



BICYCLE HAYWOOD N.C. NEWSLETTER

CONTACT US: INFO.BHNC@GMAIL.COM

APRIL, 2017

[CLICK HERE for the BHNC Website](#)

[MEET-UP](#) & [FACEBOOK](#) links: bottom right-hand corner of website homepage

[CLICK HERE to View \(or join\) BHNC's Google Email Group](#)

[CLICK HERE to RENEW Your Membership or to Become a New Member](#)

Proud To Be a Chapter of Blue Ridge Bicycle Club (BRBC)

MISSION: Promote healthy and fun lifestyles through cycling

Providing cycling education, advocacy, riding opportunities, and coordinating with various government agencies for bicycle friendly transportation planning.



BHNC MONTHLY SOCIAL and MEETING

THURSDAY, April 20

Angelo's Family Pizza & Pasta

[166 Walnut Street, Waynesville](#)

[click here for menu](#)

6:00 social, 6:30 meeting

AGENDA ITEMS INCLUDE:

* **VOTE** on whether or not to sponsor the new Canton Recreation Pool on behalf of Bicycle Haywood NC

*Option a: 4x8 brick, 3 lines text - \$100

*Option B: 8x8 brick, 6 lines text - \$250

* **DISCUSS** club ride replacement for Blue Ridge Breakaway

* **WHOLE BLOOMIN' THING** - BHNC presence and volunteer shifts

*Ritchie - ritchie@landofsky.org

Meeting Minutes: March 2017

Submitted by Bob Clark

We had a gathering of 19 at the Clark home with some excellent BBQ (thanks Bob and Janet!!), cole slaw, appetizers, a sponge cake, strawberries, a little wine, a few beers. **Present** were Jack, Megan, Sharron, Michele, Bob and Janet, Judy and Bucky, Russ and Martha, Sara and Wes, Sarah and Randy, Susan and Tim, our guest speaker, Andre, and his wife Katelan, and new member Laura.

Yes, we did conduct some actual business for a change:

1. Treasury: \$2657.18

Club Members: 56 Facebook: 57 likes Meetup: 41 members Google Group: 74 addresses

2. A proposal was made that the Club support Canton's new pool, being installed in the Canton Rec Park, by purchasing an 8 X 8 brick with our name and web address on it. The cost would be \$250. Several members felt that since we ride out of the Canton Rec Park so often, it would be a nice gesture as well as a way to say thanks for the off-street parking, rest rooms and picnic facilities. **We chose to vote on it at the April meeting** in order to give those who didn't attend an opportunity to be present next time.

3. RIDES: The consensus was to continue doing a Thursday evening, 6 pm ride, from Waynesville Rec Park or Canton Rec Park (which, after the end of May, will include Bearwaters Brewing) or Clyde. We'll rotate from place to place for changes of scenery and after-ride adventure. Bearwaters is also planning a "gastro pub" so we may have a protein package that can be washed down with draft carbohydrates. Sounds like full concierge service to me. Watch for notices coming through our BHNC Google Email.

ADD ON: Two rooms at Nu Wray Inn for Burnsville Metric. See details under "Upcoming Rides"

4. Motion Makers (Sylva) has started their Tuesday, 6 pm ride from the shop. The primary route is out to, and up, Dark Ridge to the Balsam Post Office then back down to town. Full concierge service is then available at Innovation Brewing, about 200 yards from Motion Makers. They also have a very good food truck on site. Check [MM's Facebook page](#) for more information. For those who haven't ridden the route, it is a very nice, scenic ride with a good mix of flat and climbing. Come join the 20+ year tradition and a lot of nice folks. Haywood County is usually heavily represented.

4. Women's Ride: There is some whispering and stirring among the crowd about a women's ride to be scheduled on a regular basis. If you are interested, please let Janet know and she'll compile names to see if someone will take the lead on that. [email Janet](#)

5. PRESENTATION: The highlight was a very informative, [power point presentation](#) (click on link), by Andre Vandenberg, a USA Cycling certified coach, physiologist and personal trainer at the Fitness Center. Included were everything you would like to review about riding safely, improving your riding, and very practical guides to improving one's training through measured activity.

