



The Spokesman

NEWSLETTER OF THE HARRISBURG BICYCLE CLUB August 2020

President's Corner

Members,

Here we are in the middle of July already, halfway through the riding season, and the weather at this point could not be better. I hope everyone is enjoying riding solo, or in a group, but more importantly, are remaining safe.

The fall tour is online, and if you have not participated in the past, I can only say this is a great trip. I rode it last year and enjoyed every minute. If you can make the tour, please register. You will not be disappointed. The Three Creek Century is going Virtual the details are currently being worked out and all will be posted to the Web Site. Williamsburg is starting to gain momentum and the deadline for the trip is August 31st, 2020. So, if you are interested please reserve your spot. We are considering instead of having a large banquet this year, we would combine the October Membership Meeting and the Banquet together. This would eliminate some of the costs involved and still preserve some of the club's traditions. More to follow on this as we work through the details. We have the Ice Cream Social coming on Aug 19th, (details in Spokesman) this is a family event with a short ride and a lot of Ice Cream.

Ride leader Training is now on the Web Site. We can now take the training needed to become a ride leader in the comforts of your own home. Just click on the ride leader information tab, after you sign in and locate the Ride Leader Training 2020, and start training today. Thank You to Jeff Hoch, Chris Wright, and Cindy Gorski. This takes approximately 2 hours with a small quiz, and you are ready to receive the awards for leading rides.

There have been so many changes that the club made this year due to mostly the virus, and I know some days it is hard to keep up. So, I appreciate everyone's patience and understanding.

Glenn Wareham
President
Harrisburg Bicycle Club

CPR Classes

The CPR / Basic First Aid classes that were cancelled due to Covid-19 will be rescheduled. We are working with training sites and instructors to be able to hold these classes in a safe manner. A new announcement and invitation to attend the classes will be sent out once details are finalized. If you previously registered, we will contact you first to see if you want to keep your slot. Questions can be sent directly to Chris Wright at cjwright1919@gmail.com.

Tour Close to Home with Help from BSCPA

COVID 19 sure has put a crimp on our group bike travel plans but fear not! There are some wonderful alternatives. Consider traveling close to home with just a few of your best biking buds. Lodging is available and restaurants are now offering more dining options. Maybe it is time to explore all the wonders that lie just beyond your back yard.



Visit Hershey, the town that chocolate built, Pennsylvania Dutch country, Harrisburg, Pennsylvania's Capital city, the Gettysburg Battlefields and so much more. Enjoy quiet country roads and quaint small towns. Make your own pretzels in Lititz, watch Lebanon bologna be smoked in Palmyra or invent your own ice cream flavor in Columbia.

The best part is that Bicycle South Central PA already has routes online so you can create your own tour. Cue sheets and Ride with GPS downloads can be found at <http://www.bicyclesouthcentralpa.org/bike-routes-and-resources/>

HBC Ice Cream Social – Wednesday August 19th 2020

What is better than some delicious ice cream on a warm summer night? A bike ride followed by ice cream, of course!

We will depart from Camp Hill Borough Hall, 2145 Walnut Street, at 6:00 p.m. and enjoy a casual ride on the quiet streets of the Boro. At the end of the ride, we will stop at the Cornerstone Coffeehouse for ice cream treats. Distance will be 5-10 miles, depending on the ability of the riders who come. We may split into 2 groups if needed. Families are especially welcome. Helmets are required.

Leader: Marilyn Chastek 717-798-4537 mchastek2009@gmail.com

Share the Road

To obtain a plate from PennDOT, web search Pennsylvania Share the Road plate. You will find a link to form MV-917. Cost is a one-time \$40 fee for a new plate and registration card. Annual renewal date and fees do not change. The is made possible by the Bicycle Access Council.



HBC'S Three Creek Century and Trifecta Registration

Special Note: With the Pennsylvania COVID Phases each of these rides are in different counties, so they may all have different modifications. Please check each individual website to get the latest information.

Three Creek: www.threecreekcentury.com

The Chocolate Tour: <https://www.thechocolatetour.com>

Covered Bridge Classic: <https://coveredbridgeclassic.com>

Three Creek Century Goes Virtual for 2020!

