

Bicycle Haywood N.C. NEWSLETTER

[CLICK HERE for the BHNC Website](#)

Feb-Mar, 2016

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

[CLICK HERE to View or Join the BHNC Meet-Up Group](#)

[CLICK HERE to RENEW YOUR MEMBERSHIP or to BECOME A BHNC MEMBER](#)

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

MISSION: Promote healthy and fun lifestyles through cycling

We accomplish this by providing cycling education, advocacy, riding opportunities, working with health and fitness organizations, and coordinating with various government agencies for bicycle friendly transportation planning.



FEBRUARY-MARCH BHNC MEETING

**Saint Patrick's Day
wear green!!**

Thursday, March 17

New Time! 6:30pm - 8:30pm

Waynesville Inn:

"Birdie Lounge"

176 Country Club Drive

[website: The Waynesville Inn](#)



Ann Groninger's "Ride Guide" book on Bicycle Law in NC can now be downloaded for free from her Bike Law page:

["Ride Guide"](#)



BICYCLE HAYWOOD N.C. Officers, 2016:

President:	Bob Clark	bobclarklaw@gmail.com
V. President:	<i>vacant</i>	
Secretary:	<i>vacant</i>	
Treasurer:	Michele Trantham	mttrantham@hotmail.com
Webmaster:	<i>possibly filled</i>	
Newsletter:	Michele Trantham	mttrantham@hotmail.com

February 18, 2016, BHNC Meeting Minutes

Respectfully submitted by Bob Clark Law

Good Morning: We met in the Birdie Room at Waynesville Inn and in attendance were: Bob Pope, Dave Barth, Michele and Danae Trantham, Carina Botterbush, Charles Sigmon, Janet and Bob Clark, with new attendees Frank and Barbie Jones.

1. Treasurer's Report from Michele: We have \$1,877.75 in the account. None of these monies are dedicated to any grant requirements so they are ours to be used on behalf of the Club.

2. Membership: Michele reported that we have 32 currently paid members and 35 others who are on the list as former members but have not rejoined. If you are one of the 35, we would be glad to have you back as one of this year's goals is to increase both our member base and to establish regularly scheduled Club rides in response to members' requests. [CLICK HERE to RENEW YOUR MEMBERSHIP or to BECOME A BHNC MEMBER](#)

We also urge members and non-members to send out a simple email to the group if you are planning to ride and would welcome other riders. The latter would not be official Club rides so no waivers necessary, you don't need to post a cue sheet, just a brief here's what I/we have planned, please join me....

3. Club Rides: Club rides beginning with Saturday, March 5, are now posted on our BHNC Meet Up Group. Janet and I will also be leading a ride nearly every Wednesday morning.

Meet Up Group: If you haven't joined, please do.

[CLICK HERE to View or Join the BHNC Meet-Up Group](#)

Our Meet Up Group is now 28 strong and growing. It is proving to be an excellent way to draw interest to the Club as several non-members have found out about us through our Meet Up Group.

4. Blue Ridge Breakaway and women cyclists: Janet is coordinating with the Chamber of Commerce regarding attracting women (the Chamber's goal) to ride the Breakaway. A component of that is drawing new or inexperienced riders to get comfortable on the road. Janet will be working with a former racer/current trainer to develop a training program with emphasis on being prepared for the Bunny (25 miles) or the Panther (40 miles.)

5. Beginner Rides:

First Beginner Ride for Women: Michele Trantham has volunteered to lead the first beginner's ride for women scheduled for Saturday, May 14, out of Canton.

Beginner Ride for Men and Women: I have agreed to lead a ride on May 21, for beginners of both genders. Depending on the success of this start, we will determine a riding schedule consistent with the training program that will be set up. We will need more volunteers so please keep these 2 dates, as well as the general concept, in mind.

Health on Wheels (HoW) Beginner Rides - weekly: Michele will also be doing her *Health On Wheels Road Rides* out of Canton on Thursday mornings once Daylight Savings time gets here. This is a component of Healthy Lifestyles, coordinated by the Blue Ridge Bicycle Club and MountainWISE, and is another great option for new/inexperienced riders, and we need to thank Michele for this undertaking.

6. Newspaper Articles: I will be preparing articles for the Mountaineer and the Smoky Mountain News regarding the Club as well as pointing out the Make the Breakaway (or some better name-suggestions welcomed and encouraged) program. The articles should be published the week before our next meeting on Thursday, March 17.

