



The Spokesman

NEWSLETTER OF THE HARRISBURG BICYCLE CLUB FEBRUARY, 2020

President's Corner

THE MEMBERSHIP MEETING IS **MOVED TO THE 13TH** OF FEBRUARY CHANGED FROM THE 11TH OF FEBRUARY. still located at the Camp Hill Giant Community Center, Camp Hill Mall.

SPRING FLING!!!! Thank You again for the most recent members that booked, we are working on a very short timeline. Once again if you are interested in this event, please book your room as soon as possible! We also have the 1000 Islands, which is filling up, we only have twenty rooms for this trip, so book soon. Both of these trips are new to the Bike Club and will be a great way to start the cycling season. CAN'T WAIT TO GO!!!

Spin Classes, I have contacted H2L on the West Shore to arrange some spin classes in March for our Members. They have agreed to provide classes on The Weekend for 5.00 per person, per lesson. Also, Studio 69 on the East Shore, as agreed to provide classes for 10.00 per person, per class. I will have a sign-up sheet at the February Meeting for those who are interested. If you cannot make the meeting, please either text me or e-mail me at gwareham@aol.com. It looks like Sunday, at 1:00 for both locations will be the time. (Dates to follow, pending number interested)

Thank You, Alicia Riegel, for volunteering for the Three Creek Rest Stop Coordinator position. That is a huge help to the club.

Just a Reminder!!!! The official communications for the club are the HBC Event Calendar, always check there for cancellations, delays, or any changes to upcoming events.

It's a great time to be an HBC member.

President: *Glenn J Wareham*



**February Membership Meeting
February 13th - Camp Hill Giant Community
Center**

7:00 P.M. Start

Come get an update on club planned events and new additions to our bicycling club wear. There will be snacks, sandwiches, so get there early.

**Mark your calendar : March Membership Meeting – March 11th - Camp Hill Giant Center
Community Room**



Harrisburg Bicycle Club Strength & Flexibility Class

CLASSES START ON SUNDAY JANUARY 4, 2020

Register Today by Emailing David Drinks at ddrinks@umedgym.com

YOU CAN STILL SIGN UP !

What: For the second year, The Carlisle Med Gym will be presenting a strength and flexibility class for members of the Harrisburg Bicycle Club. The class will be focused on functional strength and flexibility training to promote health, movement and performance for cyclists.

Each class will be 1 hour and will consist of approximately 15-20 minutes of mobility and flexibility exercises and 40-45 minutes of total body strength and conditioning. The goal of each class is to build good movement quality, strength, and flexibility that will support the cyclist throughout the year. The classes will be conducted in a group circuit training environment designed to be fun and motivating!

When: Saturday, January 4th every Saturday through March 7th, 2020.

The class will begin Saturday, January 4th, and will be held every Saturday at 3pm through March 7th (10 classes). **Additionally, a mid-week class (Wednesday, 7-8pm) may be offered based on level of interest and need. Wednesday classes would be beginning January 8th and run every Wednesday through March 11th, 2020.**

Where: Classes will be held at the Carlisle Med Gym. 290 E Pomfret St. Carlisle, PA 17013.

Cost: Classes may be purchased as a package or individually. Individual classes will be \$20/class*. There will be three tiers of packages available:

- 5 classes: \$75*
- 10 classes: \$150*
- 20 classes: \$300

*For the individual, 5, or 10 class options, you must pre-register for the classes you will be attending so that we can ensure availability. Contact David Drinks to register at ddrinks@umedgym.com or 717-307-8149. A registration form will be emailed or mailed to you for completion prior to the class start date.

Trainers:

David Drinks: David is a Certified Strength and Conditioning Specialist with a bachelor's degree in Sport & Exercise Science. He has worked full-time as a trainer at the Carlisle Med Gym since 2014.

Brian Reed: Brian has a bachelor's degree in Kinesiology Exercise Science. He has worked at the Med Gym since the fall of 2018 and has also taught group fitness classes for 3 years.

