



Saddle-Post Intelligencer

THE VOICE OF THE SKAGIT BICYCLE CLUB

For September Newsletter send your items to Bill Thayer at BHThayer@verizon.net

The Skagit Bicycle Club presents the SECOND ANNUAL RETRO RIDE!



**AUGUST 24th at the REXVILLE GROCERY
19271 Best Road, La Connor**

A LIGHTHEARTED CELEBRATION OF CYCLING HISTORY AND ECCENTRICITY BRING YOUR OLDEST, MOST STYLISH, OR MOST UNUSUAL BICYCLE AND COSTUME.

11:15 am	BRUNCH
12:00 pm	BICYCLE AND COSTUME REVIEW
1:00 pm	PROMENADE—15 EASY MILES OF CYCLING
2:30 pm	TEA TIME

Helmets are required for the Promenade. The event is free, except for food purchased from the Rexville Grocery. Cyclists of all ages and abilities are encouraged to attend, with or without unusual bicycles and costumes. All applicable laws and traffic laws must be obeyed.

Ride Leader: Ken Rasmussen kayakfit@fidalgo.net (360) 766 8720

Join the Movement—Bike MS 2008

Looking for a great end of the season ride? We have got just the one. More than 2,000 cyclists are expected to turn out September 13 and 14 in Mount Vernon for the 2008 Group Health Bike MS Ride, presented by Point B Solutions Group. You're up for this challenge – and ready for the ride of your life! The sense of accomplishment that you'll feel as you cross the finish line can only be matched by the difference you'll be making in the lives of people affected by Multiple Sclerosis.

The National MS Society, Greater Washington Chapter, hosts the annual charity ride. Money raised goes to programs and services for the 50,000 people living with or affected by MS in Western and Central Washington, as well as research into treatments, a cause and a cure.

Join us in beautiful Skagit Valley, 60 miles north of Seattle. This is the best supported two-day, fully catered cycling event in Washington attracting riders from all over the Northwest.

Ride through peaceful farmlands and rural communities in Whatcom, Skagit and Island Counties with an escort across Deception Pass Bridge and the option to ride beautiful Chuckanut Drive. All cyclists are provided with mechanical support, frequent and fully stocked rest stops, support and gear vehicles, medical personnel and much more to ensure that everyone has an unforgettable experience. There are multiple route options each day: on

Continued on page 5

In This Issue		August 2008	
Rim Strip	2	Calendar	4
Ride Descriptions	3	Freewheeling	5
Ride Reports	3	Club Info	6
		Membership form	7



Summer time vacations are a blast. There are a lot of cycling-related opportunities such as self-supported touring, week long supported rides, races, and the time to hang local and ride.

But, at the risk of blaspheming, there are times when a total divorce from cycling can be grand. A case in point is the river trip my family made on the Montana portion of the Missouri River last summer.

Thirteen of us intrepid adventurers rendezvoused in Missoula to gear up for our float trip. We loaded up seven canoes, jugs of water, coolers of food, a propane camp stove, expedition table, and personal camping gear onto and into a van, canoe trailer, and two trusty Subaru Outbacks, and headed east towards the vicinity of Fort Benton.

Our goal was to spend three days and three nights on the wild and scenic section of the river from Coal Banks to Judith Landing. The trip would encompass paddling downstream for 47 miles, passing through the White Cliffs of the Missouri, camping at three of the Lewis & Clark Expedition camp sites, and have hiking options of maneuvering through a slot canyon and scaling the Hole In the Wall landmark.

So we roll into Fort Benton in the mid-afternoon and we're greeted by a howling wind and white caps on the river. We spent some time at the BLM visitor center, signed in with the Rangers, and decided to spend our first night on the river at a motel (the only) in Big Sandy. We cooked dinner on the lee side of the motel, had a few beers at a downtown tavern, and ended the evening playing cards in the motel parking lot. The wind died; we slept and dreamt of our upcoming Voyage of Discovery.

