

HELENA BICYCLE CLUB

HBC NOV-DEC 2013 NEWSLETTER

NO
NOVEMBER or
DECEMBER
MEETING

NEXT
MEETING
TUESDAY
JANUARY 28

Montana
Wild Center
2668 Broadwater
Avenue (south end
of Spring Meadow
Lake, turn north at
Kessler School)

HBC GREAT RIDES

West Glacier to East Glacier



Lake Saint Mary on Going-to-the-Sun highway. Glacier National Park, Montana, August 1941
Marion Post Wolcott, photographer, Library of Congress collections

Election Results

From the October membership meeting, the following HBC members will serve as club officers during 2014:

President — Rob Purny
Vice-President — Bill Schneider
Secretary — Theresa Green
Treasurer — Dave Risley

Many thanks to these members for serving Helena cyclists in this manner. Other club members interested in contributing their time to the Helena cycling community are encouraged consider volunteering to coordinate the 2014 Double Divide Ride. Contact incoming President Rob Purny at president@helenabicycleclub.org.

By-Laws Changes Ratified

A copy of HBC's ratified by-laws can be viewed on HBC's website, at: <http://helenabicycleclub.org/index.php/hbc-bylaws-revision/>.

These changes include giving us flexibility for scheduling our annual meeting (Article II, Section 5), and giving a little more flexibility to the process involved in electing officers and clarifying director reimbursement (Article III, Sections 3 and 5). In addition to the routine process of reviewing and if necessary proposing changes to clean up our bylaws, these changes are in part adopted as part HBC's process of applying for tax-exempt status with the IRS.

New Rating System for Newsletter Rides

For the first time this month the featured HBC Great Ride includes a difficulty rating. We hope you find this useful. Ratings are a combination of a ride's distance, the amount of climbing, and the riding environment. Rides will be rated: Easy, Moderate, Hard, or Epic. Our ratings mimic those used by the Mountaineers Press in their recent cycling guide to Oregon¹.

Easy rides are good for anyone who rides even a little. They are generally flat, short, and riding surfaces are smooth. Traffic is usually light (either due to quiet streets or a huge, safe shoulder).

Moderate rides are typically longer and slightly more difficult than those classified as 'Easy,' but most riders capable of riding 10 mph for an hour should be able to complete them in less than a couple of hours. Moderate rides may feature a few hills, but the hills are typically short and not too steep. If there is traffic, the road typically has good shoulders; if the road is rough, traffic likely will be light.

Hard rides are longer, likely including bigger climbs, and may include stretches of highway with sometimes heavy traffic, small shoulders, or difficult riding surfaces. Additionally, 'Hard' rides may include stretches of gravel or exposure to isolated stretches of road where weather or mechanical problems could pose serious problems for the unprepared cyclist.

Epic rides are long, very difficult rides. They appeal to accomplished cyclists who, as the Mountaineer guide to Oregon cycling nicely phrases it, "... rarely if ever meets a hill too high or a ride too long." These are the rides many of us dream about, rides requiring being very fit and having great riding skills. These are rides with big rewards accompanying big outputs of energy. We hope you find the few featured Epic rides at least fun to read about. With any luck you'll find them rewarding to ride.

175 *Classic Rides Oregon : The best road biking routes.* Jim Moore. The Mountaineers Books. 2012.

HBC GREAT RIDES

West Glacier to East Glacier

Contributed by: Don Harris

Length: 80.5 miles

Cumulative Elevation Gained & Lost: 8,136 feet

Starting Point: West Glacier, W. Glacier Mercantile

Ending Points: East Glacier, Amtrak Stn (Cycling finish, bike boxes available, Embark Amtrak), Whitefish (Disembark Amtrak, unload bikes)

High Point: 6,646 feet (Logan Pass)

Low Point: 3,164 feet (Flathead Riv bridge near W. Glacier)

