

Saddle-Post Intelligence

The Voice of the Skagit Bicycle Club

Skagit County Washington

February 2011

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Don't forget:

Ride Mileage for 2010

Please send in your total mileage before February 14 for publication in the March newsletter. It's fun to see how many miles SBC members have covered in the year 2010. Send totals to janemmonroe@aol.com or call 360-424-4619 and leave a message.

Seattle Bike Expo

Seattle Bike Expo is Saturday, March 12 (9 AM to 6 PM) and Sunday, March 13 (10 AM to 4 PM). Volunteer sign up will first be offered at February and March SBC Board meetings held the **first Tuesday** of each month at 6 pm at the Washington Federal Bank in Burlington and then to other interested members through a notice in the March SBC Newsletter.

IF YOU DESIRE TO VOLUNTEER, PLEASE SIGN UP AT THE NEXT TWO SBC BOARD MEETINGS OR HAVE A FRIEND ATTENDING SIGN UP FOR YOU. Any questions contact Steve & Dian Jahn stevedianjahn@gmail.com

From Kristin Kinnamon, Bicycle Alliance of [Washington](#)

Transportation Advocacy Day Feb. 10

Join fellow bike advocates in Olympia to learn about legislation and lobby your elected representatives in Olympia. The event is co-sponsored by a number of organizations, including the Bicycle Alliance of Washington, [Cascade Bicycle Club](#) and Transportation Choices Coalition. Go to www.bicyclealliance.org to learn more about this year's bike-related bills and for a link to the sign up. For help with transportation, consider a carpool (request when you register) or taking the train (shuttles are usually run from the Amtrak station to the capital).

Ride Around Puget Sound Aug. 27-28

If you need a challenge to train for, sign up for the 170-mile Ride Around Puget Sound. Although two 85-mile days sound easier the STP, this beautiful ride has rolling hills that add up to 9,600 feet of elevation gain - almost as much as RAMROD. RAPSody is a small event with enough people to enjoy fellow riders and the rest stops without feeling crowded. The food includes yogurt parfaits, calzones and a lunch-time sandwich bar.

RAPSody is an event run by cyclists for cyclists. Five different bike clubs sponsor the ride, and all proceeds benefit the Bicycle Alliance of Washington.

To learn more about the ride and sign up, visit rapsodybikeride.com.



OFF THE BACK

BY JEAN LABOSSIERE



GET THE POINT?

By now you're wishing for warmer weather, wanting to feel the sun on your back as you're riding.

Thinking back to last summer, I think the hottest ride for me was the San Juan Island ride. I believe it got into the 90's, although for me that's a bit too warm. Whit Whitford led that ride. When we got to Friday Harbor we met up with John, one of Whit's friends. We enjoyed the Lavender fields and lunched in Roche Harbor. After riding around the island, John invited us back to his house for some cool refreshment before catching the ferry back to Anacortes. It was a very good day, made possible, because Whit decided to lead that ride.

If you would like to make new friends and get a ride leader point, just map out a route, (short, long or in between), pick your pace, (social, moderate, brisk, or strenuous). Make a map, download the ride signup sheet off the SBC website and you're ready to go. Contact Marshall Will (360 929-5003 or cesiwill@msn.com), our ride coordinator and ask about dates that are available.

I know it can be unsettling to do something new, if you need help just ask. You can even co-lead a ride. Sometimes the group breaks up into different speeds, (feel free to do that), and it is helpful to have someone take a slower or faster group. (Ride leader points; get 10 points and you get a ride leader award, they're always something really neat, like a jersey or a vest. Non-cycling events like hikes, ski trips, get ½ point). Even if the ride gets called on account of a downpour or hurricane, please send in the ride leader sheet.

Ride leaders are always needed! It's one way to contribute to your club, have fun, and get rewarded!

Speaking of contributing, volunteers are needed for the club's annual ride, the "Skagit Spring Classic" on May 7th. If you have never volunteered this is your chance! People are needed to help with parking, registration, rest stops and sag drivers. You can call Jamie Wells if interested in any of the above. I will be repeating this in future newsletters until I wear you down.

Ride happy! Jean

FREEWHEELING: RIDE REPORTS ETC....



New Year's Day Ride

The Third extremity
By Graham Read

You all know what I'm talking about don't you guy's? We have protection for our hands and feet but not for the third extremity. With the recent frigid weather I was reminded of my 40+ years of commuting in cold weather and my efforts at solving this problem. I used many materials but none worked properly even long vests would rise up, (no pun intended) and leave me unprotected. Eventually, thinking out of the box I discovered the solution, keep you underwear on. I know the is idea won't sit well with everyone but it works really well.



LaConner Market

The Ride I Missed
By Graham Read

It was 1979 I first heard of a New years Day ride that I knew I would like because it started at noon giving party goes a chance to pull themselves together before the start. After doing the ride for 29 consecutive years and after a lot of consideration I decided not to make it an even 30 years because we had a good ride here. Also, I don't live in [King County](#) any more thank goodness. The ride starts at the Enatai Beach Park under I-90 in Bellevue and goes through [Beaux Arts Village](#) then through Bellevue to Clyde Hill and into Medina home to [Bill Gates](#) and the Nordstrom's, nice neighborhoods. After reaching [Hunts Point](#) the ride goes down a one way street, true. Of course after about a quarter of a mile we all have to turn around in the cul-de-sac. This a hilarious part of the ride because over the years there has never been fewer than 40 riders. One year while turning in the cul-de-sac we saw a gentleman wearing a fur coat with 4 Poodles (dogs) on one leash which caused an Irish rider to comment in a loud accent, "Oh I, we come down here once a year to see how the other half lives." The ride then continues along a bike path adjacent to the 520 Freeway which is the only time the group rides single file. We then continue back through Bellevue to the Park.