HBC Members...WE NEED YOUR HELP

This is Marilyn Chastek with the Three Creek Century Committee.

I am going to be honest...we are in a tough situation this year. With the ongoing concerns about the pandemic and what we are all watching happen in other parts of the state and nation, the TCC Committee has decided to move to a Virtual event. Quite frankly, we do not know what September will bring, and with the regional nature of the event, we have to put the health of riders and volunteers first.



What that means, however, is that despite our best efforts we are expecting a large drop off in participation. Because we rely on this event for much of our fundraising, that in turns puts additional pressures on HBC.

So, we are asking HBC members to please support the Virtual Three Creek Century as best you are able -- please sign up to participate. Encourage your friends to do so as well.

You can sign up by going to www.threecreekcentury.com

If you have ideas or suggestions on how to make this work -- or make it work better -- please, share them with us. None of us have organized a virtual ride in the midst of a pandemic before, so we are all ears.

Here are the basics:

- Registration will remain at \$30 and will include a free gift. Children under 18 years old are only \$5.00 (no gift included).
- The first 100 registrants will receive a complimentary neck gaiter from Donegal Insurance Group.
- Individuals and small groups will still be able to enjoy the beautiful routes you know and love anytime from Sept. 5-20.
- Roads will be marked to make following the course a breeze.
- Registered riders will receive cue sheets, maps, and GPS downloads by email prior to the event.
- As the Three Creek Century is the Harrisburg Bicycle Club's largest source of funds, your support is greatly appreciated and will help support HBC and its outreach projects.
- Registration for the virtual event is now open! Invite your friends and have a safe and enjoyable ride!

To register or for information about the virtual ride and the new format, follow this link: www.threecreekcentury.org

Volunteers Are Still Needed to Help With the Virtual Three Creek Century

We need volunteers to help with marking roads and checking/sweeping the road cues. Please contact Dan Christ dan.christ@outlook.com if you can donate a few hours of your time. Checking and sweeping can be done while riding your bike, so that is a win-win!

We are also looking for people who are willing to lead small group rides for registered riders. You can choose the date, time, and route. We will let members know the schedule once it is set. The Virtual Century dates are Sept. 5-20. Please contact Marilyn Chastek if you are willing to lead a ride. Mchastek2009@gmail.com

The 2020 Chocolate Tour 2020 Event Details

Each year, we look forward to seeing our Chocolate Tour participants and to all the fun we have together while supporting Cancer Research at Penn State University. We are enormously grateful for your continued and unwavering support in these difficult and uncertain times!

During the past few months, our lives have been transformed due to COVID-19. We have found ourselves forced to sacrifice and adapt to safely interact with one another. The Chocolate Tour is unfortunately no different and, we too, had to face the need to reorganize the event to ensure the health and safety of participants and volunteers alike. This is and will remain our primary concern while moving forward with this event. Even though it was our hope to see everyone complete their events in person once again this year, we have been forced to adapt.



In order to ensure everyone's health and safety, the run and walk events will be entirely virtual this year. The cycling event will have a virtual option, but cyclists may also choose to ride two different marked 25-mile loops, first in one direction and then in reverse to complete 100 miles. There will be one refreshment stop. This option is subject to change depending on the COVID-19 situation. A final decision will be made in July. Start times will be staggered (and time confirmed by email) or participants may opt to start anywhere along the courses at suggested parking areas to ensure social distancing. Refreshments will be bottled beverages and manufacturer sealed nutritional items only. Please check your emails and our social media pages for updates with changes to the 25-mile cycling course!

We are grateful to Donegal Insurance for their generous sponsorship of the Three Creek Century and Central Pennsylvania Bicycling Trifecta.



Lancaster Covered Bridge Classic, Sunday, August 16th 2020

<https://coveredbridgeclassic.com>



2020 COVERED BRIDGE CLASSIC IS CANCELLED. WE ARE IN THE PROCESS GETTING REFUNDS ISSUED

Tour de Belt 2020

For more information: <http://caga.org/tour-de-belt/>

You are invited to the “We Ride Apart Together” Virtual Tour de Belt. We are celebrating the Capital Area Greenbelt for 20 days, July 20 to August 8, 2020.

