

# HELENA BICYCLE CLUB

HBC JUNE—JULY 2014 NEWSLETTER

Next Meeting:  
June 24, 2014

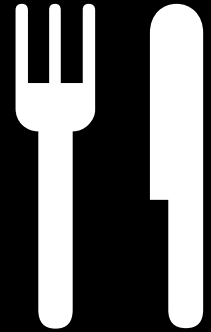
When: Tuesday,  
June 24 at 6 PM

Where: Meet at  
Montana City Grill

Ride: The loop  
from Montana City  
Grill (in Montana  
City) to East  
Helena, pass  
Asarco and back to  
the frontage road  
to Montana City  
Grill.



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## RIDE TO EAT

### JUNE 24 : DETAILS BELOW

#### COMMENTS SOUGHT

Local government is engaged in long range planning that, when completed, will shape cyclist's built environment for the next decade. If you have comments regarding transportation or growth policy, now is the time to share your thoughts.

City/County Trans. Plan  
[www.helenaarealtp.com](http://www.helenaarealtp.com)

Co. Growth Policy Update  
<http://tinyurl.com/l27cy52>

Additionally, the League of American Bicyclists requests that we encourage the US DOT to institute a more uniform reporting mechanism for non-motorized accidents and deaths, to improve data collection processes.  
<http://tinyurl.com/m4ucfr4>

#### RIDE TO EAT

In place of the HBC's June monthly meeting June 24<sup>th</sup>, we'll meet at Montana City Grill at 6:00 PM, ride east on Hwy 518 to East Helena, cross Hwy 12 turn left at the stop sign onto E Main Street, turn left onto 1<sup>st</sup> Street, cross Hwy 12 at the light, and continue on Hwy 282 up the hill over Hwy 15 to the stop sign on the Frontage Road, and return to the roundabout in Montana City and back to the Montana City Grill for a no-host dinner and a cold one. Join other HBC riders for a great ride, good eats, and a cold brew. <http://ridewithgps.com/routes/4850039>

#### HBC BENEFITS FROM BLACKFOOT COMMUNITY NIGHT

HBC received a check, from the Blackfoot Brewing, for the amount of \$588. HBC was a beneficiary of the Blackfoot's Community Monday program, where a portion of the proceeds are given to a local organization. Thanks to the Blackfoot Brewery for the donation, and to Bill Schneider for lining this up and for staffing HBC's information table.

#### CYCLING SAVVY COURSE in SEPTEMBER

September 23: Taylor Lonsdale, from Bozeman, will present a course titled

'Cycling Savvy' during HBC's regular monthly meeting. A lot of people who think they are safe cyclists are going to be surprised when they find out they could, with a few simple steps, improve their safety while bicycling.

Taylor is a member of Bozeman's Pedestrian and Traffic Safety Committee, and of Bozeman's Safe Routes to Schools Task Force. Additionally, Taylor is Montana's Safe Routes to School coordinator, and works with Montana communities to develop Safe Routes to Schools programs.

#### ONE HELENA HUNDRED (OHH)

Enjoy a scenic, fully supported century along the Missouri River. Saturday, July 12<sup>th</sup>. This month's HBC Great Rides! map features this year's OHH route.

Don't miss HBC's annual century ride, which begins and ends in Cascade, Montana. You have your choice of distances, a metric century (100 kilometers/62 miles), an 80 mile ride, or the standard English century (100 miles). Retrace Lewis and Clark's route along the scenic Missouri, albeit on your comfy velocipede, not dragging a waterlogged dugout canoe carved from a

## HBC Great Rides!

### 2014 One Helena Hundred Century

**Contributor:** Robert Psumny (and others)

**Distance:** 100 kilometers, 80 miles, 101.5 miles

**Difficulty:** The event itself is rated Hard-minus, as it is long (variably), but on relatively easy roads and is supported

