



Saddle*post Intelligencer

The Voice of the Skagit Bicycle Club

Ride Report for Border to Border trip 2010

Club Riders: Gary Minor, Craig Langley, Marshall Will, Larry Petrie, Brian Dowling, Ken Pepken, and Jim McCallum (Jim joined us in San Francisco for 4 days)

Highlights:

- No rain, tailwinds, camping, subway sandwiches, instant oatmeal, instant coffee
- Marshall had the hot water boiling at 6:30 am sharp each morning
- Rode from the Canadian Border to Mexico along the coast
- 20 days total with over 1800 miles traveled (most riders covered over 1600 miles while taking turns driving). One rest day in San Francisco.
- Meeting interesting people along the route
- 100-120 miles each day with 3k-6k of climbing
- Minor Miles- Gary would tell us "tomorrow's route is just rollers and 90 miles". 117 miles later and 6800 feet of climbing, we were able to sit down and enjoy a cold beverage. . .
- Cold chocolate milk at the end of the ride each day
- Gorgeous scenery
- Hogs Breath Cafe in Carmel, CA (Clint Eastwood used to own it). Great Food and atmosphere
- Trying to find a sports bar each night to watch the Tour de France

Lowlights:

- 27 hours stuck in a van driving home
- The raccoon who broke into our cooler one night
- Trying to locate a laundromat/keeping cycling gear clean and dry



Centennial Trail Rule changes to be aware of---

Rules are being amended and new signs are now going up along the Trail and at the parking areas.

The Trail has a 15 MPH Maximum speed. And it will be enforced.

One method for determining speed will be the time it takes to get from one 15 MPH sign post to the next.

The only other change worth noting is dogs must be under control - meaning no more of those 10 foot yo-yo leashes

Donation Ideas Needed!

The Skagit Bike Club board is encouraging members to give input to possible recipients of the club's monetary donations during the coming months. We have donated money to Special Olympics, Bicycle Alliance of WA, Tommy Thompson Trestle, etc. . . in past years. We will vote on possible recipients at our annual October dinner meeting. Please remember that charities/organizations must be bike related. Please email your suggestions to Eric Knapp at erickimswim@comcast.net or attend the next board meeting on Tuesday, September 7th, at 6:30 pm, at Washington Federal Savings Bank in Burlington.

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Word of the Domestique

From Wikipedia, the free encyclopedia :

A domestique is a road bicycle racer who works for the benefit of his team and leader. The French domestique translates as "servant".

DISCLAIMER: *Word of the Domestique is written by actual domestiques. While being a domestique is a noble profession not all domestiques are created equal. This particular domestique is a Skagit Bicycle Club member but DOES NOT accurately reflect the opinions and attitudes of this club.*

Warning: The Following article is rated MA for mature audiences, it may contain violence, drugs and farm animals. Enjoy!

Welcome to Live Coverage of the 21st Anniversary of the Jan Selvig Ride.

This is going to get confusing. We have two groups on the road. A group starting from Marblemount and a second group starting from Sedro Woolley. We will refer to the Sedro Woolley group with the designation (SW) The Marblemount group will have the designation (M) Everyone understand? Here we go.

(SW) 6:01am The peloton is cruising away from Sedro Woolley on wet roads at an easy 32kph. Gary Minor does not like the mist and has positioned himself a full bike length off the back of the peloton.

Notables who did not start today's event include former Champions Janice Lisherness and Jamie Wells. Bill Thayer was also not at this morning's start citing a prior obligation. Mr. Wells is out due to an undisclosed injury and is in one of the team cars. We hope to speak with him later.

(SW) 6:05am Jill Langley is hanging with the big dogs today in the peloton. It will be interesting to see how she does today on the hors category climbs.

(SW) 6:20am The mist has turned to rain.

(M) 7:15am The Marblemount riders are underway. Not good: they are barely underway and have a broken wheel. This is way too soon to end this ride. Rose gets into the team car. Her ride is done.

(SW) 7:22am The Peloton is stopping in Concrete for a nature break.

(SW) 7:22am Attack! Jill attacks in the feed zone and has a gap!

(SW) 7:23am Man, she is flying!

(SW) 7:24am Jill is not considered a GC threat and the Peloton seems content to let her go.

