

OutSpokin'

The Newsletter of the Bonneville Cycling Club

January - February 2026

From the President

What a wonderful year we had in 2025! We welcomed eighty new members, made new friends, and watched our club continue to grow. Now we look ahead to 2026 with fresh energy and excitement. As we start the new riding season, this is a great time to tune up your bike and get ready for warmer days ahead.

Our first big event of 2026 is coming up on January 24th, and it's a chilly one—but it doesn't come without its rewards! After the ride, we'll enjoy our annual Chili Cook-off Competition, followed by a Membership Meeting and a Ride Leader Meeting. It's a great way to kick off the season and enjoy some delicious chili. If you'd like to see more rides in your area, please consider becoming a Ride Leader. Our club thrives because of members who step up, get involved, and help us grow.

On **February 7th**, our **Annual Banquet** will be held at the Jewish Community Center. Please check the calendar for tickets and additional information—we hope to celebrate another great year with you.

Thank you for being part of the Bonneville Cycling Club. Your energy, enthusiasm, and support make this club what it is. Let's ride often, ride safely, and lift one another up throughout the year. Together, we can make this season our best one yet—one mile, one smile, and one great ride at a time.

Warmly,
Barbara Kane

On the Horizon

January 24th

- [Polar Bear Social Series Ride](#)
- [Winter General Membership Meeting](#), with Chili Cook-off and Ride Leader Training

January 6th to 27th

- [Public Registration for Little Red](#)

February 7th

- [Annual Banquet](#)

June 6th

- [Little Red](#)

For the latest event and ride information, check out the [BCC Calendar](#)!

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Meet the BCC Board of Directors

President



Barbara Kane

As president of BCC, I'm grateful for this amazing community. I love the friendships I've built both on and off the bike, and I'm committed to helping our club grow, connect, and enjoy every mile together.

Vice President



Penny Perkins

For 30 years the Bonneville Cycling Club has given me joy, friendship, and purpose. Little Red has been especially meaningful—bringing women together to ride, laugh, and grow. I'm grateful for it all.

Secretary



Rikki diMik

I joined the club 10 yrs ago after I asked for a road bike for my 50th birthday. I've met so many great people through BCC and hope to be able to continue riding with the club for many years to come.

Treasurer



Randy Plant

I joined BCC near the turn of the century after my knees indicated that I had made my last jump shot, and I have been riding the Millcreek Loop ever since. Since retiring a few years ago, I have enjoyed BCC metrics, social rides, and other BCC activities.

Road Captain



John LeCain

I rode my first century with BCC as a non-member in 2002 and finally joined in 2006. Thousands of miles down the road, the club continues to enrich my life and strengthen my marriage.

IT Director



Jason Koon

I joined the club in 2018 and love the mental challenge of endurance cycling. I enjoy riding with friends at any distance, but you'll usually find me on the longer rides, settling into the miles.

Meet the BCC Board of Directors

Membership



Clarissa Weir

I joined BCC after Jason invited me to a social series ride. My e-bike was welcomed, and I had a great time! There is a strong sense of community among fellow members and leaders. It's great to share a common interest that supports good health and new friendships.

Communications



David Goldenberg

I have loved riding and working on bikes from an early age, but only discovered the joys of club riding a few years ago. I can most often be found on Metrics and rides starting from Oakmont Plaza or Holladay Park.

Member at Large



Nora Somer

I joined BCC about three years ago because I wanted to learn which roads are safe to ride on. It turns out I also found a great group of people who welcomed me into the club and became good friends.

Member at Large



Linda LeCain

I have been associated with BCC since early 2000's all because of John and the kids. I started riding the tandem with John in 2021 and haven't stopped. What a joy it is to be with all my friends and John!!

Member at Large



Chris Harris

Semi-reformed mountain biker with a penchant for road rides climbing up the canyons. I joined BCC in 2024 and have loved the many ride options & positive community it provides.

Little Red is a Gemini (June 5th and 6th, 2026)

by Tim Shea



Help us celebrate on June 5th & 6th at the Lewiston, Utah Fairgrounds and **Pedal Like a Pirate: Strong & Free**. Invite your friends and relatives to ride or volunteer. A splendid time is guaranteed for all.

