

## COALITION BUILDING BRINGS MOUNTAIN BIKES CLOSER TO THE MIDDLE FORK TRAIL

The Middle Fork of the Snoqualmie Valley has historically been the site of conflict between cyclists and other user and environmental groups. We had access to the Middle Fork Trail for much of the 90s and have since yearned to ride it again. Less than a 90 minute drive from downtown Seattle, it is a beautiful riverside trail through old growth Northwest forest.

To that end, early last year Len Francies talked to then Forest Supervisor Rand Kapral. Rand suggested that BBTC try to meet with the other user groups to see if we could work out an agreement. So, over the course of the last year we have met regularly with representatives from: Alpine Lakes Protection Society (ALPS), Middle Fork Outdoor Recreation Coalition (MidFORC), Sierra Club, Washington Trails Association (WTA), Single Track Mind

For a time it seemed that we would never find agreement. Then early in 2001 3 concerned mountain bikers (Tom Fitzpatrick, BBTC Vice President; Preston Peterson, Member at Large; and John Zilly, mountain bike guidebook author) went to talk with Forest Supervisor John Phipps

of the Mount Baker / Snoqualmie National Forest. They explained the cycling community's position and emphasized the reasonableness of allowing bikes on the Middle Fork Trail.

A few weeks after this meeting the other user representatives contacted us to let us know that they wanted to discuss the Middle Fork again. This was unprecedented and very exciting. They were willing to come out in support of bike access on the Middle Fork if BBTC would support certain of their positions. At this point it was up to the BBTC Board to evaluate the offer

*See Middle Fork on page 10*



*The wild Middle Fork*

### JACQUIE PHELAN EVENTS MTB LEGEND HOSTS 3 BBTC EVENTS

The Backcountry Bicycle Trails Club (BBTC) will host A Weekend with Jacquie Phelan, a fundraising event featuring mountain bike racer Jacquie Phelan, Saturday and Sunday, September 15-16, 2001. Jacquie Phelan, the mother of women's mountain biking and a celebrated mountain bike racing champion is also the founder of WOMBATS, the Women's Mountain Bike and Tea Society.

### MTN BIKE CLINIC FOR WOMEN

Saturday, September 15 from 8:00 am - 5:00pm  
St Edward's State Park  
Cost: \$65.00

Jacquie Phelan will lead this dynamic and humorous women's mountain bike clinic. It is designed to introduce women to mountain biking, teach necessary riding skills, build confidence with special drills and encourage women to take to the trails. A

*See PHELAN on page 10*

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# EDITOR'S NOTE

BBTC efforts on and off the trail have been incredible so far this year. Big kudos should go to Brian Jones and the rest of the BBTC board for making it all happen. What's "all"? Well, we're building a strong bond with the Mid-Fork Coalition and other environmental groups for a possible compromise on the Middle Fork of the Snoqualmie River Trail. Check out the front page story for more. We've been doing tons of trailwork on Tiger and on other trails. The rides calendar is full. And what about our special events? Wow. Mountain bike race legend Ned Overend helped host a BBTC event before the MS Ride in July. If that we're enough of a coup, Jacquie Phelan, the mother of mountain biking and inventor of the modern mtb tea party, will host a series of BBTC events in mid September. Check the calendar and also the front page article. The IMBA trail care crew will be here from October 12 - 15, so watch the website for further details on that. And rumor has it that Gary Fisher will attend a BBTC event or two sometime this fall. We'll keep you posted. Again, check the hotline or website for details. Nice work everyone!

**John Zilly**

# KEEP THE TRAILS CLEAN

I rode Paradise Thursday afternoon. Upon returning to my truck, I saw a group of about 14 people getting ready to start out. We were riding down as they were riding up the hill along side the roadway when we noticed trash alongside the roadway beside the vehicles. It was very obvious who left it. A used tire innertube, a bicycle helmet box, a couple of tags and a clean but hole filled pair of socks. In fairness, the cyclists may have not left the trash there. But considering the fact that Colin and I were the only ones parked there when we left for the ride and returned to find 11 vehicles and the trash evenly distributed alongside the other cars and the kind of trash made it very obvious.

Mountain bike riders have opponents who say we destroy the very thing we are trying to protect. It's incidents like these that give our opponents ammunition to use against us. Please be respectful of our environment and pick up after your damn selves. People like that give all mountain bike riders a bad name. So if it was any of the bbtc members there on Thursday approx. 6:00 pm give yourself a kick in the ass because you deserve it.

Keep our trails clean and our environment pristine.

**Kendall W.**

# BBTC WINS GRANT!

Thanks to IMBA and RockShox, BBTC was selected for a tool grant! We now have an awesome fiberglass handled Pulaski as well as a new and much sought after McCleod!

These are great tools and invaluable time savers for trail building and maintenance. They are manufactured by Zac Tool of California. Zac Tool also gives a discount to IMBA members on their products.

RockShox has donated more than \$100,000 to the International Mountain Bicycling Association since 1996, making them a leader in the bicycle industry's effort to open trails for mountain biking. During this time, IMBA and RockShox have distributed more than 1,500 trailwork tools used to construct more than 8,000 miles of mountain biking trails worldwide.

## BACKCOUNTRY BICYCLE TRAILS CLUB

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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

Besides riding, trail work is what I like to do. There is something elementally satisfying about working with dirt. I can't say I've always felt this way. Twenty one years ago when I was a laborer in a landscaping crew I really did not enjoy the ditch digging and shaping of earth. The difference now is that I can choose when and where I do this. It's also a way of giving back to the sport of mountain biking and the benefit is immediately apparent.

Tiger Mountain is where I do most of my trail work. The trails on Tiger get huge volumes of users and the three trails open to bikes are no exception. As with any trail we are constantly mitigating the damage caused by natural elements as well as user caused damage. Rain water, horse hooves, Vibram soled hiking boots, and skidding mountain bike tires all contribute to the break down of a trail.

As a mountain biker you can minimize this damage by being aware of what not to do. Three things that you can practice yourself and pass on to those you see doing the bad stuff on the trail are:

1. Don't cut trail – stay on the trail. The more a trail user cuts corners and switch backs the more straight the trail becomes. This contributes hugely to erosion as well as taking challenge out of the trail. It also just makes the trail less esthetically pleasing.
2. Don't ride around obstacles and mud puddles—if you can't ride it then walk it. Riding or walking around obstacles creates multiple treads, causes erosion, and reduces the challenge to the trail.
3. Don't skid—this is the one unique to mountain biking and it does cause damage. Ride in control and learn to modulate your brakes.

And yes, as hard as it is to do, preach this to other people.

Occasionally (twice) I've had people yell "Don't make it too easy!" as they've ridden by on their plush full suspension rigs. Not too smart when I'm holding a razor sharp Pulaski in my hands. By necessity we do remove water from the trail which means armoring and sloping tread to slough water off the trail. We also remove water holding, tread destroying potholes from the trail. And that's about it.