7. Worksite Wellness Coalition: Melissa Rockett will be hosting a Worksite Wellness Coalition meeting on Tuesday, March 1, from 2-2:30 at the Waynesville Rec Center. This is in conjunction with a grant for Obesity, Diabetes, Heart Disease and Stroke Prevention. The grant can provide a worksite with bicycles, bike maps, train signage and the like to encourage physical activity during the day. If you would like more information about the meeting, or the grant provisions, please contact Melissa at: mrockett@mountainwise.org

8. Work in progress: Strong suggestions that we get more support from Blue Ridge Bicycle Club regarding mapping of rides in Haywood County. Craig Mosley is the new President and he wants to see more interaction between Buncombe County riders and the outlying counties. Toward that end I will be scheduling some rides out of Canton and making sure Asheville is aware of them. I will be attending the BRBC Board meeting next Sunday, the 28th, and will send out a report.

9. BHNC Website: Michele reported that our new web site is still being built and is not yet in place. We will update progress so that we have another forum for the posting of rides and the sharing of Club information and events.

10. Bob and Janet are laying the ground work for helping what appears to be an increasing number of cyclists who are poor and/or homeless. Tentative plans would involve programs at Pathways and The Open Door to discuss safe riding and maintenance; helmet donations; air pumps at each location. This will not occur until after the May beginner programs have been dealt with. Again, please be ready to volunteer if this is something you are willing to help with.

11. Facebook Page: I am currently working with Matt Hoyle on getting a Facebook page active for BicycleHaywood. It should go live prior to the next meeting.

12. Website for Maintenance, etc.: Several members informed us of an excellent web site for bike maintenance, and other, videos:
performancebike.com

13. Fletcher Flyer: The Fletcher Flyer (now actually run out of Oskar Blues in Brevard) is June 5, 2016. This is a big fundraiser for BRBC. If we are going to talk the talk about wanting help from the parent Club, we need to step up and volunteer. Go on-line and you will see that there are many jobs that can be done and you can still participate in the ride. We could do some car-pooling if that would assist you in getting involved.

14. Informal Cycling Help and Guidance: Lastly, if you hear of anyone wanting to learn to ride, or to brush up, several of us have agreed to handle this informally by extending a hand. If you, or the rider in question, will send out an email on this group address, someone will step up to respond and help.

Thanks for hanging in there with this long report. Please come join us at the next meeting on March 17th.

Bob Clark

WHY SHOULD YOU BECOME A MEMBER OF BICYCLE HAYWOOD N.C. and the BLUE RIDGE BICYCLE CLUB

The Blue Ridge Bicycle Club and BHNC advocate safe and enjoyable cycling of all types in Western North Carolina. We promote recreational bicycling and work to improve public awareness of cyclists by serving our community with advocacy activities and monthly trail maintenance. Helmets are required for all participants. WHEN you join the BRBC you are also joining Bicycle Haywood N.C.

Your Benefits for becoming a member are:

- Advance notice on all BRBC and BHNC road bike rides
- Meet other cyclists
- Access to ALL 225+ cue sheets developed by Ralph Draves
- Newsletter: [The Spoke 'n Word](#), distributed by e-mail to club members before it's posted online
- 10% discount on parts, accessories, and clothing at the participating local bicycle shops:
 - [Asheville Bicycle Company](#)
 - [Liberty Bikes](#)
 - [Sycamore Cycles](#)
 - [Youngblood Bicycles](#)
- Discounted registration to [The Fletcher Flyer](#) - \$5.00 off registration fee
- Discounted membership to [IMBA](#) - \$5.00 off regular membership fee
- Discounted membership to [LAB](#) - \$5.00 off regular membership fee
- Invitation to our annual year end party
- The BRBC is 501 (c)(3) charitable non-profit organization and dues and donations are tax deductible to the extent permitted by the IRS
- Membership fees: \$25.00 - individual or \$30.00 family





Upcoming Membership Renewals:
[CLICK HERE to RENEW YOUR MEMBERSHIP](#)

John-	Bryan	1	2016
Jim-	Richardson	2	2016
David and Kathie-	McCracken	3	2016
Michele-	Trantham	3	2016
Carina-	Botterbusch	4	2016
Chris-	Moseman	4	2016
Regina-	Tunney	4	2016
Robin-	Mathews	4	2016
Ron-	Leatherwood	4	2016