Road Surface: Paved

Difficulty: Epic

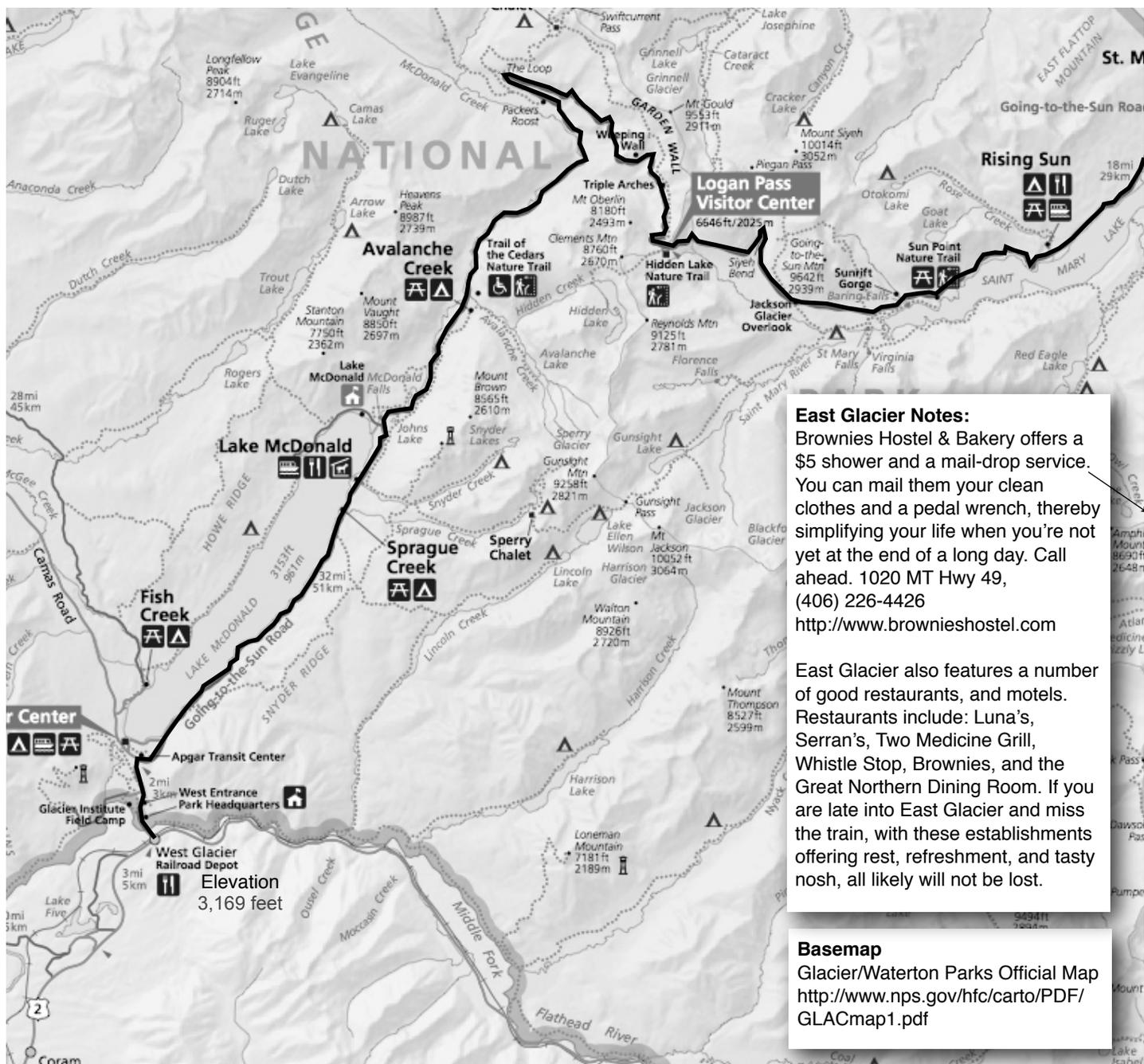
Best Season: Mid-summer, early fall

Ride With GPS: <http://ridewithgps.com/routes/3577375>

West Glacier to East Glacier Narrative:

The route begins in West Glacier, crosses Glacier Park's Logan Pass on the Going-To-The-Sun Road with its jaw-

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East Glacier Notes:
Brownies Hostel & Bakery offers a \$5 shower and a mail-drop service. You can mail them your clean clothes and a pedal wrench, thereby simplifying your life when you're not yet at the end of a long day. Call ahead. 1020 MT Hwy 49, (406) 226-4426 <http://www.brownieshostel.com>

East Glacier also features a number of good restaurants, and motels. Restaurants include: Luna's, Serran's, Two Medicine Grill, Whistle Stop, Brownies, and the Great Northern Dining Room. If you are late into East Glacier and miss the train, with these establishments offering rest, refreshment, and tasty nosh, all likely will not be lost.

