

HELENA BICYCLE CLUB

helenabicycleclub.org

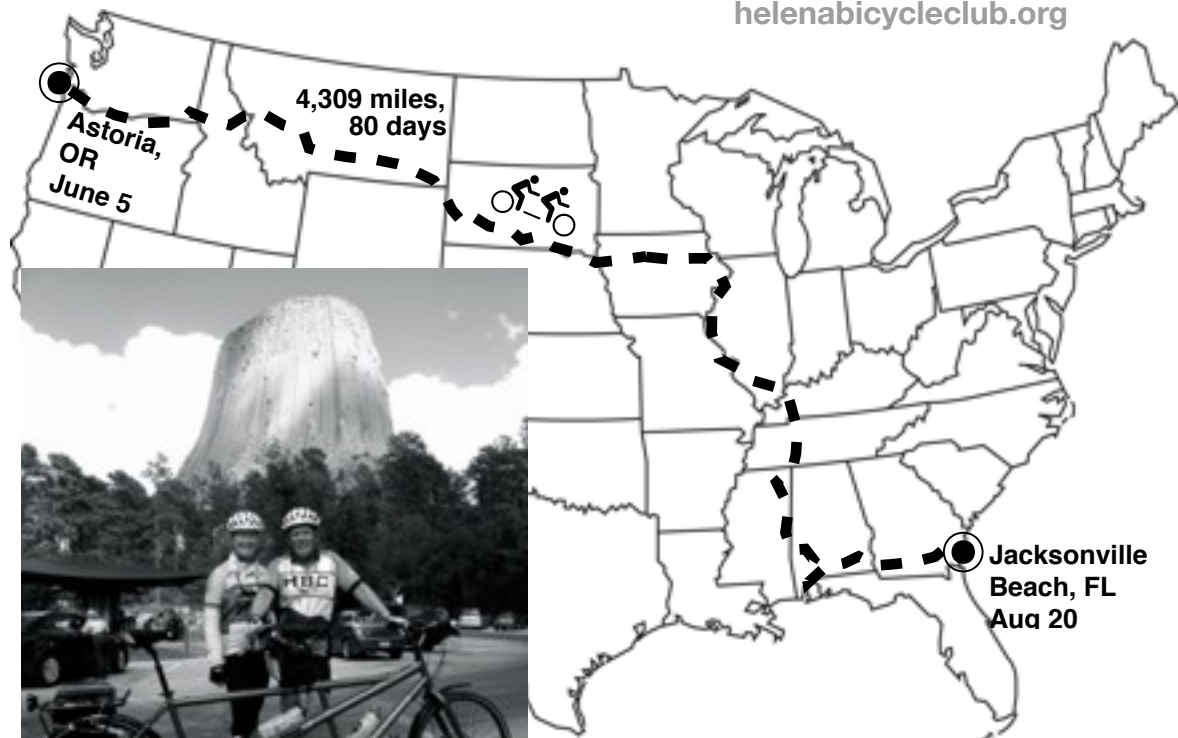
HBC FEBRUARY 2013 NEWSLETTER

February
26, 2013
7 pm

Sue & Jeff
Miller on
*Ride Across
America*

Montana
Wild Center

2668
Broadwater
Avenue (south
end of Spring
Mdw Lake)



**Sue and Jeff Miller's 2011
Tandem Cross Country Ride**

HBC members Sue and Jeff Miller are sharing a slide show account of their trans-American cross country tandem bicycle ride. Along the way they gathered up a lifetime of memories, which they'll be presenting to Helena cyclists on Tuesday, February 26, at 7:00 p.m., at the Montana Wild Center located on the south edge of Spring Meadow Lake. HBC meetings are, of course, free and everybody is welcome.

Their tandem bicycle cross country trip showed up near the top of both of their bucket lists. Sue's sole precondition was that she wanted to arrive at the same time as did Jeff. This provided the justification to buy a tandem, and during the summer of 2011 they were able to check this item off their bucket lists. "We are not experts on bike touring," the Millers write, "but we look forward to sharing our experiences in the hopes that it may inspire others to chase after their bike-related bucket list entries." The Millers have prepared a slide show and will answer your questions about tandem riding, bicycle touring, and riding toward the rising sun for a summer.

Their adventure was three years in the making, finally made possible by their impending retirement. A long 2010—11 Montana winter on stationary bikes led to a flurry of often cold and damp road rides during Montana's fickle spring. Late in May they loaded up and headed for Astoria, Oregon, driving over MacDonal Pass in a dispiriting snow storm.