Registration is open. Sign-up today! \$20 for CAGA members, \$25 for non-members, and \$10 for youth (17 years old and younger).

What’s So Exciting About Participating?

- Bike, walk or run the Greenbelt on your own pace and at a distance you set.
- All participants will receive a 2020 commemorative Virtual Tour de Belt t-shirt.
- Have the chance to win some awesome category prizes, including a Tröegs sponsored grand prize.
- After your ride/walk/run, post pictures, videos and comments sharing your virtual Tour de Belt experience to social media with #2020TdBApartTogether
- We will host fun, supported days for the kickoff, weekends, and the final day.
- Not a CAGA member? Register for this event and receive a free membership for the rest of 2020 on us!



How to Participate

- Register for the 2020 Virtual Tour de Belt.
- Registration is open through August 8.
- If you previously registered, there is no need to register again. We will email details how to pick up your shirt and additional information.
- Register by July 7 and you can pick up your shirt on one of the Supported Days at Fort Hunter Park Barn.

If you register after July 7 and want a t-shirt there will be a \$5 fee added for shipping.

Bike, Walk or Run the Virtual Tour de Belt

- Parking options are available at many trailheads. Details are on our trail page. The HACC parking lot is not open this summer.
- This is a family friendly event. Ride as much as you would like, as often as you would like.

- Helmets are required.
- Bring your water bottles and snacks.

Virtual Tour de Belt Supported Days, Kick-Off Day and T-Shirt Pick Up

CAGA is providing riders six opportunities to ride the Tour de Belt with limited support. A welcome tent at the Fort Hunter Park Barn will have your pre-ordered shirts, Hershey Candy Bars, and map of the route. There will be a water break at the Derry St side of the Paxtang Parkway. The Supported Days are:

- Kick-Off: Monday, July 20, 5:00 pm to 8:30 pm
- First Weekend: Saturday, July 25 & Sunday, July 26, 8:30 am – Noon
- Second Weekend: Saturday, August 1 & Sunday, August 2, 8:30 am – Noon
- Grand Finale: Saturday, August 8, 8:30 am – Noon

Interested in a small group guided ride? We are scheduling small group, guided rides if there is interest and we can ensure the safety of our volunteers and riders. If you are interested in a small group, guided ride, select a date that works for you.

Show Support for the Greenbelt and YOU Could Win Prizes

Post pictures, videos and/or comments sharing your Virtual Tour de Belt experience to our social media using #2020TdBApartTogether.

Tour de Belt Facebook – www.facebook.com/TourDeBelt

CAGA Facebook – www.facebook.com/CapitalAreaGreenbelt

CAGA Instagram – www.instagram.com/CapitalAreaGreenbelt

Want to win a prize for best in category?

Register for the 2020 Virtual Tour de Belt, participate in the event, submit an entry and YOU could win!

SUMMER 2020 HATS Regional Bicycle and Pedestrian Count Program

The latest round of the HATS Regional Bicycle and Pedestrian Count Program is here. We appreciate the help we have gotten for this effort over the years. Due to the impacts of covid-19, we postponed the usual Spring counts...until now. If you plan on helping out this summer, please be sure to adhere to [PA Dept of Health guidelines](#) when doing so.



The data collected has been used in studies and analyses throughout the region, such as the Camp Hill to Capital Corridor study and the Route 39 Corridor study. This effort depends on the help of people like you and be assured it is greatly appreciated.

As always, please feel free to post the following information (and links) to any social media or website of a group you think would be interested in participating.

You can also get it touch with me, and I can reach out directly.

All the information and links necessary to help can be found at [TCRPC's Bike/Ped Planning Page](#), or at the links below.