Basemap
Glacier/Waterton Parks Official Map <http://www.nps.gov/hfc/carto/PDF/GLACmap1.pdf>

Disclaimer of Liability. Cycling is an inherently dangerous activity. Traffic, road, harsh weather, facility closures, et cetera all change and present hazards. Cyclists are responsible for their own safety and well-being. The author or Helena Bicycle Club are not liable for injuries or damages which arise in conjunction with using this map and guide. Be prepared and ride safely.

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dropping scenery, drops down into east-side St. Marys, and then heads south to East Glacier via Kiowa Junction.

This summer-only ride is rated 'epic' for good reason. It is a long ride with a huge amount of climbing. You'll cross the continental divide. Additionally, you'll need to move along smartly, since (as a day ride) due to Park regulations, you must crest Logan Pass by 11:00 a.m. and arrive at the East Glacier Amtrak station by late afternoon to box your bike and grab a train.

You'll want to start your ride by 6:00 a.m. to give yourself enough time to crest the Pass before 11 a.m. Bicyclists currently must pay \$12 for a 7 day park entrance permit. From the Glacier NP website:

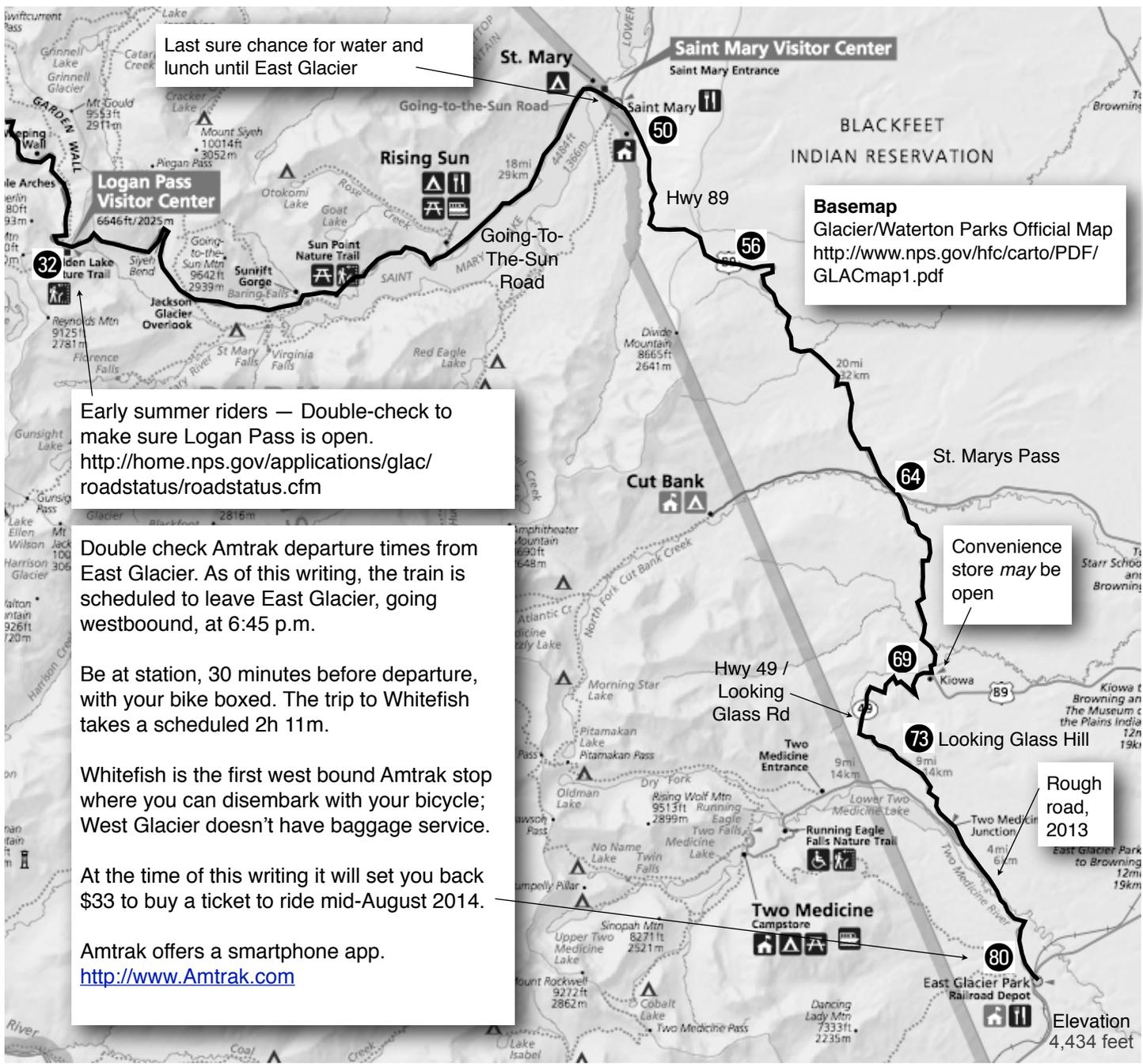
"For safety and to ease congestion, restrictions are in effect on sections of the Going-to-the-Sun Road, from June 15 through Labor Day:

