

Saddle Post Intelligence

The Voice of the Skagit Bicycle Club

Skagit County Washington

August 2011

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FIFTH ANNUAL RETRO RIDE AND CONCOURS D' ELEGANCE

By Ken Rasmussen

My wife, Kathea, just got a 1953 Rudge bicycle. It has a three speed hub with internal generator, a fully enclosed chaincase, original pump, fenders, a headlight, steering that can be locked to prevent theft, and a broad leather Brooks saddle with coil springs. It's finished in burgundy, and the condition is astonishingly good considering its age. My mother and her sisters rode bicycles like these, and even did 100 mile days on them.

Bob Freeman of Elliot Bay Bicycles has dedicated much of his life to restoring fine old racing bikes. In the shop he shares with his partner, Bill Davidson, they construct steel and titanium frames. They also repair and repaint older frames. Bob tracks down old parts wherever they can be found. They frequently restore bikes from the 50's, 60's, 70's and 80's to nearly new condition. Bob has an extensive collection of his own that includes beautifully restored vintage bicycles by the finest builders of previous generations.

Gary Minor had a paper route when he was growing up. The bike he used for his route, a Schwinn Black Phantom, has since become the Holy Grail for collectors of classic cruisers. The Black Phantom, with knee-action suspension fork, electric horn and headlight tank, taillight, jewel-like reflectors, sculpted fenders and chainguard, and gleaming chrome and black paint scheme, was the most desirable bike of its type. Gary lost his original Black Phantom, but recently bought and restored another.

Lew and Kirsten Plummer exemplify a popular trend among cyclists. They enjoy mixing and matching parts and frames from older bicycles with more modern elements to create stylish designs of their own. Lew's recent creation, "The Scorcher" is a beautiful bike. Kirsten is working on an original bicycle of her own. ReCycle in Seattle, The Hub in Bellingham, ebay, Craig's List, and garage sales are an inexhaustible source of material for bicycle creation.

The thing that unites us is an appreciation of the beauty and charm of older bicycles. Our appreciation is partly due to the wonder of a motorless machine capable of carrying ten times its weight one hundred miles in a day. It is partly due to the elegance of the continually refined form that has evolved from myriad variations over the last century. It is partly due to the passion of the builders who have poured their souls into making their machines stronger, lighter, and more beautiful than those that have gone before. At last year's Retro Ride we truly felt that we were among our own people.

On August 21st the Fifth Annual Retro Ride and Concours D' Elegance will begin at 10:00 at the Skagit Valley Historical Museum at 501 4th Street in La Conner. A costume and bicycle review will be the first event on the schedule. We've had fascinating bicycles and costumes to admire in previous years, and we expect even more this year. I've been gathering interesting and unusual items to use for prizes, and plan to have awards for Best Bicycle, Best Costume, and Best Overall Effect. (Donations of fun and funky objects for use as prizes are appreciated—thanks Jane, for the great prize!) After the bicycle review and awards we will parade through La Conner and then do an out-and-back ride of one and three-quarter hours. By turning back after 52 ½ minutes we'll arrive back in La Conner for the not-to-be-missed café lunch at about the same time regardless of how far we each went. We'll conclude with a vintage cycling movie of which I seem to have an inexhaustible supply. And that will be it, except that we'll all be keeping an eye out for wonderful old bikes, parts, prizes and costumes for next year. For information: Kayakfit@fidalgo.net 360 766 8720

Off the Back

BY
JEAN SATTLER-WILL



THE WEDNESDAY NIGHT RIDES THIS MONTH (AUGUST) WILL LEAVE FROM MARCH POINT PARK AND RIDE. THERE WILL BE NO POTLUCK DINNER AFTER THE RIDE.

Well now I've heard it all, secret sources says the Domestique went mountain biking and it wasn't pretty! What can a person believe in anymore, all last year mountain bikers were at the bottom of the food chain. Now he goes and tries his hand at mtn biking. I do believe he fell a couple of times ending up bloody and bruised with nothing broken but his ego, of which he has enough for the whole club and then some! But I can't help but think that this was is a good thing. If the Domestique is willing to try something outside his comfort zone, then maybe we should all rethink those activities we have reservations about. I'm not talking about something you physically can't do but something you've never tried doing because of fear or simply because you've never done it. Such as hiking, canoeing, horseback riding, X-country skiing, down hill skiing, even jumping out of airplanes! Some of these are great cross training winter activities. Just do one new activity a year and see how it feels, you may be surprised.