The SUMMER 2020 HATS Regional Bicycle and Pedestrian Counts will take place during the following dates and times:

- Sunday, August 9, 12:00 pm - 2:00 pm
- Tuesday, August 11, 4:00 pm - 6:00 pm
- Wednesday, August 12, 4:00 pm - 6:00 pm
- Thursday, August 13, 4:00 pm - 6:00 pm
- Saturday, August 15, 12:00 pm - 2:00 pm

The counts are being done as part of the National Bicycle and Pedestrian Documentation project. For more information on NBPD in general, [click here](#).

To perform the counts:

1. Print out the counting form ([click here to download form](#)) and bring other necessary items (pen/pencil, timer, etc.).
2. Arrive at your designated location approximately 15 minutes before you are to begin counting.

3. Find a spot from which you can best view the entire intersection.
4. Count and record cyclists, pedestrians, and “others” (skateboarders, rollerblades) as they enter the intersection on the form in 15-minute increments.
5. When finished, simply scan or photograph the completed count form and email it to HATSBikePedCounts@gmail.com.

To view training slides on how to conduct bicycle and pedestrian counts, [click here](#).

To view a list of the locations, with Google Maps links for each, [click here](#).

Anyone interested in signing up should visit our SignUpGenius page by [clicking here](#).

If you have any questions, please contact [Andrew Bomberger](#).

Andrew Bomberger, AICP

Regional Planner

Tri-County Regional Planning Commission

112 Market Street, 2nd Floor

Harrisburg, PA 17101

P: 717-234-2639 | M: 717-968-1276

The HBC Picnic Highlights South Middleton Park, Boiling Springs

HBC Annual Picnic at South Middleton Park

We had a good day for the HBC Picnic on Sunday, July 12. About 30 people showed up to ride and approximately the same number joined us for lunch. Cloud cover and a nice breeze combined to make it comfortable for riding and picnicking in the shade. It was nice to have some time to chat with members we have not seen for a while.



Thanks to these ride leaders:

- Loren Barisch - B ride
- Mark Dolheimer - C+ ride
- Marilyn Chastek - C ride
- Dave Young - EZC ride
- John Humphries - D ride

And a special thanks to Sue Casto who was the official greeter in charge of handing out energy bars to all riders.



Additional photos are posted on the HBC Facebook page Click [HERE](#)

HBC Williamsburg Trip When: October 8th to 11th, 2020

The Harrisburg Bicycle Club is once again sponsoring a ride in the “Historic Triangle” and surrounding areas of Williamsburg, Virginia. Participants will travel to Williamsburg on Thursday, October 8th and stay three nights at the Best Western Historic District, within easy walking distance of Historic Colonial Williamsburg. A variety of ride options will be available for Friday, Saturday, and Sunday to explore the area. All routes will be available on the HBC Club Account on the Ride With GPS website. Attendees may optionally purchase Route Books containing cue sheets and maps for an additional \$6. The price for three days of lodging, three full breakfasts, hospitality and Friday dinner at the Williamsburg Winery are listed on the registration form. It will be based on bed size and occupancy number. Deposit is due July 31st, 2020.



Colonial Williamsburg



Williamsburg Winery

NEW this year! Included with your registration, a buffet dinner will be held on Friday evening in the Wessex Hall of the Williamsburg Winery. Dinner menu will consist of a mixed green salad, Joyce Farms grilled chicken with lemon herb sauce, roasted potatoes, mini corn on the cob and seasonal pie. A cash bar will also be available. Come early and do a wine tasting!

You will be staying at the Best Western Historic District, conveniently located within a 1/2-mile walk to Colonial Williamsburg. Your registration includes full buffet breakfast, Wi-Fi, swimming pool and self-parking. Hospitality snacks, beer, wine, and soda will be provided Thursday and Saturday. Group room rates are honored 3 days prior and after if you wish to extend your stay.

The Williamsburg area is “bicycle friendly” with dedicated bicycle/multi-use paths as well as bike lanes. Routes are available to provide a variety of ride options and lengths. Routes will be available to/from the hotel and Jamestown, Yorktown, and Colonial Williamsburg. For those desiring to ride further distances and explore the countryside, longer routes will be available in surrounding counties of James City, Charles City, York, and Surry (accessible via a free ferry). For those that opt for the safety and calm of dedicated bicycle paths, the Virginia Capital Trail and Powhatan Creek Trail offer many miles of scenic riding. The Virginia Capital Trail extends 52 miles from Jamestown to Richmond! The Colonial Parkway will be used on some of the routes as well.



