



BICYCLE HAYWOOD N.C. NEWSLETTER

CONTACT US: INFO.BHNC@GMAIL.COM

MAY, 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 MEETING & SOCIAL

THURS. MAY 18



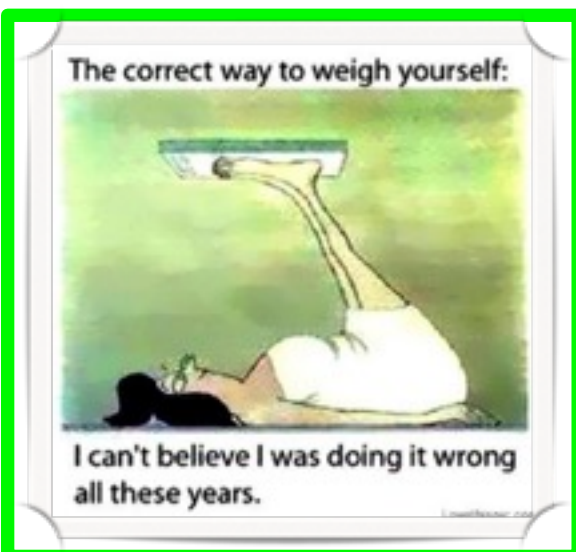
5:30 PM - [THE STRAND THEATER](#)
come watch "FILMS ON WHEELS"

part of Strive not to Drive week
(no charge)



6:30 PM - [BOOJUM's on Main Street](#)
SOCIAL & SHORT MEETING

[click here for menu](#)



BLUEBIRDS: Signs of Spring



STRIVE NOT TO DRIVE WEEK

MAY 12 - 19

- Tues. 16th** **Go Haywood - Bicycle and Pedestrian Forum**
3:00pm Panacea Coffee House to review plans for Waynesville and Haywood Greenway, Sidewalk Projects, and an open discussion with planners.
- Thurs. 18th** **"Films on Wheels,"** a collection of short films
5:30pm The Strand Theater
- Friday, 19th** **National bike to Work Day**
all day Maybe you've been intending to or already do this every day. This is your special day to bike to school or work.

Meeting Minutes: April 2017

Submitted by Michele Trantham

We had a great dinner at Angelo's on Walnut Street, and although the 'meeting room' was a little small, it still afforded us the opportunity to hold our meeting comfortably, with good food and good beer. *In attendance were Jack, Martha, Kelley, Tim and Susan, Carina, Harold, Gary, Randy and Sarah, Sharron, Charles, Bob and Janet, and Michele and Danae.*

1. NUMBERS REPORT: Treasury: \$2657.18

Club Members: 51 Facebook: 58 likes Meetup: 40 members Google Group: 77 addresses

2: STRIVE NOT TO DRIVE WEEK: To help support SNTD week, our May meeting will begin at The Strand Theater, followed by socializing at Boojums, just a few doors down.

*** The week after our April meeting, Buffy Phillips, of the Downtown Waynesville Association, asked if BHNC would supply some "Bicycle Friendly" stickers for SNTD week, which Bob and Michele approved. Stickers were delivered to Buffy on May 9th.*

3. CANTON RECREATION PARK POOL: A proposal was made in March that the Club support Canton's new pool, being installed in the Canton Recreation Park, by purchasing an 8 X 8 brick with our name and web address on it. The cost is \$250. Seven club members voted in absentia*, all "yes," and our meeting vote this evening was unanimously in favor, for a total of 22 in favor, none opposed.

** John B., Jennifer J., Cecil Y., Stan R., Jon D., Marc M., Jill D.*

*** Michele paid for the brick out of BHNC funds, \$250, on April 25.*

4. **Bike Corral** at “Whole Bloomin’ Thing” festival on Saturday, May 13. Several signed up as volunteers to host the corral.