A trail exists in most rider's minds as a snapshot. Never changing. A trail in reality is dynamic. It is constantly morphing. I've hiked and ridden trails that change for better and worse from month to month. I was hiking up in the Alpine Lakes Wilderness in August this year and the trail had lost almost one foot of soil in places compared to my hike up there last year. We're trying to prevent this by doing maintenance. Otherwise we might lose the trail.

I've experimented with ways to ensure that the trail work we do is rock solid and maintainable while still remaining faithful to the personality of the trail. We try to leave banked turns in place, we don't remove roots. We block short-cuts that threaten to make the trail one long straight line, we place "sight-line clues" to gently guide a biker away from riding off trail. We also keep in mind that these are multi-use trails and need to be maintained as such. We are constantly working to strike a balance between keeping or even adding challenge to the trail while still keeping it maintainable and sustainable. This juggling act does pose some interesting puzzles but we're getting better at finding that balance.

Keep those three points above in mind next time you are out and about. Enjoy the trails . . . trails we can only ride on because of BBTC and your continued support, and, of course, enjoy the rest of our summer riding!

Brian Jones, BBTC Prez

# IMBA REP'S NOTE

The Cle Elum district in the Wenatchee National Forest was approached by the representatives of the mountain bike community when several trailheads earlier in 2001, after years of being ridden by bicyclists, displayed the red-slash-through-the-bicycle. Adding to the confusion was that on the district's web site's trail-use matrix followed a paper trail-use matrix dated 1998. The 1998 trail-use matrix is what district visitors receive when they visited the office and asked "what trails are open to equestrians, bicyclists, and motorcycles?". The 1998 matrix was suspect because it listed trails as closed to bicycles and open to motorcycles in addition to the ones that had recently been tagged at the trailhead as closed.

The mountain bikers marked up a map with the trails in question being labeled as pink and a meeting was scheduled with the trail manager for the district to go over the pink trails to identify the actions that closed them and to seek to open dialog with the district regarding those closures.

As a parallel activity the trail manager was updating the trail guide for the district. The trail manager was literally reviewing every trail in his district and he put an eye towards "are bikes actually allowed on this trail?" and he found several trails that were incorrectly designated as closed to bicycles and has taken action to correct the information that is being disseminated to the public including the trail guide that is being published by the Northwest Interpretive Association. The corrected trails have been packaged and mailed to the Washington IMBA State Rep, Leonard Francies, to document, and confirm there are no other trails in question. The trails that were confirmed as open (up to the turnoff to the Wilderness area) are Stafford Creek (1359), Standup Creek (1369), Beverly Turnpike (1391) and Bean Creek (1391.1). The total mileage is at least 20 miles and up to 50 miles have been reopened by this action.

To be honest, this is difficult, steep terrain and these trails are for the hardy that don't mind pushing for a mile or two occasionally. These trails are just one ridge over from Mount Stuart and if you can catch a glimpse of Mount Stuart from that close its fantastic.

Mountain bike riders would like to thank the Cle Elum District for taking a reasonable and friendly approach to researching and correcting these administrative errors.

I would like to thank Pat McNerthney and Preston Peterson for their on the ground visits to these trails and Preston again for taking time to visit with the land manager. Lisa Parsons provided an outline of how to approach the district that I followed to this result.

Leonard Francies

# TRAIL REPORTS

## ARMSTONG

WOW, great day for a nice ride! Temperatures were good, and the company was great.

We met up at the 164th St P&R. There was four of us: Julie (ride leader), Jeff, John and Mike. 40 minutes later we're suiting up for the ride at Lake Armstrong, just North of Arlington at the PRA, also known as the Arlington Tree Farm.

I've been to the Tree Farm before, but never knew there was a North parking lot. This was cool, because it meant there were trails I hadn't ridden before.

Julie began the ride with some great single track. She had a GPS overlay on a map to help us get around. Bob's name kept coming up all day, so I am assuming it was Bob B. that made the map? Really neat deal. Jeff took a compass reading before leaving the parking lot, to help our way back if we got turned around not knowing our direction. (Great idea Jeff!).

The ride went pretty much like this: "Look!, a trail!.....Shall we take it? .....SURE!" No trail was safe, (unless it was posted for "No Bikes".) I felt like we rode them all. It turned out to be a Joint Ride Leader thing when we got closer to the south of the Tree Farm.

Julie knew most of the trails North, and I knew most of the trails South. Julie asked if I knew the location of "5 Corners"? Yep!, but we get to take this bomber single track to get there...and off we went. Caution!.....nasty hole at end of single track! Who digs holes in the middle of the trail? We wondered?

Lunch, and some freeriding to boot. There are some log obstacles to ride on at 5 corners. We all tried to ride over the big pile of logs. Some made it, some didn't, and some did cartwheels and hand stands.....we'll just leave it at that.

After lunch, more riding. Jeff found a trail toward the end of the ride that was very technical. Unfortunately, it was a dead end. but it gave Jeff a chance to talk about his "Bear" close encounter up in Alaska. Want to hear the story?, go on a ride with Jeff. :)

Lots of Horses in the PRA. Yield to horses and rides, let THEM pass, dismount bike, talk to rider and horse and everything will go well. They'll thank you every time.

The group split up only once, but "TalkAbout" radios got us regrouped in a jiffy. (another great idea).

and now, a short blurb on our ride leader.....JULIE!  
It is important to note that during a certain climb up a sandy hill, Julie "Chicked" the guys with a no dab to the top. Great job Julie! She said it was her BIKE, she love that thing, in fact, she loves it soooooo much....we didn't hear the end of it ALL DAY!  
(Jeff suggested to bring Wine on the next ride).

Me? I'm a newbie, not even a member yet. I rode the MS Mountain Bike Ride and watch the BBTC web site often. Julie thought it would be good for me to write the report, so here I am. Jeff told me to squeeze out the money for the dues and join up.....Good call Jeff. I'll be sending it in this week.

Thanks for a great safe ride, good friends, and a future site for a BBTC Camp out? Bob....you still working on that?

Mike Kallgren

## DEVILS GULCH

Lucky 13 of us braved the smoke at Devil's Gulch this weekend. Here's the blow by blow:

With a last minute call the the Ranger District in Leavenworth to make sure the area was still open, I headed down to the Park and Ride to meet up with the carpool crowd. I was quickly met by Eric B, Eric H, and Chelsea, and as we tried to figure out the riding arrangement Rolland rolled up with the Econoline! Problem solved.

Our initial joy soon turned to disappointment though as Rolland informed us that the VCR was, in fact, broken. By a narrow 5-0 vote, we decided to continue on.

I'd heard rumors from the Ranger that Hwy 2 was a mess, so we headed up over the pass to 97. Things were looking rosy: blue skies, cool temperatures, then we hit the smoke. The wind was blowing due East, pushing smoke across ridges from the Icicle Creek fires. This, I thought, is not going to be good.

