

2002: THE YEAR OF THE BBTC WOMAN



Getting into mountain biking a few years ago, I didn't know many other women who rode. And those I did know had all been in the sport for a few years or more. When I joined the BBTC at the beginning of 2001 I did so for the express purpose of meeting fellow female riders - and there were some really great women with the club. But, it still seemed that the majority of existing and new members were male.

But then 2002 dawned and almost 45 women signed up for the Women's Boot Camp in May. Why so many? The reasons are almost as

different as the women themselves: training for a triathlon, exercise, to keep up with the kids, because that s****y ex-boyfriend of mine said I couldn't learn how, and many, many more. As different as they all were, they all shared a commitment to learn how to ride their bikes on singletrack.

And women didn't just show up for the Women's Boot Camp, they showed up for every other boot Camp the BBTC offered. At almost every boot Camp run in 2002, the female participants outnumber the males.

See Women on page 9



PARTY ON! THE BBTC HOSTS ANOTHER HOLIDAY PARTY

Party details have not been finalized, so keep your eye on the website or call the hotline. Look for the party in the first two weeks of December. It's always a good time.

MIDDLE FORK UPDATE

Any day now the Snoqualmie Ranger District of the Mount Baker-Snoqualmie National Forest will release a decision on the Middle Fork ATM Plan. It's this plan that will determine who uses the Middle Fork Trail. The BBTC has been advocating Alternative E, which allows seasonal, every-other-day use of the trail for bicycles. Once the decision has been made, there will be a 45-day appeal period. Appeals to the plan, or worse yet lawsuits, could further delay the reopening of this trail to mountain bicycles. But contacts at the Snoqualmie Ranger District believe that by next summer the trail should be open to bikes on an every-other-day basis. Fingers are crossed.

WHAT'S NEW ON THE MIDDLE FORK?

The substantial amount of clay in the soil on the lower three miles of the Middle Fork Trail has made
See Middle Fork on page 2

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MIDDLE FORK CONT

the trail difficult to maintain. Over the past three years, hiker and equestrian use has really taken a toll on the integrity of the trail. This past summer, however, the Forest Service has rebuilt much of the lower Middle Fork Trail, adding lots of gravel and turnpikes and log stairways in an effort to stabilize the trail. While the upper 8 miles or so remain narrow and wild, the lower 3 miles are now wider and easier than before.

THE CCC EXTENSION

As of Fall 2002, the CCC Road is in the same shape it's been for years: it begins as a road, then a nice doubletrack, then a wide trail (hey, this is beautiful and kind of fun...), then finally an extreme brushy rolling bushwack where aggressive blackberry vines try to saw off your arm at the elbow. The Forest Service says that the parts of the road will be converted to trail, rebuilt, and de-brushed sometime in "2003 or 2004." Here's hoping. But guess what? From the upper end of the CCC Road, the new CCC Extension lives! The Forest Service says it won't be ready to ride—and we shouldn't ride it—until summer 2003. But the entire three-mile length has been built, including bridges. It's wide and nontechnical (the Forest Service has no idea what kind of trails we like even when they have good intentions...), but still winding and fun. It currently ends at a gravel pit next to the Middle Fork Road above the Lower Middle Fork Trail parking area, but the Forest Service plans to reroute the upper section so that it will end across the Middle Fork Road from the trailhead. There's no ETA on that.

John Zilly

TRAIL CLOSURES

Please respect the seasonal trail closures out there. You may not agree with all of them, but in many cases, unfortunately, it's a seasonal closure or nothing.

TIGER: Remember that the Iverson and Preston Railroad Grades on Tiger Mountain are now closed for the season. They'll open up again on tax day. The BBTC objective is to get Tiger open year round. If this sounds good to you, turn out for one of the work parties scheduled up there.

VICTORIA TRACT: This area, known also at The Glass School and 300th, is closed from November 1 through April 30.

ST EDWARDS: St Eds is open year round, but due to the amount of use it gets and the wet weather, try to ride somewhere else during the winter. And watch the calendar for work parties there as well.

VICTOR FALLS: The entire Victor trail system is closed from November 12 through January 1. There will be patrols looking for violators. Go buy your Christmas Tree (U-cut) from Vince at the tree farm there, because he kindly lets us park in his parking area year-round.

SNOQUALMIE TUNNEL: The tunnel is closed until May. But the rest of the Iron Horse Trail is open, unless snow turns you back.

HOLIDAY GIFTS

I started buying memberships for friends a few years ago. It's an easy way for them to learn about the great things we do and for them to enjoy the benefits of BBTC membership. It's also a good way to keep your relatives updated on your mountain bike addiction. Since it's that gift giving time of year, try it out: Wrap up a big fat BBTC membership for your loved ones.

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BBTC Board meetings are held on the fourth Monday of every month. Call the Hotline for location and time (206) 283-2995.

PRESIDENT'S NOTE

Fall is here.

Still plenty of riding left to do but I have to admit, my thoughts are starting to wander to all the stuff I put off this summer so I could maximize the amount of time I could spend outside. There's some household projects, work related classes, and a bunch of bike club goals that await the winter nights.

Winter isn't here yet though, so, I'm going riding tonight. Maybe it will be one of the last dry warm days of the season. Or maybe not but I promise I'll start focusing on club stuff in a couple of weeks as the summer evenings fade.

Time for all of us who are passionate about mountain bicycling to start looking at our winter schedule to see how we can give a little back. Without your help, we do not accomplish anything. I have been gratified to see the amount of "giving back to the trails" that has started become routine within our community. It makes all the difference in the world. Thanks.

Brian Jones, BBTC Prez

WORK PARTY REPORT

SUNTOP, SATURDAY, AUGUST 17

Well the second Sun Top work party went well. Perfect views of Mt. Rainier, the Palisades and a couple dozen more peaks looming. Bagels, cream cheese and smoked salmon right off the rack for the crew. Oh, these work parties will kill you.