The Millers found that each day was an adventure and that the trip overall was a tremendously satisfying and enjoyable experience. They joined the Bicycle Adventure Club, and joined a BAC organized ride with about 25 other riders. The BAC provided baggage and emergency SAG (Support And Gear) services, planned the route, organized a daily social hour / map meeting, and most conveniently, made motel reservations for the Millers across the country. This may not have made the ride easy, but the Millers report it made it easier. For more information about the Bicycle Adventure Club:
<http://www.bicycleadventureclub.org/>

Join the Millers and your club mates on Tuesday, February 26, 7:00 p.m., at the Montana Wild Center to learn more about their wonderful ride!

Double Divide Ride Seeks Volunteers

DDR Chair Pete Carparelli reminds HBC members that the Double Divide Ride, scheduled for August 3—4, 2013, needs volunteers. It's the volunteers' efforts that make this a great two-day event ride for riders and volunteers alike! If you are interested in volunteering, or learning more about the ride, please contact Pete Carparelli at (406) 439-0679 or pcarparelli@yahoo.com. Thanks.

Helena Swimmers Start Off The New Year Right, By Again Raising Funds For Helena's Centennial Trail

By Peggy Stringer

Almost 40 Helena swimmers ranging in ages from 13 to 90 swam a mile at Capital City Health Club on December 30, 2012 to kick off the New Year. Evan Eck had the fastest time, swimming 1800 yards in 23:29. Jason Fowler was not far behind Even with a time of 24:00. Amanda McGowan topped the female swimmers with a time of 25:40, bettering her last year's time by almost a minute. Kara Connors came in second for the female swimmers with a time of 26:08. Ninety-year-old, Charlotte Sandal was the oldest swimmer to complete the mile with a time of 1:05:21. The event was the second annual swimming fundraiser for the Centennial Trail, and this year it

raised \$460. The funds will be used to complete Helena's backbone west-east walking and bicycling route. It is not too late to help. Friends of the Centennial Trail are selling brick pavers as a fundraiser for the Centennial Trail. An order form is available online.

Please consider buying a brick to help build the trail, bricks are \$100 each. Or you can send smaller donations to: Tax-deductible donations, Friends of Centennial Trail, P. O. Box 634, Helena MT 59624

New web address—

<http://www.bikewalkhelena.org/centennial-trail/>

HBC Joins Bike Walk Montana

Bike Walk Montana is a statewide organization, ably directed by Helena's own Melinda Barnes. BWM's mission is to work to make biking and walking safe and accessible for all Montanans. Right now BWM is representing Montana cyclists' and pedestrians' interests in the Capitol.

Because HBC has joined BWM, you too can join for just \$10/year. By joining, you'll help amplify Bike Walk Montana's voice, advocating and encouraging bike-friendliness statewide, and promoting safe, convenient cycling and walking.

