

OutSpokin'

The Newsletter of the Bonneville Cycling Club

September-October 2026

From the President

What a wonderful summer it has been for the BCC. Our summer picnic took an unexpected turn, but sometimes the best traditions are the ones we never planned. With the extreme heat, we changed our usual picnic lunch to an early-morning breakfast—and it was a wonderful success. Members enjoyed pancakes, bacon, coffee, and great conversation. The response was so positive that summer breakfast will become an annual BCC tradition. Thank you to everyone who came and made it such a fun morning.

As we look toward fall, there are plenty of opportunities to enjoy time together and finish the cycling year strong. Nominations for BCC officers and board members will soon be open. See the [article in this newsletter](#) and watch for an e-mail message from Curt Griffin, who is organizing this year's nominations and election. Ballots will be sent via email October 15th, with voting closing October 31st.

October brings two favorite club traditions. **October 10th** is Ride-a-Palooza, our club potluck and general membership meeting. Come enjoy a great ride, tasty food, and even better company. On **October 31st**, join us for our Tricky-Treat Ride, followed by a potluck. Come in costume on Halloween!

October 31st is also the end of our ride calendar year, but there is still time to complete one or more of the ride series and earn a club jersey. Check the [Awards Qualification](#) page on the BCC website to see if you are close!

Finally, Little Red 2027 planning has begun, and our theme is The Wizard of Oz. Little Red makes so much of the BCC possible, and the ride depends on our wonderful volunteers. If you enjoy being part of the BCC, consider giving back your time and talents. There is a place for everyone who would like to help. Please contact me directly if you're interested.

There's no place like BCC!

It's Always a Good Day for a Ride,

Barbara Kane
President, Bonneville Cycling Club

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BCCers Ride Across Iowa!

by Greg Lott

RAGBRAI (The Register's Annual Great Bicycle Ride Across Iowa) has been a thing I heard about, wondered about, but never got around to. John and Linda LeCain invited me to ride this year. John had ridden it before. I figured I'd do it before I got any older while it still sounded fun. We started thinking about how it might all work and soon were on our way along with Bob Bent, a friend of John and Linda's.

A real spectacle to ride with roughly 30,000 across the whole state of Iowa. Sort of like a plague of locusts invading Iowa, only bikers. John helped us join a group named Team Navy. They went overboard (pun intended) to provide us with support/supply and gear (SAG), even a Team Navy jersey. Everything we needed for a successful, safe, and fun ride including my favorite, coffee and snacks first thing in the morning and portable showers.



Heard cicadas in the evenings and saw some fireflies for the first time. Riding was sometimes scary with so many riders, but had the whole road, with roads basically closed and law enforcement keeping intersections clear for us. Basically had right of way and locals wisely stay out of the way and happily watch it all go by. I heard someone say it's like a mobile carnival. So many people sitting out in lawn chairs watching us go by and waving.

Gently rolling terrain (Iowa is definitely not flat) with

360 degree views of field corn and soybeans with the greenest, most manicured looking fields. Never seen so much bright green vegetation everywhere, even the weeds on the roadside. Bob kept saying it was all so surreal. Occasional farm houses and outbuildings way out in between towns on high points and surrounded by shady groves of trees and looking like a really great place to live. Course I'm sure there's some work involved in keeping it all going.

Almost everyone in the towns seemed to get involved with residents either volunteering or at least showing up to watch the whole menagerie in motion. Cities and counties spent a lot of time, effort, and money to make pavement smoother and safer. But that's the thing, almost the whole Iowa population seems to get in on the effort. It's a tradition and they sure look enthusiastic and seem to be having a lot of fun with it all. Super friendly people.

Best parts were the people, the Team Navy SAG group, and all the available food (home made pie) and drinks throughout the ride. Luckily, you could justify overdoing it because you were burning calories every day (although I did manage to gain some weight during the ride).

Fun at the end knowing we'd actually done the whole thing. Got to dip our tires in the Mississippi River in Dubuque, IA. I got some Mississippi mud on my front tire and did not wash it off until two weeks after the event.