Chris Zinn: Chris graduated from Shippensburg University in 2019 with a bachelor's degree in Exercise Science. He interned with the Carlisle Med Gym during the summer of 2019 and was subsequently hired as a trainer at the Med Gym in the fall of 2019.



Save the Date!

The HBC Picnic will be Sunday, July 12 at Fort Hunter Park

The HBC Public Relations Committee Needs Your Help!

We all know how wonderful HBC is, but your help is needed to spread this message, as well as the message of bike safety, to others in the Harrisburg area. There are several upcoming events where HBC will have a display table and we need volunteers to help out. Your duties would be to set up or take down the display, answer questions, give out brochures, and in some instances, operate the Bike Wheel Safety Game. The kids love this game!

The dates we need volunteers are:

April 24 – Wetlands Festival at Wildwood Park

Shifts: 9:30 a.m. – 1:00 p.m. or 1:00 p.m.– 4:00 p.m.

May 23-25 – Valet Bike Parking at the Harrisburg Arts Festival at Riverfront Park



Recycle Bicycle has bike parking booths at both ends of the festival and volunteers are needed to help with parking and to disseminate information about biking resources in our area, and HBC is one of those resources. Contact Ross Willard to arrange a time and location. Shifts are flexible. recyclebicycle@verizon.net 717-571-2008

June 7, Tour de Belt at HACC's Wildwood Campus

Shifts: 8:30 a.m. - 11:00 a.m. or 11:00 a.m. - 1:30 p.m.

We would really appreciate your assistance. Please contact Marilyn Chastek if you can help. mchastek2009@gmail.com

New Cumberland Revitalization Board

New Cumberland is looking for help to promote Biking the Borough in May. The dates are the 14th, 15th, 16th. HBC has been contacted to set up the tour, and lead the ride, so we will need a few leaders and sweeps. This will be a family event, for riders of all ages. Also, we will need someone to man a booth to promote HBC those 3 days. Anyone interested in volunteering or finding out more information, contact Glenn Wareham at 717-979-3019 or gwareham@aol.com.

HBC'S Three Creek Century and Trifecta Registration is NOW OPEN



HBC's Three Creek Century will be held at the Penn Township Fire Department Complex on Pine Road on Sunday, Sept. 20. Choose your distance: 25, 50, 75 or 100 miles or the 18-mile option on the lovely, traffic free Cumberland Valley Rail Trail. Early bird registration is only \$30.00 for this well supported and enjoyable event. The homemade chicken corn soup is so good riders keep returning just for that! The South Mountain Challenge option will again be offered on the 50-mile route. All 50-mile riders will bike to the rest stop at Shippensburg Township Park where they will have

the option of choosing the traditional route back to the firehouse or adding in additional climbing up to Big Flat.

This Century is HBC's largest fundraiser so be sure to invite your friends and relatives to join you on this scenic and well-organized ride. We had over 700 riders last year!

The Century Committee is proud to announce that The Three Creek Century will once again be part of the Central Pennsylvania Bicycling Trifecta. The Trifecta brings together the Penn State Chocolate Tour in Hershey, the Lancaster Bicycle Club's Covered Bridge Classic in Lancaster and the Harrisburg Bicycle Club's Three Creek Century near Carlisle to form central Pennsylvania's premiere cycling event. Riders who complete all three events will earn a commemorative glass mug. **You can register for all three Trifecta events with just one online form and payment!**

The Chocolate Tour and the Covered Bridge Classic are very popular events that may sell out, so don't miss your chance to register. Register early for best pricing.

Registration information and more details about the Century, September 20th 2020, and the Trifecta can be found at www.threecreekcentury.com.

We are grateful to Donegal Insurance for their generous sponsorship of the Three Creek Century and Central Pennsylvania Bicycling Trifecta.



Penn State Chocolate Tour, Sat. August 1st 2020
<https://www.thechocolatetour.com>



Lancaster Covered Bridge Classic, Sunday,
August 16th 2020
<https://coveredbridgeclassic.com>



Three Creek Century

Coordinators Found for the 2020 Three Creek Century!