<http://bikewalkmontana.org>

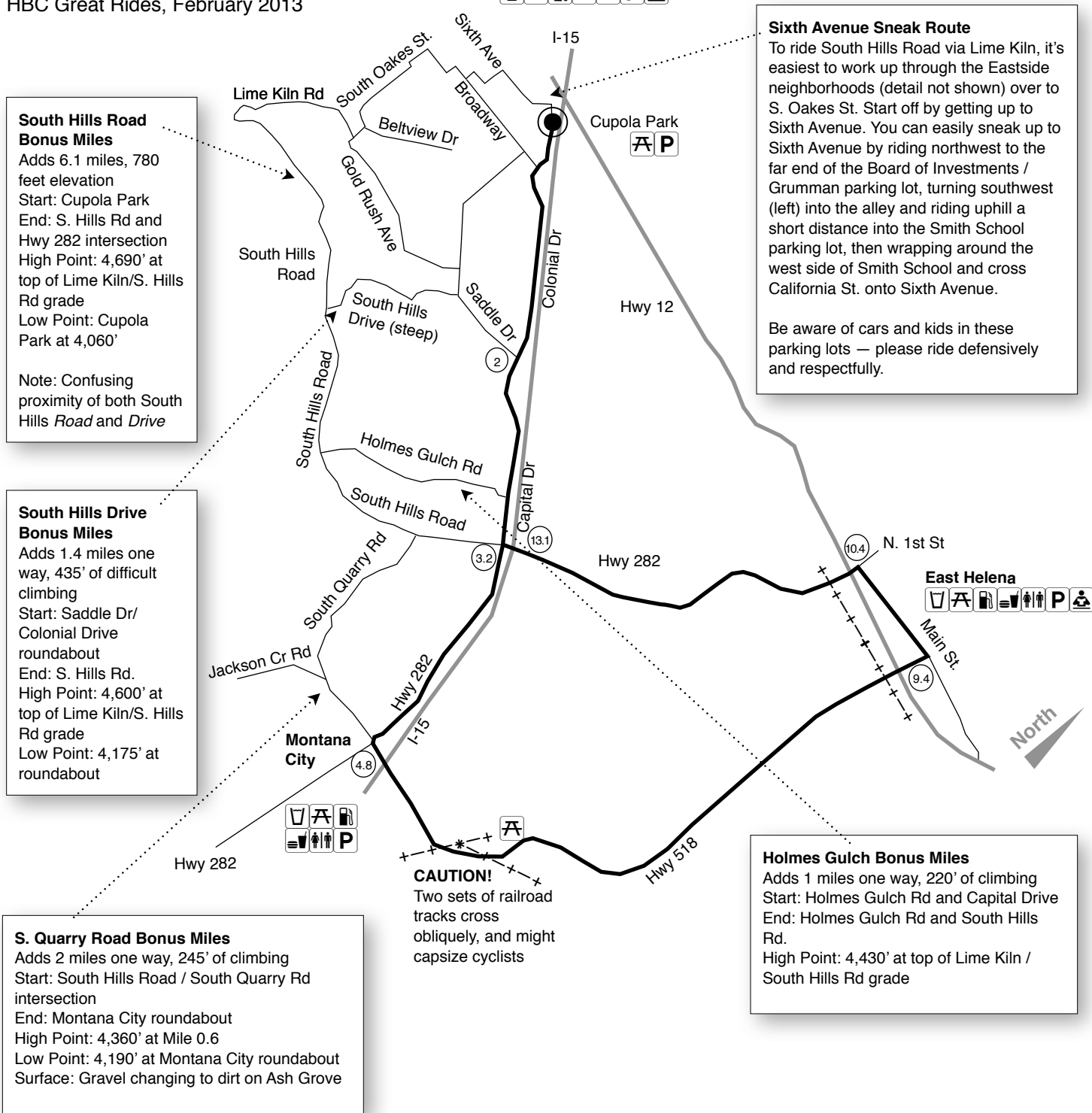
HBC 2013 Board
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Hundred
Pete Carparelli, Double Divide Ride
Josh Quarles, Double Divide Ride

Helena Bicycle Club
PO Box 4682, Helena, MT 59604

CUPOLA PARK— EAST HELENA LARIOT LOOP

HBC Great Rides, February 2013

HELENA



South Hills Road Bonus Miles
 Adds 6.1 miles, 780 feet elevation
 Start: Cupola Park
 End: S. Hills Rd and Hwy 282 intersection
 High Point: 4,690' at top of Lime Kiln/S. Hills Rd grade
 Low Point: Cupola Park at 4,060'
 Note: Confusing proximity of both South Hills Road and Drive

South Hills Drive Bonus Miles
 Adds 1.4 miles one way, 435' of difficult climbing
 Start: Saddle Dr/ Colonial Drive roundabout
 End: S. Hills Rd.
 High Point: 4,600' at top of Lime Kiln/S. Hills Rd grade
 Low Point: 4,175' at roundabout

S. Quarry Road Bonus Miles
 Adds 2 miles one way, 245' of climbing
 Start: South Hills Road / South Quarry Rd intersection
 End: Montana City roundabout
 High Point: 4,360' at Mile 0.6
 Low Point: 4,190' at Montana City roundabout
 Surface: Gravel changing to dirt on Ash Grove

Sixth Avenue Sneak Route
 To ride South Hills Road via Lime Kiln, it's easiest to work up through the Eastside neighborhoods (detail not shown) over to S. Oakes St. Start off by getting up to Sixth Avenue. You can easily sneak up to Sixth Avenue by riding northwest to the far end of the Board of Investments / Grumman parking lot, turning southwest (left) into the alley and riding uphill a short distance into the Smith School parking lot, then wrapping around the west side of Smith School and cross California St. onto Sixth Avenue.
 Be aware of cars and kids in these parking lots — please ride defensively and respectfully.

Holmes Gulch Bonus Miles
 Adds 1 miles one way, 220' of climbing
 Start: Holmes Gulch Rd and Capital Drive
 End: Holmes Gulch Rd and South Hills Rd.
 High Point: 4,430' at top of Lime Kiln / South Hills Rd grade

CAUTION!
 Two sets of railroad tracks cross obliquely, and might capsize cyclists

Please read: You are responsible for your own safety, so please ride safely. Wear a helmet, be visible and ride predictably. Control your speed on down hills. This ride includes rough road surfaces, and you will be exposed to varying amounts of traffic and potentially dangerous weather. Portions of this ride are remote, where timely help may be unavailable. Conditions change due to alternations in routes, uncertain weather, changes in traffic, deteriorated road surfaces, construction activities, and other hazards or inconveniences too numerous to foretell or specify. These directions and this map, like all maps and directions, may become outdated and inaccurate without warning. The Helena Bicycle Club (HBC), its officers, volunteers, or contributors of these rides, trip leaders, and others associated with this bicycle ride description and map cannot be held responsible for the conditions of this route, or for any aspect of your ride. HBC is not responsible for any injuries or damages sustained or occurring while riding this route.