We are still looking for officers for the club. We need a Vice-President, Treasurer and Ride Coordinator. If your interested in one of these volunteer positions please let me, Jim Finch or Steve Jahn know. Your help is appreciated.

It has been called to my attention that some fast riders are causing problems for some of us slower riders. Fast riders let us know when you want to pass, just say "on your left" please! It can be very nerve racking when you pass and we're not expecting it. Thank you!

Ride Safe--Jean Sattler-Will, SBC President



Hey Volunteers!

Want to help out at the
2011 Skagit County fair?

We could use some nice folks to help us! Aug 10th – 13th
NO TRAINING REQUIRED

Volunteer opportunities:

- Greeter * Information Booth
- Gate Attendant * Security
- Ticket Taker * Parking Attendant
- 4 hour shifts; 9:45am-2:00pm, 2:00pm-6:00pm & 6:00pm-10:00pm
- Call: (360) 336-9414 Karen Suriano, Volunteer Coordinator
email: _karens@co.skagit.wa.us

www.skagitcounty.net/fair

"Back Home at the Skagit Fair"

Ride Leader Points:

Below are the current ride leader points based on what I've gotten by July 23rd. Obviously some ride leaders are hoarding their sheets, keeping their cards close to the vest. There's no need to keep us in suspense. Be like Queen Janice and send 'em in early and often!

| | |
|-------------------|----|
| Janice Lisherness | 18 |
| Craig Langley | 15 |
| Jean Sattler-Will | 12 |
| Marshall Will | 10 |
| Marci Maulden | 9 |
| Steve Jahn | 8 |
| Eric Knapp | 8 |
| Rose Ploeg | 7 |
| Linda White | 6 |
| Whit Whitford | 5 |
| Jamie Wells | 5 |
| Dian Jahns | 4 |
| Kim Knapp | 3 |
| Bill Thayer | 3 |
| Tony Pestarino | 2 |

FREEWHEELING

Ride the Hurricane -- August 7

We are just a few weeks out from the August 7 Ride The Hurricane event. We have space for 500 riders and as of now we have plenty of open slots. We prefer people register ahead of time but if space allows we will take registrations the day of the event.

Here are some details for the event:

-You will need to check in at the registration desk prior to starting your ride. The registration will be at the Olympic National Park Visitor Center which is at the top of Race Street. Each rider will receive a Ride The Hurricane high performance jersey which you are welcome to pick up before or after your ride. If the event does not sell out, additional shirts will be available at a reduced price.

-Parking will be available based on your length of ride preference. If you are starting from the lower starting point for the 36 mile round trip and roughly 4300' elevation change please follow the signs and directions from the lot attendants who will direct you to the parking at Peninsula College. If you plan to start at the Heart Of The Hills entrance station for the 24 mile round trip and roughly 3400' elevation change you will be allowed to drive to that point and signs and lot attendants will direct you. Remember you must register prior to driving up to Heart Of The Hills.

-Riders will be allowed to start the ride at 7AM and must complete the ride by noon and all riders must wear a helmet.

-Aid stations will be available roughly every four miles. Water, and toilets will be at each station along with limited bike repair at two of the four stations.

-At the summit a photo station will be set up so we can take your picture at the top which will be e-mailed to you.

-All riders will be required to follow a pilot car down and a car will leave roughly every 15 minutes or when we have 10-15 riders that want to head down.

-All riders must complete the ride by noon when the road opens to vehicles.

-If you require lodging for Saturday night go to www.portangeles.org

Should you have any questions please contact me see you August 7.

Vanessa Fuller--Director of Events / Webmaster
Port Angeles Regional Chamber of Commerce
360-452-2363 x11



July 7--Joy Ride

By Linda S. White

There were 11 riders on a day that didn't look too good. Some had to cut it short as they got dumped on. Bill and I got lucky and didn't really get rained on until the last mile of our 31 miles. It was a nice route and the day was enjoyable. We did have a few things going on though. Mike Burr had a seat malfunction, Gary Hunter had a flat, Janice Lisherness had a pedal that kept falling off and did a ditch dive that I didn't plan on. But overall, it was still a good day.

July 17--Lake Cavanaugh Ride

by Janice Lisherness

Twelve gathered at Big Lake School for a road ride up and around Lake Cavanaugh under suspicious skies. They were Jean Sattler-Will, Cheryl Minor, Peggy Ratermann, Jim Asa, Geoff Grace, Gary Minor, Tom Jacobson, Alan Mazonson, Craig Langley, joining in along the way was Jim Finch with Phil Smoots as SAG. Some rode around Big Lake while others took in the extra mileage on Finn Settlement Rd. Some experienced rain along the way. Gary's group got in over 100 miles to celebrate his big birthday. Thanks for the great turnout.

