



BRBC Honors Bruce Rogers

The ride Rugby Scrum has been renamed in honor of Bruce Rogers who moved to Richmond, VA. Over the years Bruce has faithfully and unselfishly served BRBC. He has been President, Secretary, Webmaster, Sag Director, WOW Ride Director, served on a number of committees, and has been a strong supporter of bicycle advocacy issues. The Rugby Scrum was one of his favorite rides. We will miss him.



FEBRUARY 2010



Fletcher Flyer

FLETCHER FLYER 2010

Sunday, June 6, 2010

Fletcher Community Park, Fletcher, NC

The 2010 Fletcher Flyer is open for registration. You can register on-line at

<http://www.active.com/cycling/fletcher-nc/fletcher-flyer-road-cycling-event-2010>

at the Prologue rate of \$35. We are holding this early registration price at the same level as past years. Price increases will take effect after March 31, 2010. So register today for the special rate.



Stimulus money being spent in the Asheville Area on bike and pedestrian projects

I am sure you are like me and can hardly wait for spring. This has been the longest, coldest and wettest winter in Asheville that I can remember. The coming of spring will also bring changes to some of our roads that may try your patience. I request that you bear with it because what will emerge should be better conditions for all who use our roadways. Asheville, like many communities is getting stimulus money to improve road conditions for all users. What I wish to address are those affecting bicyclists and pedestrians.

Why do I say these may try your patience? Because you will have to deal with rough roads while some are chewed up from having the pavement taken up and being left that way while the subsurface is being patched. It may look to you like it was taken up and left that way for weeks at a time. Kimberly Avenue and Cox Avenue are the two which will be undergoing this process. The results will be smooth surfaces from curb to curb and bike lanes drawn on top on both of these streets.

Hillard will be getting sidewalks on the south side of the street from Coxe to Biltmore and bike lanes.

The Clingman project will begin soon with a round about at the RiverLink Bridge and Roberts Street which should slow the traffic down and reduce the crashes at that site. Bike lanes will be installed on the lower section of the project while negotiations start on making room for a climbing lane to continue up the hill, hopefully to Hillard.

Other bike lanes to be put in on the South Slope of the Downtown area will be on Ashland and Martin Luther King Blvd. These projects will be less aggravating because the roads do not require other treatment except for the marking of the lanes.

These bike lane projects have all been outlined in the Bicycle Plan passed two years ago and will improve conditions for cyclists by making a continuous corridor for them to safely travel from the River District along the southern slope to the north and south of town.

Gaps in our present sidewalks in the near downtown area will be completed along Depot Street from Livingston to Clingman, on Choctaw from South French Broad to McDowell and Short Michigan Avenue from State to Amboy near Carrier Park. We will also see gaps completed along Evelyn Place from Kimberly to Murdock, along Hendersonville Road from West Chapel to Forest in the Royal Pines area along Linden Street from Burch to Royal Pines. Filling these gaps are major improvements in making walking safer but we still have a long way to go in funding safe passageways for pedestrians. The good thing is we are making some progress while providing jobs. I am sure you have seen folks using these new sidewalks as have I. The new sidewalks on Hendersonville Road south of Exit 50 in Biltmore are being used daily by people riding the bus and folks walking to where they need to go. It is great to see them being used.

Claudia Nix



BRBC Members Mike and Claudia Nix win National Advocacy Award

Mike and Claudia Nix recently traveled to Minneapolis to receive a national award for their advocacy efforts from Quality Bicycle Products. As we all know, Mike and Claudia work tirelessly to advocate for cyclists. They are very deserving of this very special award and we are very proud of them. Of course, during their trip to Minneapolis, they toured the many fine bicycling facilities in the Minneapolis area and have more good ideas to work with here in the Asheville area. Be sure to give Mike and Claudia a big congratulations next time you see them.





BRBC March Meeting and Social: March 17th

Program at 7:00
Come early for dinner!



**PEAK PERFORMANCE
&
INJURY PREVENTION/TREATMENTS**

Date
March 17th
@ 7:00 P.M.

Location:
Earthfare
@ Westgate

Learn how to perform at a higher level
and recover quicker !

