

Saddle Post Intelligence

The Voice of the Skagit Bicycle Club

Skagit County Washington

June 2011

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Ok, so I built up the Skagit Spring Classic as a really great ride--encouraged everyone to sign up, AND . . .

. . . and it was really great ride. Yes it rained. And it rained. And it rained. It was really, really, really wet. I was cold. I was miserable. I wanted to give up and go home. But, just about the time I was ready to bag the ride, I came to the first rest stop on Chuckanut. There I found hot water boiling for coffee, tea or cocoa. There were bagels and watermelon and bananas and grapes and boiled red potatoes--and there were all kinds of homemade cookies! Everyone there was wet and cold, but any sour mood was left on the road and all seemed animated and ready for the second leg.

Again I plunged into the rain, the seeping cold and now a bit of wind was thrown in for good measure. I was making good time, and despite the misery of numb hands and feet, the allure of the next rest stop kept me going. Then I flatted. Fortunately, I was next to a gas station. Unfortunately, my hands were too numb to do anything effectively. Just then a support vehicle drove up and I received help with the tire--even with the staple removal that could not have been achieved without the tweezers that were thankfully aboard the vehicle. Soon I was riding again and shortly thereafter I reached rest stop two. Here I found a small fire waiting, ham and cream cheese roll-ups, cheese chunks, peanut butter sandwiches, bagels, more hot drinks, fruit and homemade cookies! The food raised my spirits and those of many others that had arrived before me, but the mood was still grim and several century riders opted for a shorter course.

The next leg required deep introspection into the meaning of my endeavor and actual animal growls of defiance. I knew the hard men of our sport would not have whined, so I rode on. This leg was long, and lonely. I passed about 5 riders early on and then rode alone in an ever increasing deluge. After what seemed an age, I came upon another rider--my only indication that I was still on course. But, then I hit the next rest stop where several other riders were merrily munching away on more fruit, cookies and other treats. And here they had glorious chicken soup! More riders showed up and that chicken soup raised everyone's spirits ten notches. There was talk of cutting the ride short, but there was as much chatter about going for it.

Soon I was back on the road. Shivering set in and I feared hypothermia, but I figured a support vehicle would find me before I actually died outright--surprisingly comforting. I was alone on the road again and for a long time. I turned onto Gripp Road and immediately found myself chased by an angry and fast dog. I escaped and wondered if the dog was named after the road. Gripp Road immediately offerered a cruel hill for legs with 60 miles in them and of course, I was on my singlespeed--it was torture. More miles, more hills, but eventually I reached the next rest

Off the Back

BY
JEAN SATTLER-WILL



NEWS FLASH!

JUNE WEDNESDAY NIGHT RIDES AND POTLUCK WILL BE AT BAYVIEW STATE PARK. BE SURE TO BRING WARM CLOTHING FOR THE POTLUCK AFTER THE RIDE.

I just know the sun is up there somewhere! Sure do wish it would shine down on us some time this century! Can't remember ever having such a lousy spring. But I just heard on the news, the benefits of meditation. All that's involved is to sit comfortably and concentrate on your breathing for about 20 minutes, if your mind wanders bring yourself gently back. This is supposed to make you calmer, happier, and a nicer person. It also lowers blood pressure and stress levels. If you do this every day it will make you feel better, not sure if it will make the sun shine or not but it can't hurt.

Yoga has also enjoyed a surge of interest, not only for the 20 somethings but also for the older generation. If you've never taken a yoga class you really ought to try it. It's very gentle, you only do what your body will allow you to do, no pain allowed. You don't have to twist yourself into a pretzel or stand on your head, although all that blood rushing to your brain is suppose to be good for it. Yoga builds flexibility,

keeping our muscles supple reduces injuries. Strength, especially our upper bodies as cyclists our upper body suffers but to be a strong cyclist all aspects of our body needs to be strong. Balance, being able to cross a river while walking across a log, not my favorite thing to do, I generally sit and scoot across, it gets me there but it's slow.