FOR SALE: KHS Milano Tandem. 21/16. Shimano deori component. 6061 alloy. Great condition. Bought new and used for only 60 miles. We have too many bikes and too little room! Linda 360 466 3859

CLUB NEWS: BOARD BRIEFS

SBC GENERAL MEETING
JANUARY 4, 2011
WASHINGTON FEDERAL SAVINGS
BURLINGTON, WA

Present: Jean LaBossiere, Marshall Will, Jen Woyski, Dian and Steve Jahn, Craig Langley, Jim Finch, Janice Lisherness, Chris Hanson, Marci Maulden, Bill Thayer, and new club member, Dan Sandstrom.

The meeting was called to order at 6:00 pm by our new president, Jean La Bossiere.

2011 SBC Board Members:
Chris Hanson, Dian Jahn, Steve Jahn, Craig Langley, Jill Langley and Bill Thayer.

The December minutes were approved with no corrections.

We welcome new members: Dan and Valora Sandstrom of Anacortes, and Brandan and Mandy Jensen of Mt. Vernon.

Marshall told the board that the club has just under 200 members.

RIDE COORDINATOR'S REPORT:

Marshall passed the February ride calendar around. He reported that there were 28 intrepid riders on the club's New Year's Day ride to La Conner.

OLD BUSINESS:

The checks are writtten for the club's 2010 donations and will be mailed out tomorrow. A check for \$200 went to Gary Lorenz to help with expenses incurred during our Christmas party at Skagit Valley Gardens. Bill Thayer will speak to Gary about the table that was damaged by a hot crock pot. The board would like to replace the damaged table.

Special Olympics: Marshall said that Special Olympics is requesting three more tricycles. They are \$700 apiece. We have donated \$1,500 to Special Olympics. From that donation they will use \$700 for one new trike and will save the balance for future expenses. The Eagles will buy the other two trikes.

Kiosk for the Tommy Thompson Trail:

Steve Jahn wrote a very nice letter to Gary Robinson of Anacortes Parks and Recreation, inquiring about the status of the kiosk project on the Tommy Thompson Trail. SBC donated \$1,250 in 2005, to the city of Anacortes, to pay for a kiosk, which has still not been installed. Evidently this project has slipped through the cracks. Steve will keep us informed.

Bike Expo: The Knapps will help Dian Jahn do set-up. There will be a blurb in the February newsletter asking for volunteers to work in our booth.

The next board meeting will be on Tuesday, February 1st, at 6:00 pm at Washington Federal Savings Bank in Burlington.

Respectfully submitted,
Jen Woyski, Secretary



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 6:00pm SBC BOARD MTG Burlington WAFedSavings Jean LaBossiere 360 710 9577	2 6:00pm B/RR RLH Bring lights Eric Knapp 306 421 3604	3 11:00am M/RR March Point Park&Ride Dan Sandstrom 306 708 7108	4	5 9:00am B/RR RLH Dave Mazzarella 360 336 3982	6 11:00am M/RR RLH Whit Whitford 360 757 1357
7 6:00pm MTNBR bring lights Little Mtn Park entrance Dave Mazzarella 360 840 5602	8	9	10 11:00am S RR March Point Park&Ride Janice Lisherness 360 391 3931	11 10:00 am M/RR RLH Rose Ploeg 360 202 1716	12 10:00am Snowshoe hike RLH Dave Mazzarella 360 840 5602	13 1:30pm S/RR RLH Jeannette Folkertsma 360 445 5924
14 6:00pm Night MTBR Little Mtn Park Dave Mazzarella 360 840 5602  Valentine's Day	15	16 6:00pm B/RR RLH Bring lights Eric Knapp 306 421 3604	17 11:00am S/M RR March Point Park&Ride Marci Maulden 360 757 8464	18 10:00am B RR RLH Jamie Wells 360 421 2126  Newsletter Deadline	19 11:00am B RR Washington School/ Mt. Vernon Jim Finch 360 424 8511	20 11:00 am M/RR RLH Rose Ploeg 360 202 1716
21 6:00pm Night MTBR Little Mtn Park Dave Mazzarella 360 840 5602 President's Day	22	23 6:00pm B/RR RLH Bring lights Eric Knapp 306 421 3604	24 11:00am M/RR March Point Park&Ride Dan Sandstrom 306 708 7108	25 10:00am M RR RLH Jamie Wells 360 421 2126	26 10:00 am M/RR RLH Rose Ploeg 360 202 1716	27 1:30pm S/RR RLH Jeannette Folkertsma 360 445 5924 1:45pm B/RR Conway Red Barn Marshall Will 360 929 5003

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FEBRUARY

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) When submit-
ting rides please use these in your descriptions.

Reminder:

If weather is questionable call the ride leader about the status of the ride.

Saddle- Post Intelligencer

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Editor Rose Ploeg dutchpedaler@yahoo.com

Deadline January 21 for February 2011 Newsletter

Skagit Bicycle Club Officers & Board

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Marshall Will cesiwill@msn.com

Volunteer Positions

Ride Coordinator Marshall Will cesiwill@msn.com

Spring Classic Coordinator: Jamie Wells

Bridge Sweep Coordinator: Bill Woyski

Membership List Marshall Will cesiwill@msn.com

Web masters: George Haigh george@zappo.org

Tom Jacobson Tomandlori@comcast.net

Website: www.skagitbicycleclub.org

Mailing Address:

The Skagit Bicycle Club

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

Velo Sports

Viking Village Stanwood 360 629 6415

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)
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