melissa Rogers, and Capt. "Hoo-haw" Monroe rounded out the up-beat group; riding Crop Circles, The Worm, Parasite, and Mr. DNA for a 2 hour FUN-Fest of about 6+ miles.

STM's soon to be famous '4 hours of Adrenaline' is coming. Teams and Riders Needed

Rick Russell

Your club is putting on a shortened low-key version of the team endurance relay events that have become so popular with mountain bikers! Our 4 hour version will have teams of 4 riders each "riding in pairs" (2) on a marked 4 mile loop (est. time: 30 - 60 minutes per lap), changing "team rider pairs" after each lap. (The "pairs" concept is for safety in case of injury or mechanical. And so your waiting "relay team-mates" won't have to vegetate too long.) Check Points along the course will require team pairs to ride together and control speeds (i.e.: No laps under 30 minutes or over 60 minutes). There will be classes for (A)"Pre-registered & Organized teams", (B)"All Gals" teams, (C)"Iron Men" teams, and (D) teams made up in a Lottery system at the event; for those of you not on a Pre-registered or Organized team or if a team needs additional riders. Maybe an "Over-the-Hill" (50+) class or? Ride at Your Brisk Recreational Pace [***]. Your riding pace will be monitored (see rules posted). This is NOT a Race!

This Fun-Fest is FREE for STM members. Non-members will be encouraged to become members (and may be required to, depending on the turnout).

Our Sunday adventure will start with an 8:30 A.M. sign up and teams lottery & organization. First team pair starts at 10 AM followed by team pairs at time intervals (to avoid congestion). Teams completing the most laps in their 4hour segment (and according to the regulated speed rules) will be declared the winners for each class. Anything goes for team names; providing it's PG and short!

The local venue will be on 2B rated trails. We think our 4-mile loop includes most of the ingredients for fun singletrack trail riding. There will be an uphill grind, some rideable obstacles here and there, and a sketchy downhill section. You can dismount and walk any section you are not comfortable with...or stop to suck some air if you need to. It's NOT a Race...It's a FUN-TAS-TIC Riding Adventure!! We want this to be a FUN social event!

At 2:00 PM, there will be FREE eats! Followed by awards and prizes for all categories. A FREE swag raffle! Maybe even prize contests to keep waiting team members from vegetating (like timed tire changing, obstacle course, etc.). Donations will be encouraged and accepted. This whole FUN-Fest should wrap up by 3:00 PM.

Hey...if you think this is a cool idea and plan to participate:

Tell Joe & Sue by e-mail...

Or phone Dino Rick at 253-631-3861 ASAP! We need your responses to help us put together this fun-Fest. So, get your teams organized ...OR plan to come out alone or with your riding buddies and we'll get you on a kick-ass team. We'll need a few volunteer workers, too. We're planning to do this at the end of April or the first part of May (no Sea-Otter conflict).

Tentative 2003 Major Event Schedule

Please contact Joe or Sue Krezelak about changes and additions. Updates will appear on the Monthly Ridelist. Dates listed only reflect last year's weekend dates updated to the 2003 calendar.

TBS	Fort Ebey Campout (Ralph Loewen).
5/10 - 5/11	Salmon La Sac Campout (Dave Lowe?) 4C. (Mother's Day Weekend?)
5/16 - 5/18	Hood River Campout (Mike Curley) 4C.
5/23 - 5/26	Green Mtn Memorial Day W/E Campout (Pat Saludo) 4C, :-).
6/6 - 6/8	Leavenworth Mt. Bike Festival (Jim Grill) .
6/20 - 6/22	Devils Gulch / Mission Ridge Campout (Rick Russell) 4C.
7/11 - 7/13	Table Mtn Star Party Campout (Terry Haggard)?
7/18 - 7/20	9th Annual STM Poker Run & Campout (Jim Grill) :-).
TBS	Mt St Helens Work Party & Ride Campout (Mike Curley) 4C.
8/1 - 8/3	Chikamin Ridge, Creek, etc. Campout (Don Swanson?) 4C.
TBS	Cowlitz Valley R D, Allen Mtn Work Party & Rides (Mike Curley) 4C.
8/17?	STM Summer Picnic (Greg Schoenle?) :-) (See Note 2)
TBS	Wenatchee R D, Nason Ridge Work Party & Rides Campout (Mike Curley) 4C.
9/12 - 9/15	Lewis River Campout (Mike Curley) 4C, :-), [Lodge Fee]

9/27 - 9/28 Devils Gulch / Chikamin Ridge Campout
(Jim Grill) 4C, :-) Cabin?

Note: "4C" notation indicates rides in Mountainous Terrain, Challenging Trail Riding. However, car shuttles to the summit on logging roads are sometimes arranged. Challenging trails = Lots-o-FUN at a Recreational Pace!! FRS Radio communication & maps always included.

Some Campouts will provide Saturday dinner & Sunday breakfast. (Your voluntary cash donation will help to offset food costs.)

Note 2: ":-)" notation indicates fixed dates where STM has already paid reservation fees, etc.

Remember: Local rides may be scheduled on these dates, too! We realize some members will not attend these events for one reason or another, so local STM rides will be scheduled as usual for them. Additionally, members are encouraged to attend any of these campouts for a "one day only ride".

