

April 2011

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Special Olympics

By Jane Monroe

We would love to have more helpers, it's not required to be there every week, but the more "one on one" we have for support, the better. The practices are at Skagit Valley College at the truck track, turn off LaVenture East (across from the fire station). Any questions, call Tim Holloran 360 770 7637 or Jane Monroe 360 424 4619.

Ski Trip Reports from Silver Star and Winthrop

By Ken Rasmussen

Although these trips didn't have anything to do with cycling, and weren't even club trips, I thought I'd describe them for the membership because we will probably do them again next year, and some members may wish to come with us or try it on their own. Many cyclists find skiing to be a wonderful way to keep fit and enjoy the dark months. I used to hate February. Now I love it! One thing I particularly like about cross-country skiing is the brightness. The reflected light from the snow is dazzling. I usually wear sunscreen and sunglasses. You'd never mistake it for summer weather, but it seems to satisfy the need for light and sun. There isn't much wind chill, and the clothing you would use on a cool bicycle ride is often just right for skiing.

There are at least three primary types of skiing: Alpine or Downhill skiing, Backcountry skiing, and Cross Country skiing on groomed snow. The three types of skiing often overlap to some extent. Alpine skiers usually ride lifts up and ski down, cross country skiers ski up, down and on flat terrain, backcountry skiers ski where there are no lifts or groomed snow. However cross-country skiers sometimes ride lifts, alpine skiers skate or pole when they encounter level ground or uphill, backcountry skiers show up everywhere, so skiing is skiing. I admire the speed and control that downhill skiers have, and notice that they keep a lot of that ability when they take up cross-country skiing. I admire the ability of the backcountry skiers to cope with a variety of terrain and conditions. However I find that what really interests me is the rhythmic exercise and the variety of techniques and gaits that are the soul of skiing on groomed snow. In spite of the fact that I ski in managed cross-country ski areas, I frequently find myself in such scenic surroundings that I stop and gape in disbelief. Snow is magical.

Cross-country skiing can be subdivided into several types: Skating is the most recent technique. It burst onto the scene when Bill Koch of the USA pioneered the technique to win a world cup race. It is usually much faster than other types of cross-country skiing and requires good athletic ability to do it well. Skating is best done with specific skis, boots, bindings and poles, though any skis can be made to skate. Skating skis are waxed uniformly

from tip to tail for maximum glide. No grip is needed. Skating works well on any snow that isn't too deep and soft.

Classic technique is done with a striding motion. The ski gets some grip on the snow by means of a sticky wax in the middle of the ski base (waxable skis) or else from a textured area in the middle of the ski base (waxless skis or rubber base skis). The grip portion of the ski is called the wax pocket. It is cambered up out of the snow when gliding, but can be forced down into the snow for traction. Classic skiing can be further subdivided into skiers focused on speed and technique who ski vigorously on relatively stiff skis, usually waxable or special condition waxless skis; or recreational skiers who use softer flexing skis, usually waxless. Performance oriented classic skiers use a stride that slightly resembles bounding. Recreational skiers use a technique that more nearly resembles scraping the bottom of the foot against the snow. The recreational skiers may not get gold stars for technique from the coaches, but there would be no cross-country ski areas, no groomers, no ski shops, and no coaches without them. They are the backbone of the sport. All cross-country skiers use a variety of gaits and techniques to solve the difficulties of varying terrain and conditions. It is an easy sport to do, but there is a lifetime of fascination in learning to do it well.