The Virginia Capital Trail

You can access the registration from the SPECIAL EVENTS tab on the website.

Please contact Rick Nevins with questions about registration. 717-579-7644 or rick@nevins.com
Registration opens March

HBC Fall Tour and Cape May Weekend 2020

September 22nd thru 27th, 2020

46th Anniversary of the HBC Fall Tour-Cape May, NJ

In Memory of Owen Moore



REGISTRATION NOW OPEN!!

With much optimism and a watchful eye on COVID-19, registration has opened for the 2020 Fall Tour. Please visit the website under Special Events for a copy of the Registration Form.



Deposits must be made by July 24, and the final payment received by August 14, 2020. Due to potential uncertainty, checks will not be cashed until the event is a definite go, to be determined by the Committee as we get closer to the event.

If you have any questions, please contact the registrar Bill Baughman, wgb024@yahoo.com or Jim Buckeit, jebuckheit@verizon.net or 717-805-8213) for further information.



You can still ride the Finger Lakes

Missing the Finger Lakes trip? Good news! Things are opening up in New York. All the Finger Lakes routes can be found on the HBC Ride with GPS library! sort by the Finger Lakes tag and make your own trip and enjoy!



Kings Gap Time Trial – September 27, 2020

The Deborah Barisch Memorial Kings Gap Time Trial is a cycling event benefiting The Friends of King's Gap. The four-mile course from the base of South Mountain to the top of Kings Gap is designed to challenge riders of all skillsets while being a fun event for everyone. It is NOT a sanctioned USA Cycling race event. A portion of the proceeds will go to the Friends of Kings Gap.



as the staff of the Kings Gap State Park.

The Friends of Kings Gap is a non-profit organization of dedicated volunteers that supports, protects, and enhances the Kings Gap State Park. Local cyclists have the luxury of enjoying this climb, which is one of the most beautiful and popular in the area, year-round because of these volunteers. Participating in this event is a way to say thank you to this incredibly special group of individuals as well

Registration will open on March 1st. There is an early bird discount.

The website is up and running to get FAQs and photographs from the 2019 event

Go To: <http://www.kingsgaptt.com/>



- **When** : Saturday, October 10, 2020, 9:00 AM
- **Where** : Barner's St. John's Church, Liverpool, PA, follow Rtes. 11/15 to Liverpool (along the west banks of the Susquehanna), left turn on Rte. 17 west, and a right turn on PA 235 north (follow the Apple Butter Boil signs to the church).
- **Ride Lengths** : 25 and 50 miles
- **Cost** : No fee for rides but there is a charge if you would like to attend the all-you-can-eat Pennsylvania Family Style Dinner (Cue sheets and maps supplied)

Celebrate the end of the 2019 riding season by joining the Harrisburg Bicycle Club and the St. John's Lutheran Church by riding through the rolling terrain of Perry and Juniata Counties of Central Pennsylvania. This **no frills** event will have maps and cue sheets, but there are no sags, official stops, nor road markings.

Before or after the ride, see and learn how **apple butter**, a Pennsylvania tradition, is made. Don't forget to purchase freshly made **apple butter**.

No Frills "End-Of-The-Season" Ride

Technical Corner

Heat acclimation: Five tips for riding in the heat

The first few days in the heat will be the hardest, but it will get better.
JULY 9, 2020 HANNAH FINCHAMP

Summer temperatures can throw a curveball into your training. Intervals that once felt easy now seem out of reach. The hot temperatures are not only uncomfortable, but they begin to wreak havoc on your abilities and your recovery. Will the heat ever be easier to tolerate? How can you work to maximize performance even in sub-maximal conditions?

The first few days in the heat will be the hardest, but it will get better. Heat acclimation generally occurs in 9-14 days of consistent heat exposure.¹ A more highly trained athlete will likely make adaptations faster than a less-trained athlete.