We found Frank and Armando chowing down on chili huevos and breakfast burritos on main street in Cashmere. With them in tow, it was time to hit the trailhead. Sheesh, it was already 11:45!

Just a few cars in the parking lot and plenty of smoke. By this time, you could see bits of ash falling through the air as well. We started getting ready anyway and were joined by Beth, Dr. Graheme, Chris and Jennifer. Smoke or no smoke, we were headed up the Gulch.

It didn't take long to realize we'd made the right decision. Barely a mile into the trail, the smoke cleared, and by the time we hit the first (dry) creek crossing, you couldn't even smell it. Even though it wasn't terribly hot, we were dunking heads and jerseys in the creeks as we passed them. A little break for food at the last creek crossing (a great place for a shady nap, by the way) and we were headed up the switchbacks.

Chris and Armando had taken off up the climb and wouldn't be seen again until we got to the top. The rest of us started the grunt. In your best Sesame Street Count Dracula voice: "One sweetchback! Two sweetchbacks! Thrrrrreeeee sweetchbacks!" Up up up, pedal pedal pedal, and we're at the top. We downed a little more food and headed up the swoopy trail to the upper parking lot on FS 7100. What we found at the top was amazing: absolutely NO view whatsoever. North (especially), South, East and West were all completely obliterated by smoke. Time to head down.

The trail back to the Devil's Gulch/Mission Ridge crossing were just an taste of the 12 miles we had before us: fun, fast and, more importantly, downhill the entire way. We made it to the crossing and ran into Nick and Sharon coming up. Apparently, Nick had ended up replacing his entire drivetrain that morning. They headed up the rest of the way to the parking lot, and we headed down. And down and down and down.

Once we regrouped at the bottom lot, it was time for some grub. Frank and Armando's breakfast had looked pretty tasty, so we headed over to the Mexican place in Cashmere. Ahh... Dos Equis. After a brief squabble with the owners over whether or not I paid for said beer, it was time to get home and try to recover for Bob's 40 miler at Victoria the next day.

Good ride everyone! My apologies again for the delays (and the smoke on top and bottom). See you next time.

Kelly

# SEPT / OCT 2001 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

Saturday, September 1st - 11:30 AM - 3C\*, Crystal Mt. Loop  
Climb on single track through woods, alpine meadows around a cirque to the top of Crystal Mt. for an incredible view of Rainier and surrounding peaks. Then descend on single track down the ridge to the north to the base. Don't miss this local classic. Meet at Crystal Mt. upper parking lot at 11:30. Ride Leader: John Loomis 360-825-3772, loomisjc@home.com

Sunday, September 2nd - 10:00 AM 1B\*\*  
Taylor River / Alpine Lakes Wilderness - Hike & Bike  
Explore the Mid-fork Valley and the Alpine Lakes Wilderness. We'll ride up the Taylor River (6 miles - mostly road converted to trail) up to the wilderness boundary where we'll stash the bikes, don hiking boots and hike the last two miles up to Snoqualmie Lake. About 2,200 feet of elevation gain, 800' on bike, 1,400' on foot. A great opportunity to explore some close-to-home mountain wilderness. Call or e-mail for directions and forest pass info. About 6 hours. Ride Leader: David Howe (dhowe@strategica-usa.com) (425) 427-5269

Sunday, September 2nd - 11:00 AM 2B\*\*  
Snoqualmie Pass  
Are you going to be in town over Labor Day too? The lifts are open today - close this weekend. We'll see what the group wants to do regarding climbing. We could get plenty of climbing, even with the chair. Contrary to popular belief, there are trails up at the Pass that do not require full body armor and 9 inches of rear and front travel. We have a loop, starting from our house that we do. Climb up road to grand junction, trail down to intersection of road up to Hyak, trail down to road, climb back up almost to grand junction, and take technical trail #13 down. Or something like that. I live at the Pass, so I suggest carpool at 65th P&R @ 9:45am. Or meet at parking lot at Exit 54 off Hwy 90. Ride Leader: Francine Curd (fcurd@centurytel.net)

 Monday, September 3rd - 6:30 PM - 1C\*  
Boot Camp Grad School: Beginner Skill Building  
Ride Wurm


This week's episode is the infamous wurm. Tight? yes. Twisty? yes. Technical? yes. Fun? oh yeah! Social pace with plenty of time to work your way through the tough stuff. Ride Leader: Kelly Wood, Email or call for details (ktwood@oz.net or 206-979-9494).

## BOOT CAMP

Tuesday, September 4th - 6:30 PM - 3A\*\*\*  
RATT – Ride Against the Timer on Tiger  
Time trial from the Tiger Summit parking lot to the East Summit. Starting times are staggered based on previous time trials. Meet at the 65th Street Park and Ride at 5:30pm to carpool to the East Tiger trailhead. Ride Leader: Beth Reyburn (breyburn@u.washington.edu)

Wednesday, September 5th - 5:30 PM - 2B\*\*  
Tokul Creek  
Back to the site of the MS ride. New stuff and some of the old. Laugh at the crowds at Tiger while we have these woods to ourselves. Some climbing and milage, depends on the group. 12 to 20 miles. Ride until Dark. Bring lights in case. Early bailout options available. Call or e-mail for details. Ride Leader: Bob Bournique (bbtcrises@aol.com)

Friday, September 7th - 5:30 PM - 1B\*  
Laura & Denise's TGIF Fun Ride!  
So this is a fun, non-competitive after-work ride for beginner and intermediate riders. There's not really a minimum since we go on these rides whether any one else comes or not :). The pace will depend on group abilities and dynamics. The ride will include all of St. Ed's with forays into Big Finn. We'll ride for about 2 hours. Everyone is welcome. Ride Leader: Laura Lemke, If you have any questions, please email me (llemke@mutualmaterials.com)

 Saturday, September 8th - 11:00 AM - 3B\*\*  
Olympic Campout Weekend: Mt. Muller Loop  
Okay, so this is an experiment. I hiked this trail a couple of springs ago and it looked to have some real promise. The first three miles are a 2200' singletrack climb through thick forest. After that, things level out for a while and there are some great views... but that's all I know as I haven't seen the rest of the trail. But c'mon! It's singletrack in Washington, it's bound to be good! I plan on camping at the Salt Creek campground a few miles from the trailhead. Salt Creek is right on the water and offers some great views of the Strait of Juan de Fuca. It's worth the trip by itself. So, come on out and discover that Washington really doesn't end at that big puddle west of downtown. Ride Leader: Kelly Wood (ktwood@oz.net) Email me or call if you have any questions (ktwood@oz.net or 206-979-9494).