We started up at the saddle below Sun Top and covered a lot of trail in a reconnaissance fashion. Each had one tool and we kept moving making frequent water bars, until we hit a couple of involved water seep problems inside the Buck Creek basin. Fixed one cleanly with a lot of big rocks but the other was only patched until the next work party. Probably hiked 3 1/2 miles of the trail today and can report that the trail is in pretty nice shape. Future work parties can look forward to some good projects on the trail, the water seep and a rock wall at a switchback towards the top. Joe brought his bike up to the saddle in Todd's truck and bombed down the logging road after the work party, reaping the reward for the day a 3,000 foot decent.

Thanks to Todd, Ethan, Joe, and Lisa for coming out and working hard. That's 2 Todd, looks like you've got a free Forest Service parking pass!

John Loomis

COLONNADE PARK

UPDATE ON GETTING TRAILS INCLUDED IN THE I-5 OPEN SPACE OR COLONNADE PARK.

The Seattle Parks Department has \$1.8 million of Pro Parks Levy money to spend on leasing, designing and building a park under I-5 along Eastlake next to Lake Union. The area under formal consideration for this project is "7.5 acres roughly between Lakeview Blvd. and Franklin Avenue E.; and between E. Newton Street and E. Galer Street." (WashDOT) BBTC, IMBA and Cascade Bicycle Club have shown strong interest in this project and BBTC has stated its commitment to building singletrack in the park. As a result, we were able to write a convincing coalition letter to the Seattle Department of Parks and Recreation, City Council members, the Mayor and various officials in the Washington Department of Transportation. Our "I-5 Trails Coalition" will be mentioned in an interview with Simon Lawton of Downhill Northwest done by Dirt Rag magazine. Look for it. Our coalition letter asks that the area under consideration be expanded to include nearly 20 acres so that commuter trails can also be included to the south down to Aloha St. near REI. This makes it safer to get to the trails and easier to sell as a fund-raising and transportation package. In a number of meetings, letters and phone calls, we have reinforced our commitment to work with the community and the various departments to make a great project, whether it is on 7.5 or 20 acres. This has fostered positive interest from the City. Things are in flux so specifics are difficult to report, but we've had conversations with the Superintendent of Parks, city council members and an assistant to the mayor, so the doors are open. Please be ready to volunteer when asked; it's our "will-do" attitude that keeps these opportunities open to us. Then it will be our actual work that produces totally cool singletrack with the freeway for rain protection in the middle of Seattle. Thank you to the people who have performed in the past and stepped forward now to produce a strong team that has gotten the instant attention of the City and State.

Jack Tomkinson, Coalition Leader and Liaison, Brian Jones, BBTC President and Trail King, Art Tuftee, Master Trail Builder/Planner, Lisa Parsons, experienced Project Leader and Grant Writer, Karen Moe, experienced Project Organizer and Grant Writer, John Loomis, Civil Engineering consultant. Chuck Ayers, Managing Director of Cascade Bicycle Club. Special Thanks to Chris Leman, Vice Chair, Eastlake Neighborhood Plan Stewardship Committee for tracking this park project, arranging numerous meetings and bringing BBTC to the table.

Jack

TRAIL REPORTS

W. FORK TEANAWAY, AUGUST 25

Sunday: West Fork Teanaway. Obviously, I did not get Chris' cancellation. So, once again, we were sitting there wondering what may have happened. At 10:15, I took off for the trailhead. Always did like the West Fork Road beyond Dingbat Creek. Even better today with the thundershowers that we had yesterday evening. Trailhead: nobody there either. Oh well. Just do it.

I kept thinking as I rode back what would be a good name for this ride. Settling on, "Dr. Exposure and Mr. Ride". West Fork Teanaway is not only one of the most beautiful rides I have ever done. It's also got some of the hairiest exposure. Multiplied by a factor of 3 when riding it solo. I will tell you I walked several sections. Both ways. There were sections I carried my bike because there was no room for it to roll beside me. The section after the first creek crossing made up for some of that. It's classic high eastside sidehill trail, fast, scary smooth, and on the north (shady) side of the drainage. I could ride that sort of trail over and over again. Soon it is over after a couple switchbacks down to the river. And the exposure, rocks, rubble and wide open scenery resume. Below me was one deep clear pool after another, complete with ghostly visions of Peter Partel and Preston waving for me to stop and take a swimming break. But, not today. I was on a mission. I made it to the 5th creek crossing in a nice shady gully to have lunch and debate going further. Sans bike, I walked about another 1/4 mile as the trail started to climb even more and out into the open as well. Enough. Need what wits I have left for the descent. Took about 50 minutes to get back to the trailhead from there. Decidedly faster than going up which took me nearly twice that long. Back down W. F. Teanaway road to the bridge at Dingbat Creek. Look at the watch, "Ahead of schedule". Right turn to Dingbat and another session on the River Ridge Trail.

The rains from the evening before made trail conditions on W. F. stellar and though, not nearly as much rain fell on the River Ridge trail, there was enough to pack down the sand some and virtually eliminate the dust clouds. Followed by the river crossing at speed and a big ring spin across the field trail back to camp. A great way to end the weekend.

Bob

TOLT, AUGUST 25

Wow!!! 17 people spent what could have been a lazy Sunday afternoon riding the trails up at Tolt. Pretty much everyone had biked before, but only about half had biked Tolt (and it was a real treat). The ride leader, having biked there for the very first time on the 1st day of August (yes, 2002)...and then as a TOTAL amateur, looked like a deer in headlights with 16 faces looking to her for the assurance of a great ride. Ha!