- From Apgar Campground to Sprague Creek Campground bicycles are prohibited, both directions, between 11 a.m. and 4 p.m.
- From Logan Creek to Logan Pass east-bound (uphill) bicycle traffic is prohibited between 11 a.m. and 4 p.m.

Start early! It takes about 45 minutes to ride from Sprague Creek to Logan Creek and about three hours from Logan Creek to Logan Pass."

In addition to Logan Pass, you'll cycle over 6,015 foot St. Marys pass at Mile 56, Looking Glass Pass, a 5,849 foot high point near Mile 73, and several other big bumps as you cruise down the east side of the Park.

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Last sure chance for water and lunch until East Glacier

Basemap
Glacier/Waterton Parks Official Map
<http://www.nps.gov/hfc/carto/PDF/GLACmap1.pdf>

Early summer riders — Double-check to make sure Logan Pass is open.
<http://home.nps.gov/applications/glac/roadstatus/roadstatus.cfm>

Double check Amtrak departure times from East Glacier. As of this writing, the train is scheduled to leave East Glacier, going westbound, at 6:45 p.m.

Be at station, 30 minutes before departure, with your bike boxed. The trip to Whitefish takes a scheduled 2h 11m.

Whitefish is the first west bound Amtrak stop where you can disembark with your bicycle; West Glacier doesn't have baggage service.

At the time of this writing it will set you back \$33 to buy a ticket to ride mid-August 2014.

Amtrak offers a smartphone app.
<http://www.Amtrak.com>

Convenience store *may* be open

Rough road, 2013

Elevation 4,434 feet

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Don't mistake Logan Pass as the end of your climbing; fully half of your day's 'up' waits for you after you leave St. Mary for East Glacier.

This is a long trip with some big gaps between C-stores; pack plenty of water and food. Be prepared for traffic, wet, cold, and headwinds. Before you ride, check the weather forecast all along the route, particularly over Logan Pass and down the east side of the Rockies.

By crossing Logan Pass early, you'll likely find traffic benign. You will likely find lots of traffic between St. Marys and Kiowa Junction, with narrow or no highway shoulders.

If you are traveling as a group, you will want to leave a car in Whitefish (17.5 miles west of West Glacier), or have one rider debark in West Glacier and drive to Whitefish to pick up the bikes and the rest of the crew. There is limited parking at both the West Glacier and Whitefish Amtrak Stations.

At the Amtrak station in East Glacier, buy a box for your bike, and box it up. You will need to turn your handlebars and remove your pedals — bring tools and tape. Bike boxes, available at the station (double check) are \$15, and checking a bike (no tandems) is just another \$10. You might want to verify the station has boxes available.

If you get a chance to do this ride, have a great time and be sure to thank Don for sharing this epic treasure.

Mile	Directions
0	Leave West Glacier headed east on Going to the Sun Road
2	Turn right following Going to Sun Rd
32	Logan Pass (10 m. of steady climb)
50	St. Marys. Turn right on US 89 South
56	St. Marys Pass (6 m. of steady climb)
69	Kiowa Junction. Slight right onto State 49, Looking Glass Hill
73	Looking Glass Pass (3.5 miles climb)
80.5	East Glacier Amtrak Station, 400 Highway 49 North

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Glacier Park Summer Brochure
<http://www.nps.gov/glac/planyourvisit/upload/WGG-2013-Web-2.pdf>

Glacier County Map, MDT (big file)
http://mdt.mt.gov/other/county_maps/GLAC_CS.PDF

HBC 2014 Board
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