



BURLINGTON VELO CLUB

JANUARY 2019

Presidents Corner

Hello Everyone,

I wanted to take a moment to thank everyone for a great 2018! We had some fantastic rides with great people. It's incredibly encouraging to me that we are lucky enough to have such a friendly, outgoing and tight-knit cycling community in the Burlington area.

As incoming club president, I'm excited to serve the club for what I hope is an even better 2019. My mission is to improve and grow the club for the entire Burlington cycling community, with a focus on being inclusive. All disciplines and types of riders are welcome and encouraged to join us! Thank you for your support of the community. Together, we can make 2019 the best year yet!

-Chris

A look ahead to 2019

After a steady drop in memberships and participation over the last few years many were wondering if the club would make it this far. I am glad to say that we are back for our tenth year! Last year we saw a major increase in our membership numbers and a renewed interest in what the club has to offer to our members and our community. We are determined to keep that fire alive as we move into this year.

This year we have Cone Health returning as our title sponsor and Hall Tire and Battery has stayed with us as well. We have picked up several new sponsors that have seen what we have done over the past year and have signed on to support the club. We plan on putting their support to good use with increased member support, cycling advocacy projects and community outreach projects.



Even though we are in the "off season" for riding we still have a lot of things going on in the background that many of you may or may not know about, areas that you may be able to help in. We are always looking for people to be engaged on Facebook or for people who are willing to help contribute to this newsletter. As we move into 2019 think about areas that the club may have helped you in the past and might need your support as well in the future.

NC VISION ZERO



Route Spotlight

Do you have a favorite route? Have you found that perfect hole-in-the-wall location that would have been missed if not on a bike?

In the Route Spotlight we want to give you the opportunity to tell others about routes that you have fallen in love with. We want to hear about your adventures, and they don't have to be just in our regular riding area. Go to [the new BVC forums](#) page and let us know about your route or you can email your story, any pictures you want to share, and a route link to:

burlingtonvelocluginfo@gmail.com



Don't really Like Facebook?

We have found two major issues with Facebook, one is that our ideas can be lost quickly when multiple posts are added and the second is not everyone is on FB. We have looked at these problems and think we have a solution.

We have launched a new [BVC Forum page](#) over on probboards.com. We feel that using this forum we may be able to have a more meaningful conversations about what you want to see from the club, without it being lost in our FB timeline, and this will be able to give those who do not use FB an area where they can also be included.

Don't worry We will have a link to it on our website as well.

Update on Thomas Keith Hunter

Thomas Keith is doing well and in recovery at Liberty Commons. He is still in a lot of pain but hopes to make it back to his home in the next week or two. He told me that he doesn't think he will make this month's meeting, but hopes to see us in February. -Tim

BVC CHRISTMAS PARTY

This year we had a slight change for our annual Christmas Party. Instead of having it in town as we have done in the past, we traveled into the country for a nice evening at Donna and Rich's place. We were pleasantly surprised with wonderful turnout that we had, especially since we had bad weather forecast and many people were preparing for that event.



We had twenty-six members, family, and a few friends in attendance for the evening. The club bought a wonderful ham and plates were overflowing with copious amounts of side dishes that were skillfully crafted by those in attendance. Toward the end of the evening Tim dished out some wonderful door prizes that were donated by our sponsors and one special gift from Rich and Donna

We ended the evening on a high note by selecting our executive members for 2019. David Vaughn is staying on as Treasurer, Jamie Jones is returning as Ride Coordinator, Tim Johnsey is now officially PR director, Les Caudill will be filling the vacant Secretary position and Chris Ingram is coming on as the new President.





Many people still don't know about our new website, <http://www.burlingtonveloclub.org>. We want our website to be as user-friendly and appealing as we can make it. As we work on the site, we could use your input as well. If you have not been to the site yet, then take a moment and see what we have done so far. Are there features that you would like to see added? If so, you can email us at bvcpromotionsdirector@gmail.com with your suggestions.

January's Guest Speaker

Brandon Hunziker



Is the owner of the Bike Hub Store and Bike Wheel Parts Distribution, companies that specializes in bike wheels and accessories for consumers and dealers.



He will be with us discussing trends in the industry and how to maintain our wheels properly.