We headed off on time and at the top of IAB we opted to break into two groups. Chris took 4 speed demons and I led the 11 sane folks. We started with Mystery Trail and Oxbow then went down Go-Kart, UP Blair Witch, through Toothpick, down MLR and Bypass, across Schaefer and back around The Burn. After which the ride leader lost her contact lens (and on the first ride I didn't carry a spare). Perfect time for a snack break.

We arrived at the yellow sign precisely at our designated rendezvous time and waited for the other group to show up. Soon thereafter, two of the five appeared explaining that the other three were nowhere to be found. After a quick break, She led the tour group through I-90 and Perimeter while the blind ride leader waited for the lost boys. They showed up, explaining that they had no idea where they had been (some hills, lots of turns and a few crossings). Since that pretty much sums up Tolt, group two doesn't really have a trail report. They had a good time, though, wherever they were. From there, half the group, lead by a new and brave volunteer, hit Vicious Quail and Bob's Run. The tired half, lead by none other than the blind leader, stayed on South road and met up with the speedsters at the Lookout. After a quick glance over, we headed up Bear Track to East road and then down IAB. Since the ride leader had done IAB previously in the dark, riding down blind was like a quaint pastime.

Post ride, several folks shared war stories at Ixtapa over a beer and food. A very good time was had by the ride leader...and possibly by a few of the tour group.

Julie

RANGER CREEK, AUGUST 25

Another beautiful day and awesome ride. Despite some carpool miscommunications and an empty P&R at 7:00, I rolled up at Buck Creek around 9:00 to see the parking lot packed with eager riders. Lots of new faces for me, with the lot of usual suspects present. Of course in typical BBTC fashion we got rolling around 9:30 and were off to cut our teeth on the White River ascent up to Coral Pass road. This is always a great warm-up, a gentle climb with some challenging root sections to keep you honest.

Then the pain begins. I must admit I was feeling pretty beat down right from the get-go having just done this climb a couple weeks ago on the second leg of the Double Crown (tm). After 15 minutes of pathetic climbing I decided I should have probably eaten something in the morning and took a break and munched down half a power bar. That did the trick and the rest of the climb was long but not too painful. Unfortunately Kelly finally wore through his rear rim and had to coast back down in search of another wheel, major bummer after all that pain. Of course, the pain is worth it, since the view from the top of Dalles Ridge of Rainier is always just breathtaking. Someday soon I have to drag myself up that mountain.

Find more Trail Reports on page 7

OCTOBER – DECEMBER 2002 RIDES & EVENTS

**TO LEAD A RIDE:
CONTACT JOHN LOOMIS**
loomisjc@home.com

☞ Heavy rain cancels.
☞ RSVP minimum 48 hours in advance

**CALL THE BBTC HOTLINE
FOR UPDATES & ADDITIONS**
206-283-2995

Come Join us! BBTC rides are free and open to the public. Riders must wear an approved helmet. Riders under 18 need written permission from a parent or guardian. All riders must be self-supporting, i.e. carry a patch kit, spare tube, pump, and tools.

BBTC RATING SYSTEM

1 Flat or rolling terrain - no sustained climbs
2 Hills - lots of ups and downs
3 Mountains - sustained climbs and descents

A Easy, well-graded logging roads & trails
B Tough, technically challenging
C Difficult, extremely technical trails

* Leisurely pace with frequent stops
** Moderate pace with few stops
*** Strenuous pace with minimal stops


**RIDES AND EVENTS ARE OFTEN ADDED AFTER THE NEWSLETTER DEADLINE.
CHECK THE HOTLINE (206-283-2995) OR WWW.BBTC.ORG.**

CAMPOUT

BOOT CAMP



TRAIL WORK

 Saturday, October 12th - 10:00 AM - 3B**
Island Getaway on Orcas

Have you ever ridden the buff trails on Orcas Island? If not, here's your chance to ride some very fun trails. Not very technical but swoopy and fast and flowing all in the name of FUN. The ride starts with some singletrack climbing warm up followed by about 2000' vertical road climb. Then hop on the trail to finish the ascent. If it's clear the views are spectacular! Take the early ferry to Orcas on Saturday morning, ride, and then camp @ either Moran State park or a little free campsite gem on the water. Sunday will be another play day on the mountain. Ride Leader: Jason Klecker (jklecker69@hotmail.com)

Sunday, October 13th - 9:30 AM - 2B*

Tiger Mountain Season Closer

Twenty-Mile Version: Iverson first, then out NW Timber, up Preston. Lunch break. Down Preston, back in via NW Timber. This ride may take 4 or 5 hours. Meet in upper/new parking lot at Tiger Summit. Email me for driving directions. Ride Leader: Tom Fitzpatrick (cherylandtfitz@attbi.com)

Sunday, October 13th - 10:00 AM

SS World Championships

This is one you don't want to miss. You'll definitely need a SS for this event. The Worlds are back in the US and are being held in Downville, CA. Info is sketchy at this point but word on the grapevine is that it'll be 45 miles with around 8,000 feet of elevation. Ride Leader: Kevin Axt (mtnwuff@yahoo.com)

Monday, October 14th - 10:00 AM - 2B**

Columbus Day Tokul Exploration

In honor of the famous explorer, we'll go and do exploring of our own, only it will be in the woods, not out in the sea. Primary goal is to check conditions of trails in preparation for winter trail maintenance, so we'll try to hit as many singletrack as possible while stopping here and there for small rolling maintenance if necessary. Lots of gravel pedaling and ups and downs to be expected. Ride time and distance depends on who signs up, but could be anywhere from 3 to 5 hours, 15 to 25 miles. Not recommended for beginners. Cell (425) 770-1297. Ride Leader: Mire Levy (mire101@hotmail.com)

Friday, October 18th - 8:00 AM

Wilderness First Aid/CPR Training

Dates: October 18-20, 3 full days with one 3hr evening class
Class: Wilderness First Aid & CPR (certification for both)
Course Syllabus: <http://www.wildmedcenter.com/wfa.html>
Instructor: Wilderness Medical Training Center
Cost: \$135 for BBTC members
Location: Saint Edward State Park
If you'd like to take the course but have questions, please don't hesitate to get in touch with me. Ride Leader: Kevin Axt (mtnwuff@yahoo.com) Mt. Bike Patrol Lead

Monday, October 28th - 6:30 PM

October Board Meeting

The regular meeting of the BBTC Board will be held at Seattle REI, 222 Yale Avenue North, Seattle, 98109 at 6:30pm. Email Tom Fitzpatrick for directions or use Mapquest. Parking is available in the REI garage. Ride Leader: Tom Fitzpatrick (cherylandtfitz@attbi.com)

Thursday, October 31st - 5:55 PM - 1A* Halloween NiteRide:
Purgatory in Paradise...