This year we did three 5-day trips. We went to Mazama/Winthrop area twice, and we went to the Silver Star/Sovereign Lake area once. We also skied at Leavenworth, Stevens Pass Nordic Center and Stake Lake. The best snow that we found this year was at Silver Star and Sovereign Lake. We've skied there every year for about 15 years, and the worst conditions we've ever had there were still good. Usually conditions are excellent. This year it turned cold just as we were arriving. When we arrived at the base of the mountain the temperature was 2 degrees centigrade. By the time we reached Sovereign Lake Ski Area it was -8 degrees centigrade. The elevation gain was insufficient to explain that much of a temperature drop, so we knew a cold front was coming in. The conditions were excellent for classic ski technique so I waxed with blue grip wax. For an hour and three-quarters I had fantastic

OFF THE BACK

BY JEAN LABOSSIERE



Spring Break in Arizona

We arrived in Yuma on Monday February 7th to visit old friends Gary and Cheryl Minor who took us out for a thirty-mile shakedown ride. Gary and Marshall rode their mountain bikes, Marshall swerving off road occasionally as would be expected, and immediately being rewarded with a flat. That's when he found at least a dozen goat heads in his tire. When in the desert around Yuma, "Slime" is a necessity!

The next day we did a ride into Yuma, kinda windy but still sunny.



There is a hike that the locals do up to some radio towers on Telegraph Hill, approximately 5 miles round trip. Now



when you get near the top, I swear you should be roped it's so steep. Marshall rode his mtn

bike up to the top; I think that the grade near the top is at least 20% if not more. The only problem he had was reaching for his water bottle. He actually had to stop to get the bottle, getting started again was bit of a challenge. The morning we left Yuma we did the hike and Marshall said "I rode up this??"

We got into Tucson and immediately rode (in the



car) up Mt. Lemmon wanting to scope it out before we rode it. We met Ellen and Greg Vlasak for dinner and found out the truth about Mt. Lemmon. Very little if any water is available this time of year. When the riders in Tucson do it they are sagged, and they generally do it in March. The next day Greg took us for a very nice ride in Saguaro Nat'l Park. I highly recommend this ride, it was beautiful. We learned about the Sonora desert from our tour of the Arizona-Sonora Desert Museum. Never, never stick your hand in between rock crevices without first looking to see who's living there. We saw one of the volunteers holding a very large tarantula while it was eating a cricket. It was kinda creepy!

They have over 100 species of cactus and other plants; these were growing in a landscaped setting, very nice. If your ever in Tucson head over to this Museum it's well worth the trip.

As things turned out we never did get to do Mt. Lemmon, it's on our list of things to do next time.

Do want to thank Gary and Cheryl (Yuma), Greg and Ellen (Tucson) for their hospitality.

Time is running out! Your time and talents are needed! Your club needs you! Please call Jamie Wells to let him know where you would like to volunteer to help with the Spring Classic. Please don't expect someone to call you. Every year I hear "I would have volunteered but no one called me." You may get a phone call for cookie baking, but that's it. So please, please call if you can spare some time on May 7th. Thank you!

Ride safe, Jean LaBossiere

FREEWHEELING/RIDE REPORTS

Winthrop & Silver Star continued.....

Continued from page 1

ski performance. Skating is usually twice the speed of classic ski technique, but on this occasion I was keeping up with skaters. I skied about half of the Sovereign Lake trails. It was absolutely beautiful. The trees were heavily flocked with snow. I often stopped to gaze at the scenery. I didn't stop long though, because it kept getting colder. I finished the long Silver Queen Trail and was heading for the lodge when it finally became too cold for the grip wax I was using. I didn't have far to go, and much of that was steep climbing, so the excessively grippy wax wasn't very critical. The next morning it was minus 17 degrees centigrade--approximately 2 degrees Fahrenheit, so Kathea and I went to the High Altitude Training Center, which is the home of the Canadian national ski team, to use the waxing room. I prepared Kathea's classic skis for the cold conditions. Since I'd skied with classic technique the previous day, I prepared my skating skis. When I got onto the snow, I thought my wax was too warm, because it was like running in sand. It wasn't awful though, so I kept on going. The thin air and the slow skis caused my pulse to soar. I had to stop repeatedly to catch my breath and slow my pulse. I skied about one-third of the Silver Star trail network, and called it a day. The following day I used an even colder wax on my skating skis, but they were still slow. I had to conclude that the fine grained, dry snow was slow to skate on. It creaked with every skate. The machine set classic tracks were packed under high pressure, and polished. They were relatively fast compared to the skating lane, which explained why I'd been keeping up with the skaters on my classic skis. Meanwhile, Kathea had been having fantastic performance with her classic skis--great glide and great grip, and no fussing with the wax. I finished the trip with cold wax and my classic skis. It was the finest classic skiing I've done in my life. This is also the first year that I've ever really felt like I understood how to do the classic stride properly. I managed to internalize the kind of technique and balance that I've been seeking for many years. It was really gratifying. Ironically, it is a really easy, natural technique. I can't think now why it took me so long.