Expired Memberships:
[CLICK HERE to RENEW YOUR MEMBERSHIP](#)

Don and Nancy	Lux	9	2011
Dorothy	Morrow	9	2011
Alan	Shork	4	2012
Bert	Hamilton		2012
Bill	Bird	1	2012
Brian	Birthright		2012
Ed	Erwin	4	2012
Eileen	Lipham	11	2012
Eric	Morrison		2012
Ken	Hall		2012
Kent	Cranford		2012
Lynn	Collins		2012
Paul	Casper	2	2012
Travis	Collins		2012
Andrew	S	4	2013
David and Marcia	Tate	3	2013
Lurissia	Hendrix	6	2013
Patricia	Cowan	9	2013
Richard and Patty	Felder	3	2013
Rod	Kuehl	6	2013
Sarah	Carothers	11	2013
Steve	Kaufman	8	2013
Trudy	Seely	4	2013
Andrew	Bowen	4	2015
Doug- in Ft. Lauderdale	Carroll	6	2015
LeRoy and Gale+	Roberson	6	2015

Nancy+	Andrews	8	2015
Ronni	Hill	2	2015
Suzel- no response-	Izaguirre	9	2015
Rebecca	Morgan		0
Reuben	Moore, P.E.		0
Suzie	Pressley		0
Tim	Petrea		0



Make Sure you take Care of your Back

You probably spend far too much time sitting at your desk. I don't do that while I'm taking care of patients, but there are times when my paperwork has to be done and reports have to be written up. And if you're building a family or a side business while balancing a day job, I bet you're glued to a laptop every evening as well.

If you are glued to the computer, or the TV, or even if you ride your bicycle for many hours and miles at a time, these postures take a creeping toll on your body.

If you're not careful, you'll end up chair-shaped. You know, where your head posture is in front of your shoulders, your shoulders are slumped, and your back is bent.

It's not a joke, and it's something you don't want.

You really do become chair-shaped over time if you're spending many hours in a forward slumping position or sitting in a chair, neck bent in an awkward position.

Your shoulders will begin to round, your neck juts forward and your pelvis is tilted as though you were still sitting down, even on a bicycle seat.

Do nothing about it and those changes will become permanent...and painful. Things CHANGE inside, and that means your bones even change and will more or less make your chair-shape permanent.

Probably not what you want to do, so have your entire spine checked at least once a month by a licensed Chiropractic Doctor, and seek regularly scheduled chiropractic adjustments and advice when your posture begins to suffer.

It's a must. You're going to feel better and look better.

Help avoid being chair-shaped down the aging road, and possibly avoid severe osteoporosis as well and fight the potential back surgery scenarios.

*Acton Chiropractic | 789 Patton Avenue | Asheville |
DonaldActon2@gmail.com*



Kolo Bike Park is located at 1 Resort Drive, Adventure Center, Asheville, NC.



Click for an interactive map of the location:

[Location of Kolo Bike Park.com](http://LocationofKoloBikePark.com)

MTB Clubs & Organizations:

- [Carolina Youth Mountain Bike League](#)
- [Pisgah Area Southern Off Road Bicycle Association \(SORBA\)](#)
- [Pisgah Area Mountain Biking Meetup](#)

Places to Ride your Mountain Bikes:

- [At The Ridge Fun Trails](#)
- [Beech Mountain Resort](#)
- [Bent Creek Experimental Forest Trail Map](#)
- [Bike Farm Pisgah](#)
- [Biltmore Estate](#)
- [Dupont State Forest](#)
- [Kolo Bike Park](#)
- [Nantahala National Forest](#)
- [Pisgah National Forest](#)
- [Oskar Blue's REEB Ranch](#)
- [Singletracks - Asheville Rides](#)



[Swamp Rabbit Rail Trails](#)



[Richmond Hill Park](#)

What is it you love most about mountain biking?

Is it the chance to escape & unwind? The rush of knobby tires ripping on hero dirt? No matter why or where you ride, why not [join thousands of other mountain bikers as a member](#) of the International Mountain Bicycling Association ([IMBA](#))?



IMBA is a network of hundreds of local chapters and 80,000 riders like you who support trail building and protect bike access. IMBA chapters are all over America, and membership to your chapter is included when you join IMBA. Mountain biking as we enjoy it today wouldn't exist without IMBA's network.