(SW) 7:26am Looks like a mechanical in the peloton. Flat tire.

(SW) 7:56am Another flat tire in the peloton. Jill has a massive gap of nearly 30 minutes and is entering Marblemount!

(M) 8:15am The Marblemount riders are on the lower slope of the Col de Diablo, The Ricks (Tricky, Stevens and Teudt) have attacked on the climb and have pulled away from the rest of the Marblemount riders. Why didn't these guys start from Sedro? The Ricks have flown the coop! Nobody in this group can match their power. Families in Mazama and Winthrop be warned. Hide your farm animals, the Ricks are coming to town.

(SW) 8:30am The Peloton has entered the town of Marblemount they are still nearly 30 minutes behind Jill

(SW) 8:32am The Peloton is flying, strung out into a long group Eric and Maz are driving. Several riders have been called out. Jim is on his own between groups. Jim is one of the best climbers but being called out like this on the flats is very bad news. Craig also appears to be in difficulty. Will Craig ever catch Jill?

(M) 8:33am Arch rivals Kim and Rachel are riding together on the climb.

(M) 8:44am Attack! Rachel puts in a vicious acceleration!

(M) 8:45am Kim is covering Rachel and counterattacks! Folks we are in for a treat!

Super D always enjoys a good cat fight and these two 90lbs rivals should put on a good show.

(M) 8:46am Kim and Rachel are riding together again they may have called a truce.

(M) 8:50am It appears that both women have settled down but the damage to their

group has been done. The vicious accelerations were demoralizing. Several have elected to go their own pace.

(SW) 8:55am The Peloton re-united leaves Newhalem after refueling and a nature break.

(M) 9:10am Podium Girl LeBossiere is setting a high tempo and looks strong or is that a poker face? Probably not. Podium girl can lose a lot of money playing poker. Cougar is riding not far behind.

We have Jamie in the booth with us:

Super D: Jamie who do you like in today's event?

Jamie: I like myself in this one, I feel pretty good.

Super D: What? But you're in a car.

Jamie: A car with 240hp and a cooler of beer can do pretty well on a climb like today's.

Super D: True, very true. Well thanks for your time Jamie.

Jamie: No Problem. You want a cold one?

Super D: No thanks. I'm good

Jamie: Are you sure? Michelob Ultra? Just like Lance.

Super D: No thanks guess I don't need to tell you to have fun today.

Jamie: Nope. If you were to look up the word fun in the dictionary you would see a photo of me.

Super D: Whatever dude. Later.

(SW) 9:40am The Peloton is on the lower slopes of Diablo and is splitting, Eric Knap leads a brisk pace followed by Gary Minor, Jim Finch, and Super Dave and Marshall.

Tom is slipping backwards to stay with Craig

(SW) 9:45am Super Dave and Gary are gapping the rest of the group with Jim and Marshall not far behind. Eric is not looking good.

(SW) 10:17am Dave and Gary have blown up the (SW) group as they power up Diablo outlook. The Craig group is forming in the back.

(SW) 10:20am Jill Langley continues to solo off the front she is losing time but is starting to pick up and pass members of the (M) group.

(M) 11:05am The Ricks are well off the front and appear to have an insurmountable time advantage on all the groups on the road. They look fresh and appear to be having a good time. One has to wonder what kind of performance enhancing drugs they are on and where they can be obtained.

(M) 11:15am POP! Rick Teudt has been dropped from the group of Ricks leaving two.

(M) 11:20am Squirrel! A squirrel darts out in the road causing chaos in the Rick group.

(M) 11:31am The Ricks are on the final climb of the day they still look fresh but appear agitated and are arguing with one another. Was it a squirrel or a chipmunk that ran out into the road? Simple minds.

(M) 11:35am The Ricks are nearing the summit and are beginning to look a bit squirrely. HaHa. Get it?

(M) 11:47am Tricky Rick attacks! Rick S is staying on his wheel.

(M) 11:47am Tricky Rick takes it! But man was that close! A car door was opening as the riders approached. Tricky Rick attempts to pinch Rick S into the parked car. Nobody crashed but I am sure that the race referee is going to review this incident. They don't call him Tricky Rick for nothing.