The Three Creek Century is the largest source of funding for the Harrisburg Bicycle Club and I'm pleased to announce that all the vacancies on the Committee have been filled. Thanks to the members who volunteered to fill these positions.



Rest Stop Coordinator: Alicia Reigel has volunteered to handle this position.

Public Relations: This position has been filled by Nick Malawskey, who has a lot of experience in this field.

Registration Coordinator: Thanks to Kelly Szymczyk for volunteering to take this position.

Route Coordinator: I'm grateful to Megan Barto and Dan Christ for stepping up to share the Coordinator duties.

T-shirt Organizer: Karen Nibbelink has volunteered to handle t-shirts for us.

With so many great people on the committee, I'm sure the 2020 Century will be a big success. Many volunteers will still be needed on Sept. 20, the day of the Century, and more details about those opportunities will be posted over the summer.

Marilyn Chastek, Century Chair

Introducing "New" HBC Design Team Items

SPECIAL INTRODUCTORY PRICING FOR HBC MEMBERS

2020 – Available to order starting on January 28, 2020

Beanie / Cap \$29.00



HBC Beanies

Eurotherm Jacket \$99.00



Harrisburg Bicycle Club Jersey - Eurotherm Jacket

Long Sleeve Tech T-Shirt \$35.00

Navy and Charcoal



Arm Warmer \$25.00



HBC Arm Warmers

Order online at <https://vomax.com/collections/Harrisburg-Bicycle-Club>

Order today to take advantage of these low prices!

Questions? Contact Sue Casto / HBC PR Chair
susan.casto14@gmail.com

The Pink Mechanic Event – February 18th at Cole's

Winter is here with its cold weather, but spring will be upon us soon! It's time for us to gather together and plan for the warmer weather.

On **Tuesday, Feb. 18th** from **6 p.m. to 9 p.m.**, Cole's Bicycles will hold its 12th annual **Pink Mechanic Ladies Night**. This Ladies-only event strives to address cycling issues that are specific to women.



We can only fit 100 ladies in our shop, so please register early so that you don't miss out on this great event.

This is a free event to further bicycling awareness. All we ask is for a donation to the **Breast Cancer Research Foundation**. As always, a portion of any sales that night also goes to the **Breast Cancer Research Foundation**.

Make sure you come **hungry**, as we will have plenty of homemade goodies, meatballs, cheese and crackers, snacks, and desserts, and a little wine also. We guarantee you'll have a good time! I will again be making a **Pineapple Upside Down Cake** for everyone to enjoy.

You can download a copy of this year's flyer at website

<http://www.colesbicycles.com/eventsspecials.html>)

Please let us know you're coming, by either email or phone, so that we know how much food to provide

Phone: (717) 249-3833 or

Email : contact@colesbicycles.com.

We look forward to seeing you.

Cinda Cole Shannon & the Staff at Cole's Bicycles, Inc.

(717) 249-3833

Bicycle South Central PA's 4th Annual Regional Bike Summit ***March 21 2020 8:30 a.m. – 2:45 p.m.*** ***Harrisburg Area Community College, Lancaster Campus*** ***1641 Old Philadelphia Pike, Lancaster – East Hall*** ***“Safe Streets for Everyone”***

You won't want to miss the 2020 Bicycle South Central PA Regional Bike Summit! Still only \$15 per person! This year's theme will be "Safe Streets for All." We'll be focusing on programs designed to make cycling safer and more commonplace in our communities. We'll hear about the Lancaster County Active Transportation Plan and Vision Zero Initiatives. We'll get the PennDOT Update from Roy Gothie, PA Bicycle/Pedestrian Coordinator. Other topics include the BSCPA Bicycle Safety Initiative, Trails on Trails, Bike Law Q & A, the QBP & BSCPA sponsored Minneapolis Best Practices Workshop, how to apply for Bicycle Friendly Community Status and more.



More information is coming soon at www.bicyclesouthcentralpa.org

January 2020 changes to Ride Leader Training, Sweeps, and Flex Rides.