There are different kinds of yoga, the one I'm familiar with is Hatha Yoga, and I can attest to its benefits. My right hamstring would start screaming at me after an hour of driving, just that little bit of pressure on the gas pedal was all it took. I would have to pull over and get out and walk a while. I've also heard of hot yoga. The people I have talked to that have done this type of yoga really love it. Not sure doing yoga's going to make the sunshine, but it will make your body and outlook better.

I'm hoping by the time you read this that we will have had some sun for more than one day. Maybe those people doing hot yoga can do it outside in the heat! (Dream on).

Ride Safe,
Jean Sattler-Will

Spring Classic Report *Continued from pg 1*

stop (actually one the century route hits twice). I warmed up by the fire, ate sandwiches and cookies, drank hot coffee and downed watermelon. Now I was ready.

The next leg brought me to Bow Hill. The climb was tough and my hands were really giving me problems due to the cold and pressure, I suppose. I passed a couple ladies fighting their way to the top and soon made the turn that would take me back down to the Skagit Flats. I was descending now, at a good clip, when suddenly I came upon a huge downed maple tree, that completely blocked the road. I had to get off the bike and climb through the branches to get passed. Soon after, I reached the next rest stop where I there was more great food and very helpful volunteers. I had about 15 miles to go and lo and behold,

out popped the sun! It didn't last long, but it was welcome.

The last leg, gave me some wind to contend with and there I met fellow WIBC member Kurt Jaehning. He had come with member John Hartely. Soon I reached the end where salad, hot pasta, ice cream and juice awaited--and even more cookies! There were also hot showers.

So, in summary, it was a miserable day and I don't think I could have made a hundred miles through it without the amazing support of the Skagit Bicycle Club. So I continue to recommend this ride without reservation--even on a crummy day!

Brian
Whidbey Island Bicycle Club.

BOARD BRIEFS & CLUB RIDE DESCRIPTIONS

SBC GENERAL MEETING MAY 3, 2011 WASHINGTON FEDERAL SAVINGS BURLINGTON, WA

Present: Jean Sattler-Will, Marshall Will, Jen Woyski, Janice Lisherness, Craig and Jill Langley, Jennifer McCoy, Bill Thayer, Jamie Wells, Chris Hanson, Kim and Eric Knapp and Jane Monroe.

The meeting was called to order at 6:07 pm.

The April meeting minutes were approved with no corrections.

New Members: Chris Foster and Carol Cuminale of Burlington, Ann and Bill Testerman of Anacortes, Paul Ramsey of Camano, Bob and Claudia Huey of Arlington.

RIDE COORDINATOR'S REPORT:

Marshall passed the ride calendar around the table. Please sign up to lead rides!

This month's Wed Night Rides begin at Skagit Valley Gardens in Mt Vernon at 6:00 pm.

The June Wed Night Rides will begin at Rothenbuhler Engineering in Sedro Woolley at 6:00 pm.

NEW BUSINESS:

Steve Jahn's friend, John Coldewey, will put together a 45 minute slide show about his bike trip to Patagonia. He and Steve did the trip together with some other friends. John will be our guest speaker at our annual October business meeting. The motion was made and carried to pay John \$200 for his time and expenses.

George Haigh received an email from a rider who had signed up for our Spring Classic because she appreciated the humor on the Spring Classic website. Thank you Jamie for being our comedy guy. Now other people can appreciate your humor too.

OLD BUSINESS:

Jean tabled this until next month because we had so many Spring Classic details to discuss.

SPRING CLASSIC:

So far we have about 200 pre-registered riders. Sadly, there is a 60% chance of rain on Saturday.

There was much discussion about rest stops, cover for rain, hot food and drinks for cold wet riders, parking, etc. The course opens at 7 am. Rest stops will close at 4 pm. The dinner will stop between 5 and 5:30 pm.

The meeting was adjourned at 7:20 pm.

Our next meeting will be on Tuesday, June 7th at 6:00 pm at Washington Federal Savings in Burlington.