*** The corral was cancelled by the festival organizer for lack of space.*

5. **RIDES:** The Thursday evening road rides have resumed, 6 pm, from Waynesville Recreation Park.

*** Start locations and routes will begin to vary in a few weeks.*

The rides out of Canton have begun: Wednesday “Head for the Hills,” Thursday “HoW,” and Saturday “Social Rides” *** Look at the club’s [MeetUp page](#) for all details*

6. **BLUE RIDGE FAKEAWAY:** A committee will be formed to discuss the ride logistics. Agreed not to advertise, that it is only for active BHNC members, and every one must RSVP to participate.

*** Michele agreed to form a committee, which should include riders from every level. A recruitment email will be sent out before the May meeting.*

7. **CLUB MEMBERSHIPS:** BRBC has not been sending updated BHNC membership information, but this situation is being resolved. *** Craig will send monthly membership ‘statements’ until a web-fix is complete.*

Canton breaks ground on new pool

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

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





[The Fitness Connection](#) has recently hired two [highly qualified yoga instructors](#) — Karen McGovern and **Sara Lewis**.

Lewis has more than 10 years of yoga experience and is a 200-hour national Yoga Alliance-registered instructor as well as a certified holistic health coach.



First BWNC Lobby Day a Success

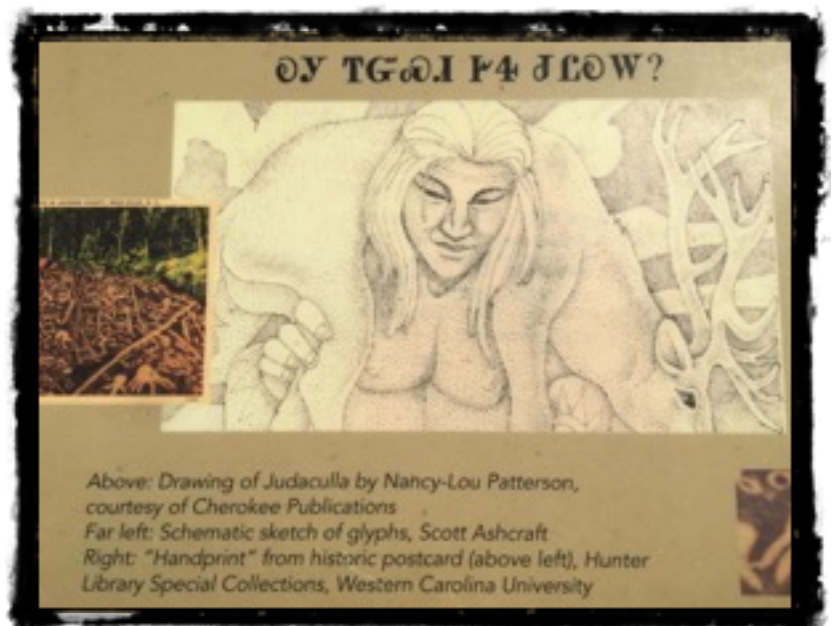
[click here for website](#)

On April 5, over 30 advocates for active transportation met in Raleigh to meet with our state legislators for BikeWalk NC's first Lobby Day. Participants traveled from as far east as Southport (southeast of Wilmington) and as far west as Sylva (west of Asheville).

“Overall, we think the event was a great success, and we plan to expand it next year,” said Lisa Riegel. “What’s really important is for our advocates to follow up with their legislators in their home district to continue the relationships between government and citizens.”

Our Wednesday Head for the Hills Road Rides have begun!!

These intermediate rides are off-the-beaten-path, often very scenic routes.. Recently, several of us were led by Harold for a very pleasant and beautiful ride from Dillsboro. Pictures are from the Judaculla Rock monument.



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.

