



**BCC Bicycle  
Maintenance Class  
is February 27  
at Performance Cycle.  
Check the Ride Calendar for  
details.**

*Out Spokin' is a newsletter for members, their families and friends of Bonneville Cycling Club.*

It is published 10 times a year.

Please submit articles and photos to [newsletter@bccutah.org](mailto:newsletter@bccutah.org).

**Deadline for submissions  
for the February/March issue  
is February 8.**

*[www.bccutah.org](http://www.bccutah.org) hosting provided  
courtesy of Xmission.*

## PRESIDENT'S PACELINE

*By: Mary Margaret Willaims, president*

Cold is the first thing that comes to mind when thinking about the start of winter 2013. But the cold didn't stop members from participating in the second annual Polar Bear "Chili Cook Off" and new this year, the dessert contest. Once again, the temperature was just too unbearable to attempt a ride however good friends, tasty chili and delicious desserts made for the perfect get together. Bob Schultz wins this year with his creamy chili recipe, Tom Chism came in second and third this year but still in the winning category was Jackie McGill. Competitors are already starting on their improved recipes for next year's competition.

Janice Mosby topped off the dessert contest with her award winning Bailey's Cheese Cake and Maria was a close second with her scrumptious homemade apple pie. All chili and dessert recipes where to "die for" and managed to require the resolutions of "diet" go on hold for one more day.

Business items for discussion were as follows: Membership: BCC is over 500 members due to the influx of women joining in order to take advantage of first dibs for LRRH. We discussed the possibility of next year allowing "active" members to register first. More details will be provided in the next issue of Outspokin' and can be found in the January 2013 Board Meeting Minutes.

"ULCER" is now officially out of retirement thanks to the Provo Chamber of Commerce, Utah Valley Chamber of Commerce and Utah Valley Convention and Visitors Bureau. They have made a proposal to partner with BCC to run the event. At this point, Habitat for Humanity and Provo Chamber of Commerce would be beneficiaries of the ride. BCC members will be updated as new information arises. This could potentially be an exciting new partner for BCC and the Utah Valley Communities in promoting safe cycling and share the road messages.

The BCC Board has decided to have an outside CPA monitor and



## BCC BOARD OF DIRECTORS

Mary Margaret Williams, President  
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Don Williams, Road Captain  
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Bill Mosby, Webmaster  
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Jackie McGill, Newsletter Editor  
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## MEMBERS-AT-LARGE

Bob Schultz  
Dave Maxwell  
Tim Sandall

*Enjoy the Ride!*

Board meetings are held monthly.  
Take a look at the "Ride Calendar"  
at [www.bccutah.org](http://www.bccutah.org) for specific  
dates and locations.

## BCC MEMBER BENEFITS

Rides of various distances for all abilities  
Touring, social, mountain and racing rides  
Training on cycling techniques and safety  
Rider mileage tracked weekly with year-end awards  
Newsletter, website and e-mail communication with members  
Social events  
Bicycle advocacy  
Reduced entry fee on BCC major rides  
Discounts at local participating bike shops

### ***New This Year:***

***BCC members receive preferred registration  
for Little Red & ULCER***



## BOARD MEETING RECAP

By: Maria Fruin, Secretary

- ***ULCER has officially been "unretired."***

- ***The board defined an "active member" and put new guidelines into effect that allow for preferred LRRH and ULCER registration.***

- ***All ride leaders must participate in the A-Z Ride Leader Training to take place in February or March.***

- ***Volunteerism in the club will be a new element required to enter the "100 Club."***

- ***Offering more opportunities for co-ride leaders was discussed.***

***As always, you can read the full minutes on the website at  
[www.BCCUtah.org](http://www.BCCUtah.org).***

# **It's 2013 Already!**

Don Williams LCI 253, Road Captain

*New on the Ride Calendar - New SuperSeries routes for 2013 .*

*First – Overnights make the schedule for the first time. SuperSeries events must be free – so fee events, even our own, don't qualify.*

*The Winter Escape has been on the schedule for about 5 years, and now, the St. George to Zion route coming up soon makes the list this year - The Metric will circle Sand Hollow to Hurricane and back, led by Jackie McGill. The warmer version of starting in Mesquite isn't as important with a later start date and better lodging options in St. George makes for a good excuse to go south. Greg McMurdie has driven down, done the ride and back to SLC in time for church on Sunday, so it doesn't have to have a motel stay involved.*



*Lava Hot Springs overnight in its second year from Brigham to Lava makes the list as well. A hilly one on Saturday is cured with a long hot soak before the ride back on Sunday. It's in September after LOTOJA so make your plans now with Jim Halay as the leader.*