Upcoming skills clinic

Rick Russell

Yup, we're going to do another Skills Clinic Series in the coming months; for intermediate level riders at popular local venues known for technical singletrack. These clinics will cover proven techniques required to successfully ride almost any technical section of trail...with your feet on the pedals! Our expert instructors will teach you some really cool stuff. (And maybe correct some bad habits.) If you're interested; let the club know, so we can schedule them.

Single Track Mind Cycling Club Board Meeting Minutes

Meeting Date: February 10, 2003

Location: Nifty Fifty's

Attendees: Pat Sprouse, Kathy Edick, Dave Goulet, Mike Curley, Julia Shozen, Rick Russell, Ralph Loewen, Chris Church, Arold Aguon

Business Agenda for February's Meeting:

Annual Budget discussion:

Kathy Edick presented a breakdown of last year's expenses and last year's income. The Annual budget was modeled after last year's income expense numbers. The budget was discussed but the details were not finalized yet at this meeting. The treasurer would present something further developed for the March meeting for review. The President noted that a carry over or an inordinate amount of not spent income was not appropriate for a non-profit club. Extra cash should be used for further mountain bike club related activities. Several possible projects were suggested. A clinic to train ride leaders in First Aid skills was one suggestion that was considered worthy for the club. Another suggestion was to request suggestions from the membership at large as to extra desired club activities that the members would like the club to fund with any extra available cash.

Review Ride Release Forms:

It was decided that we should have our lawyer look over our current

ride release forms and get his approval or recommendations for modification of our forms. The secretary agreed to take on the task of contacting the lawyer to do this. Two forms are now used; the minor release forms and the general ride release forms. We also need to know how long we should keep the signed ride release forms.

Other Topics of Discussion:

Ralph Loewen agreed to take on the important job of Trail Maintenance Coordinator for 2003.

Vehicle break-ins at the Victor Falls parking lot. Vince was concerned about the break-ins into cars at Victor Falls. Our help in crime prevention at this location was discussed. Posting a sign advising riders to take valuables with them on the trail and not leaving valuables in cars was the best suggestion for helping with car break in prevention.

Poker Run Publicity plan was presented by Pat Sprouse.

Rick Russell proposed to organize a unique type of fun 'not a race' ride which he called 'STM 4 Hours of Adrenaline ride' for the club members. The board approved his proposal to organize such a ride.

It was suggested and then approved by the board that the club motto should be on the front of every newsletter and the board members names with contact information, phone or email should be always available in each newsletter should a member need to contact an officer of the club.

New member rides and promotion of new members to go on rides and participate in activities was discussed by having ride leaders make personal calls to new riders was discussed. The need to possibly create a new a new volunteer position of club promotion or membership contact was discussed.

The March meeting was scheduled for March 10th at 7:00 PM.

Club officers

President	Mike Curely	253-566-0359
Vice President	Pat Sprouse	360-697-1491
Treasurer	Kathy Edick	253-939-6329
Secretary	Julia Shozen	206-244-4610

STMCC Creed

Single Track Mind Cycling Club is dedicated to promoting mountain biking opportunities through environmental and socially responsible use of 3the land we ride upon.

We believe in maintaining and keeping trails open for all recreational users

Aaron's Bicycle Repair

6400 California Ave SW
Seattle, WA
206-938-9795

Bicycle Center

4529 Sandpoint way
Seattle, WA
206-523-8300

Bicycles West

1183 Andover Parkway W
Tukwila, WA
206-575-1996

Bike Stand

407 E 4th St.
Olympia, WA
360-943-1997

**Black Diamond Bike and
Backcountry**

31509 3rd Ave Black
Diamond, Wa
360-886-9100

Bonney Lake Bicycle

19102 B Hwy 410
Bonney Lake, WA
253-863-5145

Center Cycle

20 SW 7th St. #G
Renton, WA
425-228-3661

C & M Bicycle Center

1322 Meridian St. E
Suite B
Milton, WA
253-952-6763

Mountain Bike Outfitters

703 Central Ave S
Kent, WA
253-854-7487

Mt. Constance

1500 NE Riddell Rd.
Bremerton, WA
360-377-0668

Old Town Bicycle

6820 Kimball Dr. NW
Suite B1, Gig Harbor, WA
253-858-8040

Additional Location

(Old town Tacoma)
3009 N Mc Carver St, Tacoma,
Wa, 98403

Parkland Bicycle Shop

11802 Pacific Ave
Tacoma, WA
253-537-3160

Phil's South Side Cyclery

2310 SW 336th St.
Federal Way, WA
253-661-3903

Rainer Cycle Sports

3816 N 26th St.
Tacoma, WA
253-756-2116

Ski and Bike Shop

240 Roosevelt E
Enumclaw, WA
360-825-6910

Spoke and Sprocket

2621 70th Ave W
Suite D
University Place, WA
253-564-1422

Vashon Island Bicycles

9925 SW 178th
Vashon Island
206-463-6225

**Velocity Mobile Bicycle
Repair Parts and Service**

Mobile: 253-297-9148
Shop: 253-531-4032

All of these fine shops support STMCC by providing a 10% discount on bike parts and accessories.
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Single Track Mind cycling club

6824 19th Street W. PMB #147

Tacoma, WA 98466

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