The next morning conditions were perfect. No wind, warm, and the river like glass. We loaded the canoes, locked the cars, and shoved off. Navigating the river was pretty easy in that there are no rapids and the current a tame 4-5 mph. We spent the morning getting into the groove, and beached for lunch just west of the White Cliffs. We took a short hike to a bluff where we saw teepee rings from 200+ years ago.

Our campsite for the evening was at Eagle Creek. Lewis & Clark spent the night here on May 31, 1805. The temperature had warmed into the 80's, so we set up camp and took a swim in the river. No showers at these camp sites, so we air-dried, and set off for a hike through a narrow slot canyon. Very cool formations and a rattle snake greeted us on this amble.

The next day, after a morning's paddle, we lunched at the base of Hole-in-the-Wall, hiked to the top of the Hole, and then pushed on beyond the next Lewis & Clark campsite, and set camp up at Dark Butte.

The camp that we paddled past was called Slaughter River by Lewis & Clark. It was here that Indians drove buffalo over a cliff where they fell to their death and into the hands (and stomachs) of the locals. We avoided it because a herd of modern day cattle had passed through the day before and left it pot-holed and a bit on the messy side of things.

The Dark Butte campsite was dramatic that evening. The colors and shadows on the river were right out of a Charles Russell painting. Nephew Colson managed to run a bow saw over a finger as he was sawing up fire wood. For a kid going into fifth grade it was real traumatic. It was traumatic for his mom, too. Aunt Mary put on her nurse hat and butterflyed the wound close, and Colson got more than the usual attention from his three aunts that evening.

We hiked through some unusual sandstone formations after dinner. We called it "glob rock"; it was reminiscent of stacks of risen bread dough – very interesting.

Our last morning on the river started with scrambled eggs, sliced apples, and hot coffee. As we left the White Cliffs area the river widened and the morning grew hot. By the time we arrived at the take-out at Judith Landing, the temperature was in the low 90's.

After loading the canoes and gear, we took one last dip in the river, and started on the return drive to Missoula. Great fun, trip, and family – and dare I say, "No bikes."

For more information on floating this section of the Missouri, check out this website: www.mt.blm.gov/ldo/um/index.html

"That wasn't a cicada"! – Mary Schultz, after discovering that the buzzing she heard as she stepped over a rock came from a rattle snake.

P.S. The author, suffering from bicycle withdrawal, did ride the Tour B.C. trip the following week – up the Okanogan valley from Penticton to Revelstoke, then down the Slocan valley through Nakusp, Castlegar, Grand Forks, Osoyoos, and back to Penticton.

RIDE DESCRIPTIONS RIDE REPORTS

August 2

Lopez Island Bike Ride Join me for a fun day of biking on Lopez Island. We'll catch the 7:45 ferry at the Anacortes Ferry Terminal. Be ready to board at 7:25 as bikes load first! We'll see the sights at Spencer Spit State Park, the town of Lopez for lunch, Shark Reef Park, etc. for about a 30 mile day. Bring money for parking, ferry and food.

Ride leader

Jeannette Folkertsma
360-445-5924

August 4

Baker Lake Road Ride

Meet at 9 a.m. on Hwy 20 and Baker Lake Road (15 miles east from Sedro-Woolley). Hilly 40 miles total to Baker Lake Resort and return to the Hwy. Gorgeous views of Mt. Baker, Shuksan, Baker Lake. Usually little traffic. Bring a lunch. They advertise a restaurant and groceries but not sure what that means exactly.

Ride Leader

Cindy McGuiness
360-428-1816

August 7

Time Trial Series

Meet at Stanwood Velo behind Viking Village at 6pm. We'll warm up riding to the start on Norman Road, then ride the flat 9.38 mile out and back course. Cool down on the way back. Timing provided. Fall is coming; this may be your last chance this year to show off your hard-gained fitness before football season takes its toll! Light rain won't cancel.

About 25 miles total.