## TRAIL WORK

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

# SEPTEMBER / OCTOBER RIDES

Sunday, September 9th - 10:00 AM - 3B\*, Raven's Roost  
Following directions out of Zilly's book so this will be an "exploring" type ride. "Exploring" as in I know where I'm supposed to go but I may get turned around and/or lost along the way. Raven's Roost is in the Naches area about an hour outside of Yakima. According to Zilly, it's the NW answer to Porcupine Rim. Ride is subject to change in date/time so keep checking back. Leader: Kevin Axt (mtnwuff@yahoo.com)

**▲** Sunday, September 9th - 10:00 AM - 3B\*\*  
Olympic Campout Day 2: Gold Creek Trail  
Day two of "Leading Rides On Trails You've Never Been On" weekend! We'll be taking on the Gold Creek Trail, an 18 mile loop on mostly singletrack. Here's one description of the trail: "This single-track includes some short strenuous climbs, but it is mostly downhill. The trail is exciting, with twists, whoop-de-dooos, major root drop-offs, and clifflike experiences." Leader: Kelly Wood (ktwood@oz.net).

Tuesday, September 11th - 6:30 PM - 1C\*\*  
Mad Skillz Series - Wheelie Drops  
As an expirement, I'm going to run a semi-monthly series on advanced skills. Things that come in useful only once in a while, but are a blast to do and a great way to impress your friends. You've seen them in the videos and pictures, and now you want to join the fun. We'll start out by getting a basic wheelie down, then start working our way towards getting a full wheelie drop down. You'll get it by the end, it's easier than it looks! Some leg pads might not be a bad idea for this one. Ride Leader: Nicolas Pottier (nic@pottier.com)

Wed., September 12th - 5:30 PM - 2B\*\*, Lords of the Hill  
South Snohomish County gem. Unkown by many. But, with all you need. Climbs, views, singletrack, and beaver ponds! Quick 10-12 miles will get ya sweaty and yearnin' for a break on the old basalt outcropping. Info at "trails" on the web site. Ride until dark. Park closes at dusk. Ride Leader: Bob Bournique (bbtrides@aol.com)

Thursday, September 13th - 12:00 PM - 2B\*\*, Tokul Creek  
Want to ride in the middle of the day? Did this ride the previous week with Bob. Hopefully I won't get us too lost. Back to the site of the MS ride. New stuff and some of the old. Some climbing and milage, depends on the group. 12 to 20 miles. Call or e-mail for details. Ride Leader: Francine Curd (fcurd@centurytel.net)

Friday, September 14th - 1:30 PM - 2B\*\* TGIF  
Blow off work early! Do some local riding instead. I will be riding Fat Hand, up the fire road and down the singletrack back to the car. I am available to carpool from 65th P&R (carry up to 3 others). Come join me so we can use the HOV lanes and maximize ride time. Ride Leader: John Teeters (johnteeters@hotmail.com)

Friday, September 14th - 6:30 PM - 1A\*  
Club Members Only Ride at the Worm  
Informal club ride in the evening at the "WORM" led by Alice B. Toeclips. Casual potluck afterwards

Saturday, September 15th - 8:00 AM -  
Mt. Bike Clinic with Jacquie Phelan  
St. Edwards State Park, 0800 am-5pm, Cost \$80, includes WOMBAT TEA PARTY hosted by BBTC with Jacquie as the instructor and a whole host of BBTC women volunteers. Event Organizer: Lisa Parsons, parsons00@earthlink.net.

Saturday, September 15th - 5:30 PM  
Pasta Feed with Jacquie Phelan  
Come rub elbows with Jacquie Phelan, the Mother of Mountain Biking and winner of the first three Mt. bike National. Want to know how it all started? Come ask her questions during the Q&A session, or while we're just milling around. She's a living Mt. bike history book with first hand knowledge from the start of the sport. St. Edwards State Park, \$10.00 with profits going to the trail fund. Event Organizer: Lisa Parsons, parsons00@earthlink.net.

Sunday, September 16th - 11:00 AM  
Tiger Mt. ride with the Legendary Jacquie Phelan  
Tiger Mountain ride with Jacquie. Ride our own gnarly root and mud infested NW Single track that we are so proud of with one gnarly mt. biker. Donations to the BBTC trail fund gladly accepted.

Tuesday, September 18th - 6:30 PM - 3A\*\*\*  
RATT - Ride Against the Timer on Tiger  
Time trial from the Tiger Summit parking lot to the East Summit. Starting times are staggered based on previous time trials. Meet at the 65th Street Park and Ride at 5:30pm to carpool to the East Tiger trailhead. Ride Leader: Beth Reyburn (breyburn@u.washington.edu)

Wed., September 19th - 5:00 PM - 2B\*\*, Armstrong Tract  
It's gettin' later. So, we're startin' earlier. Tell the boss you have a dentist appointment and meet us out there! Rolling hills and a twisty maze of singletrack await. Ride until dark. Meet at the Bracken Road Trailhead. Ride Leader: Bob Bournique (bbtrides@aol.com)

Friday, September 21st - 11:00 AM - 3B\*\*  
Chikamin Ridge (Sm, Med, or Lg)  
Options: Small loop Chikamin loop: 16 miles 3 water crossings; Medium loop: down to alder trail head, 20 miles; Large: up to Marble meadow Mad lake, 33 miles. Carpool at Park and Ride. Food, drinks and maybe a dip in Chikmin creek after ride. Ride Leader: Craig McKinnon (craigsmckinnon@cs.com) 425-820-3408

**▲** Sat. - Sun., September 22nd/23rd - 10:00 AM - 3B\*\*  
Klone Peak Campout Weekend  
The first time Kevin & I did Klone Peak, we used an off-road vehicle map that didn't show true mileage, so our 19 mile ride turned into 26+ miles. The map somehow left off 7.5 of the first 14 miles. Now we have Zilly's book - Ride #27 in Northwest Washington and I know it is 27 miles. This is a tough ride. We plan on camping Friday night also. Zilly only shows net gain of 3,460, but there is a big climb at the 20 mile mark, over 500 feet, so I would guess at least 4,000 total feet of climbing on Saturday. Sunday either Zilly's Ride #28-Lake Creek (climb 5,000 feet or shuttle) or something that Kevin comes up with. Leader: francine curd (fcurd@centurytel.net)

Saturday, September 22nd - 11:30 AM - 2C\*  
Twistin' Round Tolt  
Wander around Tolt, get lost in a maze of fun singletrack after one big climb... As usual, group dynamics will determine many things... Email or call 206.634.2340 eves. before 9PM for information, details, directions, confirmation. Time to meet may be earlier if there is enough demand. Date subject to change depending my personal schedule. Ride Leader: Valerie Sargent (sargentvl@hotmail.com)