[Pisgah Area SORBA \(PAS\)](#)

Meet other riders, support our trails.

If you decide to sign up with Asheville-based PAS, make sure you select **Pisgah Area Sorba as your Chapter of choice**.

Christopher Neubert
chris@pisgahareasorba.org

[Upcoming PAS Trailwork Days](#)
[Mountain Biking Tips & Tricks](#)
[PAS Meetup Rides](#)

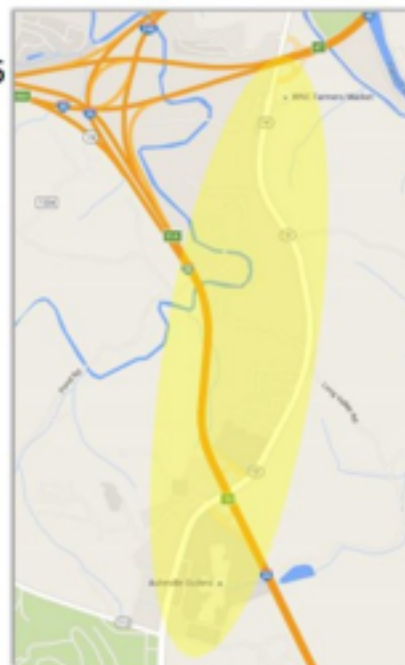


Public Information Session

4pm to 7pm on
Thursday, March 24, 2016
WNC Farmers Market
570 Brevard Road
Asheville, North Carolina

Buncombe County and its consulting team lead by HNTB and supported by Equinox Environmental will host a drop-in public meeting regarding potential options and the overall feasibility for the possible addition of a greenway in the vicinity of Brevard Road.

The public will be asked to provide feedback and preferences regarding alignments of a potential greenway segment between Brevard Road north of the new Asheville Outlet Mall and proceeding north to connect into the existing French Broad River Greenway.



Why YOU Should Volunteer for the Fletcher Flyer Road
Cycling Event, especially if you plan to ride!!

Bob Clark, BHNC President

I had decided to volunteer in the early morning for the Flyer and then ride. When I registered to ride, much to my surprise, I found that it was only going to cost me \$20. (It is currently at \$55; \$50 if you are a BRBC member).

PLEASE look seriously at volunteering so that we can show the BRBC that we are willing to support their big event and allow me to put pressure on the BRBC to extend more of their resources, both financial and personnel, our way. Currently there are 160 open volunteer positions. Janet and I are volunteering to pass out registration packets and will be able to ride by 8:30. The ride goes until 5 and there are lots of opportunities that would allow one to ride also, not all of which you have to do at the crack of dawn.

Fletcher Flyer 2016

When:

Sunday, Jun 5, 2016

Where:

Oscar Blues Brewery
342 MOUNTAIN INDUSTRIAL DR
BREVARD, NC 28712

Additional Info:

[View More Information about The Flyer](#)

Contact:

Ben Elderd

FletcherFlyerDirector@BlueRidgeBicycleClub.org

MONEY MYSTERY PHOTO

In each month's newsletter there will appear photo taken along a route in Canton, Clyde, Waynesville, Hazelwood, or Bethel, one that is easily visible while you're riding your bicycle.

The first person to email me directly and tell me where the photo was taken wins \$5. You have to be at that month's BHNC Meeting to collect!

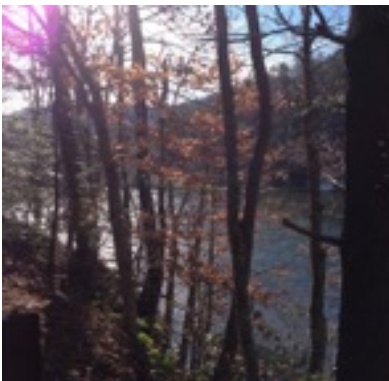


MARCH, 2016

If you know where this picture was taken, contact:

mttrantham@hotmail.com

(This was our November, 2015, photo, but the correct claimants never showed up to collect their prize.)



FEBRUARY's Photo

This is Lake Logan, taken from 215 S just over the crest of the second climb. You can see the boathouse on the right-hand side next to the large tree in the forefront.

Winner: Bob Pope, congratulations!!



DECEMBER's Photo

This pedestrian bridge is on Lake Logan Road, about 1/2 mile from Hwy-276. It's a great spot for a snack break.

Winner: John Bryan Great cycling, John!!