Woe to you, oh BBTC... for the Devil sends the BEAST with wrath, because he knows his time is short. Let him/her who hath understanding reckon the number of the BEAST, for it is a human number, it's number is six hundred and sixty six... Charge your torches, come to ride your horses, raising sacred chants, brushing through the plants- In the mist dark figures will move and twist, wielding rusted tools, chasing all lost fools- You'll maraud the East hunting down the BEAST running with the pack and never looking back- You will cry, pleading to the sky this just can't be real but I swear you will heal... Ride Leader: Armando M (armando@pioneernet.net)

Sunday, October 20th - 10:00 AM

Fall Skookum ride

Ride Leader: Todd Frazer. Will be riding the White River trail first then Skookum Flats. This is a very challenging ride with lots of roots, some rocks and exposure on the Skookum Flats trail. Will be parking on FS road 73, which is just after the view point on Hwy 410. E-mail with any questions. Heavy rain will cancel.

CHECK THE HOTLINE (206-283-2995) OR BBTC.ORG FOR LATE ADDITIONS

OCTOBER – DECEMBER RIDES AND EVENTS

Wednesday, October 23rd - 7:00 PM

Maple Valley / Rock Creek Community Trails Open House

Ride Leader: Lisa Parsons. Wednesday, October 23 - 7pm Tahoma School Administration Building (Rock Creek Elementary), Maple Valley. Public Open house to present the mapping work that we have done to date and to get feedback from the community as to what their priorities are for trail connectivity, design, etc. This is a great opportunity to have your voice heard. We have been invited to be part of the trail development in the Rock Creek Valley from the start. Trails that are in the area—Lake Sawyer, Mt. McDonald, Sugarloaf, Kanasket, Putnam, Franklin. the potential is here to be listened to so show up and give them feedback on what mt. bikers want to see as far as trails.

Monday, October 28th - 6:30 PM

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Thursday, October 31st - 5:55 PM

Halloween NiteRide: Purgatory in Paradise...

Ride Leader: Armando M. Woe to you, oh BBTC... for the Devil sends the BEAST with wrath, because he knows the time is short. Let him/her who hath understanding reckon the number of the BEAST, for it is a human number, it's number is six hundred and sixty six...

Saturday, November 2nd - 12:00 PM

24 Hours of Rocky Hill - Texas

Ride Leader: Kelly Wood. It's Back...24 Hours of Rocky Hill Ranch. Smithville, Texas. Here are the details: <http://www.rockyhillranch.com/rockyhill52.html>.

Last year, Beth (and Graeme) braved culture shock, funny white gravy on stuff, Lone Star beer, cross-dressing hicks on bikes, and a weekend with me and my brother to be the co-ed side of our 5 person team. This year, the whole gang is back together to defend our 8th place finish (hey, but that was out of 28). For a recap of last year's race, see my report from last year. If you're serious about getting a team together, I can probably arrange transportation to and from the race and a place to stay before and after.

Thursday, November 7th - 9:00 AM

2002 Trail Conference

Ride Leader: Brian Jones

Saturday, November 9th - 10:30 AM

Vancouver's Mt Seymour

Ride Leader: Grant Stephens. Mostly XC trails but still plenty of stunts for those who want to try them out. Lots of fast tech down hill stuff. Will shuttle to the top and work our way down. Should be about 4 hours of riding with only a few climbs nothing to huge. I would not recommend this ride for anyone in the beginner realm, but if you're game then i wont stop you. These mountains are right on the edge of the city so if you get a cheap motel in North Van you will be close to things. I am staying with family but if enough people want me to book some rooms for the group somewhere i can do that for you. More details closer to the ride.

Sunday, November 10th - 9:30 AM

Vancouver Day 2 Fromme

Ride Leader: Grant Stephens. Lots of fun tech stuff. Again try to keep the climbs to a min. Try to keep it to around 4 hours of riding to give folks time to get home.

Saturday, November 16th - 11:00 AM

Art's Birthday Ride At Ft. Ebey!

Ride Leader: Lisa Polec. Come celebrate Art's birthday with a fun riding adventure through the trails of Ft. Ebey. Chris Alef will be leading, so we'll be sure to hit all the good climbs. This will also take the ride leading responsibility off of Art, so he can disappear and reappear out of thin air as he pleases. Plan to be on the 9:30 ferry and to be pedaling on the trail at 11:00 (Art time).

Monday, November 25th - 6:30 PM

November Board Meeting and BBTC Elections

Ride Leader: Tom Fitzpatrick. The regular meeting of the BBTC Board will be held at Seattle REI, 222 Yale Avenue North, Seattle, 98109 from 6:30pm until they kick us out (8:45 at the latest). Email Tom Fitzpatrick for directions or use Mapquest. Parking is available in the REI garage.

RIDE REPORTS CONT.