Our genuine gratitude to Andre for capping a very successful meeting. Keep in mind that Andre is a rentable commodity for personal fitness or cycling or both....He has several loyal members in the Club and was given a testimonial or two at the meeting. He's the real deal and a great guy. And, don't forget that he leads a spin class at the Fitness Center on Mondays at noon. As a regular attendee, along with several Club members, we would all tell you to check it out.

Canton breaks ground on new pool

**** 4x8 brick, 3 lines text - \$100 ** 8x8 brick, 6 lines text - \$250 ****

I will have the "Pave the Way" brick fundraiser order forms at our March meeting.

Cash or Check I can collect forms and \$\$ and deliver them to Keith the week of March 20th

I will pass out receipts at our April meeting. Please consider contributing!!

CANTON — It's been a long, hard road, littered with obstacles, but Canton finally broke ground on its new pool. "The groundbreaking is a bittersweet moment for the community because we're removing a pool which holds 70 years of memories," Town Manager Seth Hendler-Voss said. "But we're replacing it with a dynamic pool which will make another 70 years of good memories... This pool will allow us to take rec programs to the next level." However, even with the loan and the donations and grants, "we need to be vigilant about raising money." Keith Corbeil, the pool's certified operator, echoed Hendler-Voss's sentiments. "I truly hope everyone sees this project ... and it will move them to be part of the centerpiece of this community and this region, and they'll buy a brick to help commemorate it," he said



Our Summer Saturday Morning Road Rides have begun!!

These intermediate rides are a social pace for sightseeing and cycling enjoyment. We have upped the mileage the past few weekends only because a few regular attendees plan on riding in the Burnsville Metric on April 29. After that weekend, mileage will drop and start locations will begin to vary.

Come out and join us!!



HELMETS REQUIRED ON ALL RIDES

Ride Levels are explained on the last page of this newsletter.

TUESDAY Evenings: Motion Makers Road Ride: Sylva - *Level: Intermediate+*
contact Motion Makers for accuracy

Departs 6:00pm sharp from Motion Makers bike shop and takes back roads to the Balsam Post Office. 25 miles round trip, does include climbing and descending. For details and route map, go to [Route Map](#)

WEDNESDAY Mornings: Head for the Hills Road Ride: Canton - *Level: Flatlander+*
Not for beginners; this is for those with cycling experience but no climbing legs.
Love to Climb? Hate to Climb? Doesn't matter; you're in Western North Carolina - you Have to Climb. Routes vary, *no rider left behind so patience is mandatory, both with yourself and with other riders.* Details: [Meet-Up page](#)
Michele: text 828-400-2915 or [email](#)

THURSDAY Mornings: HoW - Health on Wheels Road Ride: Canton - *Level: Beginner+*
Begin your journey here to train yourself for the intermediate level rides.



Canton Recreation Park

Departs *promptly:* time given on Meet-up & Google Email
For anyone who is recovering from illness or injury, or just hasn't been on a bicycle in a long time.
8 or 10 flat miles, easy pace, no-one is left behind.

HELMETS REQUIRED

Make sure your bike is in working order because the ride leader is not a bike mechanic.

Michele: text 828-400-2915 or [email](#)

Details: [Meet-Up page](#)

THURSDAY Evenings: Road Ride: Location/route varies - *Level: Intermediate+*
As discussed at the February meeting, rides will begin around 6:00pm. Watch the [Google Group](#) email messages for details. Bob: [email](#)

SATURDAY Mornings: Social Road Rides: route varies- *Level: Intermediate*
This road ride meets at different locations, departs *promptly at* time given on Meet-up & Google Email *The Chamber of Commerce has voted to discontinue the Blue Ridge Breakaway. However, we will still train throughout the summer for an event that we'll vote on to attend in the Fall.* Details on [Google Group](#) and [Meet-Up page](#)
Michele: text 828-400-2915 or [email](#)

IMPROMPTU "POP-UP" Road Rides: Different locations - *Level: Intermediate+*
Join our google group email to receive updates on last minute, impromptu rides that different members will be doing.

DON'T BE A SELFISH CYCLIST

Remember way back when, back when you were once a beginning bike rider, scared of downhills and cars and wrecking, unsure of how and when to shift gears? So now you are an accomplished cyclist, have participated in many events and ridden countless miles over the years. But not everyone has progressed as far as you have. Many are just beginning their journeys into road cycling. Please exercise patience with those who are out there working to become better cyclists. Give them a positive role model to look up to, because.....