Sunday, September 23rd - 10:00 AM - 1A\*  
Snoqualmie Pass Beginner Railroad Grade Ride  
Rattlesnake Lake to Snoqualmie Pass, through the tunnel and back. The trail is hard packed dirt or crushed rock. I have seen one road bike on this trail but do not recommend it. Distance to pass is about 22 miles, with about 2,000 ft elevation to climb but it's a maximum 2% grade and will be a nice aerobic workout. We will maintain 5-9 MPH with stops at all the bridges and as anyone wants. The time uphill is 3-4 hours. The tunnel under the pass is 2.3 miles and totally dark and you must have a light. Take food and plenty of water in a back pack. Tunnel is cold, 38 degrees and takes about 20 minutes to cross so bring a fleece coat and hat to wear under your helmet. Meet me at the Rattlesnake Lake Park parking lot after 9:30 am. The views are spectacular and there will also be a bunch of rock climbers and probably a few horse-drawn wagons. Moderate Rain cancels. The complete trip is about 45 miles and will take about 6 hours, car to car. Kids welcome and we may have some Cascade Bike Club members too. Ride Leader: William Simmons (wsimmons@simmonsllaw.com)

# SEPTEMBER / OCTOBER RIDES

Tuesday, September 25th - 2:30 PM - 1A\*, TGI Tuesday?  
Yet again I blow off work early to ride. Come join me at St. Ed's for this mid-week, mid-day delight. Distance determined by the people who show up and probably know the place better than myself. Ride Leader: John Teeters (johneteeters@hotmail.com)

Wednesday, September 26th - 5:00 PM - 1B\*\*\*  
Hot Jolt of Tolt

Feeling pretty buff from all that summer riding? Pick up the pace and let's whip it through Tolt River-John MacDonald park. As many miles as we can get in at around 2 hours. Let's see if we can ride every mile out there in the tree farm section. With minimal stops and repeats. Not necessarily "race pace". But, not planning on waiting at junctions either. Cervezas and burritos at Ixtapa in town to celebrate afterwards. Call or e-mail for details. Leader: Bob Bournique (bbtrides@aol.com)

Sat., September 29th - 9:00 AM - 3B\*\*, The Fall 5000  
Here it is kids. The one you train for. Park at Goose Creek Campground. Ride up Maverick Saddle to Mad Lake at 5,800 feet. Up the trail to the ridge at 6,300 and down Chickamin Tie trail to Chickamin and Minnow Ridge followed off by Lower Chihuahua. Aye Chihuahua! That's a long ride! Close to 5000 feet of elevation and 37 miles through Washington's amazingly beautiful high country. Will be watching the weather and adjusting if needed. Have been turned back by snow before. Plan on 8 hours and bring all the food and water you can. Along with spare parts and space blanket. (Just in case). Ride Leader: Bob Bournique (bbtrides@aol.com)

Sunday, September 30th - 10:00 - 3B\*\*  
Mt. Si Challenge - Take 2  
Now that you've had all Summer to ride come challenge Mt. Si. Middle and large chainrings not needed, bring your granny gears and test your stamina. A good warm down after Bob's Fall 5000 the day before. Hike the haystack at the top in cleats and confuse the hikers. Meet at Mt. Si trailhead parking lot at 10:00. Ride Leader: John Loomis, 360-825-3772, loomisjc@home.com

Tuesday, October 2nd - 6:30 PM - 3A\*\*\*  
RATT – Ride Against the Timer on Tiger  
Time trial from the Tiger Summit parking lot to the East Summit. Starting times are staggered based on previous time trials. Meet at the 65th Street Park and Ride at 5:30pm to carpool to the East Tiger trailhead. Ride Leader: Beth Reyburn (breyburn@u.washington.edu)

Saturday, October 6th - 10:00 AM - 1B\*  
Get to know the Worm  
Come out and learn the trails at the worm. If you already know the area, come out and try a NO DAB round. This is a great place to work on your skills you have learned from boot camp and the Mad Skillz rides. All are welcome. Plenty of time for re-do's at the rocks and logs. Ride Leader: Steve Horiuchi (goochgt@cs.com)

Saturday, October 6th - 10:30 AM - 3B\*\*  
Cooney Lake / Horsehead Pass  
Winthrop area ride. Beautiful alpine lake basin just below tree line. Larch trees will be golden. Optional Epic from the lake- Hike a bike to 8,000 then descend Angels Staircase, on to Boiling Lake followed by the climb to Horsehead Pass, and then a "rock"ing downhill to the trail head. One of the very best rides in the Cascades. More details as fall approaches. Leader: Art Tuftee (arttuftee@aol.com)

Sunday, October 7th - 10:00 AM - 2B\*\*  
Annual Methow Valley Mountain Bike Festival  
MVSTA 15th Annual Methow Valley Mountain Bike Festival Races, Rides, Bike Rodeo - Fun for the whole family. For more information see the new website with maps and ride descriptions of the Methow Valley Ride TBD depending on weather and riders skills. Ride Leaders: Doug Varner 425.445.5125 and Howie Hale 206.890.2049

Sunday, October 7th - 11:00 AM - 2B\*\*  
Tolt McDonald Park  
Tolt McDonald Park or Roslyn if wet on Westside - 10-12 miles or rolling single-track after the big climb up from the river. 2-3 hours? I can't promise I won't get lost. Meet at the park. See website for directions. Ride Leader: francine curd (fcurd@centurytel.net)

Thursday, October 11th - 7:00 PM - 2B\*\*  
Last Night Ride at Tiger  
The last chance for a night ride at Tiger before it closes for the season. Lights required. We'll ride down Iverson and up-and-back NW Timber. Ride Leader: Beth Reyburn (breyburn@u.washington.edu)

October 12 -15  
IMBA Trail Care Crew visits Seattle. Check the website or hotline for details.

Saturday, October 13th - 10:30 AM - 3C\*\*  
Cold, Wet, and Miserable? Sandy Downhill/Rat Pac  
That's right, we'll be riding from Teanaway up the Sandy Downhill and over the ridge to Rat Pac. We'll ride down Rat Pac then go back up and over the ridge and return to the cars back down the Sandy Downhill. Some of us did the trails this way over the summer with Bob and it was a blast. Let's see how it is thirty degrees cooler. Meet at the 65th park & ride at 8:30 to carpool. Kelly Wood (ktwood@oz.net) Email or call for details (ktwood@oz.net or 206-979-9494).

Saturday, October 13th - 11:30 AM - 2C\*  
Twistin' Round Tolt  
Wander around Tolt, get lost in a maze of fun singletrack after one big climb... As usual, group dynamics will determine many things... Email or call 206.634.2340 eves. before 9PM for information, details, directions, confirmation. Date subject to change depending my personal schedule. Ride Leader: Valerie Sargent (sargentvl@hotmail.com)

Tuesday, October 16th - 6:30 PM - 3A\*\*\*  
RATT – Ride Against the Timer on Tiger  
Time trial from the Tiger Summit parking lot to the East Summit. Starting times are staggered based on previous time trials. Meet at the 65th Street Park and Ride at 5:30pm to carpool to the East Tiger trailhead. Ride Leader: Beth Reyburn (breyburn@u.washington.edu)

Saturday, October 20th - 10:00 AM - 2B\* Ft. Ebey  
Still dry on Whidbey. Come ride incredible single track in Ft. Ebey Park. Meet at the Mukilteo Ferry (check website for meeting time once Fall ferry schedule is out), Ride Leader: John Loomis 360-825-3772, loomisjc@home.com

