

Saddle Post Intelligence

The Voice of the Skagit Bicycle Club

Skagit County Washington

July 2011

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There will be
NO Board Meeting
in July--
the next one will
be August 2 at 6pm
at Washington
Federal Savings in
Burlington

PLEASE VOTE!

ALL MEMBERS INTERESTED IN HAVING ANOTHER POTLUCK DINNER FOLLOWING THE AUGUST WEDNESDAY NIGHT RIDES PLEASE LET MARSHALL (RIDE COORDINATOR) KNOW AT CESIWILL@MSN.COM OR CALL 360 929-5003.

THIS MAY MEAN MOVING THE RIDE TO EDGEWATER PARK IN MT. VERNON, (OR AT BURLINGTON'S MAIBEN PARK). IF THERE IS ENOUGH INTEREST IT SHALL BE DONE. IF NOT THE SCHEDULE WILL REMAIN UNCHANGED; (AT MARCH POINT PARK & RIDE IN AUGUST AND MAIBEN PARK IN SEPTEMBER).



Don't be Shy or Intimidated... Come Join the Fun!

Conway Red Barn Ramble

Saturday July 9 and 23, 2011

9:00 AM

Ride Purpose: To encourage riders of ALL road cycling abilities to----

Meet new ride buddies – Flat, social speed for first 4 miles. No one dropped
Work a cycling pace line at moderate 15 mph speed – mile 4 to mile 13
Stop (optional) in LaConner for riders who choose to break for coffee
Sprint Sneeoosh – mile 13 to mile 21. Ride at your own pace.
Regroup at Reservation Rd/Hwy 20 for pace line work back to Conway – Mile 21 to 42

We want YOU and your FRIENDS

Husbands... get your wife on her bike

Wives....get you husband on his bike

Ladies... get your girlfriends out for a ride (we need more gals)

Guys... get your buddies out (guaranteed to make you feel better than any Saturday morning sports TV)

Ride Leaders: Craig Langley (425-760-9126) and Jill Langley (360-631-9117). Route maps will be available



BBQ and Volleyball Match
Sunday, July 17, 2011 at 6PM

at

Craig and Jill Langley's Home

Tri Tip Roast and Jamaican Jerk Chicken provided by the Langley's
Please bring a side dish or dessert and your favorite beverage and camp chair
RVSP's always appreciated. Email Jill at jlanglej@nalco.com or 360-631-9117
Directions to the Langley's at 25721 38th Ave. NW, Stanwood, WA, 98292

Take I-5 Exit 212 Stanwood-Camano Island
Drive West for approx. 2 miles towards Stanwood
Turn left on 36th Ave NW
Drive downhill. 36th Ave will turn into 258th St NW.
Stay on pavement and drive uphill.
Enter Rider's Ridge Gate.
We're the yellow house on the left.



Off the Back

BY
JEAN SATTLER-WILL



We all know wearing your helmet and following the rules of the road are normal bicycle safety guides. Understanding a bicycle presence on the road within existing traffic is the key to biking roads safely. First assertive cycling is a must. Knowing where you are and where you need to go beforehand will allow other cyclists and cars to respond to your presence appropriately. No amount of safety equipment can adequately protect a rider from the force of a car if involved in a collision, that's why being seen is the best way to avoid a collision. But consider: Wearing your helmet will do nothing to prevent you from being hit by a car. Yes, it will protect you IF you get hit, but your #1 goal should be to avoid the accident in the first place. I've noticed a number of riders dressed almost in camouflage colors, are they thinking, "if they can't see me they can't hit me"? Bicycle clothing is bright for a reason, and that is to keep us safe so drivers CAN see us. If you don't own a vest or jacket of a bright color I highly recommend you invest in one. This year we have not seen a whole lot of sun, it's been rather dark and with a lot of shade. It seems drivers have trouble seeing other cars much less a smaller target like a bicycle rider. High quality reflective gear makes you more visible even in the daytime, not just at night. I had a friend ride away from me while wearing a bright vest, when she was about a quarter mile away from me I couldn't see her or the bike but the vest was clearly visible. For your own protection and the people you ride with please wear something bright, it could save your life and those around you.

History is Made: In a previous article I wrote about the bicycle routes thru out the US. The American Association of State Highway Transportation Officials has approved six routes in Alaska, Maine, Michigan, New Hampshire and Virginia. This is great news for all cyclists!

