

HELENA BICYCLE CLUB

HBC APRIL 2011 NEWSLETTER

APRIL PROGRAM:

LYNDA SAUL

Tuesday, April 26
7 p.m., UM-Helena
Room 123

Indochina by Bicycle

Across from Helena
High School



Lynda's six-week adventure on her folding Bike Friday took her first through ethnically diverse, hot, humid, and soggy Cambodia to the Mekong Delta, and then turned into a mountainous trip, traveling from Hanoi to the capital of Laos, Vientiane. She enjoyed great riding and better food. When asked if she'd do it again, she enthusiastically replied, "Yes!", but thought next time she might tag on some community service, and double her trip's length.

Switched Gears = Fun!

During May, why not bike, walk, take the bus, or carpool to work. May is Switching Gears Month, organized by Lewis & Clark County.

Julie McKenna, HBC's hard pedaling president, challenges HBC you to ride your bike to work or the store, at least twenty times during May.

Special Switching Gears events include an Ales for Trails event at the Fairground, fundraising for the Centennial Trail; a chance to commute with local celebrities; a tour of the centennial trail, and great incentives from local businesses. See calendar at:

<http://www.switchinggears.helena.blogspot.com>

Joining HBC's Mailing List

Get ride notices, hear about special events, and other club beta. You can try it out by signing up to only receive, not send, email messages from the group.

1. Send a blank email to hbc_members-subscribe@yahoogroups.com
2. To activate your subscription, just reply to the confirmation message you receive from the group.
3. If you want to be able to post messages to the group and use other features, you will have to join the group by using a Yahoo,

Facebook, or Google ID.

Complete instructions for this can be found here:

4. <http://help.yahoo.com/l/us/yahoo/groups/original/members/manage/manage-06.html> ... or, better yet
5. Use your usual e-mail address.

Volunteers Needed

To help count cyclists and pedestrians in Helena. May 10th and May 12th from 4:00 to 6:00 pm. Two volunteers are needed at fourteen locations throughout Helena, Contact Laura Erikson at lerikson@co.lewis-clark.mt.us. Free Starbucks coffee for all volunteers!

<http://helenabicycleclub.org>

Rides, Races, & Events

- April 23** York Burger Boogie
Try for 23rd, April 30th rain date, see HBC website, watch for email update
- May** Switching Gears, entire month
- May 14** PPLT's Don't Fence Me In Run, Helena
- May 15** Unravel the Scratchgravel MTB race, Helena
- May 21** Queen City Tri, Helena
- May 21-22** TOSRV West, 2011, Missoula
- June 4** CHAFE 150, Sandpoint, ID
- June 18-19** HBC Double Divide Ride
- July 16** HBC One Helena Hundred
- Sept 12-16** Park-2-Park Montana, Glacier to Yellowstone

New Bike Overnights Website

Missoula-based Adventure Cycle has just introduced their 'Bike Overnights' page, encouraging us "Not to wait to go cross country. Go Overnight!" The site includes gear lists, links to other useful websites, and a good strong dose of inspiration for those of us that find that life is just a little better when wandering around on two, self-powered, wheels.
<http://www.bikeovernights.org/>

HBC Officers

- President – Jullie McKenna
- Vice President – Danica Vanderwaal
- Secretary – Rob Purny
- Treasurer – Bob Stringer
- Newsletter – Bruce Newell
- Double Divide Ride – Rick Bush
- One Helena Hundred – Heather Lambott
- Past President – Kelly Flaherty-Settle

2011 Meeting Dates

- Membership Meetings—Fourth Tuesday of the month
- Board Meetings—First Monday of the month

Upcoming HBC Meetings

- May 24** Getting in tune with your inner-bike
- June 28** Picnic
- July 26** Tour de France party
- Aug 23** Poker ride
- Sept 27** TBA
- Oct 25** Elections & member slideshows

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