



INSIDE THIS EDITION

Wednesday, April 12 1995

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- Kids on Tandems!
- All new NUTS Rides!!
- TANDEM REPAIR CLASSES

WANT TO GO ON A NUTS RIDE WITH A FRIEND WHO DOESN'T OWN A TANDEM??

If you answered yes to this question, R+E Cycles will loan you a tandem (no charge) for this purpose. Call a week in advance to make sure we have one available.

CALLING ALL KIDS!!

Let's go riding!!! How about a "Playground Loop" ride?? About 3-4 hours long including at least 3 playgrounds! SATURDAY MAY 6. MEET AT R+E AT 10 AM. Please RSVP so we have an idea of how big the group will be... and let me know if you have a favorite playground. ESTELLE: 527-1384

TIPS FOR RIDING WITH KIDS

- Mount a water bottle cage on their handlebars so they can have easy access to it.
- Sometimes bar end mounted backwards make it an easier reach for kids.
- Sew a horizontal pocket on the chest of their T-shirt for easy access to quick snack food.
- Neoprene toe clip covers keep little feet warm!

N.U.T.S RIDE attendance is dwindling.

Please tell us why. Is there a better time for everyone? Are the routes boring?.

JEFF KERWIN has volunteered to lead the following rides:

Sun 4/22 Monroe/Sultan/High Bridge Rd
apprx 44 miles

Sun 4/30 Snoqualmie Valley to the Falls
apprx 80 miles

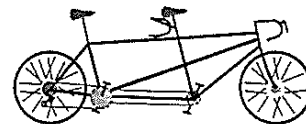
Sun 5/14 Arlington/Stanwood Loop
apprx 78 miles

RSVP day: 206-259-8874 eves: before 8:30 206-334-0302

What's new in techy tandem stuff???

Gore Tex cables are the slickest shifting improvement since indexing. Put a pair on any kind of shifter (down tube, dual control, Shimano, Campy or Suntour) and you'll swear you have a whole new shifting system.

Suspension Seat posts are back on the high in demand list. The hydropost is still the most favorite. It comes in 2 dampening modes- one for riders over 130lbs and one for riders under. It is adjustable, so you can stiffen or dampen the ride to your own liking. You need to have about 4 inches of post showing in order to accommodate it. It comes in one seat post diameter and then you get the correct shim to fit your seat tube. Stokers will rejoice and captains reduce the number of times they need to call out "bump".



TANDEM REPAIR CLASS SCHEDULE

You'll learn any and everything that is specific to tandems.

- * Tensioning crossover chain
- * Adjusting drum brakes
- * How the eccentric Bottom bracket works
- * Double threaded hubs
- * Synchronizing cranks
- * Much more

YES! YOU CAN BRING YOUR OWN BIKE

FEE	\$15.00 PER TANDEM
TIME	7-9 PM
DATE	APRIL 28 & JUNE 2

GREETINGS FOR VICTORIA BC

We heard through the grapevine that you had some unpleasant weather last year. You should know that we were high and dry during last year's N.W. Tandem Rally. Will it rain again this year? (Would we have as many good stories of Tandem Rally torture and torrents if maybe it was dry for a change? Pain and suffering creates a great bond; so in 1994 we must have been one happy family!) Victoria as well as the U.S. San Juan Islands enjoys the benefit of what is called a rain shadow which protects against the traditional Northwest storms. Victorians enjoy an average 2,183 hours of sunshine a year and tiptoes through a mere 665 mm (26.2 in.) of rain, (while New York wades through twice as much)

HEADQUARTERS

for the Northwest Tandem Rally (NWTR) will be at the University of Victoria. Inexpensive housing and meal plans are available at U Vic After leaving the ferries from either Swartz Bay, Sidney at Victoria's inner harbor head for Highway 17. Northbound if you are in Victoria. Southbound if you are in Swartz Bay or Sidney. Take the exit marked for McKenzie Ave. or U Vic Head East and follow this road to U Vic and look for signs for NWTR.

The residents of Victoria and surrounding municipalities invite you to ride through some of Vancouver Island's most enjoyable scenery and attractions. Teams will enjoy an exciting and well organized series of rides. Captains and Stokers alike will fulfill their sense of adventure as well as treat all of their four senses as they take in the natural beauty that surrounds Victoria.

FERRIES & OTHER TRANSPORTATION

There are 5 different ferries to Victoria, each with advantages. Seattle has two, the VICTORIA LINE which takes cars and the VICTORIA Clipper a hydroplane which takes passengers only. Anacortes has a WASH. ST. FERRY that goes to Sidney. Port Angeles has the BLACK BALL to Victoria. Lastly, BC FERRY has a crossing from Tswwassen to Swartz Bay. The Wash. St. ferry leaves Anacortes once a day at 8 am. Black Ball has 3 crossings from Port Angeles at 8:20am, 12:45pm and 5:15pm, first come first serve. BC Ferries cross 13 times a day from Tswwassen. The Victoria Line leaves Seattle once a day at 1:00pm. The Victoria Clipper leaves Seattle three times a day.