See what the professional teams are using to give them an edge over their competition.

*Don't let soft tissue injuries and joint pain hold you back.
Bring your "problem area" for a free treatment.*

Presented by Michelle G. Greenspan, D.C.
Graston Technique, Certified Extremity Practitioner

www.greenspanchiro.com

OTAGO CENTRAL RAILTRAIL

Trevor Wallis

New Zealand is like a second (or is it third) “home” to me. I worked there for several years in the 1960s, still have Kiwi friends and love to go back for visits. Joyce and I made such a trip in January. We visited friends that we had not seen in a long time, did a lot of sight seeing, and I also spent a day riding on the Otago Central Railtrail (www.otagocentralrailtrail.co.nz).



NZ has a wide range of climate. It is temperate, and January is mid-summer, but whereas the western slopes of the Southern Alps are very wet (2-300 inches/year), Central Otago, only about 50 miles to the east, is semi-desert (in Kiwispeak it is tussock country). The day I rode, there were a few light showers at first, but it soon became fine and very warm.

The country is famous for its sheep, but there never have been many in C. Otago. It is too dry. The first settlers came seeking their fortune in the 1861 gold rush. Gold digging was still viable through the 1930s, and was the main reason for building the railroad, which was completed to its terminus

at Clyde in 1907. The local economy no longer relies on gold, although there are still a few diggers every summer. It is far more diverse, with multiple small hydro-power plants on the Clutha River, irrigated deer ranches and wineries, and tourism. The lower end of the railroad, from Dunedin to Middlemarch, along the Taieri Gorge is still operating, but is now a tourist attraction. The other 94 miles, which closed to traffic in 1990, is the Railtrail.

I had a package that included rental of a (heavy) Giant hybrid, transport from Clyde to Auripo (37 miles), and lunch at the pub in Omakau, and the rental company was very cooperative, allowing me to try the bike the day before.

I arrived early at the depot to find that I had to wait for a couple of ladies (fellow Poms) who were on the same deal, but at least was exempt from having to watch the “how to mend a puncture” movie. There were a lot of other cyclists there collecting bikes etc, mostly getting ready to start out on a multi-day riding adventure.

We reached the trail at Auripo about 10:00am and were soon on our way. It was then that I realized why the bikes were hybrids and there was such an emphasis on puncture repair; the trail was hard packed gravel with a few loose stones. About a half miles from the



start, up a slight incline we crossed the scenic Poolburn Viaduct, and not much further on we entered the first tunnel. The brochure had said to bring a flashlight, but I was assured at the depot that it was not really necessary. However, as it was as black as night inside and the walls were rough hewn, I decided to walk and feel my way through. The second tunnel was not straight and even longer.

There were a couple more scenic bridges, but no more tunnels as the trail meandered its way, mostly close to the Manuherikia River valley, to the largest town *en route*, Alexandra. On the way there were several old stations, some spectacular scenery, dry and running tributary creeks, deer farms, wineries, and even a small hydro-plant. The last five miles, from Alexandra to Clyde was up the Clutha River, and also against a stiffish wind, so I was sweating when I reached the trailhead. The cold drink that was waiting at the depot was just what I needed.

Poolburn Viaduct



Entrance of 1st Poolburn Tunnel



Chatto Creek



Upper Manuherikia River



Welcome New Members:

Tammy and Gary Edelman. Tammy is an optometrist who lives at Shelby and is interested in meeting other riders

Michael Devlin, a nurse with an interest in becoming a better rider, and making friends

Dwayne Stutzman and Sara. Dwayne has retired from his position as an outdoor recreation planner, and wants to enjoy cycling without any conflict of interest

Kyle Harris, who likes to bike and is willing to play a part in all Club activities

Ed Neves, a retirement community manager who wants to support biking

George Jamesson, who is retired and wants to participate in fun group rides

Ed Gerber, a landscape architect who wants to become more involved with our cycling community both on the road and in the mountains

Ed Hay, an attorney who just wants to get out and ride more

Deborah Davis and Shearon Roberts, who would like to take part in organized rides, and who are also interested in advocacy