September 18 in Issaquah

Cycle the WAVE is an all-women's cycling experience benefiting domestic violence programs in Washington State. We offer four rides: the Little Sister 10mi, the Girly girl 25mi, the Middle Sister 42mi, and the Burly Girl 62mi. We pamper our riders with girly gift bags, sassy tees, well stocked rest stops, and a finish line to remember. Our ride is www.cyclethewave.org.



Aug. 27-28: RAPSody Bike Ride

Ride Around Puget Sound, Tacoma, WA. With 170 miles of rolling hills, doing RAPSody is challenging fun. The route crosses the Tacoma Narrow Bridge and provides many wonderful Northwest water and forest views. Great food, live music, indoor/outdoor camping, souvenir socks, luggage transport all included. Organized by cyclists, for cyclists in support of bicycling in Washington state. Registration closes Aug. 19. (253) 857-5658, www.rapsodybikeride.com

A SUCCESSION OF BLUNDERS--June 25th Mt. Baker Ride

By Ken Rasmussen

Kathea prodded me into wakefulness. "You've overslept," she said. "Aren't you planning to ride with the Club today?"

I jumped out of bed and scrambled into my cycling clothing. A few minutes later I was heading toward the meeting point for Craig Langley's Mount Baker ride that was scheduled to meet at 8 near the intersection of Highway 9 and the Prairie Road. I arrived, only to discover that my shoes were still at home. I wasn't going to cycle 120 miles in foam sandals. Chagrined, I got back in the car and went to fetch the shoes. Returning, I drove up Highway 9. I saw Bill Thayer, but the majority of the group was nowhere to be seen. I turned onto the Mt Baker Highway, drove a short distance, and parked at Welcome where I was supposed to meet the others. They must have taken the Mosquito Lake Road. I decided to ride out to meet them. I knew that they must be close, and looked for them after every bend in the road. Unbeknownst to me, they had turned from the Mt. Baker Highway onto the Truck Road a few seconds before I drove past. As I pedaled southwest on the Mosquito Lake Road I passed the Truck Road. A few seconds after I went by the group emerged and turned left onto the Mosquito Lake Road. I continued for four more miles, supposing that someone must have had a flat or mechanical problem, never realizing that they were now behind me. I hailed an oncoming car to ask if there were cyclists ahead. There were not. I pedaled bemusedly back to Welcome. This was not a promising start to what was supposed to be a glorious, carefree day of cycling.

I couldn't decide whether to leave the car at Welcome and ride by myself, or drive until I found the club. I started to ride, then thought better of it and went back for the car. I drove past Bill Thayer and several riders that I didn't recognize at the instant, and finally caught sight of the group I wanted to ride with east of Maple Falls. I decided to park at Glacier to give myself time to get ready before my group swept through. I got on my bike and rode toward Maple Falls. I met the group as they climbed a hill west of the North Fork Bridge. I turned and rode with Dave Mazzarella and Eric Knapp back to Glacier with the group close behind. That is, I thought they were close behind. We waited at Graham's in Glacier. I bought chocolate milk. Eric used the restroom. Dave had a snack. Finally Bill Thayer rode up. He said the others were working on a bicycle a couple of miles back. I went back to see if I could be useful. Eric and Dave decided to come along.

When I found the group they were waiting while a fellow named Ryan changed his tire. He was on his second try. A sharp burr at a vent hole in the rim was puncturing his tubes with vexing regularity. I used a sandstone pebble to smooth the burr. I tried to sell Ryan the pebble afterwards, but he seemed to think he could make his own if he needed one. He installed another tube and inflated it. Unfortunately, the valve stayed in the pump when he tried to release the chuck. That was Ryan's last tube. Someone passed Ryan a tube. We all gave him plenty of helpful advice and assistance while he installed it. He could have saved ten minutes if he'd had less help. Finally he was done. All he had to do was disengage the pump, and we'd be on our way. Unfortunately, the valve stayed in the pump when he tried to release the chuck. Ryan said, "I need another tube." I tried hard to look like I wasn't paying attention. I didn't want the valve plucked from my spare tube. I only had one. As I glanced covertly around the group no one was meeting anyone else's eyes. Finally someone of more highly evolved consciousness—I think it was Gary Minor—passed Ryan another tube. As a ploy to get things moving again, I started bragging about my pump—a Lezyne Road Drive mini pump with optional pressure gauge hose—explaining that it couldn't possibly pluck the valve from a tube—let me demonstrate. This enabled me to yank the project from the hands of its owner. Ryan didn't mind too much by this time. The Lezyne mini pump

is unusual in that it puts air into the tire when you push the handle in. It doesn't seem like that ought to be unusual, but with mini pumps it is really surprising when one works. I got the tire up to 90 psi and removed the pump leaving the valve intact. Ryan looked enviously at my pump. "I'd like one like that."