BREEWHEELINGFREEWHEELINGFREEWHEELING

(M) 12:30pm Preliminary Top 3 Places on the Climb are as follows

1- Tricky Rick, 2- Rick Stevens, 3- Rick Teudt

(M) 1:10pm Rachel and Kim are on the final climb of the day Rachel looks a bit cagey behind Kim but does not (or cannot) attack.

(SW) 1:15pm Jim Finch has blown! Wow, he looks rough. He is on the side of the road his number is being removed by the officials. Folks this is a shocker! He's getting into the team car and has his head down. What a shame. Man he looks like hell! Too bad. Dang it! There goes my money.

(M) 1:20pm Kim takes the climb uncontested Boooooorrrring!

(SW) 1:30pm Maz is flying up the final climb. All alone and takes it.

(M) 1:32pm CRASH We have reports of a crash on the Eastern side of Washington pass Rachel and Kim appear to be involved. Emergency personnel have been dispatched.

(M) 1:34pm Good news. Not a crash. Rachel has a flat tire that "might have caused a crash." Jamie changes the tire so these lovely mechanically challenged ladies aren't up on the mountain side all day.

(SW) 1:40pm Marshall is next. With slightly less gusto than Maz but still looks pretty good.

(SW) 1:52pm Jill is up. She looks desperate, she must know that Craig can't be far behind and blasts down the big descent towards the finish.

(M) We have lots of riders clearing the Top

(SW) 1:58pm Eric is at the top by a team car. Like Jim, Eric can be described in one word. Rough. It looks like he is finished as well. It's been a very difficult day for some of the GC favorites and my wallet.

(SW) 2:02pm Craig, Tom, and Gary are driving the chase down the Mountain after Jill. Jill has been going it alone for roughly 150km. It would be nice to see her pull this off and stay away.

(SW) 2:15pm 5k to go Craig and his team of lackeys are determined to shut down the gap to Jill.

(SW) 2:31pm Jill is at 1k This is going to be close.

(SW) 2:34pm Jill looks back and sees the chasers

(SW) 2:35 Craig is sprinting!

(SW) 2:35pm Craig caught her at the bridge! Unbelievable! Well Craig certainly answers one question. Chivalry is in fact truly dead.

(SW) 2:42pm Jill is not happy. Maybe she will compete in the Huffy bike toss later this afternoon? Anyone taking wagers on how far she can throw her husband's oversized Seven?

Results are in. Shocking news! Looks like the officials did not approve of Tricky Ricks maneuver at the summit and have disqualified him.

Overall from Marblemount: Rick Stevens

Overall from Sedro Woolley: Dave Mazarella

Most Aggressive Rider: Jill Langley

Most disappointing summit finish: Kim and Rachel

Very interesting ride today 3 riders get a DNF and one gets a DSQ

Big thanks to all of our SAG Drivers for making this trip possible. The riders certainly kept them busy today.

2011 Jan Selvig ride is August 6th

Your faithful servant, Super Domestique

Email Super D: SuperD@skagitdomestique.com



August 15

San Juan Island

By Jane Monroe

Jean LaBossiere, Marshall Will, Robert Whitford, Shannon Good, and Roger Christophersen joined me at the Anacortes Ferry dock to take the 9:05am ferry to Friday Harbor. The direct ferry was met at 10:00 by Whit's friend John. We bicycled the beautiful island in very hot and sunny conditions. Jean reported 100 degrees in the sun and 93 in the few shady areas. We visited my Aunt and Uncle's farm site (now the golf course), Cattle Point, American Camp, Lavendar Farm (in full bloom), Lime Kiln Pk, and lunch at Roche Harbor. John invited us to his home for refreshments before we caught the 4:50pm ferry back to Anacortes. All of us saved the \$10.00 parking fee by leaving our cars 4 miles away in town. Average mileage for the day was about 50 miles. Sunscreen was a must.

Club Jersey For Sale

I have a Women's L Skagit Bicycle Club jersey with the eagle that I'd like to sell for it doesn't fit me. I wore it about 4 times. I also took out the bottom elastic that many women advised. I'd like about \$25 for it.

Contact Carol Benskin 360 752 0072

The Bicycle Alliance of Washington is holding its 18th Annual Auction on October 23, 2010. This is their major fundraiser and need our help! Please take a moment today to make a donation! Cash donations are wonderful or consider putting an auction item together (see ideas below).