It's the time of year when your club's looking for board members and officers for the coming year 2012. I'd ask that you give it some thought, if you are interested in being on the board or becoming an officer please let me, Jim Finch or Steve Jahn know. If your new to the club or not sure what's involved please ask, we would be glad to explain and help you in any way we can. Our board meetings are held the first Tuesday of every month at Washington Federal State Bank, in Burlington. All members are welcome to attend these meetings and I would encourage the membership to come. It's the volunteers that make this exceptional club what it is today. So please give some thought to helping.

Ride safe: Jean Sattler-Will, President SBC

Warm May Days-- May 21, 2011
100 miles and 4,700 feet of climbing
Riders: Craig Langley, Jill Langley, Rick Teudt
SAG: Laurie Teudt

The plan was to follow a 120 mile loop from Wenatchee to Quincy, Ephrata, up the Moses Coulee to Hwy 2 and Waterville, down to Orondo, and back to Wenatchee. The route is based on a now extinct ride called Hot August Days which usually had a finish line temperature of 90+ degrees. The last time we rode Hot August Days in 2008 it was 102 degrees! After that scorcher we decided to try our own self-supported version of the ride in cooler weather.

The day started out promising – broken clouds and mid-60s in Wenatchee, with a slight west wind. The first 7 miles were a leisurely jaunt along the Apple Capital Loop Trail. At the end of the trail we jumped onto Hwy 28 and noticed that the wind had picked up, and it was a tailwind! Aided by the wind we took turns pulling at speeds in the mid 20s all the way to Quincy.

We stopped in Ephrata and enjoyed a long lunch at Subway. By this time the temperature was in the low 70s but we could see clouds blowing in from the west. We headed north from Ephrata along scenic Sagebrush Flats Road where we immediately began a long but gentle climb, followed by a long and gentle descent. As we approached Hwy 2 we could smell wet earth and sage, and the road became wet. There were heavy rain showers in the distance, we even heard some thunder, but by the time we reached the highway the showers had passed. Except for some spray from the road we stayed dry.

The last climb of the day was about 6 miles long and brought us to the top of the Waterville Plateau. Craig took KOM points after catching Jill just before the top. Then it started to get ugly. That tailwind we enjoyed earlier was now a headwind, and it was blowing 15-20 mph with occasional gusts. The next ten miles of rolling hills seemed to take hours. At one point Craig said "that was the longest mile of my life!". The temperature was in the low 60s and dropping quickly, and near Waterville, heading our way, was a grey wall of heavy rain. We stopped about 8 miles short of Waterville and decided unanimously that it would be dangerous to try the 2,000 foot descent through Pine Canyon with heavy rain and gusty winds. We had 90 miles on the odometer but wanted to finish with an even 100 so we called Laurie (who was waiting for us in Waterville) and asked her to backtrack and pick us up in 10 miles. The difference between a 20 mph headwind and 20 mph tailwind is astounding! We quickly ate up the last 10 miles with big grins on our faces and finished loading the bikes onto the truck just as it started to rain.



Volunteers are needed for the Swinomish Canoe Journey July 25 - 31.

The Intertribal Canoe Journey is hosted annually by tribes of the Salish Sea. In 2011, the Swinomish Tribe at La Conner will be hosting this historic cultural event for a week of celebration. We need volunteers to assist with meals, transportation, recycling, safety, organization, and medical to make this event possible. To volunteer for this important celebration, go to the volunteer section of paddletoswinomish.com, choose your job category, and your shifts. Shifts range from four to eight hours. Groups are encouraged to sign up together. Signing up is only one click away! Look for the VolunteerSpot icon in each category and it will lead you through the process. Volunteer packets are also available at the Chamber of Commerce in La Conner and in the Social Service Building in Swinomish Village.

BOARD BRIEFS & CLUB RIDE DESCRIPTIONS

SBC GENERAL MEETING--JUNE 7, 2011
WASHINGTON FEDERAL SAVINGS
BURLINGTON, WA

Present: Jean Sattler-Will, Jen Woyski, Bill Woyski, Jim Finch, Bill Thayer, Janice Lisherness, Jamie Wells, Jill and Craig Langley, Eric Knapp and Chris Hanson.

There are no new members.

RIDE COORDINATOR'S REPORT:

Jean reported that Marshall suggested we have more club potlucks after the Wednesday Night Rides in August. The rides in August will most likely begin and end at Edgewater Park in Mt Vernon, and there will be potlucks after each one, unless club members contact Jean and tell her they are not interested in having any potlucks that month. During the month of July, the Wednesday Night Rides will begin and end at Rothenbuhler Engineering in Sedro Woolley.