Over the course of that two-week adaptation period, your body is working to make positive physical changes to support your new, and hotter environment. A few noteworthy changes are that you will



sweat more and earlier in your workout to help cool your body more efficiently. You will experience a more even distribution of sweat across your body, and your sweat will become more dilute in order to preserve sodium.¹

While these changes are happening automatically in your body, here are some conscious changes to your routine that you can do to help support your body's heat acclimation process.

Five Tips for Riding in the Heat

Consistent and gradual exposure: In order to adapt to heat as quickly and as efficiently as possible, you must maintain consistent exposure. A hot ride followed by several days off or in cooler environments will not promote heat adaptations. Additionally, heat acclimation that is not maintained will be lost within 3 weeks from a lack of exposure.

When you decide to — or are forced to — adapt to heat, it is important to gradually increase your workout intensity and duration. Be patient with yourself as you try to hit your intervals and do not become frustrated with yourself if you are not seeing your usual numbers. The National Collegiate Athletic Association proposes that practices should be kept to three hours or less during the first five days of heat exposure.

Hydration strategies: There is no one-size-fits-all approach when it comes to fluid and electrolyte replacement during exercise. Due to varying temperature conditions and personal factors, not only

will each individual have different requirements, but each ride for an individual might require different strategies.

A great way to monitor your hydration levels is by weighing yourself before and after a hot ride. If your body mass is decreasing by two percent or more throughout the ride, then you may have experienced a decrease in performance due to a lack of hydration. The goal is to keep your body mass within two percent of starting weight throughout a hot ride. Should you fail to do so, you should re-hydrate to the point of being back within that two percent before the next ride.³ It's important to remember that the proper fluid replacement will contain electrolytes such as sodium and potassium.

If you know that you will struggle to carry enough fluids during your ride then consider doing a loop that will take you back by your house, car, or other water sources in order to refill your bottles throughout the ride.

Ice slushy drinks: A great way to help reduce your body temperature while riding is through an ice slushy drink. This adaptation of the favorite drink utilizes crushed or blended ice, water, and/or a sports beverage. A slushy drink has been shown to be superior to just cold water or ice water. Consuming a slushy drink before or during a ride has been proven to have positive physiological benefits for an athlete exercising in hot conditions.

Pre-cooling: It is very important to keep your body cool before beginning exercise. Something as simple as spending time in air-conditioning before your workout may help your performance. More advanced forms of pre-cooling may be cool water immersion or utilizing an ice vest. While those strategies might not be realistic for an everyday ride, the concept can still be applied. Try wetting down your hair, put some ice in your jersey, or a cold washcloth around your neck before starting your next hot workout.

Recovery: When exposing your body to extremely hot conditions for exercise, recovery can become even more important. Along with adequate rehydration, you should focus on cooling down your body. The ice bath is a popular way to not only decrease body temperature, but also to limit inflammation.

Stay Cool

Heat can be an intimidating and frustrating element to battle during the summer months. As you try to maintain your cool, remember that that is exactly what your body is attempting to do as well. Stay mentally strong and assist your body in acclimating to the rising temperatures. Next thing you know your speed will be rising again as well.

References

Kenney, W. Larry., et al. Physiology of Sport and Exercise. Human Kinetics, 2015.

Casa, Douglas J., et al. "National Athletic Trainers' Association Position Statement: Exertional Heat Illnesses." Journal of Athletic Training, 2015, doi:10.4085/1062-6050-50-9-07.

Mcdermott, Brendon P., et al. "National Athletic Trainers' Association Position Statement: Fluid Replacement for the Physically Active." Journal of Athletic Training, vol. 52, no. 9, 2017, pp. 877–895., doi:10.4085/1062-6050-52.9.02.

Blast from the Past Newsletter

August 1985

Woo! Woo!

Here Come the Bike Train!

Nothing new under the sun? How about a Bike Train Ride? This'll be a first!

Down in Gettysburg, there is a little steam railroad that runs colorful passenger trains on weekends to Biglersville and Mt. Holly Springs. We have arranged with them to save us room on their Saturday, Oct. 5 run to Mt. Holly. Here's how it works. We bike down to Gettysburg in time to get us and our bikes on before the train pulls out at 10 A.M. We stash our bikes in the baggage/snack bar car or, if there are enough bikers, in a baggage car of our own.