"Get your own," I said. I was irritable because I realized that I could have ridden from Welcome and overtaken the group by this time. I'd spent most of my morning driving and dithering.

We passed through Glacier, which looked very familiar to me by this time. There was an interval of blissful cycling that went well. It's no fun to write about, but it is what I prefer when I'm trying to spend a glorious day cycling. It didn't last long though, because we came to Powerhouse Hill. There everyone else had a bigger powerhouse than I did. I should have hung on a little longer because Tom Jacobson wasn't enjoying his best climbing form. He was not too far ahead, and was not going much faster. However he was going better than I was and eventually went out of sight.

I passed the highway maintenance sheds at the base of Mt Baker and began the eight mile climb to the ski area with no one in sight. I was amazed a mile and a half later when Dave, Eric and the rest of the group motored swiftly past me. They had been behind the highway sheds when I went by, undoubtedly making some high level adjustments to their equipment. I caught Tom's wheel and followed. Not long after, Tom and I came loose, and Gary Minor dropped back to help us. Gary had much better climbing legs than we did, because he was soon gone again. Tom and I settled into a steady rhythm that was painful for me, but doable. We suffered our way up the hill until a mile from the top, I fell off my bike—the way one does on this sort of day, you know. What happened was that I was occupying my mind by thinking about how little suffering remained, and I carelessly dropped my front wheel off of the abrupt edge of the pavement. The raised edge prevented me from recovering my balance and I spilled onto the pavement with an undignified clatter. As I picked myself up, Tom turned to ask if I was OK.

"Except for my elbow, I think I'm feeling better. I needed a break," I said. Actually I was demoralized. My shiny new Renovo bike didn't have a scratch on it prior to the fall. Now I had scuffs on the left shifter, left pedal, and the left side of my rear quick release skewer. However all bikes have to get the first scratch sometime. My friend, Bob Freeman, put the first scratches on his immaculately restored Masi on the same weekend on a different ride. We exchanged commiserating emails the next day.

The rest of the ride was anti-climactic, which means that it was pleasant to do, but boring to recount. Tom and I completed the climb, linked up with the rest our group in Glacier—my fourth time through Glacier that day—and rode back toward the start together. I stopped at the intersection of the Mt Baker Highway and Highway 9 and said "Goodbye" to the group. Then I turned toward Glacier once again to retrieve my car. Shortly after I left the group I turned onto the Truck Road, which is where I had missed the others on the way out. It was a very scenic little stretch of road, but I got severe cramps in both legs. My final blunder of the day was not drinking enough water and electrolytes. I'd downed most of a bottle of water and electrolyte mix about 10 minutes before, so the cramps were short-lived. By the time I reached Glacier (for the 5th time that day) I had 100 miles showing on my cycle computer, so in spite of everything, I got up the mountain and had a decent ride. And actually, there was one more blunder: Craig Langley never showed up for his own ride!

August Rides & more

August 7

Orcas Island--Join me on a voyage of discovery to a foreign land. We'll take the 0725 boat to Orcas Island and ride up Mt Constitution, then back to Eastsound for lunch. (Or one could take the 1025 & meet us for lunch). Then we peel off on Crow Valley rd to Deer Harbor (new territory) for coffee and then to the ferry aiming for the 1735 departure back to America. 73, whit 757-1357 "RAIN CANCELS" and cell number 202.4702

Monday Rides

August 8 & 15 - MARCH POINT PARK & RIDE- 10 AM; Social pace. 30 mile ride with light lunch/coffee afterwards. No map/group ride/ flexible route. Contact Tony Pestarino 360 420 3052

August 22- MARCH POINT PARK & RIDE- 10 AM; Moderate pace. 30'ish ride with light lunch/coffee afterwards. Contact Dan Sandstrom 360 708 7108

August 29- MARCH POINT PARK & RIDE- 10 AM; Moderate pace. 30'ish mile ride with light lunch/coffee afterwards. No map/group ride/ flexible route. Contact Steve & Dian Jahn 425 830 4981 cell / 360 293 1340 home

Joy Rides--10:00 AM Edgewater Park, West Mount Vernon. Check the ride calendar the leaders.