NEW BUSINESS:

Nominating Committee: Steve Jahn, Jim Finch, Eric Knapp and Jean Sattler-Will will make up our nominating committee. They will be looking for members to fill the following positions:
2 Board Members, Secretary, Vice President, Treasurer(s), Spring Classic Coordinator, and Ride Coordinator. Please contact one of these committee members if you feel it is your turn to take part in the club's leadership. We have until September to come up with the nominees.

SBC Facebook Page: It was suggested that the club should have a Facebook page in order to facilitate up-to-the-minute calendar changes, bike rides, etc.. Jill Langley will look into setting up a page and will report back to the board at our next meeting, if not before.

Craig Langley suggested that the club have a set monthly ride. The course will always be the same, the start/finish will be the same, the distance will be about 50 miles. The first 10 miles, all riders will ride together in a social pace, or as fast as the slowest rider. The next 10-20 miles can be done in 17-18 mph pacelines. After that the racers can go all out. For July, Craig suggested these rides take place on Saturday, July 9th and Saturday, July 23rd. These rides will start at 9:00 at the Conway Red Barn.

Jan Selvig Ride: This year's ride will take place on August 6th.

OLD BUSINESS:

Our annual October business meeting will take place on Wednesday, October 19th, at the Sedro Woolley Senior Center. John Coldeway will be our speaker. He will give a presentation about his bicycle trip in Patagonia.

The next Bridge Sweep will be on Monday, July 18th, at 6:00 pm. There will be dinner afterwards at the Farmhouse.

THERE WILL BE NO BOARD MEETING IN JULY.

Our next board meeting will be on Tuesday, August 2, at 6:00 pm at Washington Federal Savings in Burlington.

Respectfully,
Jen Woyski, Secretary

July 16

Farmer's Market Ride

Meet at the Mount Vernon River Revetment parking area between Pine & Myrtle @ 8:30 a.m. for a 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

July 17

Lake Cavanaugh Road Ride

Meet at The Big Lake School, east parking lot, at 10:00 am for a "Ride your own pace ride" up to Lake Cavanaugh. (1,000 feet of elevation). Distances are 36, 46, or 56 and or ride from home to make more. No services up at the Lake so bring water and snacks/lunch

Janice Lisherness

July 29

NO SWEAT RIDE

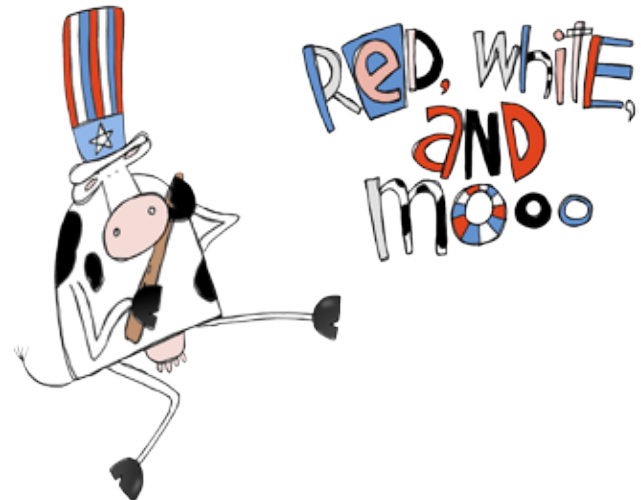
Please come join me in conjunction with Norway Park "Trolls on Wheels" (where I live) for a family, stay together ride on Friday July 29th. We will ride no faster than the slowest rider. Our distance will depend on what the group decides. We will start at the Bryant Park and Ride of the Centennial Trail at 10am. There is limited parking so car pooling is suggested. Please RSVP so I know how many to expect. Make sure your bike is in good working order and a helmet is a must. Foul weather such as RAIN, will cancel. Call if weather questionable. **Happy Pedaling!!!**

Linda S. White
360 399 1999

July 31

Summer sunshine, a bike ride, and ice cream....what more could you want? Meet @ 2:00 pm (RLH) to Enjoy approx 20 mile bike ride from Fir Island to LaConner. Ride from your home for more miles.