SOMETIMES THE GREATEST GIFT YOU CAN GIVE ANOTHER PERSON IS TO SIMPLY INCLUDE THEM.

We have not received notices from BRBC of any BHNC renewals or new members since the beginning of January.

If you see your name listed here and you have renewed your membership, please let me know. [email](#)

BRBC is attempting to work this out, not yet sure how that's going.....

[email BRBC President](#)

[email BRBC Membership Director](#)

MEMBERSHIP RENEWALS DUE:

[CLICK HERE to RENEW YOUR MEMBERSHIP](#)

Kelley	Biskey	I	3	2017
Charles	Sigmon	I	4	2017
Claire Carleton	Patmore	I	4	2017
Bill	Bird	I	5	2017
Bob (Robert)	Pope	I	5	2017
Robin	Mathews	I	5	2017
Ron	Leatherwood	F	5	2017
Ronni	Hill	F	5	2017

UPCOMING AREA EVENTS

[THE BURNSVILLE METRIC](#) road ride *by a group of volunteers to benefit local organizations*

Saturday, April 29, 2017

8:00 AM to 10:00 PM

Held annually on the last Saturday in April, the Burnsville Metric is a great way to start off your cycling season. 60.7 miles, it is casual but well-supported and comprises some of the flattest, most scenic roads in Yancey and Mitchell counties.

[Michele](#) has reserved **TWO EXTRA ROOMS** at [Nu Wray Inn](#) for anyone who'd like to drive up Friday night. Q/F beds and F/F beds, both with showers. \$141 for each. If no one contacts her regarding these rooms by Saturday, April 22, then both room reservations will be cancelled.

[TOUR DE CASHIERS](#) road ride *by Pisgah Productions*

Saturday, April 29, 2017

8:00 AM to 10:00 PM

Cyclists follow one of three routes of up to 100 miles across Jackson, Macon and Transylvania Counties riding steep climbs and fast descents over 10,500 feet-plus of elevation changes. The event offers adventurous athletic challenges, it's great outdoor recreation amid breathtaking natural scenery featuring granite-faced mountains, flowering valleys and running rivers.

[SENIOR GAMES](#) *by Haywood County Government*

[Growing Greenways: Cultivating Support & Success in WNC](#) *by NC Arboretum*

Friday, May 19, 2017

9:00 AM to 5:00 PM

"Growing Greenways: Cultivating Support & Success in WNC will be a one-day event at the North Carolina Arboretum in Asheville that will focus on generating and sustaining public and political support for greenway project development.

[2017 Big Pencil to Big Walker Metric Century](#)

Saturday, June 17, 2017

Wytheville, Virginia

Hello and happy pre-spring cycling friends! With this early spring we've been enjoying, folks are out on the road a bit earlier, so with all the extra miles you're logging, please keep in mind our annual Big Pencil to Big Walker Metric Century Ride, coming up here in scenic Wytheville, Va.

Tips to Help Avoid Neck, Shoulder, and Back Pain while Cycling

With long-distance cycling, the main issue causing neck and back pain is the body position you are in for a prolonged period of time.

Sitting with your body constantly bending forward and your neck and head extended backward is not a posture that we humans were naturally designed for. Combined hours in this same position can produce acute and chronic pain, which ultimately can keep you from cycling in the future.

Because no one wants to be in pain, your foundation for cycling should emphasize core strength. Without adequate core strength, too much stress is put on neck, shoulders, back, arms, and hands, therefore leading to pain or overuse.

Most cyclists have full-time employment and a full-time home life. This may not leave as much cycling free time, so the natural instinct is to jump on the bike and let go. After several hours, accumulated into several days, parts of your body begin to become painful and tight, usually the neck, shoulders, and lower back.

You need to increase your core strength with 10 to 15 minutes of exercises, a minimum of three times a week, to strengthen your sitting base on the bike which will help reduce stress. CrossFit is one type of exercise that can be a very effective method for increasing core strength.