RENTAL CARS

If you need transportation on the Island, Budget rent a car has special rates for NWTR call: 1-800-668-9833 and ask for rate code "NTR".

Air Travel

Air Canada is the NWTR official Airline Call Air Canada at 1-800 361-7585 or your travel agent and ask that your event # CV957416 be entered in the tour code box of your ticket, regardless of the fare purchased for special event discount Savings are also available on Continental.

FRIDAY MAY 26 PACKET PICK-UP— NOON TO 5PM

Early registration is at U Vic on Friday, May 26 from 12:00 - 5:00pm (although registration before May 10 saves you \$10.00) . We recommend packet pickup and arrival on Friday. (Arriving on the Island Saturday, and making it to the ride start could be difficult.) At 5:30pm everyone is invited to a 25 mile, group start, non sagged social ride from the University to the waterfront farms of Central Saanich. An ice cream social will follow to help rebuild your lost calories. Stop by the campus pub for some micro-brew carbo-loading for tomorrow's adventure.

WEEKEND RIDES AND ACTIVITIES

DAY ONE-SATURDAY 8AM TO 9:30AM STARTS

This year, Saturday will be different than past NWTR's. The mass start ride will be on Sunday instead of today. There is a very good reason.—B.C. Ferries has reserved 2 Ferries for our use, so we are island hopping this year to Saltspring Island for the day! The ferries leave at 8:00 am & 9:30 am. The shorter routes will be assigned to the earlier ferries so a vehicle will be needed to get to Sidney or Swartz Bay. This gives the long route riders time to ride to the ferry. The Ferries return at 2:30pm & 4:00pm. The long route of 70 miles starts at U Vic; the shorter routes are from Sidney, 50 miles or Swartz Bay, 35 miles. Please indicate on your registration which route you wish to take. You will be assigned crossing times. We have a limit of 800 cyclists total on our two Ferries. Other regular crossings are also available.

Join us Saturday night at our (Canadian ho-down! Activities include a BBQ feast, square dancing (if you have two left feet we'll lend you a right and teach you) and the NWTR annual Bike Fair and Swap Meet.

DAY TWO-SUNDAY—NOON MASS START

Sunday's ride offers 70, 50 and 30 mile options to Victoria's premier attraction Butchart Gardens. Our mass start "Wear Your COLORS" ride leaves from U Vic at noon offering you a choice of 30 to 70 miles. Highlights include the world famous Butchart Gardens, Brentwood Bay, and Elk Beaver, and Prospect lakes. Sunday night tradition continues with a banquet and awards presentation which will announce the winner of the Gutter award, not to mention other special awards and raffle winners. The evening will close with the presentation of next year's NWTR host and site.

DAY THREE—MONDAY -START AFTER BREAK-FAST

Monday morning wake up to a full breakfast at the University including a slide show from Victoria 95, afterwards the remaining hearty souls will take on a 24 mile ride starting at U Vic along Victoria's waterfront to downtown! What a parade. Look closely as you near the water's edge for sailors competing in Swiftsure. Estimated finish time will be around 12:00 - 1:00pm, leaving plenty of time to sail home tired, but happy! All that hard work deserves a reward! Every NWTR rider will receive an official rider premium showing that you have attended the nation's largest and best tandem rally!

NEW NWTR POST TOUR & PRE TOUR

Already in the beautiful Pacific N.W. and want more to explore? How about a trip for just tandems in the famous San Juan Islands. Ride with experienced leaders on a adventure you won't soon forget. Call Barb at Tandems USA 1-800-826-9244!

SAFETY & PREPARATION

NWTR is not a race. Please ride safely and courteously. Police may be in areas of congestion to regulate traffic and give out citations. Ride to the right-hand side of the road. Wait until after a car has passed before overtaking a rider in front of you. Call "on the left" to alert riders in front of you that you intend to pass.

Cyclists are required to follow the same rules of the road as motorists. Limit pace lines to a safe and reasonable number, avoid "clumps" of riders, use hand and voice signals. All riders must wear a helmet and use a mirror. NWTR reserves the right to pull any rider from the event who is unable or unwilling to ride safely, legally and courteously.

SOUVENIR & CLOTHING

A long-sleeve, three color t-shirt with this year's logo will be available for purchase for \$15 with preregistration. Also available are official N.W.T.R. sweat shirts, embroidered zip sweatshirts and fishing caps to stylishly cover team's helmet heads.

EARLY PACKET PICKUP

Early Packet Pick up will be available at R+E Cycles (5627 University Way NE Seattle WA). We recommend that you pick up your ride packet before ride day. You will be mailed a Registration Card (2 weeks before the event) which you must sign and bring with you to receive your packet. No signed Registration Card = no packet.