Jeannette Folkertsma
360 445 5924



FREEWHEELING

I'm planning a bike trip to Kauai in March 2012. 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 Pili Coast and the Waimea Canyon. Also a kayaking trip of part of the Na Pili Coast and even a helicopter ride may be options. There'll be time for swimming, possibly 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 them out. 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 360 336 2528.

SCRAM 2011 (Skagit Club Ride Around Mountain)

We are in need of SAG drivers! If you would be willing to give up July 21 (Thursday) to support cyclists as they make their way around Mount Rainier, please email Craig Langley by July 8th or call 425-760-9126 for more details. This is a challenging 152 mile course with 10,000 feet of climbing. We need sag support/drivers in order to fully support this event. clangley@everettsd.org

SCRAM 2011 (Skagit Club Around Mountain) Thursday/July 21, 2011

RAMROD route! Come and join us as we ride over 152 miles and climb 10,000 feet. You will not have to go through the lottery process as this is a club ride for cyclists seeking a challenge. If you would like to join us, please send me an email stating if you would like to be a cyclist or a sag driver. We will need approximately 3-4 vehicles again this year. We will follow the official RAMROD 2011 course. I need to know if you will be participating by Friday, July 8th to get everything finalized. I will email out the details after the sign-up deadline. There isn't a registration fee, just a \$10-15 fee to get into the park.

Craig Langley 425-760-9126 clangley@everettsd.org

Course Description RAMROD [Ride Around Mount Rainier in One Day] combines the incomparable scenery of Mount Rainier National Park with a challenging course featuring 10,000 feet of climbing over 152 miles. The course starts in Enumclaw, WA (elevation 720 feet) with a gradual downhill to its lowest elevation (300 feet) near Orting. This is followed by 40 miles of rolling hills through the towns of Eatonville, Elbe, and Ashford, with a gradual climb to the Nisqually entrance of Mount Rainier National Park. The climb stiffens at Longmire where riders begin the 12 mile ascent to Inspiration (elevation 4,850 feet). A 12-mile descent through Stevens Canyon follows and then a quick 3-mile climb to Backbone Ridge. This leads to one of the most fun descents of the course: a swooping 5-mile run to the Grove of the Patriarchs and the intersection with Hwy 410. What follows is generally considered the most difficult section of the course: the 9-mile climb up Cayuse Pass (elevation 4,694) which starts at 100 miles into the ride. The rapid descent from the pass ends with about 30 miles to go. These last miles are gradually descending or rolling except for one final, fast descent down Mud Mountain Dam just 5 miles from the finish in Enumclaw. Join us for another great edition of RAMROD.

This n That...

I have a "Swiss Colony" cookie tin that once held fine chocolates left over from cookie delivery at the Spring Classic. If anyone wants to claim it further let me know. I'll get it to you somehow.
Jennifer McCoy, 336-2528.

I have one **Skagit Bicycle Club jersey**, yellow long sleeve, full zip in XL for sale, \$55. It's the last one available. Jennifer McCoy, 336-2528

Fifth Annual Retro Ride & Concors d' Elegance 10 AM August 21, LaConner, WA By Ken Rasmussen 360 766 8720

Things bode well for this year's Retro Ride. Last year's event was very successful, and it appears that it will be better this year. As I grow less speedy on my bicycle I like to find new ways to enjoy cycling. The Retro Ride has been very successful in that regard for me. It gives me an excuse to own some bicycles that I would have difficulty justifying to myself otherwise, and I enjoy those bikes year around, even though my enjoyment has mostly to do with fixing them up and admiring them. Actually though, properly set up old bikes ride very satisfactorily, and many riders find them as enjoyable, or even more enjoyable than contemporary bikes. Mine all work well, and the ones that fit me give a very good ride.

This year the ride will begin at the Skagit County Historical Museum at 501 4th Street in La Conner. The event begins at 10am on August 21st with a review of bicycles and costumes, followed by a ride of one and three-quarter hours duration, lunch, and a vintage cycling movie. The event is free except for lunch, and is open to all, with or without old, special or unusual bicycles. Costumes may be related to a period in cycling history or utterly fanciful. In other words, whatever way you come will work with the spirit of the event.

Prizes will be given for Most Wonderful Bicycle, Most Wonderful Costume, and Most Wonderful Overall Effect. I plan to give grab bags for prizes, and need your help in getting stuff to put into the grab bags. This is a great opportunity to do something worthwhile with unnecessary stuff that is cluttering up your space. Your donations may be weird--Nutty Mad figurines from the '60's would be excellent, useful--like kitchen utensils or bike tools, odd--like gift underwear you wouldn't be caught dead in, or entertaining--like books, CDs or DVDs. Memorabilia that evokes another age would be wonderful--old comic books or magazines are perfect. I think these grab bags will be fun to win as well as entertaining for the audience to watch as one unusual item after another comes out of the bags.