The choo-choo with its colorful rolling stock winds its way through the bucolic orchard country of Adams County with charming farms and ends up at 12:30 at Mt. Holly where we de-train, mount our trusty two-wheelers and pedal back to Camp Hill. You're on your own for lunch--either snack on the train or grab a bite in beautiful downtown Mt. Holly or on the ride home. If you've never visited the antique bike museum at the Pa. Dutch Candy Co. in Mt. Holly, this would be a wonderful opportunity--and that candy isn't hard to take either.

The fare is \$4.75 (sorry but we can't make refunds), just about half the roundtrip fee. We must make reservations by September 21 and it's a rain-or-shine event because of the reservations. Send your check by September 21 payable to Harrisburg Bicycle Club to: Lois Smith, 306 Fireside Drive, Camp Hill, PA 17011.

August 1990

Sunday Morning Sociable
07/01/90 (Sun) 9.8 Miles

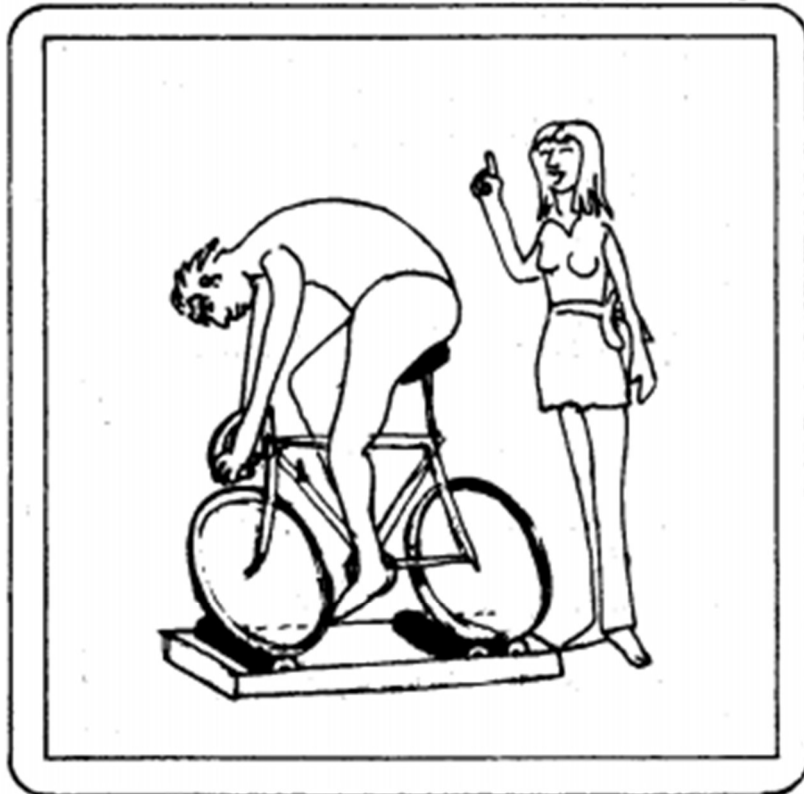
45 riders turned out for the first Sunday of July, a beautiful weather day. The ride toured the Capitol grounds and uptown Harrisburg. Lot's of new riders are joining our Sunday outings. If your thinking about it, it's time you took some action and joined us on City Island at 7 A.M. It's the best time to beat the heat as well as the traffic and see parts of Harrisburg you've never seen. Paul even had a new bike.