Ride Leader

Marshall Will
360 929-5003 or cesiwill@msn.com

August 23

Central Whidbey Ride

Come join me on Whidbey for a ride with some beautiful views, peaceful roads without chip seal, and hills for a workout. We can even share a few stories about the ride afterwards over burgers and beverages at the Flyers Pub! Meet at the Oak Harbor Middle School at 10:00 which is just west of Hwy. 20 in Oak Harbor on 6th Ave. You'll know where to turn right on the 6th Avenue corner when you pass Blockbuster on the right and see Applebee's and Home Depot on the left. The basic ride will be about 40 miles but I always have options to make it longer or shorter, flatter or hillier. Please call if you have any questions.

Ride Leader

Greg Vlasak 360-632-7596

First Annual Walla Walla Bicycle Tour & Wine Tasting June 28 & 29

By Jean LaBossiere

Wouldn't you know we hit one of the hottest weekends this year, by the afternoon the temperatures were well into the 90 degree range or hotter. We rode early in the mornings and were in the pool by afternoon. Joella Solus, Jeanette Folkertsma, Cheryl Calhoun, Francean Brown, Marshall Will and myself Jean LaBossiere met Justin Bannerman for some wine tasting and spectacular riding.

Friday evening we hit the town for some tasting and music, Justin took us to the very best spots.

Saturday morning we met with a group who rode up to the Blue Mountains where there is a ski resort. Us ladies did a scenic route up Birch Creek, enjoying the rolling wheat fields and views of the valley below. On the way back to the hotel we stopped by a few wineries near the airport but first we stopped by quaint little store where Jeanette bought a loaf of wonderful tomatoe garlic bread with which we cleansed our palates during our wine tasting. Then it was off to tour Fort Walla Walla!

Sunday morning we rode up Mill Creek into the shade of the trees and again another wonderful view of the valley. Hit the pool had lunch and then headed for home.

The company, weather and wine made for a truely wonderful weekend! I'm already looking forward to next year!

Northwest Tandem Rally in McMinnville, Oregon

By Marshall Will

On this last 4th of July weekend SBC members Mike and Nancey Merickel, Dave and Marge Harrington and Marshall Will & Jean LaBossiere joined some 730 tandem teams at the NW Tandem Rally down in McMinnville. The planned rides were some of the best ever, riding over rolling hills surrounded by wineries, hazelnut groves, and stands of oak trees that all grow so well in the Willamette River Valley. Local clubs are tapped to put these on and Tandems Northwest Tandemium (TNT) did a great job on organization, rest stop food, & sags. Also the local authorities apparently banned them from painting dan henry's on the road, but TNT found stick-on green arrows that worked better than anything we've ever seen. (None of the usual confusion with fading route marks, or marks from previous events.)

Mostly the reason for these rallys is to see old friends and make new ones, to marvel at the triple and quad tandems (how do they all get along!) and to drool over the newest tandems. The number of new designs pushing sub-30 pounds was amazing. I think the next year's event is in Victoria over 4th of July weekend, 2009. Hope to see all you tandem'ers there!

Mt Baker Ride -- July 19

By Jane Monroe

It was a beautiful day, a good decision to change this from past years in June, to this year a July event. Sixteen riders met at the Samish School north of Sedro-Woolley at 8:00am. Everyone biked at least as far as Glacier round trip (70+ miles), or the DOT buildings (100 miles), or the Ski area (116 miles), or Artist Point (120 miles). Along the way other Club members, Peggy, Cindy, Francean, Jim R and Jim A, were sighted riding a 40 mile loop from Maple Falls. Jean LaBossiere started at Welcome. Participants from Samish School were Bill Thayer, Jamie Wells, Jerry Wade, Kim Knapp, Cynthia Wood, Lee Johnson, Jim Finch, Geoff Grace, Dave Olausen, Chris Hanson, Eric Knapp, Craig Langley, Jill Langley, Russ Weiser, Dave Mazzarella and Jane Monroe.