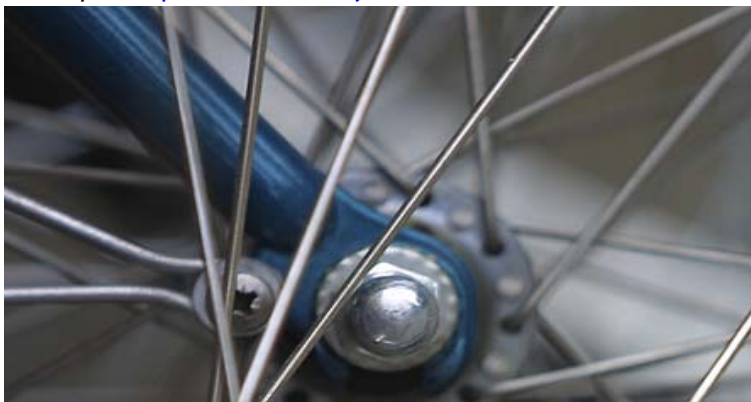
Your donation will support statewide bicycle safety legislation, Safe Routes to School and Work, and Complete Streets policies. It takes money to organize and educate, and the upcoming auction raises that money, creates more awareness, and strengthens our voice.

For more information about the auction: www.bicyclealliance.org/auction

Ideas: BAW needs a good mix of items that will generate spirited bidding and appeal to a wide world of bicycle supporters: unique getaways, active experiences, handcrafted items, gift baskets, recreation gear and opportunities, and other enticing products. Popular offerings in the past include: an African safari, ski and stay packages at resorts, cabin and condo stays at popular destinations like the Methow Valley, Lake Chelan and the ocean, gourmet meals, symphony and theatre tickets, event ride entries, restaurant gift cards, handcrafted jewelry, private wine tastings, massage/spa packages and more!

To ensure that your donation makes the printed and online catalogue, we need to receive the information by September 30, 2010.

Contact Liz McNett Crowl at SV Hospital Outreach, 428-2331 LCrowl@skagitvalleyhospital.org



Bicycle, Bicycle, Bicycle I want to Ride my Bicycle I want to ride my bike.



September 1, 8, 15, 22, 29

AWW (Arlington Wednesday Workout) – Arlington - 9am start, 40-60 miles, moderate pace, A-C terrain, stay together ride. Bring snacks, hydration, 2 tubes, pump and bike in sound condition. Call for directions. Also check the Ride Changes page for updates. Rain cancels.

Ride leaders: Rod McDonald 425 359 6710 & Rick Schranck 425 737 8445

September 2, 9, 23, 30

Thursday Morning Joyrides at 10:00 am, Farmhouse Restaurant

Join your buddies in September for some scenic late Summer-early Fall Thursday morning rides leaving the rear gravel parking lot of the Farmhouse Restaurant at 10:00 am. Routes will be approximately 25-35 miles in length with optional snack/lunch during or after the ride, depending on length and/or availability of bakeries or cafes. Helmets required-Cell Phones desirable. These rides usually break into a few groups of differing speeds and run in the 10-14 mph average speed range so ALL are welcome. Rain cancels the ride. Any questions, call ride leader on ride day or before.

Ride Leader: Sept 2, 23, 30 Tony Pestarino 360-420-3052

Ride Leader: Sept. 9 Janice Lisherness 360 424-5263

September 5

Little Mountain Hillclimb Meet at 9:00am at Big Lake School by Hwy 9 for the notorious hillclimb time trial. We'll do our warmup on West Big Lake Blvd, then off at one minute intervals from the school. It starts with rolling hills on W Big Lake Blvd, turns onto Little Mtn Rd for a short climb, more flats & rollers, then turns into the park at Little Mtn for the grand finale climb to the finish. 5.45 miles with 830' of climbing. No speed demons required, just those stout of heart. Timing provided. We'll cruise back to the start for a social cool down, about 20 miles total. Light rain won't cancel.

Ride Leader Marshall Will 360 929 5003 or cesiwill@msn.com

September 6

The Sixth Annual Perimeter Ride of Seattle

Start: Discovery Park North Parking Lot Time: 8:00 for 8:30 start

Distance: About 80 miles for the full PROS, 56 for PROS Lite.