Cupola Park — East Helena Lariat Loop

With special Bonus Miles segments!

Recommended by Don Harris, Andy Bauer, Others

- <http://ridewithgps.com/routes/2073853>
- Length: 15.6 miles (simple version, see Bonus Miles)
- Surface: All surfaces are paved, except the South Quarry Road Bonus Mile segment
- High Point: 4,260 ft. along Hwy 282 Frontage Rd, near Mile 4
- Low Point: 3,870 ft. crossing Prickly Pear Creek in East Helena
- Elevation gained: 850 feet (without Bonus Laps)
- Traffic: Variable, very light to moderately busy
- Best time of day: Anytime but commute hours, which include before and after school hours
- Cautions: Watch for two oblique, rough, and hazardous railroad track crossings on Hwy 518 east of Montana City. Ride single file and to the right; some of these roads can be busy and in portions there is no shoulder.

This close-in loop is a favorite of Helena cyclists. It can be ridden as a simple loop, or combined with other rides to provide a hundred miles or more of fun. By continuing out Highway 282 south toward Jefferson City, or by continuing north through East Helena on Lake Helena Drive, you can spend your day spinning out the miles. (See the Great Rides! Helena Valley Loop, or Jefferson City Frontage Road.) There're miles to ride and this is a great connector route.

This ride and many HBC rides often began at Cupola Park. The cupola in question came from the former Broadwater Hotel, west of Helena on Highway 12. This natural hot springs pool and spa was a highlight of early Helena social life. The Broadwater Hotel was razed between 1976—89, but this handsome cupola was saved at an auction "...by father and son Joseph B. and Joseph E. Reber, who donated it to Lewis and Clark County. It was moved to the east side of Helena, where it fell into disrepair. It was refurbished in 2000 and placed in a small park just off Colonial Drive, near Smith School." (1)

(1) http://www.lifelikecharm.com/Broadwater_the_hotel.htm

Cupola Park — East Helena Loop

1. Begin at the Cupola Park on Colonial Drive, just south of the Montana Board of Investments (2401 Colonial Drive) parking lot. This is a good place to park your car if you have not ridden from home.
2. Travel southeast then south on Colonial Drive, passing Broadway St, Shodair Childrens' Hospital, and passing through the roundabout (Mile 2) at Saddle Drive
3. Continue traveling south past Holmes Gulch Rd (at Mile 2.8), and (at Mile 3.1) South Hills Drive to the southwest and Highway 282 to the east-northeast
4. Continue traveling southeast toward Montana City on Highway 282
5. At the Montana City roundabout (Mile 4.8), turn east (left) and travel over the Interstate east on Highway 518. You will descend a longish hill, watch for school-related traffic and be cautious of the TWO sets of rough, obliquely positioned railroad tracks at the bottom of the hill (at Miles 5.7 and 6.0)
6. Continue following Highway 518 toward East Helena, passing Ash Grove Cement plant on your right, and following Prickly Pear Creek to your left
7. At Mile 8.3 note the historic Kleffner Ranch on your left
8. Cross Highway 12 at the stoplight at Mile 9.5, and continue north until you meet East Helena's East Main Street
9. Turn west (left) on East Main and continue through downtown East Helena, passing the Main Street Park, the East Helena Branch of the Lewis & Clark Library. There are restrooms in Kennedy Park, a short distance north on Harrison Avenue (just before crossing Prickly Pear Creek)
10. Turn south (left) on First Street North, recrossing Highway 12 at the stoplight
11. Continue south on Highway 282, passing American Chemet to your left and crossing over several rough railroad tracks
12. The road steepens at Mile 11.5, cresting at the South Hills Road / Capitol Drive intersection at Mile 13.1
13. Turn northwest (right) and return to Cupola Park the way you begin (directions 1—3)

By combining one or more of the Bonus Mile segments, you can add some invigorating climbs to this simple loop. Alternatively, by heading out Sixth Avenue, up South Oakes, up Lime Kiln, and out South Hills Road, you can return on South Hills Drive, Holmes Gulch Rd, or via the dirt South Quarry Road and shorten this loop.

This loop, and these Bonus Mile segments, add considerable variety to this convenient place to ride.