At the top we decided to split up into three groups: the lightspeed group wanting to race down Palisades, led by Armando and Igor. my group, the three 'ics' (Eric, Eric and Nic) and Sue, Katie and Marsha who all wanted to head down Ranger. And everybody else, including our fearless mind reader Peter, Jodi and a bunch of new people I didn't catch the names for (sorry!) who were sticking to the Palisades plan. (though I guess they ended up going down Ranger regardless)

So off we went and the fun began, Ranger creek is probably one of my favorite downhills in the state. Starting off a little rough and loose, with tight switchbacks every 100 yards, it opens up about halfway down into a lightspeed rollercoaster that keeps you on your toes yet pushes you faster around every corner. Just the right amount of roots and rocks keep things interesting and there's a few spots that you can even bunnyhop and take shortcuts over corners if you are going fast enough. Big grins were had by all by the time we got to the bottom.

The only downside with Ranger Cr. is that it's just not quite enough of a ride alone. So a few of us decided to do a length of Skookum flats to finish off the day. I don't think I've ever ridden Skookum when it was completely dry, man was it a blast. Going in that direction (west?) you have a very slight downhill working in your favor and it makes for awesome riding. You know it's good when you catch yourself grinning like an idiot while you are riding. A nice change from the usual going up or going down that I've been doing lately, more flat and fast while still having to work at it.

It looked like some weather was moving in by the time I was leaving, hope it wasn't too ugly for those that decided to camp. Thanks Peter for putting on a great ride!

Nic

MORE RIDE REPORTS

STARVATION MTN, JULY 30

It's Tuesday morning. My eyes want to shut and my body says bed is where I should be. Instead I'm at my desk looking at this computer screen. I returned from the Winthrop/Methow Valley weekend (long weekend Friday through Monday). Didn't get to bed last night until 10:30 PM. Only one bad looking abrasion on my thigh (brushed a down tree) and a small one on my ankle (brushed on a rock), muscles are tired. Body wants sleep.

I did the Starvation Mountain epic ride on Saturday. It was really sweet and over 31 miles (according to Zilly, it's closer to 27 mi by my cyclometer) and 4360 feet of elevation gain. Actually, I did 6 extra miles and 800 feet of gain from the top of Starvation Mtn. to retrieve my glasses that I left below...wonderful. Starvation Mountain is 7060 feet high and the view was great, but it was chilly at that elevation. It took about 6 solid hours of ride time, not counting group rest stops. I had a minor mechanical that caused me to lose shifting of my front chain ring with about 5 miles left in the ride. Nothing too major...at that point, it's all downhill. Sunday morning, "the Man" at Winthrop Mountain Sports bike shop got me going again with a little money left in my pocket. From there we did about 16 fast miles, including Black Bear Trail/Aqua Trail, and some others, near Sun Mountain Lodge and Patterson Lake. Fun ride with a good chance to work the legs out of their lactate-frozen state. Monday, on the way back to "the world," we stopped to do an "out-and-back" up the Methow River Trail (TR 480 near Mazama) to the Pacific Crest Trail, another 16 or 17 miles and 1900 ft gain. It turned out to be a deceptive climb on very tired legs...the six switch-backs and climb at the upper end were sobering. But the downhill was sweet.

The weather, you ask? Well, let's just say it was the warm and sunny East-side! No clouds and rain until the Methow River Trail. No snakes were encountered, no wild fires, no mosquitoes, a few deer flies at the upper elevations, and a few cows to converse with (and share the salt block)!

Dick Schaertl

PALISADES TRAIL, AUGUST 8

Garet and I started about noon from Buck Creek parking lot and rode up a somewhat steep two mile section of trail (I always forget the trail names) to Corral Pass Road and began the 5-6 mile ascent. Saw a deer and her fawn immediately after the first switchback. They are always a peaceful site. Tough climb, but we took it slow and steady. The temperature was pretty cold. I even put on a long sleeved fleece at milepost 4 and wore it for the remainder of the ride, although Garet wore a sleeveless jersey the

whole time. I tend to get cold easy though. Reached Corral Pass, ate some lunch and then continued on to the Noble Knob Trail. This was a pretty cool discovery for me because I didn't know Noble Knob and Dalles Ridge are the same ride. This being my first time on these trails I was in awe of the views, unfortunately Rainier was obscured by clouds even though the rest of the sky was clear and blue. The flowers were in bloom and the trails were in good shape even though it seemed to have rained up there recently; perhaps last night. There were some sections where there were trees down. Some can be hopped over, but the majority have to be crawled under or climbed over. The switchbacks were a nice surprise and the Palisades Trail section was beautiful in a pine-needle forest and occasional "exposure with incredible views" sort of way. There has been a lot of trail work done, but still had to stop for downed trees now and then. Arrived at the stairs and pretty much hike-a-biked that section and then arrived at the White River Trail where we rode back to the Buck Creek parking lot, arriving about 5 pm. An awesomely incredible scenic ride. Have fun on Saturday!

John

RIDE REPORT HAIKU BY KELLYSAN

no beth or loomis.
my chance to be up top first.
damn paul and mire!

the high grass meadows
call for us to stop and see.
who brought the llamas?

no, president jones,
ken the vegan would not like
your big salami. (don't ask :)

down down down down down,
down down down down down switchback,
down down down down down.

see crash-test andy.
not living up to his name.
oh, wait, nevermind.

i ride slowly past
the cliff that tried to kill me.
got back on the horse.

wise kelly once said:
hey, let's park at the buck creek.
but nooooo, more climbing (punks).

kelly plays chicken.
the up-turned root does not move.
the root always wins.

fine white dust
covers my body.
happiness.