Owen Moore (L)	Betty Jordan
Joan/Mel Wolf	Murray Sperling
Dale Blumen	Carmen Dempster
Ann Dallam	Randy Smith
Scott/Bernie/Bryan Palmer	
Deborah Butler	Lisa/Mike Wolf
Mark Rotko	Susan Dellinger
Sharon Todman	Paul Garrett (+)
Chip Bowick	Averill Shepps
Evelyn Bouden	Cicily Waeger (+)
Chuck Hoffman	Dave Serff
Rosemary Graul	Sue Martz
Bill Winebrenner	Bill Bolza
Barbara Delaney (+)	Jerry Brennan
Tracy Volscko	Pam Hockenbroch
Jean Johnson	Grace House
Janice Lehr	Bob Ross
Cecile Latham (+)	Daniel Havior
Carla/Mike/Carl Baum	
Louis Searles	Shelia Beitman
Stephen Brandwene (Co-L)	

August 1995

ROLLING JOKES

BY JIM HAMMOND



JIM, IF YOUR GOING BY THE STORE WILL YOU
PICK UP SOME BREAD AND MILK.

August Regular Rides

Please review the website for ride updates. Once a county is GREEN, per the State of PA Guidelines, Club rides can begin, however the ride leaders make the final decision on the daily ride and procedures to follow.



HBC Ride Paces


HBC Average Riding Paces

[illegible]

***PLEASE PLAN TO ARRIVE AT THE START
POINT AT LEAST 15 MINUTES BEFORE THE
PUBLISHED SCHEDULED TIME.***

Group Rides – Stops taken when needed for rest or to keep the group together.

D - Social – for the cyclist who enjoys an easy social pace. 10-speed bike not necessary for these rides. Speed will average 8-10 mph, distances generally 8 to 10 miles.

 **C-/D+ Social** - still an easy social pace, but a touch faster (9-11 mph) & longer distance, generally 20-25 miles.

C - Casual – for the cyclist who would like to socialize but wants the challenge of a longer distance and a bit more challenging terrain. Average speed , 10 to 13 mph, slow easy pace on hills, distances generally 20-25 miles. Stop about every 10 miles, more if necessary.

C+ - Experienced – for the experienced group cyclist. Rides generally longer with more hills than casual ride. Average speed 13-15 mph, distances generally 25-45 miles. Stops when necessary.

B - Training – a faster pace for experienced riders in good physical condition. Steeper hills are a possibility, with pace slowing a bit going up, but riders are expected to stay with the group. Average speed 15-17 mph, distances generally 25-45 miles. Riders should be in good physical condition and capable of maintaining a steady pace. Few stops if any.

B+ - a bit faster than the "B" (Fast Group) rides and could cover a longer distance. Speed will generally average 17-19 mph. Pace will slow a bit uphill, but riders are expected to stay with group. Expect to maintain a fast pace for distances up to 50 miles.

A - For riders in top physical shape and seriously interested in competitive bicycling. Speed will average 20+ mph. Few hills are anticipated, but riders are expected to maintain pace uphill. Emphasis on conditioning.

Planning your 2020 rides

For 2020 we will not be listing all rides by other organizations in the Mid-Atlantic area unless HBC is a co-sponsor. We found a great website for planning your 2020 ride calendar.

Suburban Cyclist Unlimited creates and updates a regional calendar. Check it out here: https://scu.clubexpress.com/content.aspx?page_id=22&club_id=694201&module_id=253585

R.A.C.E. — Regional Area Cycling News & Events

For a comprehensive list of Bike Events - visit: <http://www.suburbancyclists.org/content.aspx?>

Links to "Regional" Bike Club Websites

Annapolis	http://www.annapolisbicycleclub.org/	Harrisburg	http://www.harrisburgbicycleclub.org/
Baltimore	http://www.baltobikeclub.org/	Lancaster	http://www.lancasterbikeclub.net/
Delaware Area	http://whiteclaybicycleclub.org	Philadelphia	http://phillybikeclub.org/newbcp/
Franklin County	http://franklincountycyclists.org	Southern MD	http://ohbike.org/
Frederick MD	http://frederickpedalers.org/	Wash. D.C.	http://www.potomacpedalers.org/

Submissions for the **August** Spokesman should be sent to

editor@harrisburgbicycleclub.org

by **August 19th**



VISIT the website **REGULARLY!**

For announcements, registration forms, ride reports, ride leader sign up, email lists, current monthly calendar, regular and special rides, non-hbc rides, etc.

The mailing address for the club is:

Harrisburg Bicycle Club
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