In Winthrop and Mazama conditions were reversed. We had much better skiing on the skate skis. They were awesomely fast and easy to use. I left my classic skis in the bag. Kathea did some classic skiing, but relied on her waxless skis. One of my friends, Glen McMurry, who was with us on the second trip, managed to use his waxable classic skis with fair success. I thought it was a pretty good accomplishment considering the broad temperature swings we were having. We got a bit of new snow on the last day of the trip. The trees looked wonderful with their dusting of fresh powder. It was a little misty, and awesomely beautiful. Glen spent much of the final day taking photographs. We like Mazama and the community trail into Winthrop because so much of the trail network is level or slightly rolling. It is possible to ski long distances in a short time. I skied 25 to 30 kilometers every day on our Winthrop/Mazama trip. I made some nice improvements to my skating technique. One of the things I've been enjoying about skiing is that my skill keeps improving, and that offsets the loss of power that comes with aging. I'm actually skiing further and faster now than I could when I was younger and stronger. I can't help but love that!

For those that are interested, the **Mount Constitution Hill-climb** event will be **May 15** this year. <http://www.islandathleticevents.com/climb/index.html>

Arthritis Foundation Ride

Greetings--I am writing on behalf of the Arthritis Foundation to request notification of your bike club members about our charity bike ride along the Oregon Coast . We would greatly appreciate a spot in your newsletter, social media channel, or on your event calendar. This event is a fundraiser for the Arthritis Foundation, a 501 c3 non-profit, which raises money and awareness to improve lives for 50 million adults and 300,000 children currently living with arthritis in the US .

Your help would be greatly appreciated! Please use the brief description below for event calendar listings. For more information, please contact [Tai Leetlee@arthritis.org](mailto:Tai.Leetlee@arthritis.org). Thanks! The Amgen People Coast Classic is a fully supported charity ride down the scenic Oregon coast, benefiting the Arthritis Foundations mission to improve lives for 50 million people in the US living with arthritis. Choose from two, four, or six days along our route from Astoria to Brookings , Oregon this September 11-16, 2011. For more information, visit <http://www.thepeoplescoastclassic.org> or contact tle@arthritis.org.

Bike Ride Around Puget Sound , Aug. 27-28

TACOMA - Cross the Puget Sound on the Tacoma Narrows Bridge and enjoy paved bike trails, scenic back roads and Northwest water and mountain views during this 170-mile weekend bicycle event.

Ride Around Puget Sound (RAPSody) is: Challenging - Rolling hills add up to 9,600 feet of elevation gain Friendly - 400 riders, supportive bike club volunteers Tasty - Yogurt parfaits, calzones, sandwich bar, fresh fruit.

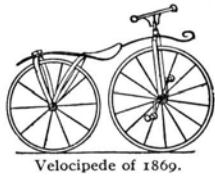
At the halfway point of this two-day loop, there's indoor and outdoor camping at Shelton High School , root beer floats, massage and on-site meals supporting the Shelton youth center (www.sock.org).

RAPSody is hosted by five local bike clubs in support of the Bicycle Alliance of Washington's statewide advocacy and education. This 8th annual ride is by cyclists, for cyclists, with great food, souvenir socks, luggage transport, showers and support all included. Organized by: B.I.K.E.S. Club of Snohomish County , Capital Bicycle Club, Cyclists of Greater Seattle , Tacoma Wheelmen's Bicycle Club and West Sound Cycling Club.