Trip to Orcas Island -- July 13

By Whit Whitford

We had perfect weather--high 70's to low 80's. Went adventuring on new (to us) roads up the west side of Eastsound on Dolphin Bay road--4 miles of gravel but very compact and no traction problems. Very remote and super steep hills. then up Mt Constitution--4.7 miles in one minute under an hour!!! What a view! Back to Eastsound town for lunch and down to Orcas Village for ice cream and the boat home. pix on website soon. see what you all missed? Tnx to Jane Monroe and Jerry Wade for coming along. Ride on, whit.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<h1>AUGUST</h1>				1	2 7:25AM ANACORTES FERRY DOCK LOPEZ ISLAND JEANNETTE FOLKERTSMA 360 445 5924	3 8 AM ROAD RIDE 22ND & R ANACORTES JOELLA SOLUS 360 293 9245
				4 9 AM HWY 20 & BAKER LAKE RD BAKER LAKE ROAD RIDE CINDY MCGUINESS 360 428 1816	5 6:30 PM GENERAL MTG AT WASHINGTON FEDERAL BANK IN BURLINGTON 6 PM STANWOOD VELO SPORTS SWEETCAKES RIDES+ MARK EVERETT 360 629 6415	6 6:00 PM MT.BAKER MIDDLE SCHOOL-MTVERNON MED/LONG BILL THAYER 360 757 2679 SHORT KATHEA RASMUSSEN 360 766 8720
11	12 6 PM STANWOOD VELO SPORTS SWEETCAKES RIDE PLUS MORE! MARK EVERETT 360 629 6415	13 6 PM MT.BAKER MIDDLE SCHOOL-M TVERNON MED/LONG JANE MONROE 360 424 4619 SHORT JANICE LISHERNESS 360 424 5263	14 6 PM STANWOOD VELO SPORT MARK EVERETT 360 629 6415 6 PM ANACORTES CYCLE CENTER CHARLIE SCHULTZ 360 293 3098	15	16 8 AM SOUTH SKAGIT PARK & RIDE BILL THAYER 360 757 2679	17 10 AM WASHINGTON ELEMENTARY SCHOOL MOUNT VERNON JIM FINCH 360 424 8511
18	19 6 PM STANWOOD VELO SPORTS SWEETCAKES RIDE PLUS MORE! MARK EVERETT 360 629 6415	20 6 PM MT. BAKER MIDDLE SCHOOL MT VERNON MED/LONG BILL THAYER 360 757 2679 SHORT JANE MONROE 360 424 4619	21 6:00 PM STANWOOD VELO SPORTS MARK EVERETT 360 629 6415 6:00 PM ANACORTES CYCLE CENTER JOELLA SOLUS 360 293 9245	22 9:30 AM COFFEE RIDE RIDE LEADERS HOME SILVER QTRS STABLES WHIT WHITFORD 360 757 1357 NEWSLETTER DEADLINE SEND NEWSLETTER ITEMS TO BILL THAYER AT BHTHAYER@VERIZON.NET	23 10 AM OAK HARBOR MIDDLE SCHOOL CENTRAL WHIDBEY ROAD RIDE GREG VLASAK 360 679 1062	24 8 AM 22ND & R ANACORTES JOELLA SOLUS 360 293 9245 11:15 AM REXVILLE GROCERY RETRO RIDE KEN RASMUSSEN 360 766 8720
25	26 6 PM STANWOOD VELO SPORTS SWEETCAKES RIDE PLUS MORE! MARK EVERETT 360 629 6415	27 6 PM MT.BAKER MIDDLE SCHOOL-MTVERNON MED/LONG JIM FINCH 360 424 8511 SHORT CHERYL MINOR 360 424 4836	28 6:00 PM ANACORTES CYCLE CENTER CHARLIE SCHULTZ 360 293 3098 6:00 PM STANWOOD VELO SPORTS MARK EVERETT 360 629 6415	29	30 9 AM RIDE LEADERS HOME GARY MINOR 360 424 3567	31 1:00 PM MARCH'S POINT PARK & RIDE FAMILY RIDE CHERYL CALHOUN 360 757 1200

FREEWHEELING

Bicycle Parking?