Respectfully submitted,
Jen Woyski, Secretary

Monday 6/6; 6/13; 6/20; 6/27

11 AM from March Point Park and Ride Anacortes
Social to Moderate Pace 30 to 35 miles

Ride Leaders:

Dan Sandstrom 360 708 7108

Steve Jahn 425 830 4981

Saturday, June 18, 2011

Farmers Market Ride

Meet at 8:30 am in Mount Vernon on the river revetment parking area between Myrtle & Pine Streets. We'll do a 25 mile bike ride and afterwards you can have breakfast/lunch at the Farmer's Market which is just north of where we are parked. The Swedish pancakes are great!

Jeannette Folkertsma

360 445 5924

NO SWEAT RIDE

June 24

Please come join me in conjunction with Norway Park "Trolls on Wheels" (where I live) for a family, stay together ride on Friday June 24th. 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

*The parking volunteers deserve
a big THANK YOU for the great
job of parking cars in a constant
downpour of rain. They included:
Jeannette Folkertsma, Jim Asa, Linda
White, Larry Simpson, Phil Smoots.
Thanks again,
Janice Lisherness*

FREEWHEELING

June 4

SWAN Century and Family Fun Ride

Metric Century (58 miles) Mile Century (103 miles) and Family Fun Ride (13 miles). Route goes from Sedro Woolley along the Skagit River to Concrete then down the South Skagit Highway back to town where we feed participants a hot lunch. This ends the metric century and cyclist can enjoy the Blast from the Past Celebration with street vendors, quilt and art shows. The Mile Century continues out to Padilla bay, Samish Island and Edison, then back to Sedro Woolley. Rides are fully supported. Proceeds go to humanitarian projects in Kenya and Bolivia. www.swancentury.org

June 18

Tandem 101 Workshop

By Bob Snead, Evergreen Tandem Club

Our goal for this event is to introduce folks to tandem riding and give them a chance to see how much fun it can really be. It's our experience that tandems give some folks an opportunity to increase their cycling activity, and so a chance to try it out may be of value to your members.

Here are the details:

When: June 18th, 9:30am - 1:00pm

Where: Magnuson Park, Cascade Bike Club Headquarters.

Contact: Bob Snead, bob@twocranks.com

More information: <http://tinyurl.com/43npkrk>

Scholarships on Bicycle Tours

We are offering generous scholarships for our two bicycle touring adventures this summer -- our Puget Sound Bicycling Adventure and our Pacific Coast Bicycling Adventure. Would you be willing to post the paragraph to your blog, website, fb page and pass this on to anyone who you think might benefit from our inspiring bicycling programs for teens?

Do you know or have a teenager 14 or 15 years with would love to bike with peers this summer? We are offering full and partial scholarships on our 21 day self contained adventure through Puget Sound and the San Juan Islands. Bikes are included too. For information, view our website www.wildernessventures.com or give us a call at 800-533-2281. Celebrating our 39 summer season providing stimulating and exciting trips for teens.

More information on our bicycling adventures here: http://www.wildernessventures.com/bicycling_adventures/pacific_coast_bike/ (http://www.wildernessventures.com/bicycling_adventures/puget_sound_bike/)

Pete Rognli

Wilderness Ventures

307-733-2122

pete@wildernessventures.com

8 Lakes Leg Aches Bike Ride

Saturday, August 6, 2011 in Spokane WA.

All proceeds from this event directly benefit ACT for Kids, a program of the Sexual Assault & Family Trauma (SAFeT) Response Center of Lutheran Community Services NW. The ACT for Kids program is committed to the prevention and healing of sexual abuse and family trauma through education and treatment.

www.lcsnw.org/events.html

Christie McKee, Event Coordinator

8 Lakes Bike Ride

210 W Sprague Ave, Spokane, WA 99201

509-343-5020 Toll-free 866-348-5437

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.