Early packet pickup locations, dates and times will be on

your Registration Card. Ride packets will contain your rider premium, detailed route guide, your I.D. tags (for you and your bike), meal tickets and any other last minute ride information.

CAMPUS HOUSING

NWTR has reserved 800 spaces at the U Vic dormitories. Prices are \$20.48 (Canadian) per night per person Double Occupancy and \$31.60 (Canadian) per night per person Single Occupancy. All other prices in this brochure are in US currency. Call U Vic directly to make reservations at (604) 721-8395 and say you are with the N.W.T.R.

NWTR FOOD

Major NWTR pre-REGISTERED banquet prices are as follows: Saturday BBQ \$10 (\$5.70), Sunday banquet \$16.05 (\$8.55), Monday Breakfast/Brunch Buffet \$9.75 (\$6.00). Prices in () are for children 10 years & under. These meals are limited to 700 people (estimated) . Early meal registration costs less and is strongly advised. Walk-ins cost more and may not be available.

Save money and use the NWTR meal plan. It includes all of the above, plus more, in an eight-meal plan. Cost is \$60 (\$41.00 for children 10 years & under). Meals start Friday night and go through Monday morning. This package will give each participant a meal card with a magnetic stripe on the back like an ATM card. These cards have an estimated dollar value for all food service locations on campus and a discount on retail prices. With this system if you do not spend your whole allotment you can carry it over to your next meal. If you go over this amount you will be expected to pay the abeyance. There are no refunds, so eat well. Most people will not go over their balances. Meal plan registration must be received by May 20. After that you can register on campus, at the Rally; subject to availability.

HEADQUARTER HOTELS

The Oak Bay Beach Resort, Royal Scot Inn Suites and The Union Club are the official NWTR headquarters hotels for 1995. The Oak Bay Is the closest to U Vic. The Royal Scot and Union Club are next to the Inner harbor In town. They have given special rider rates to NWTR cyclists. For reservations call (604) 384-1151 or the Union Club; 1- 800-663-7515 for the Royal Scot; and 1-800-663-7515 for the Oak Bay Beach Resort and identify yourself with NWTR.

For other Victoria accommodations or reservations call Tourism Victoria at (604) 382-2127 or 1-800-663-3883.

RIDERS UNDER AGE 18

Any rider under the age of eighteen must have a medical release form on their person that has been signed and dated by their parent or guardian. A copy must be provided by

May 15, 1995 for NWTR file use.

RIDERS UNDER AGE 16

NWTR is a challenge to all, it can be a problem to a person who has not had the bicycling experience required to pace one's self during such an event. There is a lot that can go wrong on such an adventure. It is the NWTR position that all persons under the age of 16 must be in the company and direction of a responsible adult at all times.

CHECKPOINTS

Checkpoints are offered on Saturday and Sunday; they will be amply stocked with water, fruit and carbohydrates (please indicate in your registration form if you are vegetarian). Your wrist band accesses all NWTR perks so just wear it. A bicycle repair van, portable toilets and a message board will be available at each checkpoint.

LOST AND FOUND

You think it won't happen to you, but things just disappear. Use your I.D. number tag to mark your bike so it will be easily Identified in case of loss. Please check with volunteers for your lost items if possible. After the ride we will do our best to match lost gear with its owner. To reclaim lost items, please write to NWTR, P.O. Box 69262 Portland, OR 97201, with a complete description of your missing belongings. After 30 days we will donate unclaimed items to charity

REFUND POLICY

THERE ARE NO REFUNDS. Entrants who do not wish to ride are encouraged to sell their spots (i.e.. registration card to others. Post an ad at your local bicycle shop. Please notify NWTR of any transfers or they will not be recognized.

VOLUNTEERS

Volunteers are needed before, during and after the ride. It's a great way to get involved, make friends and have some fun. Call the Hotline to volunteer.

SAFE CYCLERS

These cyclists are trained nurses and doctors who want to volunteer their services as they ride. If you are interested in serving in this capacity, please call NWTR hotline

ROAD RANGERS

Riders who have the technical knowledge to do repair services along the course and want to volunteer their time while riding please contact the NWTR hotline.

Thank you to ATOC and Tandem Topper for supplying racks for sweep vehicles on the Northwest Tandem Rally.

MORE INFORMATION? CALL HOTLINE (503) 222-4922

The big news is that the annual Northwest Tandem Rally will be held Memorial Day Weekend, May 26-29. It is in Victoria, B.C., Canada.

If you've never been to one of these rallies, you are missing out. It took me some coaxing before I went to one and now I wouldn't miss it for anything. Imagine 400 tandems assembled in a school parking lot, exiting 2 at a time for a leisurely 20 mile ride through the countryside. It is a photo opportunity at its best. It is a chance to be with 800 people who like tandem riding! It doesn't matter how old you or your bike are, how fast you are, or what you wear. It's just plain FUN.

N.U.T.S. GLOBAL HEADQUARTERS

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