**Terrain:** Mostly flat or rolling, with a few hills

**Surface:** Paved

**Traffic:** Expected light—moderate

**Starting and ending point:** Cascade City Park, Front Street and Central Avenue

**Cumulative elevation gained and lost:** 2,920 ft (100 miles); 1,970 ft (metric century)

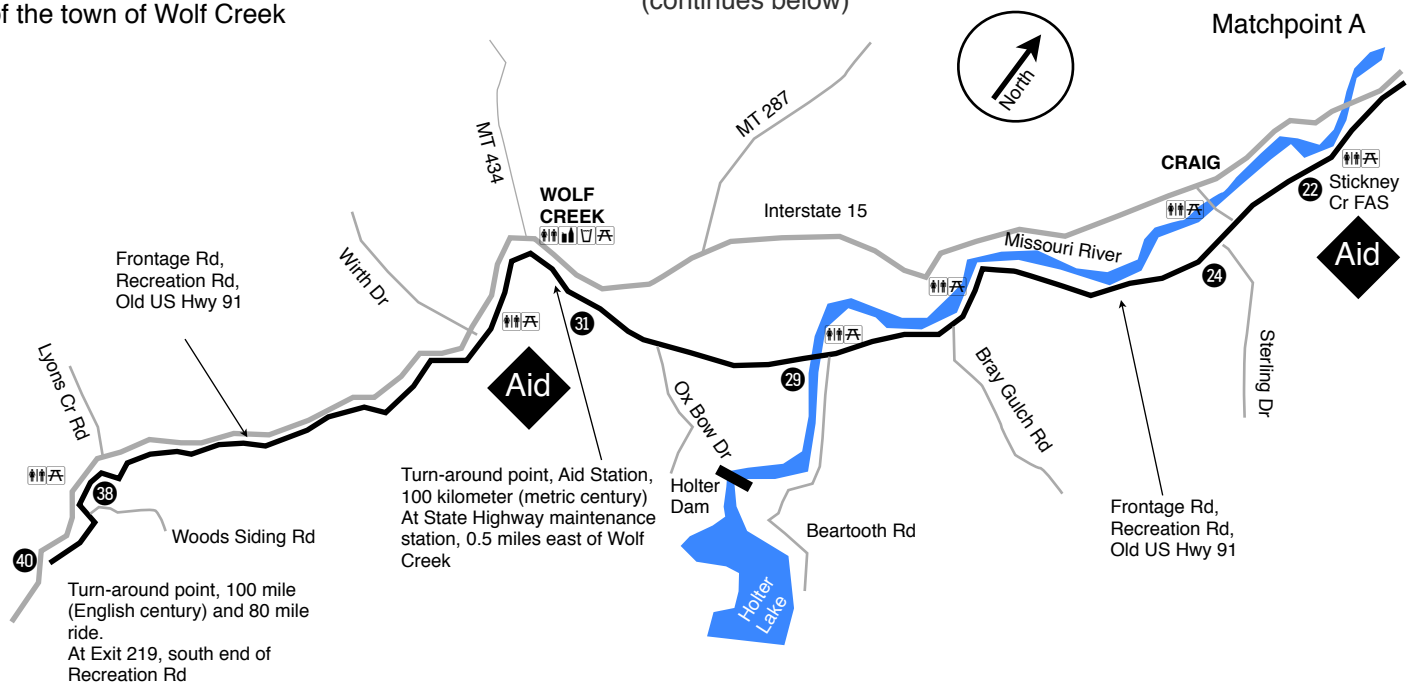
**Link:** <http://tinyurl.com/lrh8s49>

**Aid stations (tentative):** In Cascade; at the Stickney Fishing Access Site (Mile 21.5) and at the metric turn-around point, 0.5 miles east of the town of Wolf Creek

### Tips for Riding a Great Century

This list is loosely based on a good article in Bicycling Magazine, and an article by The Blayleys. Also see Don Harris's good article on training for a century in the April, 2013 HBC Newsletter (linked below).

- It's not a race. Really.
  - Prepare your bike (well lubed chain, true wheels, good tires, adjusted shifters, etc.)
  - Carry the clothes and tools that you'll need, but only what you need (go light, but don't leave home without patch kits, a spare tube, sunscreen, protection against rain and sun, etc.)
  - Prepare your body (see Don Harris's article; prepare in steps but make sure you've built up your legs and butt before the event)
  - Buddy up
- (continues below)



(continued from above)

- Start on time, which for this ride, is 7:00 AM
- Pace yourself (see tip #1; ride slower than you can, but ride steadily)
- Take breaks, but take short breaks so your legs don't stage a sit-down protest
- Eat a lot during the ride itself (and during training, practice keeping yourself well-fueled)
- Drink a lot of water (depending on a million variables, but I find one bottle per hour is about right)
- Eat a good lunch (most of us are best off steering clear of too-big meals or greasy foods)
- Savor the experience; pay attention to how cool it is to ride through this great scenery, with such nice people, over this substantial distance
- Have fun (which is what it's all about)

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<http://www.blayleys.com/articles/firstcentury/>

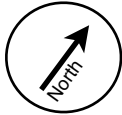
[http://bicycling.about.com/od/trainingandfitness/a/century\\_tips.htm](http://bicycling.about.com/od/trainingandfitness/a/century_tips.htm)

<http://tinyurl.com/lqr5jrl> (Don Harris's article)

2014 One Helena Hundred Century  
Helena Bicycle Club



Matchpoint B



Old Ujm / Cascade Rd

Turn-around point, 100 mile  
(English century)