Most BCC members know that this annual, women-only event helps raise money for the Huntsman Cancer Foundation, and Huntsman earmarks all donations for research into breast and gynecologic cancer in women. In the 2025 event, Huntsman Heroes raised about \$170,000; BCC donated \$50,000 from Little Red revenue; and registered riders donated about \$10,000. Since 2012 Little Red has raised \$2.1 million dollars for the Huntsman Cancer Foundation.

Congratulations, and let's set our sights even higher for 2026!

Public registration starts at 8:00 a.m. on January 6th and ends at midnight on January 27th.

But wait! All BCC members will receive by e-mail an invitation to register after the public registration window closes and get a 5% discount on the fee. If you can't use that invitation – say, for example, you're male, or have a scheduling conflict, or have decided to volunteer on ride day – forward that email to someone who can ride. When we see that that invitation has been redeemed, we'll send you another, up to the capacity of our event. Put together your pirate crew if you like.

The ride is on Saturday, June 6th and has 5 courses to choose from: 17, 30, 55, 70 and 100 miles. So there is a distance for all abilities. The courses are well marked and well supported with 6 fully stocked rest stops, 25 SAG vehicles, 30 motorcycle marshals, and 20 on the bicycle safety team. Help, should you need it, is never very far away. A special thank you to the Bridgerland Amateur Radio Club (BARC) for organizing the onsite medical personnel, SAG drivers, and radio communications. Relax at the Lewiston Fairgrounds after the ride with lunch and a Creamies bar. Shop at the Village Expo while listening to live music.

The fun starts on Friday, June 5th at about 4:00 with Little Red's Village Expo. We are planning on some new vendors, so take some time to make their commitment worth their time. Huckleberry Grill got rave reviews for dinner, and they will return with a vegetarian option. Free for volunteers; \$20 for others. Buy your dinner tickets at Little Red's online boutique (<https://lrrhutam.myshopify.com/>). The dance and costume contests start after dinner so start planning your pirate theme costume because the competition can be fierce.

Free camping at the Lewiston Fairgrounds on Friday night. The Logan hotels fill up quickly, so make your reservations early if you are planning to join us.

See the Little Red website for more information

<https://www.lrrh.org/>

Ask a Ride Leader!

by Sally Ridesalot and Joe Goingslow

Starting with this issue of OutSpokin', Sally and Joe will be fielding questions from club members. We hope that this will become a forum where new members and old can find answers to the questions that have been perplexing them; from how to prepare for a ride, to ride safety and etiquette, to club policies and more. Please send your questions or comments to: communications@bccutah.org

Dear Sally,

I just joined BCC and I'm excited to be going on my first ride next week. But, I'm also a little nervous about being prepared. I see groups of BCCers on the road, and some of them look like they are ready for the Tour de France! What should I bring to the ride? What should I wear? Is it true that helmets are required? Do I need a GPS bike computer?

Nervous Nathan

Dear Nathan,

Welcome to our club! Is natural to be a little worried when joining a new group, and the fancy bikes, clothing and other equipment that some members show up with can be a bit intimidating! But, rest assured, there are only two absolute essentials: a bicycle (obviously) and a helmet (which, is indeed required for all BCC rides). And, it is very important that both the bike and the helmet fit the rider and are in good working condition. Joe is an expert on helmets, so I'm going to let him address that subject in a separate answer, and I will try to cover the other things you asked about.

- **The bike**

The kind of bike that you ride is far less important than how well it fits you and its condition. Especially if your bike hasn't been ridden in a while, it may be a good idea to take it to a bike shop for a thorough check and tune up. But, you should also do a quick check yourself before every ride, and this video from the League of American

Bicyclists is a good guide:

<https://bikeleague.org/videos/basic-bike-check/>

If anything seems amiss, be sure to get it fixed before the ride.

- **Spares and tools**

To be prepared for a possible flat tire, always bring along at least one spare inner tube. Be sure that the tube is the right size for your tires. Even if you don't yet know how to fix a flat, there will almost always be someone there with the tools and experience to help you. To be more independent, carry a pair of tire levers and a way to inflate your tires; a hand pump (my favorite), CO2 cartridges or one of the new mini electric pumps. It is also a good idea to carry a bicycle multi-tool, to make adjustments or tighten loose screws or bolts.

- **Clothing**

Although not essential, clothing designed for cycling can contribute to both comfort and safety. For rides of more than a few miles, shorts or tights with padding make a big difference for comfort, and brightly colored clothes will greatly increase your visibility and safety. Fluorescent greens, yellows and oranges are especially effective. If you aren't ready to invest in a bright green lycra wardrobe yet, a bright vest with reflective tape is an excellent way to increase your visibility, as are reflective ankle bands.