WILDERNESS AND MOUNTAIN BICYCLING

Close your eyes, imagine your favorite trail in the Alpine Lakes Wilderness Area. As you enjoy your peaceful hike you hear: "On your left!" You jump out of the way to let several trail runners by. They thank you and skid their way down a steep section of trail, kicking rocks and leaving sole-induced skid marks on the trail. As you look at the skid marks you notice this section of trail is a foot lower than the original tread. As you meander on farther, you step off the trail for several folks on horseback coming toward you. Good people, friendly, the horses well trained. The hooves dig like spades uphill trying to gain purchase for the 2000 pound animal. You sidestep some manure as you move further into the Wilderness. You come to a lake, beautiful, cool water awaits you. You hear laughter and children's voices. You look over at a clearing and you see a family out enjoying the day. The kids run around, over and through native vegetation. The parents try and control them but they are kids, it's tough to explain why they need to stay on the trail. You walk around the lake further, hoping for a quiet spot. You spy a primitive campsite. It's easy to see, 8 dayglo tents perched about a central trampled clearing. Stoves, fuel tanks, and backpacks are spread out in the camp site. Solar showers, bright towels, and food stores hang from the trees. The fire pit still smoking from the breakfast fire made from foraged wood. The area around has several paths leading to various spots. You go to step around the camp site and almost step on some toilet paper. Left by a camper, you think, in the middle of the night who didn't take the time to completely bury their waste.

As an avid hiker, backpacker, and mountain bicyclist you ponder the impact of all the recreationalists you glimpsed on your hike to this point. You muse that while all of the above are allowed in Wilderness, mountain bicycles are not. You've read studies that show mountain bicycles cause no more damage than a hiker does, you've read studies that indicate Wilderness campers and hikers can impact wildlife more than a bicycle passing through an area.

A question forms in your mind: Why are mountain bicycles excluded from Wilderness? You resolve to research this. What you find out is that bicycles are not excluded via the Wilderness Act itself. You find out that there are Codes of Federal Regulations (CFR's) that define words within the Wilderness Act. You discover that the CFR's define "mechanical" to specifically exclude mountain bicycles. What you also discover is that originally this wasn't true. Someone went and changed the definition 20 years after the Act was written! Further research shows you that originally "mechanical" was

clearly defined as anything powered by a non-living fuel source. Up until that time human powered bicycles were ok.

You keep on researching and you discover that there is no primary resource from the inception of the Act that indicates bicycles should not be allowed. Even John Muir, found of the Sierra Club, didn't say no to bikes.

You've had enough revelation for now but this makes you wonder what the reasons are to exclude a mountain bike? You think to yourself, wouldn't it be nice if someone changed the CFR's back to their original definition. You think of all energy local and national clubs spend on this complex and time consuming issue—support Wilderness and lose beautiful bicycle trails forever or fight Wilderness and leave it to an uncertain future. You wonder if hiker clubs would support Wilderness if they lost all access to that area forever. You also wonder why there aren't other designations as solid as the Wilderness Act that aren't so hard core.

You think that there must be a way around this! You know mountain bicycle clubs locally and nationally are getting stronger, more knowledgeable, and wealthier. You know that they could mount serious opposition to any Wilderness proposals. You wonder why they (who are "they", anyway) just don't change the definition back. You think to yourself that bicycles, just like all other trail users should be judged using the same scientific criteria and be allowed on trails accordingly. Why not? It sure sounds fair.

But then you remember that this is mostly about opinions, it's a philosophical debate, not a scientific one, which fuels this. Some folks just don't want bicycles to spoil their experience. That's fair, you think, not all trails should be open to everybody but it also works both ways. In an area where mountain bicycles are allowed, they should continue to be allowed regardless of Wilderness status. That's only fair, you think.

All comments invited. Email president@bbtc.org
Check the IMBA website for trail use and Wilderness information: www.imba.com

Brian Jones

MORE RIDE REPORTS

PARADISE, MID-AUGUST

Chris, Kevin, Igor, Shane, our Fearless leader Jeff and I assembled by 5:40 PM for our foray into Paradise, and left the TH at 5:47 after waiting for our two no-show's. Besides being a great ride leader overall, Jeff covers the Paradise-specific tasks very well -- parking monitor telling everyone to not park near the mail boxes, and distributing copies of the Paradise map, while explaining it is not particularly accurate.

We headed to the south section of Paradise, going around the west perimeter to some nameless trails and then up to "some Plateau action" as Jeff described it, to Intestine and the Rings. I am often the sweep on rides as I'm often the slowest person with a radio. This time, I was just clearly the slowest. But everyone waited patiently for me, and Shane did a great job of making sure I knew when to go left and when to go right. Jeff is not one of those ride leaders who acts like he is paid by the word; he keeps his commentary minimal. If Igor had not had the map out at every stop, asking Jeff where did we just go and where are we going next, we might have heard even less from Jeff.

After we reached the plateau, Noel, one of the no-show's, called on the radio. Noel was late because he had been working. After Noel joined us, we continued to Water Tower, The Cooler Trail, and Fern Wood. Just after that, as we were going down a steep stretch by the black Toyota car, when I did not have my feet clipped in and my weight was not back, and I generally was in piss poor form for downhill and I knew it. I did my first endo in over a year. I was complemented on "what a perfect endo it was", "such an excellent roll." (I wonder if my endo excellence comes from many years of skiing and snowboarding, or maybe from the few months I took judo and learned how to fall and roll without injury. Since this was only my 3rd endo ever, any quality of my technique was not due to practicing endo's). It was a very soft substance that I landed on, and I quickly rolled back on my feet. My audience requested that I do it again, so they could get my performance on film, but I declined. Jeff told me that my Endo meant that I'm the one writing the ride report. I don't know if that's a BBTC tradition, a Jeff Mack leader tradition, or something Jeff made up on the spot to offload one task from fully-employed work-a-daddy Jeff to unemployed kid-free general slacker, me. Whatever. Hence, this report is from me. Shane and Noel bailed somewhere around 7:30. I bailed at 8, as light was getting worse. The light was still excellent on the jeep road and some trails, but after 7:30, we rode the dark areas' roots by Braille. I did see 2 or 3 other riders after I split the group and rode alone. Kind of a surprise since so often you have Paradise all to yourself.