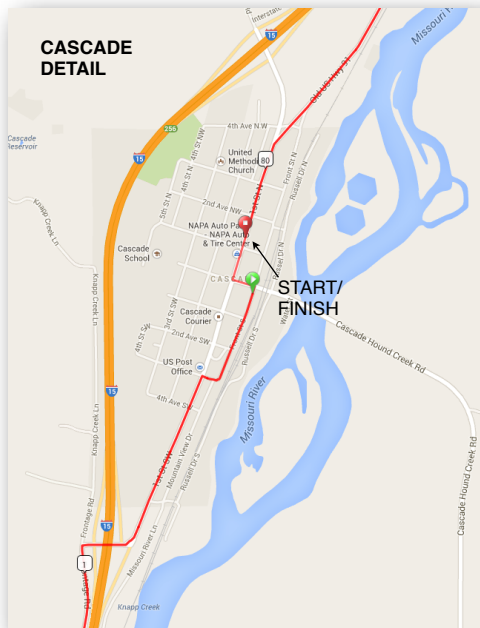
Frontage Rd,  
Old US Hwy 91

**CASCADE**  
Start and finish,  
all distances

Matchpoint B

Missouri River

Novak Cr Rd  
Novak Cr Rd



**Please read:** This is a hard ride. It is long, it may include big climbs stretches of highway with sometimes heavy traffic, small shoulders, or difficult riding surfaces.

You are responsible for your own safety, so please ride safely. Wear a helmet, be visible and ride predictably. Control your speed on descents. This ride includes rough road surfaces, and you will be exposed to varying amounts of traffic and potentially dangerous weather. Conditions change due to alternations in routes, uncertain weather, changes in traffic, deteriorated road surfaces, construction activities, and other hazards or inconveniences too numerous to foretell or specify. These directions and this map, like all maps and directions, may become outdated and inaccurate without warning. The Helena Bicycle Club (HBC), its officers, volunteers, or contributors of these rides, trip leaders, and others associated with this bicycle ride description and map cannot be held responsible for the conditions of this route, or for any aspect of your ride. HBC is not responsible for any injuries or damages sustained or occurring while riding this route.

cottonwood trunk, as Lewis and Clark did as they approached the Gates of the Mts., over 200 years ago.

The route begins in Cascade, heading south toward Wolf Creek. Just east of Wolf Creek, metric century riders will turn around and ride back to Cascade. 80 and 100 mile riders will continue south past Wolf Creek to the end of the Recreation Road at Spring Creek (Exit 219), before turning around and heading back toward Cascade. English century (100 mile) riders will finish with a brief out and back north of Cascade toward Ulm. All riders will enjoy a scrumptious lunch upon their returning to Cascade.

The route is gentle, mostly flat, featuring just a few smallish rolling hills, as it rambles alongside the Missouri River. Lunch and aid stations (with volunteers' smiles, tasty snacks, and water) are supplied for all riders.

Online registration continues until July 10th.  
<http://tinyurl.com/lrh8s49>

### THREE FUN IF QUESTIONABLE BICYCLE SHOPPING FACTOIDS—Are you doing your part?

1. *About 100 million bicycles are manufactured worldwide each year.* (National Geographic Kids website)
2. *There are roughly one billion bicycles in the world (about twice as many as motor vehicles).* (How Stuff Works website)

3. *Rule #12: The correct number of bikes to own is  $n+1$ . While the minimum number of bikes one should own is three, the correct number is  $n+1$ , where  $n$  is the number of bikes currently owned. This equation may also be re-written as  $s-1$ , where  $s$  is the number of bikes owned that would result in separation from your partner.* (Velominati: Keepers of the Cog website)

### SUMMER CALENDAR

- Weekly Club Rides. May through September. Everyone is welcome, but to continue riding, non-members must join HBC (for insurance purposes) after their first ride. *Tuesdays* - Reber Park Cupola - Intermediate Road Bike Rides. 6 PM. *Thursdays* - Four Georgians School Parking Lot - Intermediate to Advanced Road Bike Rides. 6 PM.
- June 24—Ride to Eat. Details page 1.
- July 4—Boulder Ice Cream Ride. Join us for our annual 4th of July ride to Boulder and back. 60 miles. See website for details.
- July 12—One Helena Hundred. HBC's century, details page 1 (continued on this page)
- July 22 —Tour de France Meeting at Bert & Ernie's Join your HBC friends and watch the replay of the 142 mile, sixteenth stage of the 2014 Tour de France.
- August 2 & 3—Double Divide Ride. See HBC website.

HBC 2014 Board  
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 Dave Risley, Treasurer  
 Theresa Green, Secretary  
 Peggy Stringer, Membership Coordinator  
 Bruce Newell, Newsletter  
 Don Harris, Outreach & Education  
 Rob Psurny, One Helena Hundred  
 Don Harris, Double Divide Ride  
 Wayne Chamberlin, Double Divide Ride

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