Join us on the 14th of January at Valerio's downtown at 6:30

**"THINK OF BICYCLES
AS RIDABLE ART
THAT CAN JUST
ABOUT SAVE THE
WORLD"**

-GRANT PETERSON

PEPPERED BEEF AND VEGETABLE STIR-FRY

Servings: 4 | Kcals per serving: 459 | Carbs per serving: 49g | Fat per serving: 12g | Protein per serving: 39g

Ingredients

11oz jasmine rice
Spray of olive oil
17oz rump steak, cut into thin strips
2 teaspoons freshly cracked black pepper
1 teaspoon crushed garlic
3 spring onions, sliced
17oz packet mixed stir-fry vegetables
1 bunch baby bok choy, coarsely chopped
3 tablespoons oyster sauce
1oz teaspoon honey
1oz blanched almonds
1/2oz fresh coriander leaves



Method (Preparation time 35mins)

1. Cook rice according to instructions
2. Spray a non-stick wok or frying pan with oil and heat.
3. Stir-fry the beef and pepper in 2 batches over a high heat for 2-3 minutes or until well browned and tender. Remove from pan.
4. Reheat the pan, add garlic and spring onion and stir-fry for 1 minute or until spring onion is soft.
5. Add remaining vegetables and stir-fry for about 5 minutes or until tender but still crisp.
6. Add oyster sauce and honey to the pan and stir through.
7. Return beef to the wok and stir until heated through then stir in nuts and coriander leaves.
8. Either mix in the rice or serve it separately.

[c/o GB Cycling Team](#)

Final words from outgoing President Joe Donahue

A little over two years ago Jim Hartman asked if I would be interested in holding an office with the club and I said sure, why not. The next thing I knew I was president. Being new to the area I was confounded that there wasn't a website for newcomers to find. Thanks to the efforts of Tim Johnsey, that will soon be up and running.

Like almost any volunteer organization out there, it takes volunteers to sustain the organization and on top of that it takes membership. So, don't just show up for rides during the week, be a member and after that volunteer in some capacity. It makes the club better and you will feel good about it. See you on the road.

-Joe

Okay, Okay . . . you keep hearing about BVC needing ride leaders. BUT WHY should I become a leader?? Although there are many, many answers to this question, here are just a few:

10- You get to go where YOU want to go. Have you ever come to a ride only to find out that you are going to do Ditch Witch for the third week in a row? As a Ride Leader you get to choose the route that will be ridden that day.

9 - You get to go the pace YOU want to go. It happens all the time, you show up expecting to have a nice casual pace ride but half way through everyone feels like they are in one of the Grand Tours. Taking up the position of Ride Leader puts you in control of the pace for that day.

8 - You get to do what YOU want to do. While it is great getting out on the bike to ride around, you are set to follow someone else's plans. Sometimes you may want to stop at an interesting coffee shop that you found on the route. Being a Ride Leader allows you to set the route, including any special stops you want on the way.

7 - You have company to go with you. During the riding season we always have people looking to ride on our club days. As the old saying goes, "post it and they will come". Our members love to ride.

6 - You get to meet new people who are interested in the same activities. One of the best benefits of leading a ride, versus just going on a personal trip, is that you get a wonderful opportunity to meet new people who are interested in the same activities.

5 - You can go to places that you normally wouldn't or couldn't. Many times, if you are willing assume the administrative skills of leading a trip, a more experienced rider will help with the more technical aspects. This can allow you to explore more remote areas like in the mountains or even allow you to take a multi-day ride.

4 - You can get a free trip. That's right - you could get a free trip! We take great pride in our out-of-area rides. With that, we want to ensure that we have the best members in the club leading these rides. Members who lead rides out of our typical areas could be reimbursed for their fuel and a meal.

3 - You can help develop skills in yourself and others. By becoming a Ride Leader, you develop your own leadership skills. For instance, you can learn about group dynamics, decision-making, and trip planning.

2 - You help support the spirit of volunteerism. Have you been on a BVC ride? Or gone to a BVC event? Someone took the time and energy to lead that ride or direct/instruct at that event. The BVC is a volunteer, participatory organization that runs upon the strength and energy of all its members. When you lead a ride, you help make our family stronger by providing more opportunities for more people. Furthermore, you help reward the people who typically lead the rides by giving them a ride to go on that they don't have to lead.