Sunday, October 21st - 11:00 AM - 2B\*\*  
Ride - Location TBD  
Will determine ride as date gets closer. Heavy rain cancels. 10-15 miles. 2-3 hours. Kevin works and right now I am motivated to ride that day. Ride Leader: Francine Curd (fcurd@centurytel.net)

Tuesday, October 30th - 6:30 PM - 3A\*\*\*  
RATT – Ride Against the Timer on Tiger  
Time trial from the Tiger Summit parking lot to the East Summit. Starting times are staggered based on previous time trials. Meet at the 65th Street Park and Ride at 5:30pm to carpool to the East Tiger trailhead. Ride Leader: Beth Reyburn (breyburn@u.washington.edu)

Wednesday, October 31st - 6:30 PM - 2A\*  
2nd Annual Trick-or-Treat Ride  
The 2nd annual Trick-or-Treat ride. Put on your costume, bring your bike (and lights) and ride between club members houses, collecting candy and having a spooooky time. Last year was really fun. I'll be soliciting hosts as the date approaches. Ride Leader: Beth Reyburn (breyburn@u.washington.edu)

# OVEREND EVENT!

## WE GOT FED WITH NED

Well, it was quite a weekend for the BBTC. We had a very successful "Get Fed with Ned" event on Friday with over one hundred people attending the pasta feed. Questions for Ned ran into the night until the park ranger kicked us out of the park. Along with meeting Ned and having him talk about his racing we were happy to hear that the Washington Trails Coalition, Alpine Lakes Protection Society, Middle Fork Outdoor Recreation Coalition and the Backcountry Bicycle Trails Club signed the Middle Fork Agreement which will hopefully lead to the re-opening of the Middle Fork Snoqualmie trail (Yaaaahh!!).

### THE MS RIDE, SAT JULY 21<sup>ST</sup>

On Saturday approximately 17 (possibly more) BBTC members met up with Ned again for a 43 mile mountain bike ride in the wilds above Fall City. Ned spent the day riding with our team and mingling with other riders along the way and at the rest stops. The MS folks were so jazzed about our participation that they let us set up our tent where the ride began and ended so we had a central hub for meeting and were able to let all the mountain bikers who attended the event know about the BBTC.

I managed to forget my shoes and remembered just as we got to Fall City so I left John Loomis to put up the BBTC tent and get our team started while I drove for another hour and 25 minutes back to Enumclaw to get my shoes. I arrived just as the team was heading across the bridge out of Fall City. I took off about 30 minutes later. I was riding as fast as I could to meet up with them. Legend has it that I rode so fast that I actually passed them without their knowing it. They finally caught up to me about 11 miles into the ride on a sweet section of rough cut single track through a young stand of fir trees. There were some nice twisty descents and a couple of steep loose climbs. Just plain fun.

It was a very social ride. Ned is very personable and after John spent the morning talking to him he rode with different members of our team. Of course we were all working hard but this was a Sunday drive for him. At one point on "Ned's Hill Climb" Bob Bournique sprinted off ahead of Ned yelling "Bob Rules". Well no, he didn't say that. He actually said "My only chance for fame. Quick Lisa get a photo". Ned chuckled at this. Bob, I didn't know you were so funny. You cracked me up at the Ned dinner schwaggathon and at the ride until you ran over my bike.

That leads to the most memorable event for me on this ride. Epic Crash #2. I've been riding for 5 years and prided myself on how few crashes I've had. Up until Saturday I'd never had a high speed crash and up until Moab I'd never broken anything mountain biking. Bob, John, and I were in a pace line. I guess Bob and John needed to hang on my wheel. Anyway Bob was very confident following my lead until I augured my front wheel into a little tiny depression in the logging road going about 17-20 mph. The wheel stopped dead, the handle bars were ripped from my hands and I went flying through the air. I was fully aware of the impending collision with the earth. As hit my knee I started assessing injuries- possible fractured patella (seen that before), then my hip hammered into the ground-possible pelvic bone fracture with internal hemorrhage, then my right rib cage hit the ground and took the breath right out of me-possible fractured ribs with pulmonary contusion, and last but not least my helmet with head slammed into the ground- possible intracranial hemorrhage. All the while I'm still traveling forward sliding on a slick bed of grass. In the end I probably slid about 12 feet from my bike. The first words out of my mouth were "That's it I'm slowing down. I'm having a run of bad luck this summer". That was followed by "I think I'll just lie here for a

minute and see how I'm doing." So I laid on the ground for a few minutes and took another inventory of injuries. Mostly just a whole lot of bruising. I got up dusted myself off and we dug the dirt that had been forced between the rim and the tire out, tried to get the dirt out of my handle bar ends and set off to catch Ned.

I had to stop and realign my stem and handle bars with the tire, and discovered that I bent my shifter. We met up with Ned again at the rest stop and said I was definitely going to read the section on Crashing in his book "Mountain Bike Like a Champion" (which by the way is pretty good). We set off again up a short steep road climb. I did enjoy the rest of my ride cleaning a few sections of steep slippery single track I hadn't cleaned the year before. One section starts with a steep slippery ascent of 6 feet followed by a narrow, slick uphill trek on a side hill with dips and areas where the trail fell away to the left. There was also a new steep section that went down an open bank first with a tight right hand turn while descending and then with a really steep left hand turn that ended in a rocky stream bed. Then a short hike- a bike up a loose dirt hill.

More road climbs and single track. Lots of single track descents along a powerline and some nice cross sections through the forest. The end of the ride is along the Preston / Fall City rail trail that crosses over a river on a trestle that's about 100 feet above the river. It's a beautiful area to stop and take a look at the river. Then it's a fast flat ride back to town.

We arrived at the end of our ride to find pretty good live music, the host from Almost Live and good food. We hung out next to the BBTC tent. Everyone kept coming over to our tent to get their photos taken with Ned. There must be 20 photos out there of different groups with Ned with the BBTC banner overhead. We had Ned pose with us for a BBTC with Ned photo.

I think Ned enjoyed his stay in Seattle. He appreciates the advocacy work we are doing and tries to support groups working on the various issues important to mountain bikers. I think it's great that he took time out of his busy schedule (he is doing a Nissan Xterra triathlon next weekend) to help promote one of the few charity events that mountain bikers can ride their bikes and participate in. The MS coordinators were very happy to have both Ned and BBTC participate in the MS ride and lend their support.

BBTC raised over \$5000 to help find a cure for MS. We are going to get Fabien on our team next year and raise the most money of any group.

If anyone is interested in getting involved we are going to work with the MS coordinators next year so they don't plan this event during the Gorge Games or any other big mountain bike event. Also with the help of fellow trail builders we'd like to connect more single track so we can have up to 43 miles of single track and make it even more of a test of your METAL for the advanced riders!!

This year the ride was a total of 43 miles for the advanced riders with about 20 miles of single track. It had some good climbs, excellent single track, and a lot of time for socializing on the double track.