August 14

Meet @ 2:00 pm RLH to enjoy approx. 20 mile bike ride from Fir Island to LaConner where we will stop for an ice cream. Ride from your home for more miles or just meet us there.

Jeannette Folkertsma 360 445 5924

August 20

We'll start out early for a moderate to at your own pace ride. Our destination will be Lynden with a food stop at the Dutch Mother's in downtown.

Rose Ploeg 360 202 1716

August 27--Farmer's Market Ride

After 2 rain outs, let's hope for some decent weather this time. Meet at the Mount Vernon River Revetment parking area between Pine & Myrtle @ 8:30 a.m. for approx. 26 mile ride. Afterwards, we can enjoy breakfast/lunch at the Farmer's Market just north of where we are parked.









Jeannette Folkertsma 360 445 5924

Skagit Bicycle Club

I'm planning a bike trip to Kauai in March 2012. The dates our now set for March 20 through March 28. Much of the Hawaiian Islands are good for biking but they can be hilly. Kauai is ringed by a coastal road that allows fairly level riding on most of the island. I anticipate there will be about 235 miles of riding over 7 days with opportunities to hike parts of the Na Pali Coast and the Waimea Canyon. Also a kayaking or hiking trip of part of the Na Pali Coast is planned. Even a helicopter ride may be an option. There'll be time for swimming, snorkeling, and relaxing as well. I'm planning on staying in hotels and cabins, and having at least 1 sag person.

My source for this trip comes from a previous trip to Kauai and the book, Hawaii by Bike by Nadine Slavinski. For any of you who would like to mountain bike instead of road ride, let me know and I'll put together a trip for you too. My source for those routes is Mountain Biking the Hawaiian Islands by John Alvord. Check those books out. They're a fun read. I anticipate getting a group together, planning more of the logistics, having a group meeting or two, and having a wonderful time! Mahalo, Jennifer McCoy, 336-2528.