1 - and the number one reason: WITHOUT RIDE LEADERS, THERE ARE NO RIDES! It doesn't get much simpler than

How are you keeping up your fitness during the off season?

Now that winter is starting to set, in a lot of our riders, runners, and triathletes have started looking at alternatives to being out on the road. Have you found a way to keep yourself in top shape while being stuck indoors? Are you heading out to a gym? Maybe you have hopped on one of the many virtual programs that are on the market now? Whatever it is, we would love to hear about it!

Send us an email to burlingtonvelocluginfo@gmail.com about what you are doing, and it may make it into next month's newsletter.

A New Year, A New Look!!



For the last nine years we have been known for our black and yellow jerseys. Over the last few years the club has changed, and now, we have decided to change our jersey as well.

For our ten-year anniversary we have decided to go with a new kit that will make us stand out at events and remind people that the BVC has stood through the storm to make it this far.

We have now moved past the design phase and are working with Champsys to finalize the designs. As soon as we are done with that, we will send out an email with ordering information.

Spreading Christmas Cheer

One of the most requested items for Christmas year after year is a bicycle. Here in Alamance County there are plenty of families that wish their child could receive a bicycle, but that wish is just out of their reach for many parents. For the last seven years Mike, at Elon Bike Shop, and his friends have helped fulfill that wish by donating new or gently used bikes to Christmas Cheer of Alamance County to help those in need.



This year we teamed up with Mike and his friends to buy, build, and deliver bikes for children as well. All told, with individual contributions from various club members and matching those donations with club funds we were able to purchase twelve brand-new bikes! Once the air compressor was turned off and the wrenches were set down, we had filled up all the empty space in Elon Bike Shop with twenty-three bikes for Christmas Cheer of Alamance County.

We hope that we can team up with Mike and his crew again next year and make this into an annual event that will bring joy to so many children of our area.

**We want to give a big thank you to all
our wonderful sponsors for this year.**

GOLD SPONSOR



President: Chris Ingram

bvcpresident@gmail.com

Ride Coordinator: Jamie Jones

ridebvc@gmail.com

Treasurer: David Vaughn

bvctreasurer@gmail.com

PR Director: Tim Johnsey

bvcpromotionsdirector@gmail.com

Secretary: Les Caudill

burlingtonvelocluginfo@gmail.com

SILVER SPONSOR



BRONZE SPONSORS



Blaser Investment
Management Group



All questions, comments, Information, and articles for the BVC newsletter need to be submitted to bvcpromotionsdiretor@gmail.com before Feb. 1st, 2019

BURLINGTON VELO CLUB MEMBERSHIP APPLICATION?

From MAY 1st – APRIL 30th

Membership in the BVC includes access to insured club rides and special events, club kit replacements, the monthly bulletin, and special members only giveaways.

The cost of membership is \$20. The whole family can join for just \$10 more and Elon students receive a special discount.

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Emergency Contact Name: _____ Phone Number: _____

Email: _____

Please print your email address very carefully

Signature(s): _____

Each family member must sign

BVC membership: \$20.00

Family membership add \$10.00: + _____

Elon Student Save \$5.00: - _____

Total amount enclosed: \$ _____

Make Check payable to:

Burlington Velo Club

Send this form and your payment to:

Burlington Velo Club

PO Box 2861

Burlington, NC. 27216

In signing this release for myself or a member of my family who is under the age of 18, I acknowledge that I understand the intent hereof, and I hereby agree to and will absolve and hold harmless the Burlington Velo Club and its officers and members and any other parties connected with club sponsored rides or activities associated herewith. I also consent to and permit emergency medical treatment in the Burlington Velo Club in the event of injury or illness. I also agree to allow photo's and/or video of myself to be used by the club or sponsors. I shall abide by traffic laws and regulations and practice courtesy and safe cycling. I also understand that the Burlington Velo Club requires the use of helmets when participating in all club rides.

You can bring this form along with your payment(cash or check) to any BVC event and speak with an executive board member, or take this form and payment to Spokes Bicycle Company on Church street.