I also need one to three artistic or humorous volunteers to decorate shopping bag sized grab bags. Shopping bags turned inside out is what I have in mind. I expect to attend most of the Wednesday evening rides, and can accept donations and discuss ideas there.

July Rides

No Sweat Road Rides

July 30--10:00am Bryant Park & Ride Linda White 360 399 1999

Social Road Rides

July 4--10:00 am March Point Park & Ride Tony Pestarino 360 420 3052

July 5--6:00pm Stanwood Velo Arlington "Sweet Cakes" Mark Everett 360 629 6415

July 6--6:00 pm Anacortes Skagit Cycle Center Bernie Santiago 360 588 8776

July 7--10:00 am Maiben Park Burlington "Joyride" Linda White 360 399 1999

July 12--6:00pm Stanwood Velo Arlington "Sweet Cakes" Mark Everett 360 629 6415

July 13 --6:00 pm Anacortes Skagit Cycle Center Bernie Santiago 360 588 8776

July 14--10:00 am Maiben Park Burlington "Joyride" Jennifer McCoy 360 336 2528

July 16--8:30am Mt Vernon Reventment Jeannette Folkertsma 360 445 5924

July 20--6:00 pm Anacortes Skagit Cycle Center Bernie Santiago 360 588 8776

July 21--10:00 am Maiben Park Burlington "Joyride" Jane Monroe 360 424 4619

July 21--6:00pm Stanwood Velo Arlington "Sweet Cakes" Mark Everett 360 629 6415

July 26--6:00pm Stanwood Velo Arlington "Sweet Cakes" Mark Everett 360 629 6415

July 26--6:00 pm Anacortes Skagit Cycle Center Bernie Santiago 360 588 8776

July 28--10:00 am Maiben Park Burlington "Joyride" Dan Sanstrom 360 708 7108

July 30-- 2:00 PM RLH Jeannette Folkertsma 360 445 5924

Breakfast/Brunch Road Rides

July 1-- 9:00 am RLH Jamie Wells 360 421 2126

July 17--9:00am Conway Red Barn Jean Sattler-Will 360 710 9577

July 22--9:00am RLH Burlington Rose Ploeg 360 202 1716

Social to Moderate Road Rides

July 17--10:00am Big Lake School Janice Lisherness 360 391 3931

Moderate Road Rides

July 5--6:00pm Anacortes Skagit Cycle Center Ladies RR Bernie Santiago 360 588 8776

July 8-- 9:00am RLH Bill Thayer 360 757 2679

July 11--11am March Point Park & Ride Steve & Dian Jahn 425 830 4981

July 12--9:00 am RLH Rose Ploeg 360 202 1716

July 18--11am March Point Park & Ride Dan Sanstrom 360 708 7108

July 19 --6:00pm Anacortes Skagit Cycle Center Ladies RR Bernie Santiago 360 588 8776

July 24--11:00am RLH Kim Knapp

July 25--11am March Point Park & Ride Steve & Dian Jahn 425 830 4981

July 26--6:00pm Anacortes Skagit Cycle Center Ladies RR Bernie Santiago 360 588 8776

Brisk Road Rides

July 7--6:00 pm Anacortes Skagit Cycle Center Gary Santiago 360 588 8776

July 7--6:00pm Conway Red Barn Craig Langley 425 760 9126

July 14--6:00 pm Anacortes Skagit Cycle Center Gary Santiago 360 588 8776

July 14--6:00pm Conway Red Barn Craig Langley 425 760 9126

July 21--5 am SCRAM Enumclaw Craig Langley 425 760 9126

July 21 --6:00 pm Anacortes Skagit Cycle Center Gary Santiago 360 588 8776

July 28--6:00 pm Anacortes Skagit Cycle Center Gary Santiago 360 588 8776

July 28--6:00pm Conway Red Barn Craig Langley 425 760 9126

Wednesday Night Road Rides

6:00 pm Rothenbuler Engineering Sedro Woolley

July 6

Short/Social: Janice Lisherness 360 466 3030

Long/Med/B-M: Eric Knapp 360 770 7956

July 13

Short/Social: Shawn Bridge 360 202 9997

Long/Med/B-M: Jim Finch 360 770 5915

July 20

Short/Social: Jean Sattler-Will 360 710 9577

Long/Med/B-M: Bill Thayer 360 757 2679

July 27

Short/Social: Jennifer McCoy 360 336 2528

Long/Med/B-M: Tom Jacobson 360 855 0593

Multiple Paced Road Rides:

July 9--9:00am Red Barn Ramble Craig/Jill Langley 425 760 9126/360 631 9117

July 10--9:00am Time Trial/Own Pace Conway Red Barn Marshall Wi 425 760 9126

July 23--9:00am Red Barn Ramble Craig/Jill Langley 425 760 9126/360 631 9117

Other Activities & Road Rides

July 18--**Bridge Sweep @ Berentson Bridge** 6:00 pm Dinner to follow Bill Woyski 360 293 9520

July 30--Hike, RLH Dave Mazzarella 360 336 3982

From: "Melinda Minch" Date: Mon, 27 Jun 2011

Subject: Walkways on Highway 20

Hi, I cycled from Mount Vernon to Port Townsend on Saturday, and I noticed a sign indicating that the Highway 20 bridge walkway is maintained by the Skagit Bicycle Club. I just wanted to say thanks for that- the walkway (bikeway?) certainly made that stretch of road a lot more manageable.
Melinda Minch, Seattle

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<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>	1	2	3
4	5	6	7	8	9	10
<p>10:00 MARCH POINT PARK&RIDE SOCIAL RR TONY PESTARINO 360 420 3052</p>	<p>NO BOARD MTG</p> <p>6:00PM LADIES M/RR BERNIE SANTIAGO 360 588 8776</p> <p>6:00PM S/RR ARLINGTON VELO SPORT MARK EVERETT 360 629 6415</p>	<p>6:00PM ROTHENBULER ENGINEERING SEDR0 WOOLLEY RR: S/SHORT JANICE LISHNESS 360 466 3030 RR: B/M-MED/LONG ERIC KNAPP360 421 3604</p> <p>6:00PM S/RR SKAGIT CYCLE CTR/ANA BERNIE SANTIAGO 360 588 8776</p>	<p>10:00AM S/RR MAIBEN PARK BURLINGTON LINDA WHITE 360 399 1999</p> <p>6:00PM B/RR ANACORTES GARY SANTIAGO 360 588 8776</p> <p>6:00PM B/RR CONWAY RED BARN CRAIG LANGLEY 425 760 9126</p>	<p>9:00AM RLH M/RR BILL THAYER 360 757 2679</p>	<p>9:00AM CONWAY RED BARN "RED BARN RAMBLE" CRAIG & JILL LANGLEY 425 760 9126 360 631 9117</p>	<p>9:00AM CONWAY RED BARN TIME TRIAL@ OWN PACE MARSHALL WILL 425 760 9126</p>
11	12	13	14	15	16	17
<p>10 AM MARCH POINT PARK&RIDE MODERATE RR STEVE & DIAN JAHN 425 830 4981</p>	<p>6:00PM ANACORTES LADIES M/RR BERNIE SANTIAGO 360 588 8776</p> <p>6:00PM S/RR ARLINGTON VELO SPORT MARK EVERETT 360 629 6415</p>	<p>6:00PM RR ROTHENBULER ENGINEERING SEDR0 WOOLLEY SHORT: SHAWN BRIDGE 360 202 9997 MED/LONG JIM FINCH 360 770 5915</p> <p>6:00PM S/RR SKAGIT CYCLE CTR/ANA BERNIE SANTIAGO 360 588 8776</p>	<p>10:00AM S/RR MAIBEN PARK BURLINGTON JENNIFER MCCOY 360 336 2528</p> <p>6:00PM B/RR ANACORTES GARY SANTIAGO 360 588 8776</p> <p>6:00PM B/RR CONWAY RED BARN CRAIG LANGLEY 425 760 9126</p>	<p>9:00AM BREAKFAST RIDE CONWAY RED BARN JEAN SATTLER-WILL 360 710 9577</p>	<p>8:30AM S/RR MT VERNON REVTMENT JEANNETTE FOLKERTSMA 360 445 5924</p>	<p>10:00 AM S&M/RR BIG LAKE SCHOOL JANICE LISHNESS 360 391 3931</p> <p>6:00PM RLH SPC BBQ AT LANGLEYS CRAIG & JILL LANGLEY 425 760 9126 360 631 9117</p>
18	19	20	21	22	23	24