- **Bike computers and navigation**

No, you don't need a fancy bike computer! But, I do highly recommend using the [Ride with GPS](#) app on a smart phone. Your BCC membership includes a subscription to Ride with GPS, an online bike navigation tool that the club uses for all of its rides. You can download the route for a ride to your smart phone and then use the phone for navigation during the ride. With the phone mounted on your handlebars, you can see a map of the route and turn-by-turn directions, much like using Google or

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Ask a Ride Leader!

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Apple Maps when driving. A variety of relatively inexpensive mounts for phones of different sizes are available. Just be sure that you have downloaded the app and route ahead of the ride and that your battery will last long enough! If you haven't used Ride with GPS before, plan to get to the ride a bit early and someone will be happy to help you.

Many of us also like to use bone-conducting headphones to hear the turn instructions without having to look at a phone or bike computer. This way the phone display can be turned off to conserve power.

The Ride with GPS routes can also be loaded onto Garmin, Karoo or Wahoo GPS bike computers, but the phone app works very well.

Dear Joe,

I hear that you are expert on helmets. My friend gave me a helmet that he says is about 15 years old, give or take a decade. Do you think that this will be OK, or should I spring for a new helmet? If I do need a new one, what should I look for? Are there standards for bike helmets?

Nervous Nathan

Dear Nathan,

Get a new helmet! I'm not usually so dogmatic, but this is your noggin that we're talking about! The most important thing to understand about helmets is that they are meant to be damaged, **once!** On impact, the styrofoam layer in a bike helmet is designed to be crushed, but once this happens, the helmet loses some of its ability to absorb the forces from another impact. Unfortunately, there is no way to tell from the outside if the helmet has been damaged. So, a helmet should be replaced whenever it has suffered an impact. Most manufacturers also recommend replacement after some period of time. The recommended time varies somewhat, depending on the manufacturer, but it is usually in the range of three to five years. It sounds like your hand-me-down helmet is older than this, and you really don't know what it has been through. Get a new one!

When choosing a helmet, the most important thing is that it fit well. Fortunately, most new helmets have an adjustable band that make it relatively easy to get a good fit. But, most models come in at least a few sizes, and it's best to choose the smallest one that still fits comfortably. Also, different models can have different shapes, and some may fit your head better than others. The best approach is to go to a store that stocks a variety of models from different manufacturers and try them out to find the one that fits you best.

Beyond fit, other factors to consider are overall comfort, weight and ventilation. REI offers a good guide:

<https://www.rei.com/learn/expert-advice/bicycle-helmet.html>

All bicycle helmets sold in the US are required to meet a standard set by the Consumer Product Safety Commission (CPSC), and you can find all of the details at:

<https://www.cpsc.gov/FAQ/Bicycle-Helmets>

These standards insure that any new helmet you are likely to buy will provide a high degree of protection. But, no helmet can be guaranteed to prevent injury under all circumstances, and there are differences among those that meet the CPSC standards.

Virginia Tech University operates an independent laboratory devoted to testing helmets of all kinds, and it is worth looking at their rankings when shopping:

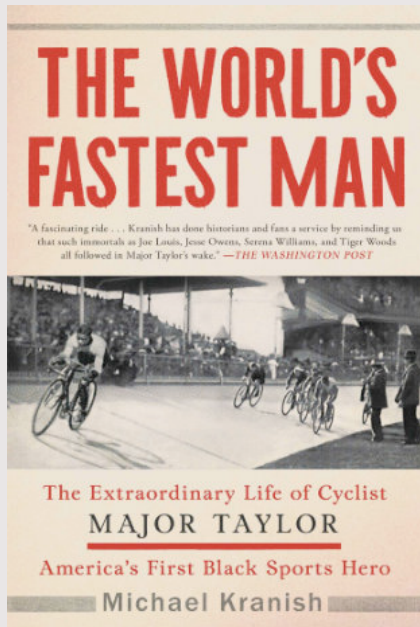
<https://www.helmet.beam.vt.edu/bicycle-helmet-ratings.html>

Although many of the top ranked helmets are also among the most expensive, there are examples of inexpensive models that are highly ranked, and some high-priced models that don't do so well in the tests.