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |
|---|--|---|---|--|--|---|--|--|
| <p>1</p> <p>10:00 AM S/RR CONWAY CHURCH LINDA WHITE 360 399 1999</p>  | <p>2</p> <p>6:00 PM BOARD MEETING WASHINGTON FEDERAL SAVINGS BANK JEAN SATTLER WILL 360 710 9577</p> <p>6:00PM S/RR ARLINGTON VELO SPORT MARK EVERETT 360 629 6415</p> | <p>3</p> <p>6:00PM RR MARCH POINT PARK & RIDE SHORT DIAN JAHN 425 830 5381</p> <p>MED/LONG STEVE JAHN 425 830 4981</p> | <p>4</p> <p>10:00AM S/RR "JOY RIDE" EDGEWATER PARK MOUNTVERNON LINDA WHITE 360 399 1999</p> | <p>5</p> <p>9:00AM BREAKFAST RIDE CONWAY RED BARN JEAN SATTLER-WILL 360 710 9577</p> <p>6:00PM MTNBR "FREERIDE FRIDAY" ARLINGTON VELO SPORT MARK EVERETT 360 629 6415</p> | <p>6</p> <p>ALL WEEKEND MARBLEMOUNT-MAZAMA RIDE JAMIE WELLS 360 424 9287</p>  | <p>7</p> <p>7:25AM FERRY ORCAS ISLAND FERRY @ANACORTES ORCAS ISLAND - ALL LEVELS WHIT WHITFORD 360 757 1357</p> | | |
| <p>8</p> <p>10:00AM M/RR MARCH POINT PARK&RIDE TONY PESTARINO 360 420 3052</p> | <p>9</p> <p>6:00PM S/RR "SWEET CAKES RIDE" ARLINGTON VELO SPORT MARK EVERETT 360 629 6415</p> | <p>10</p> <p>6:00PM RR MARCH POINT PARK & RIDE SHORT: JANE MONROE 360 424 4619</p> <p>MED/LONG JIM FINCH 360 770 5915</p> | <p>11</p> <p>10:00AM S/RR "JOY RIDE" EDGEWATER PARK MV TONY PESTARINO 360 420 3052</p> <p>6:00PM B/RR CONWAY RED BARN RAMBLE CRAIG & JILL LANGLEY 425 760 9126</p> | <p>12</p> <p>11:00AM RLH M/RR KIM KNAPP</p> <p>6:00PM MTNBR "FREERIDE FRIDAY" ARLINGTON VELO SPORT MARK EVERETT 360 629 6415</p> | <p>13</p> <p>9:00AM RLH HIKE DAVE MAZZARELLA 360 336 3982</p>  | <p>14</p> <p>9:00AM B/RR RLH TOM JACOBSON 360 855 0593</p> <p>2:00 PM RLH S/RR RIDE TO LACONNER FOR ICE CREAM JEANNETTE FOLKERTSMA 360 445 5924</p> | | |
| <p>15</p> <p>10:00 M/RR MARCH POINT PARK&RIDE TONY PESTARINO 360 420 3052</p> | <p>16</p> <p>6:00PM S/RR "SWEET CAKES RIDE" ARLINGTON VELO SPORT MARK EVERETT 360 629 6415</p>  | <p>17</p> <p>6:00PM RR MARCH POINT PARK & RIDE SHORT: JANICE LISHERNESS 360 466 3030</p> <p>MED/LONG BILL THAYER 360 757 2679</p> | <p>18</p> <p>10:00AM S/RR EDGEWATER PARK MOUNTVERNON JANE MONROE 360 424 4619</p> <p>6:00PM B/RR CONWAY RED BARN CRAIG LANGLEY 425 760 9126</p> | <p>19</p>  <p>NEWSLETTER DEADLINE</p> <p>9:00AM RLH M/RR BILL THAYER 360 757 2679</p> <p>6:00PM MTNBR "FREERIDE FRIDAY" ARLINGTON VELO SPORT MARK EVERETT 360 629 6415</p> | <p>20</p> <p>8:00AM RLH OWN PACE-M/RR LYNDEN RIDE ROSE PLOEG 360 202 1716</p> | <p>21</p> <p>10:00AM SKAGIT COUNTY HISTORICAL MUSEUM - LACONNER "RETRO RIDE" KEN RASMUSSEN 360 766 8720</p> | | |
| <p>22</p> <p>10 AM M/RR MARCH POINT PARK&RIDE DAN SANSTROM 360 708 7108</p> | <p>23</p> <p>6:00PM S/RR "SWEET CAKES RIDE" ARLINGTON VELO SPORT MARK EVERETT 360 629 6415</p> | <p>24</p> <p>6:00PM RR MARCH POINT PARK & RIDE SHORT: JENNIFER MCCOY 360 336 2528</p> <p>MED/LONG: CRAIG LANGLEY 425 760 9126</p> | <p>25</p> <p>10:00AM S/RR EDGEWATER PARK MOUNTVERNON CINDY MCGUINNESS 360 428 1816</p> <p>9:00AM CONWAY RED BARN "RED BARN RAMBLE" CRAIG & JILL LANGLEY 425 760 9126 360 631 9117</p> | <p>26</p> <p>9:00AM RLH M-B/RR JAMIE WELLS 360 424 9287</p> <p>6:00PM MTNBR "FREERIDE FRIDAY" ARLINGTON VELO SPORT MARK EVERETT 360 629 6415</p> | <p>27</p> <p>9:00AM RLH HIKE DAVE MAZZARELLA 360 336 3982</p>  | <p>28</p> <p>10:00AM BIG LAKE SCHOOL LITTLE MTN HILLCLIMB TIME TRIAL MARSHALL WILL 360 929 5003</p> | | |
| <p>29</p> <p>10 AM M/RR MARCH POINT PARK&RIDE STEVE & DIAN JAHN 425 830 4981</p>  | <p>30</p> <p>6:00PM S/RR "SWEET CAKES RIDE" ARLINGTON VELO SPORT MARK EVERETT 360 629 6415</p> | <p>31</p> <p>6:00PM RR MARCH POINT PARK & RIDE SHORT: STEVE JAHN 425 830 4981</p> <p>MED/LONG: DIAN JAHN 425 830 5381</p> | <p>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: 10-12 (S) MODERATE: 12-16 (M) BRISK 16-20 (B) STRENUOUS 21+ (ST)</p> <p>CHECK THE RIDES PAGE FOR EXPANDED DESCRIPTIONS.</p> | | | |  | |

SADDLE-POST INTELLIGENCER

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P.O. Box 363 Burlington WA 98233

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 of 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 |

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

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

Arlington Velo Sport Bicycle Shop
401 N Olympic Ave
Arlington, WA 98223 360-629-6415
<http://www.stanwoodvelosport.com>



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