This year's ride is also a designated event for Team Survivor Northwest, which supports physical activities for female cancer survivors. Register for RAPSody at www.rapsodybikeride.com or contact Betty for information at info@rapsodybikeride.com, (253) 857-5658

President, Jean LaBossiere cancelled our March board meeting so there are no board briefs for this month. Our next meeting will be on Tuesday, April 5, at 6:00 pm, at Washington Federal Savings in Burlington.

Triviva



A pedal system--which turned the hobbyhorse into an honest-to goodness bicycle--was first marketed by: A French blacksmith, an English botnanist or a German farmer?

Pedal velocipedes were first sold along the Champs-Elysees, in the blacksmith shop of Pierre Michaux.

How did the first bicycle manufacturer overcome the public's fear of falling?

Michaux's company offered free riding lessons to purchasers of the bicycles

In 1869, the large French bicycle manufacturer Michaux et Compagnie was renamed Compagnie Parisennne, and it adopted what English slogan?

Time is Money.

Before 1869, bicycle "tires" were largely made of what material?

Iron.

True or False:

By the early 1870's, the bicycle craze was so pervasive that there was even a song called "The Velocipede Gallop."

True.



From the cycling trivia book by Mark Riedy

The History of April Fools' Day

By: Jennifer Maughan

Learn where this silly holiday originated with a brief history of April Fools' Day.

The idea of springtime practical joking and merriment has roots in ancient times. Many countries and cultures have long practiced some form of lighthearted celebration around the first of April. Practiced since 536 B.C., the prank tradition of Sizdah Bedar is still celebrated to mark the end of Persian new year festivities. The Jewish calendar marks Purim, a topsy-turvy carnival-like celebration with costumes and pranks. The ancient Romans marked March 25th by honoring the goddess Hilaria with a festival, filled with games and amusements. The Hindi calendar notes Holi, where one of the traditions is to paint friends and family with brightly colored pigment.

The origins of the April Fools' Day prank goes back to the late 1500s, when most of Europe changed from the Julian Calendar to the Gregorian Calendar. This calendar reform caused much confusion, and years passed before the new calendar system completely took hold. Someone who failed to note the switch was branded an April Fool, given that they were likely still celebrating the old new year holiday, held just after the time of the vernal equinox in late March. The new calendar moved the new year to January 1, but for years there was a small group of people who mistakenly celebrated on April 1. Of course, these traditionalists were made fun of; eventually jokes were played on them by sending them on fool's errands or tricking them into believing ridiculous things.

The idea of the All Fools' Day spread rapidly throughout Europe. In France, fools were called April fish, or "poisson d'avril," noting that it was just as easy to catch naïve young fish as it was to prank naïve people. Today's French children may tape a paper fish to the back of another and tease them until it is noticed. In Scotland, the gullible are the target of "Hunt the Gowk Day," where a "gowk" is a crazy or foolish person. Polish citizens avoid anything serious on that day and prepare various jokes and hoaxes. In the U.K, Australia, New Zealand and Zimbabwe, the April Fools' Day pranks and jokes must be done by noon on April 1, or the prankster will have bad luck.



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



April 2011



1

9:00AM S/RR
CONWAY RED BARN
JEAN LABOSSIERE
360 720 9577

2

10:00AM
B/RR RLH
CRAIG LANGLEY
425 760 9126

3

9:00AM TIME TRIAL
E. MARCH POINT RD
MARSHALL WILL
360 929 5003

Key: RR=Road Ride BFR=Breakfast Ride MTBR=Mountain Bike Ride TT=Time Trial RLH= Starts at the Ride Leader's Home*
Ride Pace in MPH: Easy: Under 10 (E) Social/Leisurely: 10-12 (S/L) Moderate: 12-16 (M) Brisk 16-20 (B) Strenuous 21+ (ST)

Check the Rides page for expanded descriptions.