Ride Leader Training

- Existing Ride Leaders will continue to renew their Ride Leader Training every 3 years. We will notify you in your 3rd year and you'll have until December 31st of that year to complete the training.
- Ride Leaders who were "grandfathered" in without training can continue to lead rides but must complete the actual Ride Leader training by December 31st, 2021.
- 2020 Ride Leader training will be held on below dates. More training will be announced in the Fall.
 - Wednesday March 18, 2020 at 6:00 p.m. at the Hershey Medical Center Cancer Institute, Room T4007
 - Wednesday March 25, 2020 at 6:00 p.m. Mechanicsburg Presbyterian Church



Sweep Credit and Training

Recognizing the value that the Sweep role brings to our club rides; we will start giving Sweep credits in a manner similar to Ride Leader credits.

- Members who have completed the Ride Leader Training will get ½ credit for being the Sweep on a club ride. So, if you Sweep on 4 club rides, it's the same credit as being a Ride Leader for 2 rides.
- Sweep credits will be applied to club rides with 8 or more riders (including Leader and Sweep)
- Members who haven't taken the Ride Leader Training can still Sweep, they just won't get the credits towards club rewards
- Sweep credits will be combined with Ride Leader credits and used for Ride Leader gifts and recognition, free attendance at the HBC Banquet, and other goodies.

Flex Ride protocols

- Flex rides should be announced on the HBC website at least 12 hours prior to the ride departure time. This will give all HBC members an opportunity to participate in Flex rides.
- Multiple Flex rides are permitted to overlap as long as there is a difference in the rides. That could be a different departure time, or different location, or different distance or pace.

CPR & First Aid

- CPR & First Aid training will be offered on a voluntary basis to any HBC member who would like to take it. More info on dates will be coming.

Ride Leaders who take CPR & First Aid will be reimbursed for the cost after completion. All others will pay a nominal fee for the training

We excited to announce that our Spring Flings are coming together quite well. Here's the lineup, please remember to register early, both of these will be great trips.

Spring Fling #1

23rd to 26th April 2020 in Charlottesville, VA

Chairman: Glenn Wareham

Hotel Residence Inn by Marriott
Reservation # 99937649 We have 25 rooms reserved
Charlottesville, Downtown
315 West Main Street
Charlottesville, VA 22903
Phone 434-220-0075



Every Room is a suite \$189.00 per night **Rooms are limited**
Free Hot Breakfast
Book Directly with Marriott
Free Parking
Hospitality Room
Bikes in Rooms no problem (guest responsible for damage)

Omni Charlottesville Hotel
We have 15 rooms maximum
212 Ridge McIntire Rd
Charlottesville, VA 22903
Phone 434-971-5500
Rate \$189.00

- Parking
- Hospitality Room will be in the Residence in across the street
- Bikes in room
- Room configuration
- Online reservations

Things to Do in and around Charlottesville

- Monticello
- Ashlawn
- Wine
- University of Virginia
- Michie Tavern
- Downtown Charlottesville Walking Mall
- Many many more

Rides are numerous, Ride coordinator will be Lou Searles

- Charlottesville Bike Club will also be helping

These hotels are right across from each other, the reason for two locations is that the Residence has only rooms with King Beds and a pullout sofa. The Omni has two queen beds if that is what you need. The price is the same, and both are great hotels with great rooms. Dick Norford was able to make a deal at both for the same price for the club. **Each member must book their own room.** So please register early. Thank You Dick. And Thank You Lou for working on the routes.

Spring Fling #2

1000 Islands of Canada, Coordinator is Howard Ross

Spring Fling in will be held over the May 7- 10 weekend (Thursday through Sunday) in Gananoque, Ontario, Canada. We shall be based at the Holiday Inn Express and Suites, 777 King Street, Gananoque.



The rate for the rooms will be (tax included) \$152.76 CDN per evening (at today's exchange rate, this is \$114.57 tax included). All rooms include free wi-fi and breakfast.

We have reserved a hospitality suite, which will be free to us if we have 20 rooms booked for the three nights. If we do not have the rooms booked, the suite will cost us \$333.45 CDN (at today's exchange rate, \$250.01) for the entire stay.