June Rides

No Sweat Road Rides

June 24--10:00am Bryant Park & Ride "Trolls On Wheels" Linda White 360 399 1999

Social Road Rides

June 1--6:00 pm Anacortes Skagit Cycle Center Bernie Santiago 360 588 8776

June 2--10:00 am Food Pavilion Sedro Woolley "Joyride" Cindy McGuinness 360 428 1816

June 6--11am March Point Park & Ride Dan Sanstrom 360 708 7108

June 7--6:00pm Stanwood Velo Arlington "Sweet Cakes" Mark Everett 360 629 6415

June 8--6:00 pm Anacortes Skagit Cycle Center Bernie Santiago 360 588 8776

June 9--10:00 am Food Pavilion Sedro Woolley "Joyride" Lanny Wixson 360 757 1701

June 13--11am March Point Park & Ride Dan Sanstrom 360 708 7108

June 14--6:00pm Stanwood Velo Arlington "Sweet Cakes" Mark Everett 360 629 6415

June 15--6:00 pm Anacortes Skagit Cycle Center Bernie Santiago 360 588 8776

June 16--10:00 am Food Pavilion Sedro Woolley "Joyride" Jim Asa 360 941 1605

June 18--8:30am Mt Vernon Revetment Jeannette Folkertsma 360 445 5924

June 20--11am March Point Park & Ride Dan Sanstrom 360 708 7108

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

June 22--6:00 pm Anacortes Skagit Cycle Center Bernie Santiago 360 588 8776

June 23--10:00 am Food Pavilion Sedro Woolley "Joyride" Kathea Rasmussen 360 766 8720

June 27--11am March Point Park & Ride Dan Sanstrom 360 708 7108

June 28--6:00pm Stanwood Velo Arlington "Sweet Cakes" Mark Everett 360 629 6415

June 29--6:00 pm Anacortes Skagit Cycle Center Bernie Santiago 360 588 8776

June 30--10:00 am Food Pavilion Sedro Woolley "Joyride" Linda White 360 399 1999

Breakfast Road Rides

June 3--9:00am Conway Red Barn Jean Sattler-Will 360 710 9577

June 17--9:00am RLH Bill Thayer 360 757 2679

Moderate Road Rides

June 6--11am March Point Park & Ride Steve Jahn 425 830 4981

June 7--6:00pm Anacortes Skagit Cycle Center Ladies RR Bernie Santiago 360 588 8776

June 10--9:30am RLH Kim Knapp 360 421 3604

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

June 13--11am March Point Park & Ride Steve Jahn 425 830 4981

June 14--6:00pm Anacortes Skagit Cycle Center Ladies RR Bernie Santiago 360 588 8776

June 20--11am March Point Park & Ride Steve Jahn 425 830 4981

June 21--6:00pm Anacortes Skagit Cycle Center Ladies RR Bernie Santiago 360 588 8776

June 25--8:00am Welcome Store Mt Baker Jean Sattler-Will 360 710 9577

June 27--11am March Point Park & Ride Steve Jahn 425 830 4981

Brisk Road Rides

June 2--6:00 pm Anacortes Skagit Cycle Center Gary Santiago 360 588 8776

June 2--6:00pm Conway Red Barn Craig Langley 425 760 9126

June 9--6:00 pm Anacortes Skagit Cycle Center Gary Santiago 360 588 8776

June 9--6:00pm Conway Red Barn Craig Langley 425 760 9126

June 11--10am Conway Red Barn Craig Langley 425 760 9126

June 16--6:00pm Conway Red Barn Craig Langley 425 760 9126

June 16--6:00 pm Anacortes Skagit Cycle Center Gary Santiago 360 588 8776

June 23--6:00 pm Anacortes Skagit Cycle Center Gary Santiago 360 588 8776

June 23--6:00pm Conway Red Barn Craig Langley 425 760 9126

June 25--8:00am Samish School @Hwy 9 Mt Baker Craig Langley 425 760 9126

June 26--11:00am Washington School Jim Finch 360 770 5915

June 30--6:00 pm Anacortes Skagit Cycle Center Gary Santiago 360 588 8776

June 30--6:00pm Conway Red Barn Craig Langley 425 760 9126

Wednesday Night Road Rides

6:00 pm Bayview State Park/Potluck after.

As you can see, we swapped locations of the next two months' rides; June at Bayview State Park and July at Rothenbuhler Engineering in Sedro Woolley. This is due to the state re-imposing the parking fee (\$10/car) at State Parks starting on July 1st.