<p>10 AM MARCH POINT PARK&RIDE SOCIAL RR DAN SANSTROM 360 708 7108</p> <p>6:00PM BERNTSEN BRIDGE HWY 20 BRIDGE SWEEP & DINNER BILL WOYSKI 360 293 9520</p>	<p>6:00PM LADIES M/RR BERNIE SANTIAGO 360 588 8776</p> <p>6:00PM S/RR ARLINGTON VELO SPORT MARK EVERETT 360 629 6415</p>	<p>6:00PM RR ROTHENBULER ENGINEERING SEDR0 WOOLLEY RR/SHORT: JEAN SATTLER-WILL 360 710 9577 RR/MED/LONG: BILL THAYER 360 757 2679</p> <p>6:00PM SOCIAL RR BERNIE SANTIAGO 360 588 8776</p>	<p>5:00AM ENUMCLAW "SCRAM", BRISK RR CRAIG LANGLEY 425 760 9126</p> <p>10:00AM S/RR MAIBEN PARK BURLINGTON JANE MONROE 360 424 4619</p> <p>6:00PM B/RR GARY SANTIAGO ANACORTES 360 588 8776</p>	<p>9:00AM M/RR RLH BREAKFAST RIDE ROSE PLOEG 360 202 1716</p>  <p>Newsletter Deadline</p>	<p>9:00AM CONWAY RED BARN "RED BARN RAMBLE" CRAIG & JILL LANGLEY 425 760 9126 360 631 9117</p>	<p>11:00AM RLH M/RR KIM KNAPP</p>
25	26	27	28	29	30	31
<p>11 AM MARCH POINT PARK&RIDE SOCIAL RR STEVE & DIAN JAHN 425 830 4981</p>	<p>6:00PM LADIES M/RR BERNIE SANTIAGO 360 588 8776</p> <p>6:00PM S/RR ARLINGTON VELO SPORT MARK EVERETT 360 629 6415</p>	<p>6:00PM RR ROTHENBULER ENGINEERING SEDR0 WOOLLEY RR/SHORT: JENNIFER MCCOY 360 336 2528 RR/MED/LONG: TOM JACOBSON 360 855 0593</p> <p>6:00PMSOCIAL RR BERNIE SANTIAGO 360 588 8776</p>	<p>10:00AM S/RR MAIBEN PARK BURLINGTON DAN SANDSTROM 360 708 7108</p> <p>6:00PM B/RR GARY SANTIAGO ANACORTES 360 588 8776</p> <p>6:00PM B/RR CONWAY RED BARN CRAIG LANGLEY 425 760 9126</p>	<p>10:00AM NO-SWEAT RR BRYANT PARK&RIDE LINDA WHITE 360 399 1999</p>	<p>9:00AM RLH HIKE DAVE MAZZARELLA 360 336 3982</p>	<p>2:00 PM RLH S/RR RIDE TO LACONNER FOR ICE CREAM JEANNETTE FOLKERTSMA 360 445 5924</p>

SADDLE-POST INTELLIGENCER

PUBLISHED BY THE SKAGIT BICYCLE CLUB P.O. BOX 363 BURLINGTON WA 98233
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Skagit Bicycle Club Officers & Board

President

Jean LaBossiere cesiwill@msn.com

Vice President

Jim Finch JimF@wabulb.com

Secretary

Jen Woyski Jwoyski@gmail.com

Co-Treasurers

Janice Lisherness bikerjan1@hotmail.com

Jeannette Folkertsma folk1234@frontier.com

Past President

Eric Knapp erickimswim@comcast.net,

Board Members

Chris Hanson cahanson94@comcast.net

Dian Jahn stevedianjahn@hotmail.com

Steve Jahn stevedianjahn@hotmail.com

Craig Langley clangley@everettsd.org

Jill Langley jlangley@nalco.com

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

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

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

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





Marblemount to Mazama 22nd annual Jan Selvig Ride

- This Event is offered to Skagit Bicycle Club Members Only -
- Event Cost \$135 per person -

Please Email the Domestique to reserve your spot: SuperD@skagitdomestique.com

- Register NOW ! This is the most fun you can have on a 7% Grade !! -
- Space is limited - SAG Drivers Wanted -



AUGUST 6th -7th 2010

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