Pace: Moderate to brisk. Leader: Several ride leaders and paces to be organized.

Cue Sheet: <http://www.bikely.com/cuesheet/route/PROS-Perimeter-Ride-of-Seattle>
COGS and the Bicycle Alliance presents the 2010 version of PROS. A circuit around the City of Seattle. This year there will be a snack stop in Tukwila at about the 25 mile point. Donations accepted for the Bicycle Alliance's work to make Washington State a safe place to ride.

September 7, 14, 21, 28

Sweetcakes – Tuesday nights at Stanwood Velo at 6:00pm (stanwoodvelosport.com)

Approx. 9.6 mi loop, 14.4 mi loop. Also a moderate ride led by Brigitte Rittscher starting at 5:30

September 11

Granite Falls Ride Meet at Stanwood Velo at 9:00am for a moderate ride to Granite Falls on the Jordon Road/Burn Road loop. Bring \$\$ for snacks or lunch. Rain cancels.

Ride Leader: Jean LaBossiere 360 710 9577 or Cesiwill@msn.com

September 12, 19, 26

Sunday Saunter – Great Beginner to Intermediate ride. 1:00pm Centennial Trail (Arlington) 10, 25, 35 mile out and back, you can't get lost! Call ahead to confirm.

Ride leader Rod McDonald 425 359 6710

September 13, 20, 27

Monday Morning Motoring – Arlington - 8am start (or earlier if weather is good), 50-100 miles, moderate-brisk pace, A-C terrain, stay together ride. Bring snacks, hydration, 2 tubes, pump and bike in sound condition. Call for directions. Also check the Ride Changes page for updates – ride length depends on weather (nice = long ride). Rain cancels.

Ride leader Rick Schranck 425-737-8445

Upcoming non-Skagit Bicycle Club rides:

Sept 11th-12th – Bike MS Ride, Mt Vernon see: bikeinfo@nmsswas.org

Sept 12th – Mt Baker Hill Climb, Glacier see Norka.us

Sept 18th-19th – Tour des Lacs, Spokane see: roundandround.com

Sept 19th – Chuckanut Century, Bellingham see: mtbakerbikeclub.org

Sept 25th – Tour de Whidbey, Oak Harbor see: whidbeygen.org/

whidbeygeneralhospitalfoundation/tourdewhidbey

And see BicyclePaper.com for more rides!



Salmon BBQ and Lawn Party

When: Sunday, September 5, 2010

Time: 5:30 PM to....?

Location: Craig and Jill Langley's home.

25721 38th Ave NW, Stanwood, WA 98292

What to bring: Side dish or dessert, beverage, and lawn chairs. Volleyball and other lawn games will be available. Langley's will provide the salmon
RSVP's always appreciated. Contact Jill at 360 631 9117 or jlangleynalco.com

Directions to the Langley's:

Take I-5 North/South

Exit 212 (Stanwood/Camano Island exit)

Go 1.9 miles West toward Stanwood

Turn left on 36th Ave NW (head South)

Go down a steep hill and stay to your right at the bottom of the hill

36th Ave will turn into 258 St. NW

Go to the dead end at the top of 258th St. NW

Take a left at the dead end (this will be 38th Ave NW)

Take the gate on your left (it will be open)