June 1

Short/Social: Jane Monroe 360 424 4619

Long/Med/B-M: Whit Whitford 360 757 1357

June 8

Short/Social: Janice Lisherness 360 466 3030

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

June 15

Short/Social: Dan Sandstrom 360 708 7108

Long/Med/B-M: Craig Langley 425 760 9126

June 22

Short/Social: Jean Sattler-Will 360 710 9577

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

June 29

Short/Social: Kathea Rasmussen 360 766 8720

Long/Med/B-M: Gary Minor 360 755 9848

Other Rides:

June 1--2:30-4:00pm Little Mountain Elementary Kids Ride Celebration Heidi Hixson 360 293 0392

June 4--SWAN 100/60/17 mile ride SWANCentury.org

Wenatchee Apple Century & 50mile ride Applebikeride.com

June 5--Pt Townsend Fort2Fort 72/62/17 mile tour Fort2fortride.org

June 19--George, WA Rock & Ride through George 100/70/35/10mile ride QuincyValley.org

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

KEY: RR=ROAD RIDE BFR=BREAKFAST RIDE
 MTR=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)

CHECK THE RIDES PAGE FOR EXPANDED
 DESCRIPTIONS.

* POTLUCK TO FOLLOW WEDNESDAY NIGHT RIDES

2:30-4:00PM **1**
 LITTLE MOUNTAIN ELEM
 KIDS RIDE CELEBRATION
 6:00PM
 *BAYVIEW STATE PARK
 RR: S/SHORT
 JANE MONROE
 360 424 4619
 RR: B/M-MED/LONG
 WHIT WHITFORD 360
 757 1357
 6:00PM S/RR
 SKAGIT CYCLE CNTR ANAC
 BERNIE SANTIAGO
 360 588 8776

10:00AM S/RR **2**
 FOOD PAVILION SW
 CINDY MCGUINESS
 360 428 1816
 6:00PM B/RR
 ANACORTES
 GARY SANTIAGO
 360 588 8776
 6:00PM B/RR
 CONWAY RED BARN
 CRAIG LANGLEY
 425 760 9126

9:00AM **3**
 BREAKFAST RIDE
 CONWAY RED BARN
 JEAN SATTLER-WILL
 360 710 9577

SWAN **4**
 100/60/17 MILE RIDE
 SEDRO WOOLLEY
 SWANCENTURY.ORG
 8:00AM
 WENATCHEE
 APPLE CENTURY &
 50MILE RIDE
 APPLBIKERIDE.COM

PT TOWNSEND **5**
 FORTZFORT 72/62/17
 MILE TOUR
 FORTZFORTRIDE.ORG

6
 11 AM
 MARCH POINT
 PARK&RIDE
 SOCIAL RR
 DAN SANDSTROM
 360 708 7108
 MODERATE RR
 STEVE JAHN
 425 830 4981

6:00PM **7**
 SBC BOARD MTG
 JEAN SATTLER-WILL
 360 710 9577
 6:00PM LADIES M/RR
 BERNIE SANTIAGO
 360 588 8776
 6:00PM S/RR
 STANWOOD VELO/
 ARLINGTON
 MARK EVERETT
 360 629 6415

6:00PM **8**
 *BAYVIEW STATE PARK
 RR: S/SHORT
 JANICE LISHERNES
 360 466 3030
 RR: B/M-MED/LONG
 ERIC KNAPP360
 421 3604
 6:00PM S/RR
 SKAGIT CYCLE CENTER
 ANACORTES
 BERNIE SANTIAGO
 360 588 8776

10:00AM S/RR **9**
 FOOD PAVILION SW
 LANNY WIXSON
 360 757 1701
 6:00PM B/RR
 ANACORTES
 GARY SANTIAGO
 360 588 8776
 6:00PM B/RR
 CONWAY RED BARN
 CRAIG LANGLEY
 425 760 9126