4

1:00PM
S/RR
MARCH POINT
PARK/RIDE
STEVE & DIAN JAHN
360 293 1340

5

6:00PM
SBC BOARD MTG
BURLINGTON
WAFEDSAVINGS
JEAN LABOSSIERE
360 710 9577
5:30-7:00PM
SPECIAL OLYMPICS
6:00PM
SWEET CAKES S/RR
MARK EVERETT
360 629 6415

6

5:30PM
MT BAKER MIDDLE
SCHOOL-MV
RR: S/SHORT
JANICE LISHERNESS
360 466 3030
RR: B/M-MED/LONG
MARSHALL WILL
360 929 5003

7

10:00AM
JOYRIDE S/RR
MARCI MAULDEN
360 757 8464

6:00PM BRISK RR
GARY SANTIAGO
360 588 8776

6:00PM BRISK RR
CRAIG LANGLEY
425 760 9126

8

10:00AM
M/RR RLH
KIM KNAPP
360 421 3604

9

9:00AM
M/RR RLH
ROSE PLOEG
360 202 1716

10

7:00AM
DAFFODIL CLASSIC
ORTING, WA
TWBC.ORG

11

1:00PM
S/RR
MARCH POINT
PARK/RIDE
STEVE & DIAN JAHN
360 293 1340

12

5:30-7:00PM
SPECIAL OLYMPICS
JANE MONROE
360 424 4619
6:00PM
SWEET CAKES
MARK EVERETT
360 629 6415
6:00PM
LADIES M/RR
BERNIE SANTIAGO
360 588 8776

13

2:30-4:00PM KIDS
RIDE HEIDI HIXSON
360 293 0392
5:30PM
MT BAKER MIDDLE
SCHOOL-MV
SHORT: JEAN LABOSSIERE
360 710 9577
MED/LONG JIM FINCH
360 424 8511
6:00PM S/RR
BERNIE SANTIAGO
360 588 8776

14

10:00AM
JOYRIDE/S/RR
MARCI MAULDEN
360 757 8464

6:00PM B/RR
ANACORTES
GARY SANTIAGO
360 588 8776

6:00PM BRISK/RR
CRAIG LANGLEY
425 760 9126

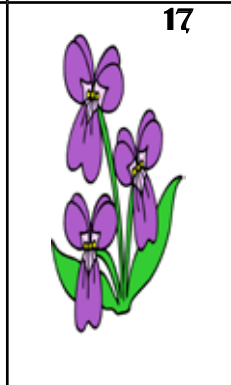
15

9:00AM
BRISK RR RLH
JAMIE WELLS
360 421 2126

16

9:00AM
BRIDGE SWEEP RR
BERENTSON BRIDGE
HWY 20
BILL WOYSKI
360 293 9520

7:00AM
TULIP PEDAL TOUR
LACONNER, WA
BILL CRAIG
SKAGITEMS.COM



18

1:00PM
S/RR
MARCH POINT
PARK/RIDE
STEVE & DIAN JAHN
360 293 1340

19

5:30-7:00PM
SPECIAL OLYMPICS
JANE MONROE
360 424 4619

6:00PM LADIES M/RR
BERNIE SANTIAGO
360 588 8776

6:00PM SWEET CAKES
S/RR MARK EVERETT
360 629 6415

20

2:30-4:00PM KIDS RIDE
HEIDI HIXSON
360 293 0392
5:30PM
MT BAKER MIDDLE SCHOOL-MV
RR/SHORT: JENNIFER MCCOY
360 336 2528
RR/MED/LONG: ERIC KNAPP
360 421 3604