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



MEMBERSHIP RENEWALS DUE:

[CLICK HERE to RENEW YOUR MEMBERSHIP](#)

| | | | |
|-----------------|----------|---|------|
| Claire Carleton | Patmore | 4 | 2017 |
| Bob & Janet | Clark | 6 | 2017 |
| Don | Kostelec | 6 | 2017 |
| Doug | Carroll | 6 | 2017 |
| Gerald | New | 6 | 2017 |
| Joyce | Clements | 6 | 2017 |
| Joyce | Martin | 6 | 2017 |
| LeRoy | Roberson | 6 | 2017 |
| Marc | Miller | 6 | 2017 |
| Matt | Hoyle | 6 | 2017 |
| Sharron | Donnahoe | 6 | 2017 |
| Stan | Rathbone | 6 | 2017 |
| Tim & Susan | Hoyt | 6 | 2017 |
| Wes | Queen | 6 | 2017 |



**Welcome to AshevilleCycling.com
your one stop site for all cycling related events in WNC!**

PLACES TO RIDE:

- [Biltmore Estate](#)
- [Blue Ridge Parkway](#)
- [Carrier Park](#)
- [Nantahala National Forest](#)
- [Pisgah National Forest](#)
- [See our Road Ride Index](#)

ROAD RIDE CUE SHEETS:

See our sample selection of Road cue sheet for the Asheville area on our website. Additional [cue sheets at BRBC](#). If you want to leave on a ride from the parking lot where you're staying, just [drop us an email](#) and we'll try to help you out.

LOCAL ROAD BIKE EVENTS:

- [Airport Assault \(Cullowhee\)](#)
- [Asheville Buncombe Senior Games Time Trial](#)
- [Asheville Rides Casual Bicycle Tour](#)
- [Assault on Mt. Mitchell & Marion](#)
- [Assault on the Carolinas](#)
- [Biltmore Lake Triathlon](#)
- [Blue Ridge Brutal](#)
- [Burnsville Metric](#)
- [Cycle to Farm](#)
- [Cycle NC Mountain Ride](#)
- [Fabulous 4th Bike Tour](#)
- [French Broad Cycling Classic](#)
- [Fletcher Flyer](#)
- [Gears & Gables...A Ride for Housing](#)
- [Gran Fondo Asheville](#)
- [Hilly Hellacious Hundred](#)
- [Hot Doggett Hundred](#)
- [Lake Logan Triathlon](#)
- [Looking Glass Tour](#)
- [Lungbuster Time Trial Series](#)
- [Pisgah Omnium Road Crit](#)
- [Pumpkin Peddler](#)
- [Ring of Fire Racing Series](#)
- [Tour de Apple](#)
- [Tour de Cashiers](#)
- [Tour de Franklin](#)
- [Tour de Leaves](#)
- [Tour de Lure Ride](#)
- [Tour de Pumpkin](#)
- [Wheel Ride for Asheville](#)
- [White Squirrel Cycling Classic](#)

[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.

[WNC FLYER](#)

formally The Fletcher Flyer, by Blue Ridge Bicycle Club

Sunday, June 4, 2017

The 14th annual Hunter Subaru WNC Flyer (formerly called Fletcher Flyer) will be held in Brevard, NC. The start/finish will be at [Oskar Blues Brewery in Brevard, NC](#).

Riders will have their choice of a full century, metric century, half century, and half metric rides which wind through the valleys south of Asheville, NC. Although it is the least hilly ride in Western North Carolina, it has plenty of rolling hills to keep all riders interested.

This is a fully supported ride with six well-stocked rest stops and an after ride party, including BBQ, a Bluegrass band, a beer (1st beer compliments of Oskar Blues) and a root beer float shooter.

[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 and all the extra miles we're logging, please keep in mind our annual Big Pencil to Big Walker Metric Century Ride coming up here in scenic Wytheville, Va.



New Carbon Rim List for 2017!

Road rim deep size have 20/24/**30/35/38/45/50/55/60/80/88mm**.

[**Download complete Rim List from Carbon Bike Kits**](#)



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)

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 |