9:30AM **10**
 M/RR RLH
 KIM KNAPP
 360 421 3604

10:00AM **11**
 BRISK RR
 CONWAY RED BARN
 CRAIG LANGLEY
 360 939 0120

11:00AM **12**
 M/RR RLH
 ROSE PLOEG
 360 202 1716

13
 11 AM
 MARCH POINT
 PARK&RIDE
 SOCIAL RR
 DAN SANDSTROM
 360 708 7108
 MODERATE RR
 STEVE JAHN
 425 830 4981

6:00PM ANACORTES **14**
 LADIES M/RR
 BERNIE SANTIAGO
 360 588 8776
 6:00PM S/RR
 STANWOOD VELO/
 ARLINGTON
 MARK EVERETT
 360 629 6415

6:00PM RR **15**
 *BAYVIEW STATE PARK
 SHORT:
 DAN SANDSTROM
 360 708 7108
 MED/LONG
 CRAIG LANGLEY
 425 760 9126
 6:00PM S/RR
 ANACORTES
 BERNIE SANTIAGO
 360 588 8776

10:00AM S/RR **16**
 FOOD PAVILION SW
 JIM ASA
 360 941 1605
 6:00PM B/RR
 GARY SANTIAGO
 360 588 8776
 6:00PM B/RR
 CONWAY RED BARN
 CRAIG LANGLEY
 425 760 9126

9:00AM RLH **17**
 BREAKFAST RR
 BILL THAYER
 360 757 2679

8:30AM S/RR **18**
 MT VERNON
 REVEMENT
 JEANNETTE
 FOLKERTSMA
 360 445 5924

GEORGE, WA **19**
 ROCK & RIDE
 THROUGH GEORGE
 100/70/35/10MILE RIDE
 QUINCYVALLEY.ORG

20
 11 AM
 MARCH POINT
 PARK&RIDE
 SOCIAL RR
 DAN SANDSTROM
 360 708 7108
 MODERATE RR
 STEVE JAHN
 425 830 4981

6:00PM LADIES M/RR **21**
 BERNIE SANTIAGO
 360 588 8776
 6:00PM S/RR
 STANWOOD VELO/
 ARLINGTON
 MARK EVERETT
 360 629 6415

6:00PM RR **22**
 *BAYVIEW STATE PARK
 RR/SHORT:
 JEAN SATTLER-WILL
 360 710 9577
 RR/MED/LONG:
 BILL THAYER
 360 757 2679
 6:00PM SOCIAL RR
 BERNIE SANTIAGO
 360 588 8776

10:00AM S/RR **23**
 FOOD PAVILION SW
 KATHEA RASMUSSEN
 360 766 8720
 6:00PM B/RR
 GARY SANTIAGO
 360 588 8776
 6:00PM B/RR
 CRAIG LANGLEY
 425 760 9126

10:00AM NO-SWEAT RR **24**
 BRYANT PARK&RIDE
 LINDA WHITE
 360 399 1999

**Newsletter
 Deadline**

MT BAKER RIDE **25**
 8:00AM BRISK RR
 SAMISH SCHOOL @HWY 9
 CRAIG LANGLEY
 425 760 9126
 8:00AM M/RR
 WELCOME STORE
 JEAN SATTLER-WILL
 360 710 9577

11:00AM B/RR **26**
 WASHINGTON
 SCHOOL-MV
 JIM FINCH
 360 770 5915

27
 11 AM
 MARCH POINT
 PARK&RIDE
 SOCIAL RR
 DAN SANDSTROM
 360 708 7108
 MODERATE RR
 STEVE JAHN
 425 830 4981

6:00PM LADIES M/RR **28**
 BERNIE SANTIAGO
 360 588 8776
 6:00PM S/RR
 STANWOOD VELO/
 ARLINGTON
 MARK EVERETT
 360 629 6415

6:00PM RR **29**
 *BAYVIEW STATE PARK
 RR/SHORT:
 KATHEA RASMUSSEN
 360 766 8720
 RR/MED/LONG:
 GARY MINOR
 360 755 9848
 6:00PM SOCIAL RR
 BERNIE SANTIAGO
 360 588 8776

10:00AM S/RR **30**
 FOOD PAVILION SW
 DAN SANDSTROM
 360 708 7108
 6:00PM B/RR
 GARY SANTIAGO
 360 588 8776
 6:00PM B/RR
 CRAIG LANGLEY
 425 760 9126



SADDLE-POST INTELLIGENCER

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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

Stanwood 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