Thanks to all who helped out at the Ned dinner: John Loomis for talking his friend Ned into doing an event with BBTC. Brian Jones for coordinating the event, Beth Reyburn for helping out on the food, the flyer crew: Adrian Smith, Brian Kaku, Andrea Tousignant, Liz Doyle, and others who did a 12th hour production to get pull this together. Bob Bournique for all his schwag hunting and good humor. Rachel Agent for putting on the BBTC Bootcamp. Preston Peterson for leading the Saint Ned Hammerhead ride, Elisabeth Rumpelsberger for doing an awesome flyer, Paul Andrews for doing the press releases, and especially Karen Pearson owner of Ghoti Catering for the great food and saving a plate for Ned.

*Continued on next page*

# SHOCK TRAVEL—PRESTON'S OFFICIAL PRIMER

I am a Hot Rodder by nature. I can't stand driving or riding stock OEM vehicles or bikes. They always seem to be constrained by the lowest common denominator consumer demands with very wide safety margins. So much like my cars, I began looking at my bicycles for improvements.

There are a couple different things to consider when increasing the travel of a dual suspension bicycle. These are shock/spring body clearance, head angle, bottom bracket height, and linkage interferences.

## OVEREND, CONT

A special thanks to all of the riders who joined the BBTC team and came out to ride and raised money. It was great to have such a big team and really bring a presence to a great Mt. Bike event. You were a lot of fun.

Thanks to Jennifer Leshner, Valerie Sargent, and the others (please let me know who all of you are) for manning the BBTC tent while we were out riding. Thanks to those of you who made donations to MS even if you didn't ride!

And again a big thanks to Ned for flying in from Durango to host the MS event and recognizing all the hard work that BBTC volunteers have been doing for years trying to maintain existing trail access and acquire new trails.

We are finally making some headway!

Lisa Parsons

PS: If you would like to get an autographed copy of Ned Overend's book "Mountain Bike Like a Champion" you can purchase one through BBTC. Ned donated 15 books to BBTC and all the proceeds from the sale of these books go to the BBTC trail fun. You can purchase one through BBTC for \$15.00. To order contact John Loomis at: [loomisjc@home.com](mailto:loomisjc@home.com)

The businesses listed below donated all the scwhag for this event. We had some great stuff and we need to let them know we appreciate the donations. These are the businesses that give back to the community. Let them know you appreciate it!

Thanks, Brian Jones, BBTC Prez.

## THANK YOU!

**Alpine Hut:** Basic Tune-up

**Bike Sport:** Basic Tune-up

**Bothell Ski & Bike:** 2 tires, chain cleaner, saddle, 2 arm warmers, sock

**Cascade Designs:** 5 Platypus Hydration Packs/4 T-shirts

**IMBA:** Jersey, 3 pairs socks, 3 t shirts

**Montlake Bicycle Shop (Kirkland):** Saddlebag

**REI (Seattle/Redmond):** Two \$80 Performance Tunes

**Second Ascent:** Pannier Set

**Sportworks:** Bike rack

**Spinergy:** 2 skewer sets

**Ti cycles:** Jersey, Socks, Tune-up

**Great Harvest:** 10 Loaves of bread

**La Connor Brewery:** 5 cases plus \$20 gift certificate!

The first thing to determine is your current head angle. A \$10 angle finder can be placed on the head tube to determine your current head angle, it should be between 65-71 degrees. Crosscountry bikes are closer to 71, downhill bikes are lower. Bottom bracket height is measured from the ground to the center of the spindle. Also measure the current eye to eye distance of your shock mounts.

Most small cross country shocks and air shocks are 1.5" stroke. The bigger coil shocks start at 2" of stroke and go up to 3" of stroke. Given a consistent suspension linkage leverage ratio, a 2" stroke will give you 1/3 more travel ( $(2 / 1.5) * \text{current travel}$ ). The key to this is the eye to eye measurement of the longer stroke shock. Most 1.5" stroke shocks are 6.5" long. The smallest 2" stroke shock is a Stratos Helix Expert which is 7" long. The next shortest 2" shocks are 7.5" long (Avalanche). Usually  $\frac{1}{2}$ " of extra length is all a bike can accommodate.

So, first remove your current shock. Place a bottle jack under the bottom bracket and support the bike so that the distance of the shock mounting points is the same as the stock shock. Double check your BB height and head angle measurements. Now jack up the bottom bracket until the shock mounting points will accommodate the new shock. Now measure your head angle and bottom bracket height again. Also check your cables and other clearance areas. Can you tolerate your new head angle? Is it less than 72 degrees? BB height should stay within 14" for a x-country bike and 15" for a downhill/stunt bike. Now start looking at spring diameters and shock body mounting points.

Next, flip the bike over and put a floor jack under the rear wheel. Once again jack the rear wheel up so that the shock mounting points are spread to the length of the new shock. Measure the distance of the rear axle to the ground. This is your "0" point. Now begin lowering the rear wheel 1" at a time, and record this distance. Next to each axle measurement write down the distance between the shock mounting points. Keep lowering the wheel until you've reached the compression maximum for the shock. So in the case of a 7" long 2" stroke shock, the measurements would compress down to 5". The distance between your initial axle height and final axle height is your travel. If you plot these points on a graph you can determine if your suspension is rising or falling rate and by how much. You can also determine if your manufacturer is fudging on how much travel they claim!

This chart of wheel travel vs. shock travel is also necessary if you plan to purchase a custom shock and want to have it valved to match your bicycle.

In my case, I ride Specialized bikes. They have a link with adjustment positions that allows you to lower the head angle or change the travel. By using the "lower head angle" adjustment, I was able to fit a longer shock without significantly increasing the overall head angle. On my Big Hit bike, I actually drilled a hole in my frame closer to the seat tube, which when combined with the adjustment on the link allowed me to fit a monster 9" long 3" stroke shock which increased my travel from 6.25" to 8.5" while putting me at a 70 deg head angle and 15.25" high bottom bracket. But, with the extra travel I was able to set it up with a lighter spring and increase sag, so everything worked out. However there was a lot of head scratching to determine if and how the shock body and spring would fit.

For custom shocks, check out <http://www.avalanchedownhillracing.com>

and <http://www.stratashock.com> Stratos is the only one that makes a 2" stroke in the reasonable package length of 7".

Fox aftermarket shocks are limited to 8.5" long 2.5" stroke and 8.75" long with 2.75" stroke, and 7.875" long with a 2" stroke. These can be studied at <http://www.foxracingshox.com>

Preston

## PHELAN, CONT.

Teal Party Luncheon (included with the cost of the clinic) will provide a delightful array of tea party delicacies. Women of all abilities are welcome to participate in this course styled after the famous WOMBATS clinics. To register for the Mountain Bike Clinic for Women, please contact Lisa Parsons at parsons00@earthlink.net or at (360) 802-4618.