6:00PM SOCIAL RR
BERNIE SANTIAGO
360 588 8776

21

10:00AM
JOYRIDE S/RR
DAN SANDSTROM
360 708 7108

6:00PM BRISK RR
GARY SANTIAGO
360 588 8776

6:00PM BRISK RR
CRAIG LANGLEY
425 760 9126

22


9:00AM
BRISK RR RLH
JAMIE WELLS
360 421 2126


Newsletter
Deadline

23

8:00AM
SPRING CLASSIC
PRE-RIDE
BAYVIEW
ELEMENTARY SCHOOL
JEAN LABOSSIERE
360 710 9577

24

HAPPY EASTER 

25

1:00PM
S/RR
MARCH POINT
PARK/RIDE
STEVE & DIAN JAHN
360 293 1340

26

5:30-7:00PM SVC
SPECIAL OLYMPICS
JANE MONROE
360 424 4619

6:00PM
SWEET CAKES S/RR
MARK EVERETT
360 629 6415

27

2:30-4:00PM KIDS RIDE
HEIDI HIXSON 360 293 0392

5:30PM
MT BAKER MIDDLE SCHOOL
-MT VERNON
RR/SHORT: JENNIFER MCCOY
360 336 2528
RR/MED/LONG: BILL THAYER
360 757 2679

6:00PM SOCIAL RR
BERNIE SANTIAGO
360 588 8776

28

10:00AM JOYRIDE S/RR
DAN SANDSTROM
360 708 7108

6:00PM BRISK RR
GARY SANTIAGO
360 588 8776

6:00PM BRISK RR
CRAIG LANGLEY
425 760 9126



29

10:00AM
BRISK RR RLH
CRAIG LANGLEY
425 760 9126

9:00AM
TOUR DE LOPEZ
LOPEZ ISLAND
LOPEZISLAND.COM



Saddle- Post Intelligencer

Published by The Skagit Bicycle Club P.O. Box 363 Burlington WA 98233

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P.O. Box 363 Burlington WA 98233

Bike Travel Cases: Deposit is \$100 and is refundable upon the return of the case. The borrower is responsible for the pickup and drop off of the case.

Bike Travel Trailer: "BOB" bike trailer with a water proof duffel Club Bike Racks: Four Yakima bike carriers attach to a roof rack 1 inch round bars front and rear. fork mount/ mounts for the front wheel. Currently kept in the Storage Unit in Mount Vernon. To check out and arrange a pick up of any of the above items contact Bill Thayer 360 757 2679 or Jane Monroe 360 424 4619

Library: To check our books/videos/cd's or to arrange a donation call 360 422 5167 or E-mail Eric or Kim Knapp at erickimswim@comcast.net, .

If you are having issues with the email edition of the Newsletter please contact us through the website or via Marshall Will at 360 929 5003 or cesiwill@msn.com. Copies of the newsletter will be mailed upon request.

Membership benefits include 10% off at the following businesses:

Bicycles NW

31531 SR 20 Oak Harbor 360 279 8919

Racks and Beyond

1817 Bouslog Rd, Burlington, WA 98233

360 428 2665 www.racksandbeyond.com

Skagit Cycle Center

1704 S Burlington Blvd Burlington 360 757 7910

1620 Commercial Ave. Anacortes 360 588 7910

Stanwood Velo Sport Bicycle Shop

401 N Olympic Ave

Arlington, WA 98223 360-629-6415

<http://www.stanwoodvelosport.com>

Calendar Key:

When leading a ride remember to send in descriptions to be included in the ride description section and afterward send in a ride report. Weekends: Friday, Saturday and Sunday are at the end on the right hand side.

RLH: Starts at the ride leaders home.

Pace Description	in MPH
Easy	under 10 mph
Social or Leisurely	10-12 mph
Moderate	12-16 mph
Brisk	16-20 mph
Strenuous	20+ mph



Skagit Bicycle Club
P.O. Box 363
Burlington WA 98233

Skagit Bicycle Club Membership Form

Check One: New Renewal

Annual Dues: Individual \$ 15.00 Family \$ 20.00

Name
Address
City State Postal Code
Phones
Email:

MAIL TO:

Skagit Bicycle Club P.O. Box 363 Burlington WA 98233

You will receive your Newsletter via Email (arrives faster and in full color!)

Unless you CHECK HERE ⇔ to receive the paper version (not in color)
via US Postal Service