The Culture Corner

by David Goldenberg

From time to time, OutSpokin' will include a short recommendation from a member for a book, movie or other bit of culture with a cycling theme. For this issue, and in recognition of Black History Month (February), I am recommending a biography of the great, turn of the 20th Century cyclist, Major Taylor.



[The World's Fastest Man, by Michael Kranish](#), paints a vivid picture of Taylor's life and accomplishments, at a time when bike racing was a major professional sport in the U.S. and Europe. Both indoor track and road races drew huge crowds. The peak of Taylor's career was between 1896 and 1904, and he won both U.S. and World sprint championships during this period.

But, this was also a time of brutal racism in the U.S., and Taylor was frequently banned from competitions and harassed by both competitors and audiences. Eventually, he found much more welcoming audiences in Europe, where he raced to much acclaim.

Kranish's account of Major Taylor's life is both inspiring and sobering.

Free Bike Classes!

If one of your resolutions for the new year is to become a bit more self-sufficient in your bicycle maintenance, or to be better prepared for flats or other problems on the road, you might be interested in a series of free classes being offered by the Bicycle Collective in Salt Lake City. If you aren't familiar with the Collective, it is a non-profit organization that promotes bicycling in Utah through several programs. And, it has a fantastic new facility at 325 West 900 South, Salt Lake City.

Three classes open to the public will be offered in January:

- Jan. 8 - ABC Bike Check and Fix-a-Flat
- Jan. 15 - Winter Commuting
- Jan. 22 - Basic Bicycle Maintenance

These classes are meant as basic introductions for a broad audience of cyclists. So, you probably shouldn't expect to learn much about electronic shifters or hydraulic disk breaks. But, the basic information they cover may be valuable to you.

To register, scan the QR code:



Although the registration form shows more advanced classes in February and March, these are reserved for Bicycle Collective members and volunteers.

For more information about the collective, visit the website at:

<https://bicyclecollective.org/>

Women may also be interested in the weekly Women, Trans, Fem nights on Wednesdays, from 6:00 to 8:00 PM.

<https://bicyclecollective.org/pages/women-trans-femme-night>

New Members in 2025: Welcome!

Michael Albanese
Marcy Allen
Kimberly Amazeen
Shar Ashton
Danielle Askwig
Layton Asmus
Paul Bateman
Frankie Benning
Katy Bertola
John (Gabriel) Bier
Katrina Black
Amy Bosworth
Laila Bremner
Thomas Busath
Christine Camille
Ross Chason
Erin Christensen
Logan Clemens
Ci Ci Compton
Matt Davidson
Andrew Deren
Paul Dewey
Deanna DiBella
Marvin Dixon
Metta Driscoll
Alta Dustin
Vickie Fullmer

Zach Geiger
Fred Geiger
Eric Gilbert
John Glenn
Jason Grider
Amy Griffin
Elizabeth Gustafson
Jeff Henry
Louis Hogge
Jennifer Irwin
Rich Keel
Ted Kerkam
Jay Kinkad
Holly Langton
Andrea Latimer
Jo-Anne Lee
Deborah Mirams Lewis
Alexandra Litzsinger
Dave Liu
Charlotte Lyons
Kevin Maddox
Tiffany Maddox
Arankesh Mahadevan
Bruce Merrill
Marti Mitchell
Karen Mogridge
Cyndi Moody

Cindy Mudge
Kathy Musson
Alex Park
Hannah Pingel
Alan Poole
Athena Poole
Michael Raffael
Rudy Ramos
Shari Reid
Chris Sanders
Olivia Sanders
Frank Smith
Daniel St Clair
Stephanie Stepp
John Stokes
Alesia Stripeika
Regan Swain
Jeff Tiede
Dan Vacek
Lindsay Vanleeuwen
Holly Wallace
Christina Weaver
Jeff Wells
Mindy Wheeler
Jen Wilcox
Craig Williams

BCC 2025 in Pictures

Photographs by Robin Perkins

Polar Bear Chili Cook-off - Jan 25th



[More Polar Bear Photos!](#)

Annual Banquet - Feb 15th



[More Banquet Photos!](#)

BCC 2025 in Pictures

Photographs by Robin Perkins

Little Red - June 6th & 7th



[More Little Red Photos!](#)

BCC 2025 in Pictures

Photographs by Robin Perkins

Lava Hot Springs - Sept 28th & 29th



[More Lava Hot Springs Photos!](#)

Tricky Treat - Oct 25th



[More Tricky Treat Photos!](#)