Submitted by Jane Monroe

Let's notice where there are bike racks provided at Skagit County businesses. While it would be nice to see more, let's thank those who do provide for bicycle parking. The Santiagos at Skagit Cycle Center invite customers to lock personal bikes to the display racks in front of the store. Even though Rite Aid has moved from Crossroads Square in Sedro-Woolley (next to my Salon), they left in place a nice multiple rack. Also many SBC members might not know that our Club provided another multiple rack in front of the Farmhouse Restaurant. It was placed there, as a memorial to a faithful SBC ride leader and member who passed away about a decade ago... Phil Stevens. Skagit Bicycle Club has also paid for a rack located in front of the Calico Cupboard in Anacortes. This was part of a project of the City of Anacortes to place several racks around the business district.

Bike MS 2008 continued from page 1----
Saturday choose between 20, 58, 81 or 104 miles. Sunday, you can pedal for 55 or 81 miles. Route maps are available to view at www.nationalmssociety.org/bikems2008.

Sign up to ride and we'll be there to support you every mile of the way. For more information on the event, or to register or volunteer, visit www.MSwashington.org and click on the Bike MS Ride logo, or call 1-800-344-4867 and press option 2.

Special Olympics Part 2

Submitted by Jane Monroe

All Athletes received ribbons or medals and competed in at least 3 races each. Donations from SBC have supported our local team and made this memorable participation possible for many years. The 2008 Spin Skagit team was as follows: Bryan Baker, Sarah Bellersen, Jake Cheek, Kathy Child, Josh Cowan, Jason Dykes, Joan Good, Terry Hall, Lisa Hyatt, Chris Mang, Amber Mason, Renee Rockafellow, Don Russell, Larry Simpson and Jack Whitmer.

This Spring a car-hauler trailer was purchased to transport bicycles to competition and to use for much needed storage of Special Olympic equipment. Skagit Bicycle Club will also benefit by using the trailer for Skagit Spring Classic gear transport and storage of awnings. Many thanks go to the organizations that, so far, have donated to the purchase of this trailer: Skagit Bicycle Club, Shell Oil, Kiwanis Club of South Skagit, Sedro-Woolley Rotary Club, Mt. Vernon/Skagit Rotary/Charitable Association, Burlington-Edison Kiwanis, Skagit Mount Vernon Kiwanis, Tesoro Companies, Inc.

Want some great reading?
go to the link below. whit

<http://www.crazyguyonabike.com/glenandbobbie>

The Ride Around Puget Sound (RAPSody)

Dear fellow bicyclists,
You've been training for a big ride all spring. That means you're ready for the Ride Around Puget Sound Aug. 23-24. The early registration deadline was July 20. **The Ride Around Puget Sound (RAPSody)** is a challenging 2-day ride hosted by five bicycle clubs (BIKES of Snohomish County, Capital Bicycle Club, Seattle Bicycle Club, Tacoma Wheelmen's Bicycle Club, and West Sound Cycling Club) to insure your enjoyment. Starts and ends in Tacoma. The 165 mile ride

goes across the new Tacoma Narrows Bridge (no ferries this year!) with an overnight stop in Shelton. Great food stops with lots of music. A 1-day option for the entire course starts on August 23. All funds donated to the Bicycle Alliance of Washington. www.rapsodybikeride.com

Here are some great rides for your consideration as you prepare for the RAPSody.

August 2-4 - Courage Classic hosted by Mary Bridge Children's Hospital. The 3-day ride starts in North Bend. www.courageclassic.com

August 10 - TRYBR (Tenino Rainier Yelm Bucoda Rally) hosted by Capital Bicycle Club. Starts in Tenino. www.capitalbicycleclub.org
Team RAPSody

Bike to Battle Cancer, scheduled on August 10th at Edgewater park is cancelled for this year.

I would like to thank you all for your interest in the **American Cancer Society and the Bike to Battle Cancer** this year. Unfortunately, due to a lack of riders, we have decided that the **Bike to Battle Cancer, scheduled on August 10th at Edgewater park is cancelled for this year.**

While the August ride will not happen, we

are however beginning to restructure the event and plan for next year. We are currently looking for people who are interested in helping us make a great event next year! If you are interested in giving input or joining the committee, contact me via email or at the phone number listed below.