Jeff, Igor, Kevin, and Chris said they'd ride another 10 minutes, but they had not returned after I

returned to my car, opened a beer, put away my bike, changed my clothes, and used the bushes. Hmmm, since they clearly are faster riders than me, I guess that "10 minutes" must be BBTC time. So any riding or pizza that happened after 8 PM is not covered in this report.

We found trail conditions to be good to excellent. I'm sure a swell ride was had by all. Thanks, Jeff, for organizing this last minute Paradise Promenade.

Wendy

LEWIS RIVER, SUNDAY AUG. 18

A group of four of us road Lewis River this weekend and I'm happy to report that all the downed trees are GONE! I only had to carry my bike over two washouts that were no big deal. It was my first time on that trail and I have to say that Zilly greatly understates the hills. He talks about an 800ft altitude change. It is really a total of 2559ft if you ride the trail both ways (according to my Polar S710 which only counts the ups and ignores the downs). Of the four of us one bailed and rode back on the road and another one should have but tufted it out on the trip back.

I loved it though and it was great swimming in the river after. We even managed to get up under the waterfall which was something I've always wanted to do. The water was cold but felt great after a long hot day of riding.

Scott

WOMEN, CONT.

As the season wore on, the women that came to those boot Camps not only signed up for rides, they learned to ride! They went on beginner rides, intro rides, women-only rides, Bob's social rides, the Tolt Hormonal Convergences, campouts, and everything else that was offered. A few hiccoughs occurred along the way, but overall they not only rode with the groups, they kept up with the groups and had a great time doing so!

With each ride I went on or led, I was amazed at the progress that these new female riders were making. They rode trails and attempted stunts in their first month or two of riding that I didn't try until I'd been in the sport for six months. Their pace increased, and increased, steadily redefining my definition of a social pace (now it's almost equal to Bob's). Now some of those same women are leading their own rides and organizing events.

I'm proud to be a member of an organization like the BBTC that not only supports female riders, but also encourages new women to join the club and learn to ride.

With that, I declare 2002 the Year of the BBTC Woman!

Laura Lemke

WHATCOM INDEPENDENT MOUNTAIN PEDALERS A.K.A. THE WHIMPS RECEIVE REI CONSERVATION GRANT

The WHIMPs have been recognized once again as a leader in trail advocacy in the Pacific Northwest Region. This was cited by REI as one of the important factors for awarding the WHIMPs \$1,000.00 as part of their Conservation Grant Program. The \$1,000.00 will be used to purchase, maintain and upgrade the WHIMPs trail tool inventory. Other reasons also considered when awarding the grant were the WHIMPs community programs such as the WHIMPS Mountain Bike Patrol, park planning participation, and the new agreement with Trillium Corp. for the stewardship of 3,600 acres on Galbraith Mountain.

WHIMPs President Mark Peterson said, "We are extremely honored and thankful to receive this grant. REI has been a great addition to our community. REI's involvement with the community and outdoor advocacy is a model for other businesses to strive for. Their promotion of volunteerism, community event support and reduce, reuse and recycle policies are second to none. We look forward to making some very positive contributions to our trail network as a result of REI's help."

Kara Bitel, Manager of the Bellingham REI and who nominated the WHIMPs for the grant remarked, "REI Bellingham is proud to be a part of this community, and we have a great amount of respect for all the work the WHIMPS are doing to make Whatcom County such an incredible place to live and play in the outdoors. The mission of the WHIMPS is a perfect match for our grant program, and REI is pleased to lend resources that will help to support and protect our local great places. The WHIMPs have been a key component in cycling access for Whatcom County."

The WHIMPs will break the new tools in with a special session cooperative REI trail work day on Galbraith Mountain in mid October to kick off the upcoming trail maintenance season. The general public is encouraged to attend and the WHIMPs expect it may be one of the largest trail work outings in club history.

The WHIMPs are a community based mountain bike organization devoted to enhancing and preserving the trail opportunities in Whatcom County.

BBTC MTN BIKE PATROL

As part of our commitment to the reopening of the Middle Fork Trail of the Snoqualmie River, the BBTC is starting a mountain bike patrol. You may ask just what a mountain bike patrol does. The patrol is about education and assistance, not enforcement. We're out there to offer help to all trail users but especially for mountain bikers.

While we're waiting for the final decision on the Middle Fork Trail, the club is starting a pilot program for the patrol at Saint Edward State Park. Our patrol will be registered with the National Mountain Bike Patrol (NMBP). We'll be patrolling there a minimum of once a month over the winter and getting some field experience under our belts. When the Middle Fork Trail is reopened to mountain bikes, the patrol will be shifting its main focus there but not forgetting Saint Edward.

Part of the training requirement for becoming a patroller is that each volunteer hold current certification for first aid and CPR. To fulfill that requirement, the BBTC is sponsoring a Wilderness First Aid/CPR class to be held October 18-20.

For full background information on mountain bike patrols, be sure to check out the NMBP website (<http://www.imba.com/nmbp/>). The opportunity exists to expand the patrol to riding areas like Big Finn, Paradise, Tiger, etc. if we have enough patrol members.

For information on volunteering for the patrol or about how to sign up for the Wilderness First Aid course, contact Kevin Axt (mtnwuff@yahoo.com).

FIRST AID/CPR TRAINING

Date: October 18-20, 3 full days with one 3hr evening class
Class: Wilderness First Aid & CPR (certification for both)
Course Syllabus: <http://www.wildmedcenter.com/wfa.html>
Instructor: Wilderness Medical Training Center
Cost: \$135 for BBTC members
Location: Saint Edward State Park
Max Class Size: 20

4 spots for the patrol volunteers are already spoken for. That leaves 16 available spots. This will be on a strictly first come, first served basis. 50% deposit required to hold your spot. Deadline for the 50% deposit is September 20. Full amount required by October 4.