We are the first house on the Left

25721 38th Ave NW

425 760 9126 or 360 939 0120 if you get lost

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Key: RR=Road Ride BFR=Breakfast Ride MTBR=Mountain Bike Ride RLH= Starts at the Ride Leader's Home*</p> <p><u>Ride Pace in MPH:</u> Easy: Under 10 (E) Social/Leisurely: 10-12 (S/L) Moderate: 12-16 (M) Brisk 16-20 (B) Strenuous 21+ (ST)</p> <p>When submitting rides please use these in your descriptions. *Wednesday night rides will remain Short/Medium & Long.</p>		<p>1 9am RR/M Arlington Rod McDonald 425 359 6710 Rick Schranck 425 737 8445</p> <p>5:30pm RR Maiben Park Burlington Medium/long Jill Langley 360 631 9117 Short Jennifer McCoy 360 336-2528</p>	<p>2 10:00am JOY RIDE Farmhouse Restaurant Tony Pestarino 360 420 3052</p> <p>5:30pm RR/M Stanwood Velo Brigitte Rittscher 360 652 7668</p> <p>6:00pm RR/M (recovery) Conway Red Barn Jill Langley 360 631 9117</p>	<p>3 9:30am RR/S Coffee Ride RLH Kim Knapp 360 421 3604</p>	<p>4 9:00am RLH RR/B Dave Mazzarella 360 336 3982</p>	<p>5 9:00am Big Lake School RR/Hill climb TT Marshall Will 360 929 5003</p>
<p>6</p> <p>LABOR DAY</p> 	<p>7 6:30pm SBC BOARD Mtg BurlingtonWAFedSavings Eric Knapp 360 421 3604</p> <p>5:30pm RR/M Stanwood Velo Sport Brigitte Rittscher 360 652 7668</p> <p>6:00pm RR/S "Sweetcakes" Stanwood Velo Sport Mark Everett 360 629 6415</p>	<p>8 5:30pm RR Maiben Park Burlington Short Jane Monroe 360 424 4619</p> <p>Medium/long Jill Langley 360 631 9117 Potluck Following</p>	<p>9 10:00am Joyride RR/S Farmhouse Restaurant Janice Lisherness 360 424 5263</p> <p>5:30pm RR/M Stanwood Velo Brigitte Rittscher 360 652 7668</p> <p>5:30pm RR/M (recovery) Conway Red Barn Jill Langley 360 631 9117</p>	<p>10 10:00am RR/M RLH Jamie Wells 360 424 9287</p>	<p>11 9:00am RR/M Stanwood Velo Jean LaBossiere 360 710 9577</p>	<p>12 1:00pm RR/M Arlington Rod McDonald 425 359 6710</p>
<p>13 9am RR/M - B Arlington Rick Schranck 425 737 8445</p>	<p>14 5:30pm RR/M Stanwood Velo Sport Brigitte Rittscher 360 652 7668</p> <p>6:00pm RR/S "Sweetcakes" Mark Everett 360 629 6415</p>	<p>15 9am Arlington RR/M Rod McDonald 425 359 6710 Rick Schranck 425 737 8445</p> <p>5:30pm RR Maiben Park Burlington Medium/long Marshall Will 360 929 5003 Marci Maulden 360 757 8464</p>	<p>16 5:30pm RR/M Stanwood Velo Brigitte Rittscher 360 652 7668</p> <p>5:30pm RR/M (recovery) Conway Red Barn Jill Langley 360 631 9117</p>	<p>17 9:30 RLH Social coffee ride Kim Knapp 360 421 3604</p> <p>NEWSLETTER DEADLINE</p>	<p>18 9:00am Berentson Bridge (SR20) Bridge sweep & Road Ride Bill Woyski 360 293 9520</p>	<p>19 1:00pm RR/M Arlington Rod McDonald 425 359 6710</p>
<p>20 9am RR/M - B Arlington Rick Schranck 425 737 8445</p>	<p>21 5:30pm RR/M Stanwood Velo Sport Brigitte Rittscher 360 652 7668</p> <p>6:00pm RR/S "Sweetcakes" Mark Everett 360 629 6415</p>	<p>22 9am Arlington RR/M Rod McDonald 425 359 6710 Rick Schranck 425 737 8445</p> <p>5:30pm RR Maiben Park Burlington Medium/long Tom Jacobson 360 855 0593 Short Janice Lisherness 360 424 5263</p>	<p>23 10:00am Joyride RR/S Farmhouse Restaurant Tony Pestarino 360 420 3052</p> <p>5:30pm RR/M Stanwood Velo Brigitte Rittscher 360 652 7668</p> <p>5:30pm RR/M (recovery) Conway Red Barn Jill Langley 360 631 9117</p>	<p>24 9:00am RLH RR Rose Ploeg 360 202 1716</p>	<p>25</p> <p>Tour des Lacs roundandround.com</p>	<p>26 1:00pm RR/M Arlington Rod McDonald 425 359 6710</p>
<p>27 9am RR/M - B Arlington Rick Schranck 425 737 8445</p>	<p>28 5:30pm RR/M Stanwood Velo Sport Brigitte Rittscher 360 652 7668</p> <p>6:00pm RR/S "Sweetcakes" Mark Everett 360 629 6415</p>	<p>29 9am RR/M Arlington Rod McDonald 425 359 6710 Rick Schranck 425 737 8445</p> <p>5:30pm RR Maiben Park Burlington Medium/long Eric Knapp 360 770 7956 Short Kim Knapp 360 421 3604</p>	<p>30 10:00am Joyride RR/S Farmhouse Restaurant Tony Pestarino 360 420 3052</p> <p>5:30pm RR/M Stanwood Velo Brigitte Rittscher 360 652 7668</p> <p>5:30pm RR/M (recovery) Conway Red Barn Jill Langley 360 631 9117</p>	<p>September</p>		