We have 25 rooms on hold until March 1. There will probably be rooms available after that date, but at a higher rate. Each participant should call the hotel (613-382-8338) to reserve his or her room(s). They should ask for the Harrisburg Bicycle Club rate.

This is going to be a great one!!! Over the next week or so I shall send routes for riding.

Driving directions to Gananoque: (Google maps list this as 5 hours 35 minutes from Harrisburg)

Get on I-81 N

Follow I-81 N to ON-2 W in Leeds and the Thousand Islands, Canada.

Take exit 648 from ON-401 W

Continue on ON-2 W to the hotel

NOTE THAT EVERYONE MUST HAVE A VALID PASSPORT TO ENTER CANADA

Thank You, Howard Ross, for all you have done to organize this in what will be another great trip. Both these trips are set up for you to call the numbers associated with the hotel of your choice. Numbers are posted in the write-ups. **START MAKING YOUR RESERVATIONS TODAY!!!**



SAVE THE DATE! HBC Finger Lakes Trip **June 11-14, 2020**

Join us with an early arrival option for Tuesday June 9 or Wed. June 10, 2020. We are returning to enjoy the pleasant riding, spectacular scenery, historic points of interest, wonderful wineries and local craft breweries,

and the camaraderie of friends. We will stay at the townhouses at Hobart-William Smith Colleges, in Geneva, New York. This is our 13th annual trip. Registration will start on January 1, 2020 and this trip fills up fast. Use this link to register: [HERE](#)

Contact Phyllis Zitzer with any questions at pjzitzer@gmail.com or (717) 379-3054



STOP, SWAP AND SAVE

Sunday, February 9, 2020

9:00 am-2:00 pm, Westminster, Maryland.

Don't miss the 23rd annual **STOP, SWAP AND SAVE**, the East Coast's largest indoor bicycle swap and consumer bike expo. If you've never made it to the **SWAP** before, don't miss out in 2020...It's **our 23rd year !!!**



The **STOP, SWAP AND SAVE** is **the** place to sell your old parts and bikes or take advantage of unbelievable deals on everything you need for a great season of cycling. Buy, sell, browse, shop, trade or just hang out with industry reps, individual vendors, bike shops, manufacturers and like-minded cyclists!

Admission is still only **\$5** and includes thousands of square feet (yes, it's all indoor and heated) of everything that cycling has to offer. Whether you're looking for road, mountain, triathlon, BMX, vintage, new or used, there's something for everyone!

Don't Miss Out!

StopSwapAndSave.com

HBC Fall Tour 2020- SAVE THE DATE!!
September 22nd thru 27th, 2020
46th Anniversary of the HBC Fall Tour-Cape May, NJ
In Memory of Owen Moore

With the plethora of opportunities to cycle this year on weekend adventures, please mark the dates for the Fall Tour on your calendar!

Cycle Down or Drive Down to Enjoy the Weekend
Weekend events with fellow cyclists and family

Stay Tuned as more details emerge in upcoming Spokesman or HBC website messages.



Support the Fight Against MS !

At the age of 62, I will embark on another bicycle ride with Bike the US for MS called the Big Loop. This ride combines the Atlantic Coast, Northern Tier, Pacific Coast and Southern Tier rides to make one Big Loop around the United States. The ride is 11,427 miles, 452,065 elevation change, 33 states, 3 clinical donations and 19 service days. The ride starts in St. Augustine Florida on April 21, 2020 and will end in St. Augustine Florida on October 29, 2020 for a total of 6 months.



Why am I riding?

MS continues to be a potentially disabling disease and currently has no cure. I ride because I can, and I want to be a small part of assisting with funds to help with continued research and to support the fight against MS.

In order to complete the Big Loop, I need to raise a minimum of \$15,000. Donations can be made through: <https://ride.biketuousforms.org/BonnieIorfido>. This will take you directly to my fundraising page on biketuousforms.org

Checks can be mailed to: Bike the US for MS, P.O. Box 10001, Blacksburg, VA 24062. Please make sure you put my name Bonnie Iorfido on the memo line.