Full refund up until Oct 11, after that its a full refund only if we have the minimum number of students or you find another person to take your spot.

Kevin Axt, Mt. Bike Patrol Lead

2003 ELECTIONS!!!!

Hard to believe, but elections for the 2003 BBTC board will be held at our November 25 meeting at the Seattle REI, 7pm. All club members are welcome and encouraged to attend and vote. Some board members have decided to run again, including President Brian Jones and Secretary Jennifer Leshner. But any spot is up for grabs for enough votes. Board positions:

President, Vice President, Treasurer, Secretary, Members at Large (5 positions available)

NOMINATIONS MAY BE MADE AT THE NOVEMBER MEETING. PLEASE ATTEND.

In addition to the board members, the individuals who run BBTC's committees are critical to the success of this club. Some committee chairs will continue, but there's always room for a volunteer. Committee Chairs for 2003:

Membership, Hotline, Ride Coordinator, Nova Rep, Social, Bootcamp, Listserv, Website, Newsletter, WEC Representative, Marketing, Race Team

REMEMBER - if you want to vote for the 2003 BBTC board, you have to attend the November 25 board meeting! Come and see what we're all about. We'll post a reminder - and details on the location - on the BBTC website and on the listserv. We look forward to seeing you there!

TIGER SIGNBOARD COMPLETE

As part of our 2002 retreat goals, BBTC has been looking for ways to increase awareness of trail users in key trail systems in the Puget Sound region. As part of the fulfillment of this goal BBTC built and installed a signboard at Tiger Mountain recently. The sign, built to match the signage that exists elsewhere on Tiger Mountain, will be used to post maps, trail etiquette information, and work party listings. Tiger Mountain's multi-use trails that include bicycles attract beginner cyclists that aren't necessarily aware of the BBTC and its involvement with the Tiger Trails. The new sign allows an easy way to communicate with trail users with minimal effort on the club's part.

Thanks to Art Tuftee for donating the labor for the sign construction and thanks to the several folks who helped with the installation.

THESE BUSINESSES ROCK!

Some local shops and businesses have become BBTC corporate members, showing their support for our club and the work we do. Show your appreciation by supporting—buying gear from—the companies that support the BBTC.

Are you interested in becoming a BBTC corporate member? Contact Brian Jones, smithjones@seanet.com; 206-324-2468.

Bicycle Outfitters

11320 NE 124th St., Kirkland, WA 98034
(425) 820-0104

Bikesale.com / Bothell Ski & Bike

17816 Bothell Way NE, Bothell WA 98011
(425) 486-3747
Sales and Service

Finn Hill Bikes

14130 Juanita Dr NE #1-10, Bothell, WA
(425) 823-1215
Sales and Service

Gregg's Aurora Cycle

7401 Aurora Ave. N, Seattle
(206) 783-1000; www.greggscycles.com

Gregg's Bellevue Cycle

145 106th Ave. NE, Bellevue, 425-462-1900

Gregg's Greenlake Cycle

7007 Woodlawn NE, Seattle
(206) 523-1822; www.greggscycles.com
Sales, service, rentals, and bicycle maintenance classes

Play It Again Sports

1304 Stewart St., Seattle, WA
206-264-9255

"We're looking for a few good mountain bikes."

Play It Again Sports

14339 NE 20th St., Bellevue, WA, 425-643-2599

Performance Bicycle

Redmond, WA
425-643-8122; www.performance.bike.com
Sales and service

REI

222 Yale Ave. N, Seattle
(206) 223-1944; www.rei.com

Simmons Law PLLC

13401 Bel-Red Rd. Ste B5, Bellevue
(425) 649-0508; WSimmons@SimmonsLaw.com

Wright Brothers Cycle Works

219 N. 36th, Seattle
(206) 633-5132
Sales, Service, Bike Maintenance Classes

BACKCOUNTRY BICYCLE TRAILS CLUB (BBTC)

PO Box 21288
 Seattle, WA 98111-3288
 206-283-2995
 www.bbtc.org

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BACKCOUNTRY BICYCLE TRAILS CLUB AFFILIATIONS

To become an affiliate, contact Art Tuttee (206-675-8429), International Mountain Bike Association (IMBA) (303) 545-9011, Washington Wildlife Recreation Coalition, I-90 Mountains to Sound Greenway Trust, Single Track Mind Cycling Club (253) 565-5124, Cascade Bike Club (206) 522-BIKE, Bicycle Alliance of Washington (206) 224-9252
 nowbike@accessone.com, Volunteer for Outdoor Washington (VOW)

BBTC CORPORATE MEMBERS—Support the shops that support BBTC!

Bicycle Outfitters, Bothell Ski & Bike, Finn Hill Bikes, Gregg's Aurora Cycle, Gregg's Bellevue Cycle, Gregg's Greenlake Cycle, REI, Play It Again Sports, Performance, Simmons Law PLLC, Wright Brothers Cycle Works

BBTC MEMBERSHIP—SIGN UP A FRIEND, IT'S EASY, CHEAP, THE RIGHT THING

Looking for someone to ride with? Want to learn about new places to ride? Want to keep beautiful trails open to bicycles? Join the BBTC today.

_____	\$15 Individual
_____	\$25 Family
_____	\$30 Two year individual
_____	\$50 Knobby Friend
_____	Voluntary Trail Fund donation
_____	\$150 Commercial (per bike shop)
_____	T-Shirt (\$18 each) Lg XL
_____	TOTAL

_____ renewal _____ new member

PO Box 21288, Seattle, WA 98111-3288
 Make checks payable to BBTC and mail to BBTC:

Name _____
 Address _____
 City _____ State _____ Zip _____
 email _____ phone _____