Chains can be an expensive nuisance for cyclists who use derailleur gears. In their search for exciting new features to boost sales, bicycle manufacturers have found that increasing the number of gears is an irresistible inducement to bicycle buyers. However, there is an unavoidable downside to the escalation in the number of gears. As chains become narrower (which they must in order to fit more gears into the available space), the amount of bearing surface at the pivot of each link becomes less. Consequently the chain wears faster. Since the chain is narrower, it is also more difficult to limit the amount of lateral flexibility. This makes the gears difficult to adjust and maintain. Indexed gear systems in current use have valuable benefits for riders, but longevity and durability are not among them.

As a cycling enthusiast I share the dismay that other cyclists feel when relatively new equipment wears out. As a person who works in the bicycle trade, I worry that finicky, unreliable gears will kill the sport. After all, to go running all you need is a pair of shoes. There are other ways to stay fit and to have fun. The industry needs to see this problem from the perspective of cyclists and prioritize durability.

What can we do to make our equipment last longer and cost us less? I've been experimenting with several ideas that are helpful. One strategy that I use is to rotate several chains on a bicycle. I'll run a chain for an interval—say 500 or 600 miles, then change chains (bikes used in tough environments like mud and dirt should change more frequently). I use 3 or 4 chains in rotation. This doesn't affect individual chain life, but chainrings and cassettes last longer. Normally, when a chain wears out you have to replace the cassette, and sometimes one or more chainrings. By rotating 3 chains, you can make the cassette last 3 times as long. The reason this works is that chains elongate as they become worn and sloppy in the joints. Elongation is the principal cause of wear to the teeth on the cassette. If a cassette becomes significantly worn, a new chain will fit it poorly. It will skip, run rough, or cause rapid chain elongation. However changing chains at relatively short intervals will cause the cassette to wear more slowly, and the several chains will be similarly worn, so substitution will be possible. The chainrings will also last better, although chainrings wear more slowly than cassettes anyway because they have more teeth bearing against the chain.

Worn chainrings have a nasty trait that it is good to be aware of. A new chain on a worn chainring may fail to release as it rolls off of the bottom of the chainring. It "sucks" up and continues to wrap around the ring. This is called "chain suck", probably because it sucks. This is particularly awful when the chainring is the innermost one, because it jams the chain between the chainring and the chainstay. If the frame is a soft material like carbon fiber or, to a lesser extent, aluminum, it can do serious structural damage to the frame. Consider that when deciding whether to run a brand new chain on a well-worn inner (or small) chainring.

this article will conclude in next month's newsletter.....

Present: Eric Knapp, Jen and Bill Woyski, Steve and Dian Jahn, Marshall Will, Jean La Bossiere, Jeannette Folkertsma, Bill Thayer, Jill and Craig Langley, Cheryl Calhoun, Chris Hanson, Jane Monroe, Jamie Wells, and Janice Lisherness.

The meeting was called to order at 6:34 PM by President, Eric Knapp.

New Members: Richard Marker of Mt Vernon, Deanna McCoy of Bow, Jim Zevely of Anacortes, Gordon Odegaard of La Conner, Sue Latendresse of Anacortes, Sarah Gallazin and John Little of Vancouver, BC., Paul and Laurie Sherman of Anacortes, and Charles and Linda Talman of La Conner

RIDE COORDINATOR'S REPORT:

Marshall and others mentioned that there is a lot of chip sealing going on in Skagit County. Ride leaders will need to be sure their chosen routes do not include newly chip sealed roads.

Bill Thayer suggested that next year we shouldn't schedule the Anacortes and the Bayview Wednesday Night Rides back-to-back on the calendar because there is too much overlap in routes.