Seattle to Portland

by Greg Myers

On July 11th & 12th, former BCC member, Wylie Gerrard, and I rode and completed the 207 mile STP (Seattle to Portland Bicycle Classic) sponsored by the Cascade Bicycle Club in Seattle. As many of you know, Wylie was on a BCC ride and was severely injured in an accident at Vine and Van Winkle. He now resides in Oregon City

Day 1 began at 5:45 am starting at the University of Washington at Husky Stadium. The route took us down the western shore of Lake Washington, through Renton, Puyallup, through Joint Base Lewis-McCord (nothing to see except for some very beautiful, large growth forested areas), Yelm and into the official mid-point at Centralia College. However, we had a few more miles to go as our overnight stop was at St John's Lutheran Church in Chehalis.

For a nominal fee, many local churches and organizations along the route from Centralia to Winlock, provide overnight lodging with an air mattress, shower facilities, evening snacks and meal that evening and breakfast in the morning. Where we stayed, they have been doing it for 20 years.

Day 2 began at 6:00 am and we visited Napavine, home to the famous Banana Bread lady, who bakes over 100 loaves and provides a slice to the riders on the route. It has become a noted tradition of STP. We went on to Winlock, Vader, Castle Rock, Cowlitz, and crossed the Columbia River at Longview with help of a local Honda Gold Wing Club, who provided escort across the Lewis and Clarke Bridge into Oregon. From here we rode along Highway 30 with a stop in St. Helens into Portland finishing at Holladay Park.

We were part of 6500 other riders (of all ages), with bikes of all types; from traditional road bikes, mountain bikes, even your 3 speed pixie. To complete each day in the allotted time, we had to average 10mph. Wylie and I both completed it in 13 hours 20 minutes. It included 5000 feet of climbing (mostly up and down with the exception

of a hill coming out of Puyllap).

We both found the race to be very well supported by Cascade Bicycle Club at the official stops and along the way, local organizations provided water and refreshments for a nominal donation. People in communities really turned out cheering on the riders as we passed through their towns. We learned a lot, met a lot of wonderful people along the way, and are looking forward to riding again in 2027.



Cycling in Newfoundland

By David Goldenberg

In late July, when temperatures in Salt Lake City were regularly topping 100° F, my wife, Karen, and I headed for Newfoundland, Canada, looking for cycling adventures, great scenery and food; not to mention lower temperatures. We were not disappointed!

If you have only a vague idea of where Newfoundland is, you are probably not alone, so here is a map:



(Map adapted from Wikipedia)

Before starting on our bike tour, we spent two nights in St. John's, the Easternmost point of North America. We hiked through the fog to Signal Point, an historic look-out where Guglielmo Marconi received the first transatlantic radio communication in 1901. (The city of Gander is also shown on the map, for those who have seen the musical, *Come from Away*; but our trip didn't include that spot.)

We then flew to Deer Lake, which serves as a gateway to the Northern Peninsula and the Long Range Mountains. There, we joined our bike tour, which was organized by [Pedal and Sea Adventures](#), a company that we biked with last year on Cape Breton (to the west of Newfoundland). This year, there were 11 of us on the tour, with two guides, who not only guided us on the road but made sure that our luggage arrived safely at our lodgings and arranged for outstanding dining. It's certainly not the least expensive or most independent way to travel by bike, but it is nice!

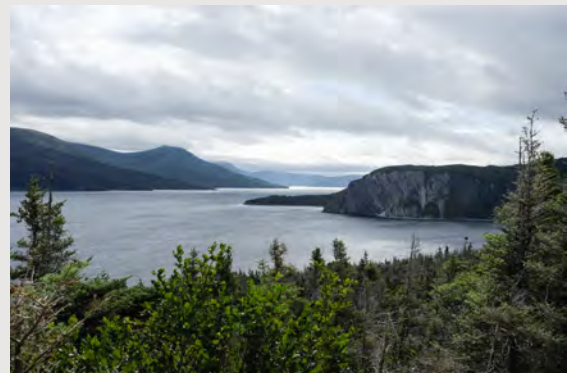
We rode a total of about 150 miles over four days, mostly along the West coast of the Northern

Peninsula. We were treated to magnificent views of mountains shaped by glaciers, fjords, rocky coasts, lush forests and deep blue lakes. Over the days, the weather ranged from overcast and moody, to bright and sunny, and for one day, down-right rainy. But the temperatures were always mild and a welcome relief from the Utah heat!