*Also new – Twin Creeks , Stage 6. Wasatch Back Big Ride*

*Last year the Park City to Chalk Creek event was changed due to road construction and we came up with a great new route at the last minute. Twin Creeks SuperSeries starts in Coalville to Lost Creek, and back with a flat start - rollers below the dam and a good climb to the Lost Creek turnaround, then reverse route back out. The second half goes Coalville to Chalk Creek – so Coalville is the mid-route rest stop and the end of the metric version. Chalk Creek can be windy so it makes for a great challenge with the ever popular down-hill ending.*

*Stage 6 – running in Mid July – will start from Park City and cover the Tour of Utah Stage 6 route – without the private Wolf Creek portion - great climbs with vertical gain of 4,760 feet roughly equal to Mt Nebo's 5,360 vertical in a slightly shorter ride distance without all the driving 70 miles out of town.*

*Wasatch Back Big Ride – originally scheduled for last August – Road construction again closed Provo Canyon to bikes, so we try again this year - Draper north to Emigration, over Parleys , a full loop through Summit and Wasatch counties before descending Provo canyon, a loop through Happy Valley and back to Draper, Right at 150 miles it's the challenging route for the season.*

*There are several other great routes in their second seasons that we will highlight in future newsletters. Wanna lead a SuperSeries ? Any of the events with my name on it can use a new ride leader, the courses are set, so you just have to mark it and keep the sign-up sheets in order. Call me or email [roadcaptain@bc-cutah.org](mailto:roadcaptain@bc-cutah.org) to volunteer.*

*METRICS AND SOCIAL SERIES a lot of interest in new ideas for these series. We always wait a little later as the weather warms to finalize event dates.*

***IDEAS? Contact me or any board member.***

## PRESIDENT'S PACELINE

(Continued from page 1)



prepare our quarterly financial reports as a check and balanced system in addition to maintaining proper documentation for taxes and 501C3 requirements each year.

Curt reported on LRRH progress and how the lottery would work this year. The committee is in full swing making preparations for another great event. Check the LRRH website found on the BCC webpage for updates and information. New this year will be jerseys for men, how exciting is that!

Dave Maxwell shared details on the upcoming Bicycle Maintenance Class that will be offered, (free of charge and free pizza, too), at Performance Bike sometime in February. So make sure you keep up with the website and emails from the club for the specific date and time.

Bob Schultz promoted his Thursday night Snowshoe excursions beginning at 6:00 PM every Thursday during January and February starting at the MillCreek park on ride on Wasatch.

Don shared items regarding the ride schedule for 2013 so be sure to read his report. Club members voted to lower the participation number required for credit on out of state rides from 10 to 5. We hope if you are attending another event, you proudly wear a club jersey.

With that thought in mind, the Board voted to add "volunteer hours" required for new members to earn a club jersey. Therefore, in addition to riding either 10 rides or 500 miles, a member will be asked to volunteer. I will provide you with the details in the next newsletter. The purpose of this is to encourage members to be active in the club because after all, it is a member's club and our goal is provide opportunities for all cycling levels and interests in order to get the best out of Bonneville Cycling Club.

Yes, Cold is the word, but it hasn't stopped us yet. See you at the Awards Banquet, Saturday, January 26 for another exciting BCC Event!!

### NATIONAL BIKE CHALLENGE 2013

By: Don Williams

In addition to our highly popular Commuter Challenge – there is a new opportunity to participate in the National Bike challenge – It's a team thing – so we have to register in groups of 10. Creative names encouraged. This challenge won't start until May 1, but the warm-up starts March 1 – so there is a short window of time to get ready. Utah was under represented in last year's challenge and we need to remedy that.

Info is available at <http://www.endomondo.com/campaign/national> there is a registration process involved – but I believe we can also input fun rides, not just "work" rides, but wait aren't all rides fun?

My team still needs 9 more members - amazingly it's named Bonneville Cycling Team 1. Join me!

### A2Z RIDE LEADER ORIENTATION

If you want to lead a ride for 2013 – we will have orientation in February or March. You'll receive refills for your ride leader binder or a new binder if you're a newbie, plus a few new things to make your job easier this year. BCC feeds you so it's not a bad way to spend an hour or two. Details as they become available will be on the website.