PUBLIC RELATIONS:

Eric suggested that members be thinking about possible recipients of the club's donations. Special Olympics, the Western Washington University cycling team, and Bicycle Alliance of Wa are two examples. Please bring fresh ideas to our September meeting.

It was suggested that we invite Evelyn Gibb to be our guest speaker at our annual dinner meeting. She wrote the book, Two Wheels North, which is the story of how her father and his friend rode their bikes from Santa Rosa, CA, to Seattle in 1909.

Bridge Sweep: Bill Woyski announced that the next bridge sweep will be on Saturday, September 18th at 9:00 am. A ride will follow.

OLD BUSINESS:

A motion was made and carried authorizing Jamie Wells to continue to do all that is necessary to organize and keep up the Spring Classic website

Jamie also mentioned that he is still planning to put all of the route maps that he got from Minute Man Printing on our club website. This won't occur until Jamie gets off his bicycle during the winter months.

The next board meeting will be on Tuesday, September 7th, at 6:30 PM, at Washington Federal Savings Bank in Burlington.

Submitted by Secretary, Jen Woyski



Saddle-Post Intelligencer

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

Editor Rose Ploeg dutchpedaler@yahoo.com

October 2010 Deadline September 17

Skagit Bicycle Club

Club Officers

President

Eric Knapp erickimswim@comcast.net,

Vice President

Jean LaBossiere cesiwill@msn.com

Secretary

Jen Woyski Jwoyski@gmail.com

Co-Treasurers

Janice Lisherness bikerjan1@hotmail.com

Jeannette Folkertsma folk@fidalgo.net

Past President

Chris Hanson cahanson94@comcast.net

Board Members

Jim Finch JimF@wabulb.com

Steve Jahn dianstevejahn@hotmail.com

Craig Langley clangley@everettsd.org

Jill Langley jlangleynalco.com

Bill Thayer bhthayer@verizon.net

Jamie Wells wells_003@hotmail.com

Ride Coordinator Marshall Will cesiwill@msn.com

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:

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.

Bike Travel Trailer: SBC has a "BOB" bike trailer with a water proof duffel for members to use when touring. It is currently kept at the storage unit.

Club 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 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 :

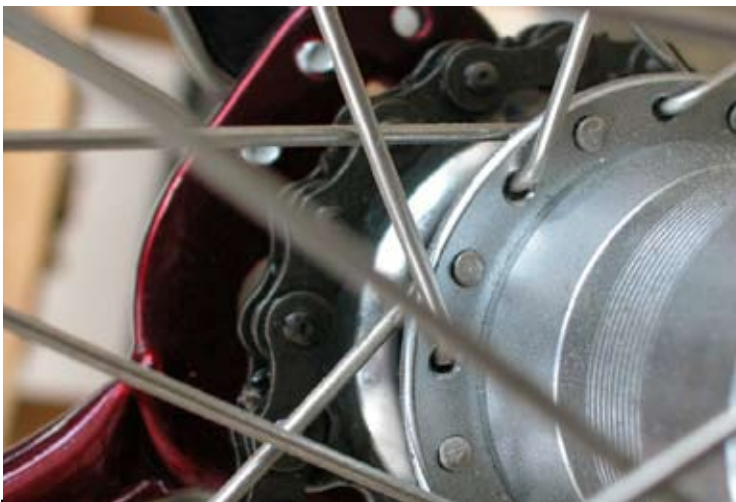
If you have any problems or comments, please contact us through the website or via Marshall Will at 360 929 5003 or cesiwill@msn.com. If you're changing internet carriers or if the ol, printer is on its deathbed, feel free to request a mailed copy of the newsletter.

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.

<u>Pace Description</u>	<u>in MPH</u>
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 an E-Newsletter (arrives faster and in full color!)
If you prefer to receive the paper version via USPS CHECK HERE ⇨

Membership benefits include 10% off at the following businesses:

Bicycles NW
31531 SR 20
Oak Harbor 360 279 8919

Racks and Beyond
731 W. Division
Mt.Vernon 360 428 2665

Skagit Cycle Center
1704 S Burlington Blvd
Burlington 360 757 7910
Skagit Cycle Center
1620 Commercial Ave.
Anacortes 360 588 7910

Velo Sports Viking Village
Stanwood 360 629 6415