Kimmie Watson, who is interested in mountain biking, road riding and social activities, and is also willing to volunteer at BRBC events

Renew Your Membership Online

Go to: <http://www.blueridgebicycleclub.org>



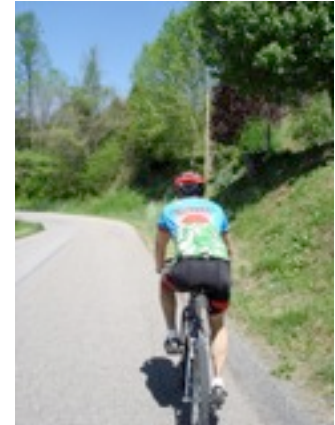
Weekly Rides/Events

FEBRUARY 2010

MONDAY EVENINGS: Women Only Road Ride

Youngblood Bicycles is a BRBC Business Member: <http://youngbloodbikes.com>

Meet 6:15pm at Youngblood Bicycles for these Indoor Trainer Sessions during the Winter months. Tracey D will be leading these sessions. Please bring your trainer if you have one (no rollers), there are a few for loan/rent if you don't own one. Sessions are 50 minutes and free. Tracey at tdrews@trainright.com



TUESDAY MORNINGS: CASUAL Road Bike Ride New Start Time!

Liberty Bicycles is a BRBC Business Member: <http://libertybikes.com/index.cfm>

Begins at **10:30** at Liberty Bicycles. For folks who want to enjoy the company of others.

Ride about 2 hours, 16-25 miles, no-one gets left behind. No ride in inclement weather or if under 40 degrees & windy. CALL FIRST.

** EXCEPTION: On the first Tuesday of each month this ride meets and leaves from Fletcher Park, same time.

Claudia at 274-2453 claudianix@libertybikes.com

WEDNESDAY EVENINGS: Biowheels Group Road Rides New Start Time!

Biowheels is a BRBC Business Member: <http://www.biowheels.com>

These rides begin promptly at **5:30 pm** from Biowheels, located at 81 Coxe Avenue.

Two Levels: Casual/Intermediate and Advanced. We'll split into 2 groups and

ride about 2 hours. Contact Biowheels at: 828-236-BIKE or asheville@biowheels.com

WEDNESDAY EVENINGS: Youngblood Bent Creek Rides

Youngblood Bicycles is a BRBC Business Member: <http://youngbloodbikes.com>

Rides depart promptly at **6:30pm** from Rice Pinnacle Parking lot in

Bent Creek. Routes and difficulty will depend on who shows up.

Contact 251-4686 or info@youngbloodbikes.com

THURSDAY MORNINGS: Fletcher Blue Sky Road Bike Ride

With the colder temps starting to bear down on us, it is once again time to suspend my "formal" weekly ride schedule emails. They will resume again in the Spring; probably sometime around the beginning of March.

However, this does not necessarily mean the end of the road riding season. It is not unusual to have a few warm days here and there during the next couple of months. In these instances, I



To keep up on BRBC rides and events join the BRBC listserv by going to this link:
<http://www.topica.com/lists/BRBC/>

Jerseys are Back!!

The club has ordered an assortment of jerseys. If you are interested in purchasing one please contact Janet Zusi at Janet.Zusi@gmail.com

To see more information about the sizing of the jerseys follow this link:

<http://www.blueridgebicycleclub.org/>

Click on the jersey tab and an order form with the info will open.

BRBC Business Sponsors

Biowheels

<http://www.biowheels.com/>

The Bicycle Company

<http://www.thebikecompany.net/>

Liberty Bicycles

<http://www.libertybikes.com/>

Pro Bikes

<http://www.pro-bikes.com/>

REI Asheville

www.rei.com/asheville

Ski Country Sports

<http://www.skicountrysports.com/>

Smoky Mountain Bicycles

<http://www.smokymtnbikes.com/>

Youngblood Bicycles

<http://www.youngbloodbikes.com/>

Club Meeting

March 17th Dinner 6:30 , Meeting 7

Earthfare at Westgate

Speaker: Michelle Greenspan

See you there!