### THANKS RIDE LEADERS

Lots of folks made October thru December a huge success. Next month we will recap all those recognized at the Winter Banquet. Meanwhile – with the cold weather about to break we need new routes to pass away the Saturdays and Sundays of January and February. Have a safe clear open road route to ride? Schedule it at [bccutah.org](http://bccutah.org)

# WELCOME NEW MEMBERS!



**Bonneville Cycling Club  
welcomes the following  
new members:**

Michael Birdsong  
Carole Stipelman  
Maria Albanese  
Savannah Wake  
Linda Peterson  
Sammi Anderson  
Alison Beddard  
Kathleen Toth  
Candice Vogel  
Janice Couch  
Mollie Shutt  
Angie Crook  
Andrea Olson  
Shirley Ala  
Christine Helfrich  
Christeen Pratt  
Suzanne Stensaas  
Suzi Campbell  
Ellie Campbell  
Brittani Forbush  
Lynn Howard  
Susan Lawrence  
Elisabeth Lawrence-Bowes  
Mary Melloy  
Rebecca Hall  
Michelle Freestone  
Deb Neklason  
Melinda Hill  
Leslie Van Barselaar  
Jennifer Wilson  
Tom Harvey  
Sue Cessna  
Karen Matson  
Sidney Donahoo  
Christine Pratt  
Melodee Wilcox  
Jennifer Daines  
Marge Gunderson  
Myrinda Barnes  
Ashley Ohran  
Melissa Phillips  
Brooklyn Schutjer  
Cathy Shipley  
Marin Ridd  
Ruth Filloux  
Kathy Wolf

Lisa Jones  
Heather Ellefsen  
Kathy Klouda  
Hope Robinson  
Sue Lee  
Linda Lindsey  
Veronica Blair  
Paula Hunker  
Molly Hampton  
Pamela Loveridge  
George Spencer  
Ann Spencer  
Jennifer Fredsall  
Linda Hudson  
Rhonda Devereau  
Michele Ebright  
Lisa Anjewierden  
Carolyn Gilbertson  
Jodi Kuipers  
Brynlee Kuipers  
Misti Miller  
Kristine Porter  
Luann Williams  
Elizabeth Staten  
Kirsten Stewart  
Joann Slingerland  
Megan Forbush  
Jan Johnson  
Melany Mckellar  
Pam Strom  
Mary Absolon  
Avery Absolon  
Suzanne Lilygren  
Mckenzie Lilygren  
Heidi Jones  
Anita Benedict  
Margaret Landvatter  
Karen Van Winkle  
Linda Neiswender  
Deanna Trumble  
Breanne Weston  
Megan Peterson  
Kristy Cardinal  
Jessica Firth  
Bonnie Wixom  
Jen Hampton

Paulene Fabert  
Emily Frandsen  
Fred Geiger  
Joy Fink  
Tammy Green  
Pam Elmer  
Kathleen English  
Susan Sorenson  
Beth Lingenfelter  
Angela Tindall  
Cynthia Watson  
Wendy Glorit  
Tressa Hadfield  
Natasha Peters  
Nicole Forbush  
Carrie Jackson  
Tricia Burton  
Angie Zoulek  
Annette Fjeldstad  
Elizabeth Aranow  
Dave Tuckett  
Wendy Tuckett  
Amanda Staron  
Rachel Christensen  
Kimberly Heimsath  
Shana Tarter  
Li Platz  
Barbara Telgmann  
Jenna Hansen

Holly Nelson  
Annette Watson  
Megan Watson  
Lauren Watson  
Erin Watson  
Jody Price  
Ann Shelley  
Michelle Hillman  
Tracey Beckler  
Debbie Berger  
Heather Tolman  
Denise Foss  
Becky Crane  
Julie Anderson  
Judy Anderson  
Jean Lamblin  
Karen Macon  
Marianne Lee  
Beverly Vargo  
Teresa Tibbets  
Janna Jensen  
Karen Jack  
Liz Christensen  
Maddy Orritt  
Constance Smith  
Kimmy Holman  
Jacolin Shifrar  
Marie Reeder  
Natalie Done

## SAFETY CORNER

*Mary Margaret Williams, LCI #254*

*Extreme weather conditions exist. If you absolutely must ride, layer up in clothing designed for wicking moisture, not cotton. Keep your hands, feet, and face warm with appropriate gloves, booties, and face masks. Remember to drink and eat even if you are not thirsty. Take only short breaks because once your body temperature begins to drop and the sweat cools, the chills will begin and you may never get warm again.*

*Honestly, perhaps you should put your bike up and ride the trainer indoors, go for a snow shoe hike, cross country ski, downhill ski or work out at the gym. Cross training is a great way to prepare for the next season.*