Also, if you have any questions, feel free to contact me. I would be more

than happy to address any concerns you might have. Thanks again for all of your support! I look forward to seeing you guys next year!

Casey Henson, Community Relationship Manager, American Cancer Society, Great West Division, Inc. 425 322 1116 or 1 800 227 2345 casey.henson@cancer.org

Saddle-Post Intelligencer

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

Editor
Rose Ploeg
ploeg@cnw.com

Send articles to the Editor
Via E-mail ploeg@cnw.com

Be specific in the subject line, what
is being sent, Such as:

Ride description with the date
Ride report with date or a title

Article & Photos Guidelines:

Articles are accepted in
Word or Excel documents/format
or in the body of an E-mail.
Photographs will be accepted
in JPEG format

2008 Newsletter Deadlines
The Third Friday of each month
as listed below:

August 22: September
Send Sept items
to Bill Thayer

bhthayer@verizon.net
September 19: October
October 24: November
November 21: December



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

Club Officers

President	Charlie Schultz	tbcscultz@comcast.net
Vice President	Chris Hanson	cahanson94@comcast.net
Secretary	Jen Woyski	Jwoyski@gmail.com
Co-Treasurer	Greg Vlasak	Gvlasak@aol.com
Co-Treasurer	Jean LaBossiere	cesiwill@msn.com
Past President	Marshall Will	cesiwill@msn.com

Board Members

Cheryl Calhoun	Calhoun@fidalgo.net
Jim Finch	JimF@wabulb.com
Dian Jahn	dianstevejahn@hotmail.com
Bill Thayer	bhthayer@verizon.net
Jamie Wells	wells_003@hotmail.com
Bill Woyski	bwoyski@comcast.net

Ride Coordinator

Jennifer McCoy jlmccoy@ncia.com

Membership List

Marshall Will cesiwill@msn.com

Web masters:

George Haigh george@zappo.org
Tom Jacobson Tomandlori@comcast.net

Website:

www.skagitbicycleclub.org

Bike Travel Cases:

SBC Members can arrange to use one of the club's 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. To make arrangements contact Bill Thayer at 360 757 2679 or email BillHThayer@aol.com.

Bike Racks:

SBC owns four Yakima bike carriers that attach to a roof rack (if your rack has 1 inch round bars front and rear). They are fork mount and we have mounts for the front wheel too. They are available for Any SBC member to checkout and use. They are currently kept in the Storage Unit in Mount Vernon, to check them out and arrange a pick up 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@wavecable.com.

Newsletter--Email Edition

If you have any problems or comments, please contact us through the website or via Marshall Will at 360 929 5003 or cesiwill@msn.com. If you're changing internet carriers or if the ol, printer is on its deathbed, feel free to request a mailed copy of the newsletter.



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

Skagit Bicycle Club Membership Form

Use this form after you are finished with the ride calendar on the reverse side

Check One: New Renewal **Annual Dues:** Individual \$15.00 Family \$20.00

Name _____ Address _____

City _____ State _____ Zip _____ Phone Home _____

Phone Work _____ E-mail _____

MAIL TO: Skagit Bicycle Club ☺ P.O. Box 363 ☺ Burlington ☺ WA ☺ 98233

We'd like to get to know you, check as many biking interests as you wish:

- Recreational Riding Touring Family rides Mountain biking Road biking
- Tandem biking Ride Leader Advocacy Volunteer Skagit Spring Classic
- Other

Membership benefits include 10% off at the following:

Skagit Cycle Center 1704 S.. Burlington Blvd... Burlington 360-757-7910 ☺☺☺ Skagit Cycle Center 1620 Commercial Ave. Anacortes 360-588-791 ☺☺☺ Racks and Beyond 731 W. Division Mt.. Vernon 360-428-2665 ☺☺☺ Velo Sports Viking Village Stanwood 360-629-6415 ☺☺☺ Bicycles NW 31531 SR 20 Oak Harbor 360-279-8919 ☺☺☺☺☺☺☺