### **BBTC Trail Fund Pasta Dinner**

**Saturday, September 15, 2001 from 5:30pm - 8:30pm**

**St Edward's State Park**

**Cost: \$10.00**

As the keynote speaker, Jacquie Phelan will talk about her experiences as the top female mountain bike racer and about women's involvement in mountain biking. Also past BBTC president Leonard Francies, now the head of WAMBA (Washington Mountain Bike Association) will discuss the past history and the future of trail access in Washington State for mountain bikers. The proceeds from the dinner will support the BBTC Trails Fund. Everyone is welcome to enjoy this evening of fabulous food, warm camaraderie, and captivating speakers.

### **Tiger Mountain Ride with Jacquie Phelan**

**Sunday, September 16, 2001 from 9:00am - 2:00pm**

**Meet at Tiger Mountain Lower Parking Lot**

**Suggested donation: \$10.00**

This event, featuring Jacquie Phelan, will cover the Iverson, Preston and Northwest Timber trails and allow for shorter or longer rides to accommodate and challenge a range of rider abilities. This event is open to all mountain bikers; all donations will be earmarked for the BBTC Trails Fund.

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## TOLT MEETING

**SUNDAY, SEPT. 16TH FROM 7-9 P.M.**

Meeting at Lake Washington School District Admin and resource Center 16250 NE 74th St. In Redmond Town center. Social Before 6-7 p.m. bring appetizers and mingle. 7-8p.m. Meeting: Guest speakers: John Adams, VP of Port Blakely Communities and Mark Sollitto, Manager of King County's transfer of Development Credits (TDC) Program in the Office of Regional Policy and Planning. Will be providing overview of the proposed TDC initiative which, if successful, would transfer development rights from Port Blakely's 446 acre Ames lake Tree Farm into the Issaquah Highlands, the Denny Triangle in Seattle, or other receiving sites. Supposedly, saving this property and annexing it to the 560 acres in Tolt-MacDonald park is a high priority for Ron Sims. Further information on the TDC Program is available at the King County website: <http://www.metrokc.gov/exec/orpp/tdc/>.

If you like riding Tolt (including those nasty waterbars!) and want to see the trails stay. This should be an hour of your life well spent. Plus! Acres of appetizers! I'll bring the L'il Smokies and barbeque sauce!

Bob

## MIDDLE FORK, CONT.

and make a decision - do we support them in exchange for their support (and, importantly, their agreement not to oppose)? □

An agreement was eventually hammered out. MidFORC, ALPS, and WTA agreed to submit group letters in which they stated that:

- They do not oppose bikes on the Middle Fork Trail.
- They support stopping the Wilderness Boundary at the trail instead of at the river, so that Wilderness designation will not prevent bicycles from using the trail.

In addition, they will send out an action alert in which they will encourage their members to support 2 way alternate day bike access and Wilderness Boundary that ends at the trail instead of the river.

BBTC will submit a group letter in which we state that:

- We promote closing the Middle Fork Road at Taylor Gate
- We promote no new development and eventual Wilderness designation of the Pratt River Valley.

In addition we will send out an action alert in which we encourage our members to support these points.

We also agree:

- We will contribute 240 volunteer hours per year.
- We will post clear signs indicating the importance of following this agreement at each trail head as well as educational signs and a kiosk.

All groups agreed to promote a new NOVA (fuel use) study. And finally, this agreement is to be in effect for 3 years at which point either group may make alternate recommendations to the Forest Service.

The importance of this sort of coalition cannot be minimized. That BBTC and other influential user groups agree about something as contentious as this is almost unprecedented and very powerful. While the final decision about the trail will rest with the Forest Service, they generally make decisions based on user input and the minimization of conflict. By creating a coalition with these user groups we give the Forest Service a package they can't very well refuse. Additionally this puts us in a great position to work out other user conflict issues with these groups and promotes our good reputation in the larger user and land management community.

## THANKS TO CLIFF BAR AND IMBA!

Cliff Bar and IMBA have a grant program in place that offers \$500 for stuff like educational signs. BBTC applied for and received the Cliff Bar grant, ensuring that BBTC will have the funding to immediately go forward with signage and educational material for the Middle Fork Trail.

# GNOMES SPOTTED AT TIGER MOUNTAIN

Issaquah - Thursday, August 09, 2001  
BBTC Staff Reporter

Long thought myth or exaggeration, the existence of gnomes has come a step closer to being proven. Recognized in Native American tradition, as well as in European mythology, the "lowsquatch" or "gnome" has perhaps been sighted at Tiger Mountain in recent weeks.

Several mountain bikers called Department of Natural Resources (DNR) Forester Jennifer Thomas two weeks ago to report small creatures on the NW Timber Trail, a popular mountain bike trail 20 miles east of Seattle. Descriptions ranged from "elfin like, jovial, yet strangely menacing" to "heck I don't know, I'll send you a picture of my mother in law-that's what they looked like!" One commonality in these descriptions though was that each gnome had a finely developed physique other than the once rumored and now verified "gnome hump." According to Native American legend, the hump is a natural water storage area very similar to the hump on a camel or the modern day Camelbak (a popular hydration system for humans)

Ms Thomas, admitting that she thought the callers were simply pranksters, is nonetheless obligated to investigate all such claims in her jurisdiction. To her amazement, she too spotted a gnome on the NW Timber trail last week. "It was a cute little thing. It was only two feet tall but my goodness, it was beautifully shaped other than that hump thing." She also noted that they appeared quite industrious, saying "they all were pushing what looked like stone trinkets in pushcarts." Though not sure, she speculates that their athletic torsos are a result of this laborious task. The use of the stone trinkets remains unknown. Ms Thomas made several attempts to make contact with the gnome however she reports that it seemed to de-materialize whenever human contact is imminent.

While there is not yet incontrovertible evidence that the "lowsquatch" or "gnome" exists, the spotting by several people of these creatures on Tiger mountain gives hope that soon we will be able to welcome them into our communities.

One persistent rumor is that 5 gnomes will be at Tiger Mountain summit parking lot sometime this month at 5:30 pm to haul armor (aka stone trinkets). Another rumor is that folks are now starting to place little gnome replicas amongst the vine maples on the NW Timber trail, a rumor that Ms Thomas adamantly denies. Yet another rumor attributes the mysterious appearances of these gnomes to a plea for help to move their stone trinkets throughout the NW Timber trail.

# 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](mailto: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](http://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](http://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."

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## **REI**

222 Yale Ave. N, Seattle  
(206) 223-1944; [www.rei.com](http://www.rei.com)

## **Simmons Law PLLC**

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

**BTC 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

**BTC 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
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_____	\$50 Knobby Friend
_____	Voluntary Trail Fund donation
_____	\$150 Commercial (per bike shop)
_____	T-Shirt (\$18 each)    Lg    XL
_____	<b>TOTAL</b>

\_\_\_\_\_ renewal    \_\_\_\_\_ new member

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

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 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
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