You have probably heard this a dozen times, but you also need to **make sure your bike fits**. Does it matter how expensive your bike is if it doesn't fit correctly? And no two individuals' body shape and position is the same, so sometimes just a small inch in the rise or fall of the seat or a slight change in position of the handlebars can make a big difference, especially when you're pedaling hours at a time. Ask a professional bike fitter at one of your local bicycle shops if you have questions about bike fit.

Most cyclists grip the handlebars too tightly. By loosening your hand grip, dropping your shoulders, and keeping your elbows flexed, the stress on your thumbs and hands will be less severe, which in turn can reduce your chances for chronic tendinitis and even arthritis. Constantly be aware of staying relaxed during your ride.

And of course, visiting your **chiropractor for regular adjustments** can help realign the neck, shoulders, and upper and lower back, especially if you begin to notice pain and tightness in these areas. Don't forget, you need to pay attention to and care for the small and seemingly insignificant symptoms. Making important changes in your core strength, bike position, and spinal maintenance will help you avoid long-term problems.

[Dr. Craig Gibson](#) | 828-456-5700 | [Haywood Spine/Nerve Center](#) | 136 Waynesville Plaza, Suite 1 | WYNV



The Pisgah Conservancy supports mountain biking and other recreational activities in Pisgah Forest.

The Conservancy helps fund, maintain, and grow the richness of this treasure for future generations, and YOUR membership enables us to accomplish this mission. Take a little time to look deeper into our [website](#) and discover the history and awesome wonder that is Pisgah.

Help us keep it pristine for future generations.
email: [John Cottingham](mailto:John.Cottingham@pisgahconservancy.org)

Second Annual Pisgah Pride Day

PISGAH FOREST, N.C., April 29, 2017: The Pisgah Conservancy, U.S. Forest Service, and a host of supporting organizations will hold their **second annual broad-based volunteer work day in the Pisgah Ranger District called “Pisgah Pride Day 2017”** on April 29th.

8:00am: Most work crews will convene at the Ranger Station on Highway 276 and disperse at 9:00am to a number of different locations to perform trail work, treat invasive species, pick up trash, clean up the Davidson River, and more.

This year, for the convenience of Asheville residents, one group of volunteers will also convene at nearby Bent Creek.

Afterwards, volunteers are invited to gather at Oskar Blues in Brevard to celebrate the results, with a percentage of beverage proceeds going to The Pisgah Conservancy.

John Cottingham, Executive Director of The Pisgah Conservancy, stated “Last year we had an outpouring of support from the community for this work day to take care of Pisgah. Many folks thanked us for the opportunity to work in Pisgah and asked when they could do it again. So here we are with another great chance to support this valuable resource.”

The 2017 work day is being supported, as in the past, with a wide array of local organizations, including Pisgah Area SORBA, Trout Unlimited, the Carolina Mountain Club, Backcountry Horsemen, Brevard College, REI, MountainTrue, the Sierra Club, Warren Wilson College, Diamond Brand, Carolina Mountain Land Conservancy, Muddy Sneakers, Southern Appalachian Wilderness Stewards, and many others. A separate project for Western Carolina University students is also being planned for April 22

To sign up for this wonderful volunteer experience, complete the volunteer registration form found [here](#).



Cooper takes office, positive outlook for active transportation

Since taking office in January 2017, N.C. Gov. Roy Cooper has made important moves regarding leadership in state transportation. Below is all you need to know about Cooper's appointments to transportation positions and what they mean for the transportation community. [click here](#) for the complete article.

WEEKLY RIDES - LEVELS EXPLAINED:

- Beginner+** means you can ride a bike but haven't done so in a while. This ride will help you elevate to an intermediate level.
- Flatlander+** means you are not a beginner, but don't have climbing legs.
- Intermediate** means you are proficient on a bike but ride a slower pace, averaging 10-14mph
- Intermediate+** means you average faster than 14 mph and are able to paceline.

BHNC OFFICERS, 2017

President:	Bob Clark	BobClarkLaw@gmail.com
Vice President:	vacant	
Secretary:	vacant	
Treasurer:	Michele Trantham	MtTrantham@hotmail.com
Social Media Guru:	Matt Hoyle	MHoyle17@gmail.com
Membership:	Michele Trantham	MtTrantham@hotmail.com