I hope you will donate and follow me on this amazing journey of a lifetime. Thank You,

<https://ride.biketuousforms.org/BonnieIorfido>

Ride with GPS



Many of you are aware that we have a club account with Ride With GPS. Unfortunately, we only have about 150 members that are taking advantage of this FREE benefit to members.

What is Ride with GPS ? Ride with GPS allows you to both create your own routes and to log your rides on our site. Your routes and your rides will be stored in your Ride with GPS account and will be available on the website or the app

How to I sign up for RWG? We have created a video, go to the HBC website, you must be logged in as a member, and there is a video showing you how to get access.

What are the benefits? We have created a video, go to the HBC website, you must be logged in as a member, and there is a video showing you how to get access.

Can I export files and cue sheets? Yes, with this membership you can create a new ride, have access to a ride in the library, and create cue sheets. You can also download FIT, TCX, and GPX files to add to your bicycle computer for turn by turn instructions.

See all the Ride With GPS benefits at: <https://ridewithgps.com/help/club-member-benefits>

HBC Maintenance Clinic

There were 35 people at the first session of the HBC Bike Maintenance Clinic on Jan. 11. Wow! The first session is always the busiest. It was great to see John Donoughe back in action after his serious health incidents, teaching the basics of tire changing. Thanks to Dave Young for organizing the clinic and for serving also as an instructor. And we are grateful to the other volunteers who offered their assistance to all who attended. As always, Ted Whitfield from the Pedal Pusher participated as the professional advisor.



The Technical Corner

Niterider Sentry Aero 260 rear light

Dan Cavallari December 12, 2019 MSRP: \$45 Weight: 64 grams

The Sentry Aero 260 from Niterider manages to look sleek and cool despite its size, which is much larger than other rear lights. But that unique size and shape comes in handy, since it blasts out a ton of bright light in all directions. It's among the best rear lights you can buy.

Basics: 260 lumens; 64 grams; USB rechargeable; 4.5- to 30-hour run time

Pros: Bright LEDs cast behind and to the sides of the rider

Cons: Larger and heavier than much of its competition

To be honest, I wasn't looking forward to slapping this big boy on my seatpost. At first glance, it looks antithetical to an aero weenie's proclivities, but upon closer inspection, the light isn't really bulky at all. The Sentry Aero 260 appears that way because it has two large faces on either side, and it extends outward away from your seatpost quite far. That in turn creates a large platform for blasting out a ton of light in all directions.

The Sentry Aero blasts light behind you and to the sides, maximizing visibility. And blast light it does. How much light, you ask? I'll just say, don't look directly at the Sentry Aero 260 when you turn it on! But if you want to get technical about it, it's 260 lumens.

Dual LED strips provide all that brightness, and with six modes on the Sentry Aero 260 to choose from, you can make sure you're visible in just about any conditions. The Daylight Visibility Flash (DVF), for example, is specifically designed to ensure you're seen even in bright daylight. You can quickly choose your mode by pressing the single button on top of the unit until you find one that suits your needs. To turn it off, just press and hold. Easy peasy.



Aero shaping

The sleek aero shape tucks neatly behind your seatpost. One-button operation makes it easy to turn the light on and shift through the various modes. The Sentry Aero 260 is also dust and water-resistant, so you can toss it on any bike in your stable, even the ones that frequently leave the pavement. The silicone strap makes it easy to mount the light on any seatpost, and it's even compatible with aero seatposts.

What I like most about the Sentry Aero 260, however, is the side visibility. It's easier to make a light that creates visibility behind the rider; it's more difficult to get that light to cast off the rear and the sides of the bike. The Sentry Aero 260 does just that. And while that necessitates a fairly large platform, the light doesn't look or feel overly bulky. The aero shape makes it look sleek enough to fit

right in with your bike's fast aesthetic.