If you have considered this kind of trip, but were worried about being thrown in with a group of strangers, our experiences may offer some reassurance. As with other bike tours we have gone on, the guides were excellent, and we greatly enjoyed the company of the other guests. Cyclists are great people! One of our guides in Newfoundland deserves special mention. Brady is a fifth-generation Newfoundler and is deeply knowledgeable in the geology, history and culture of the island, and a good deal more besides. He and our other guide, Jane, informed and entertained us and made this much more than a bike ride.

We highly recommend visiting this distant corner of North America, and bicycling with Pedal and Sea Adventures is a great way to do it!



Important Election Coming Up and It's Not (just) the Midterms

By Curt Griffin

There's a very important election coming up. No, it's not the midterms in November: It's the Election of the BCC's Board of Directors to serve in the 2026-2027 Club year. (But, don't forget to vote in the midterms, either!)

The strength of our club starts with our volunteer Board of Directors and trickles down to all our other volunteers, Ride Leaders, Little Red, etc. So, it's important to have a strong Board of Directors.

All current BCC Members are encouraged to vote for these board members:

- President
- Vice President
- Road Captain
- Secretary
- Treasurer
- Communications Director
- Membership Director
- IT Director
- Members at Large (three)

The newly elected Board of Directors take office on December 1st following the election. The term of office is until November 30th of the following year.

Nominations

Any paid-up member is eligible to vote and to hold any office on the Board of Directors, with the following caveats:

- President and Treasurer nominees must have been on the Board of Directors within the current year or past 2 years.
- Treasurer nominees may not be related to any member eligible to sign checks. Related is defined as immediate family, either by genetics, marriage or the sharing of a household.
- Road Captain nominees must be active ride leaders.

You can review the responsibilities of the various officers in [Section VI of the club By-Laws](#).

An email will be sent to all eligible BCC members

when the nomination period opens around September 15th. The nomination period will close October 10th to allow time to prepare the ballots to be sent out on October 15th.

Election

Election of the Board of Directors for the forthcoming year will be held via an online ballot. The online ballot will be emailed to all eligible club members on October 15th.

Ballots must be submitted by Midnight October 31st, 2026 to be counted when the election closes.

The election results will be announced by email shortly after the election closes.

Keep an eye out for an e-mail message in September, when nominations will open!

New Members in July and August

Clayton Anderson

Claudia Bleiweiss

Matt Fowler

Lori Onsae

John Pinckney

Welcome!

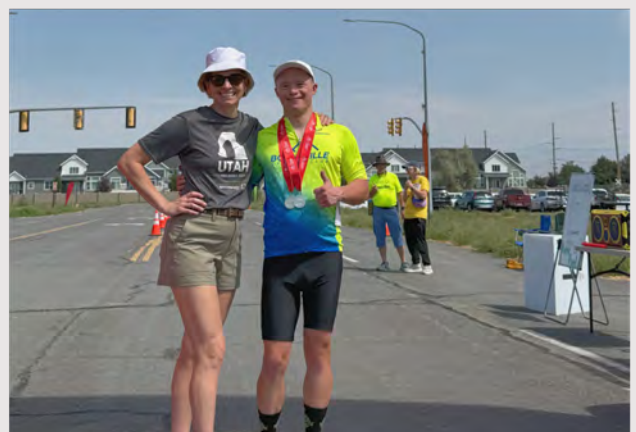
BCC at the Special Olympics

by Rikki DeMik

On August 8th, 6 BCC members - Brittney Sprague, Jamie Elsey, Ron Roy, Kristine Phelps, Clarissa Weir and Rikki deMik, volunteered at a Special Olympic cycling competition in Taylorsville. We were timers, course marshals and record keepers, but our most important role was cheerleaders.



With the temperature close to 100 degrees, these athletes put their hearts and souls into the various distance challenges in hopes of medaling. BCC member Margot Sharapova's son, Alex, was a participant in the event. He wore his BCC club jersey for a little extra luck and snagged himself a couple silver medals. Way to go Alex!!



July and August in Pictures

Photographs Pauline Leeman and Maria Fruin