A silicone strap wraps easily around most seatposts, including aero posts. So, while the Sentry Aero 260 may not be the lightest or smallest option in rear lights, it is certainly among the easiest to use, and it can create an awful lot of visibility both behind the rider and to the sides. It's worthwhile for that alone. If you'll be spending a significant amount of time riding the streets at night, the Sentry Aero 260 is a solid investment.

Share the Road

To obtain a plate from PennDOT, web search Pennsylvania Share the Road plate. You will find a link to form MV-917. Cost is a one-time \$40 fee for a new plate and registration card. Annual renewal date and fees do not change. The is made possible by the Bicycle Access Council.



"Allow 4 Feet - It's the Law" Lawn Signs Available Now!

These bright yellow signs help send an important message and are also useful for helping your friends find your house! They are only \$8 each. Arrangements for purchase can be made by contacting Marilyn Chastek at 717-798-4537 or mchastek2009@gmail.com

February Regular Rides.....

A typical listing for a typical riding week over winter.

With shorter days and colder temperatures, many rides are no longer scheduled on a regular basis. Some email rides do run. These are based on both weather and available ride leaders. Go to the website and sign up to receive email notifications so that if a ride is scheduled, you know about it.

Before you go: **ALWAYS** check the website for last minute location changes or weather cancellations. **email rides DO NOT** always run as shown. Sign up to receive these emails.

Wednesdays:

Silver Spokes (email Ride)	Varies	Varies, email notification
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Saturdays:

Saturday Morning C (email Ride)	Varies	Varies, email notification
Mechanicsburg HS C	12:30pm	Mechanicsburg High School

Sundays:

Mechanicsburg HS C	1:30pm	Mechanicsburg High School
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Before you go: **ALWAYS** check the website for last minute location changes or weather cancellations. **email rides DO NOT** always run as shown. Sign up on the forum to receive these emails.



Please support our local Business Members!



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51 S Market St (Rt 230) Elizabethtown
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David Drinks, CSCS, CWHC
Certified Strength and Conditioning Specialist
Certified Wellness and Health Coach
FMS Level 1 Certified

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ddrinks@umedgym.com
290 E. Pomfret Street Carlisle, PA 17013 (717) 254-6751

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Lee Gonder, Owner
www.worldcupskiandcycle.com



holmescycling.com 717-737-3461
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Saturday 10-5 Camp Hill PA 17011

Pedal Pusher

3798 Walnut Street, Harrisburg, PA
717-652-7760

Ted Witfield Jim Gill

Mon-Fri 10:00 AM - 7:00 PM
Winter Hours closing at 6:00 PM
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717-502-7049

43 S. Baltimore St. Dillsburg, PA 17019

HOURS: THURS. - SAT. 11am - 8pm SUN. 11am - 7pm



KIMLEE
VIETNAMESE RESTAURANT

Sophia's at Walden





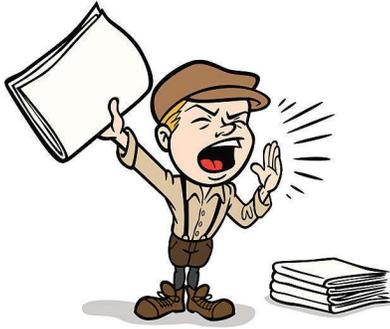
Help **Recycle Bicycle**

Send a check to: Recycle Bicycle Harrisburg, Inc
c/o Ross Willard
6 Creekside Drive
Enola, PA 17025

or online by credit card at <http://recyclebicycleharrisburg.org/donate/>

HELP US DO MORE OF THIS KIND OF THING





Submissions for the **MARCH** Spokesman should be sent to
editor@harrisburgbicycleclub.org by **FEBRUARY**
19th

VISIT the website **REGULARLY!**

For announcements, registration forms, ride reports, ride leader sign up, email lists, current monthly calendar, regular and special rides, non-hbc rides, etc.

The mailing address for the club is:

Harrisburg Bicycle Club
P.O. Box 182
New Cumberland PA 17070-0182



<https://www.facebook.com/pages/Harrisburg-Bicycle-Club/242294573868>

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