



**FOURTH ANNUAL RETRO RIDE
& CONCOURS D'ELEGANCE
A LIGHTEARTED CELEBRATION OF
CYCLING HISTORY AND ECCENTRICITY**

The Skagit County Historical Museum is hosting the Fourth Annual Retro Ride & Concours D' Elegance on August 28th. The ride will begin at the museum which is located at 501 4th Street in La Conner. The ride will be in conjunction with "The Way We Played" an exhibit about recreation in the early days of Skagit County. The day begins at 10:00 with a tour of the exhibit and a review of bicycles and costumes. You are encouraged to bring an old, stylish or unusual bicycle and come in costume, which could be either period specific or fanciful. You should still come even if you don't have an unusual bicycle and costume. (If you don't have an antique bike you should get one--this event occurs every year. You need an old bike.) After the review, we will ride toward Edison. The more swiftly mounted riders will turn back at Edison, those mounted upon venerable, well-ballasted machines will reverse direction after an hour so that all will converge upon the same cafe at the same time for lunch in La Conner . After lunch we'll return to the museum--pushing our velocipedes up the hill if necessary--to watch a vintage cycling movie. The event is free except for lunch. There is no free lunch.

Ride leader: Ken Rasmussen 360 766 8720
kayakfit@fdalgo.net



Last Chance to be in RAPSody

And we're not talking about a religious experience either, though the bike Ride Around Puget Sound can both humbling and heavenly. RAPSody is a 170-mile weekend bicycle event that starts and ends in Tacoma, Wash. Aug. 28-29. In between you'll cross the Puget Sound on the Tacoma Narrows Bridge, enjoy paved trails, scenic backroads and Northwest water and forest views and ride plenty of hills (9,000 feet worth).

RAPSody is hosted by five local bike clubs in support of the Bicycle Alliance of Washington's statewide advocacy and education. This ride is by cyclists, for cyclists, with great food, souvenir socks, luggage transport, showers and support all included. Free overnight at Shelton High School, with on-site meals supporting the Shelton youth center.

Registration closes Aug. 20. Sign up soon at www.rapsodybikeride.com

Organized by: B.I.K.E.S. Club of Snohomish County, Capital Bicycle Club, Cyclists of Greater Seattle, Tacoma Wheelmen's Bicycle Club, and West Sound Cycling Club.

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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.

At this point in July you are in great shape and able to keep up with your friends on any ride. You challenge yourself with the highest peaks. You can do anything from a Wednesday night ride, to the STP in one day, to a Friday morning breakfast ride.

YOU ARE UNBEATABLE . . . Except that one day (or week, or month or summer) when life gets in the way. You may be only getting 5-7 hours of sleep a night. You may be working 50-70 hours a week. You may be getting in quality family time that prevents you from slipping away on your bike for some alone time.

Bottom line you will not be at your best every day that you ride with your friends. On these days you may even be dropped (the horror).

AN IMPORTANT NOTE getting dropped from a group that you usually ride with is not always a bad thing. There are days when 6 of your buddies have got the bit in their teeth and there is simply no way that you are going to hang on. They could slow down but why take that from them? Better to let them go. In the words of Lance Armstrong "Sometimes you are the hammer, sometimes you are the nail."

The worst part about being dropped is the fact that sometimes they come back. It's nice to know that you're riding partners care about you, but, after you have resigned yourself to riding alone the last thing you want is to come around a corner and have 10 people waiting eagerly for you to continue on while they kick it up to 26mph and expect you to hang on.

The trick is to get dropped while at the same time make them not want to come back for you. This can be a tricky business. If you're not careful they will all slow down and talk amongst themselves going up a 6% grade while you pant like a small dog wishing that they would just go away.

Why not simply ask them to go about their way? Because they won't. Someone will elect to fall back and you will know that you are holding someone back below their capability. Not a good feeling. Feigning illness won't work either. They will all be on you all the way home like head lice on a kid at an elementary school.

Fake flat tires NEVER work. The entire group will stop and wait. You will do a speed change while others critique your efficiency. They will rest you will change a tire that was never flat.

Making up some other mechanical problem will not work either. Without a doubt there will be some sort of ex-bicycle repairman

MacGyver that will fix whatever is wrong with a stick of gum and some duct tape. You will look like an idiot for not taking care of your bike.

You have two choices.

You can deceive them or try to kill them.

Deception is the easiest way. Casually mention in the pack that you need to turn back because you promised your significant other that you would be home at a certain time for an important date.

Deception is very effective. Where you go after they have left you is up to you. But this doesn't work if your wife kisses you goodbye at the door in front of your buddies and wishes you a fantastic century ride.

This leaves you with one option. Kill them all. .. or maybe just one of them. .

You're tired but it's like this. You're being chased by a pack of timber wolves in the woods. You don't have to be the fastest person; you just have to be faster than the slowest person.

EXPOSE THE SLOWEST PERSON

So whip up the pace.

Wait for this chosen individual to take a good pull, let them pull off and before they re-hitch on the back of the train drop the hammer and go to maximum warp. The trick is to slowly ramp up the speed. If you do it too fast you will just be a jerk for upping the pace without notice. This maneuver is called the single tap. If the weak link in the chain hasn't parted you may have to do it again. Go through the rotation again and see if you can shake anyone loose. This is known as the double tap. If you have to do it more than twice this is called machine gunning the peloton. If nobody drops this means that you are screwed. The good news in being screwed is that when you are dropped they won't come back for you because you were a jerk.

If someone drops it is imperative to take responsibility for what you have done and go back for them, encouraging a more moderate pace and nurse them in.

An important note: What goes around comes around and cyclists have very good memories. Unless they are former Mt bikers in which case you are probably ok because they are not fast and their memories are all pretty hazy.

May the roads be smooth and dry. Ride safe and have fun.

Your faithful servant,
Super Domestique

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



August 4 11 18 25

Wednesday Night Rides will be at Bayview State Park at 6:00pm with a pot luck following

August 5 12 26

Thursday Morning Joyrides
10:00 am, Farmhouse Restaurant

Join your buddies in August for some scenic Summer 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

August 5 & 12 Tony Pestarino 360 420 3052

August 26 Kathea Rasmussen

Thursday Evening Rides

Meet at Skagit Cycle Shop in Anacortes at 6 PM. A weekly, "no designated leader or map" ride. Riders form groups and determine pace and route from available traditional local route maps. Always a brisk/fitness rider group, moderate paced riders are strongly encouraged to form a weekly moderate paced group. Gary/Bernie Santiago-Skagit Cycle-588-8776 Bernie@skagitcyclecenter.com
Steve Jahn SBC 293-1340 dianstevejahn@hotmail.com

August 13

Dessert Ride

Meet @ ride leader's house at 6 PM for a 26-32 mile ride to Lake Samish. Afterwards stay for coffee and dessert. Call for directions.

Ride Leader

Shaun Bridge 360 854 7926

August 15

Bicycle Friday Harbor (San Juan Island)

Meet at the Anacortes Ferry Terminal at 8:40am (in line 20 minutes prior to Ferry departure 9:05am) Round trip bike and passenger \$16.15, Seniors \$10.05. Return Ferries 2:15pm or 4:50pm. For more information call.

Ride Leader Jane Monroe 360 424 4619

August 21

Breakfast Ride 9 am start on the north side of Maiben Park/1025 E. Washington Avenue in Burlington.

Ride Leader Rose Ploeg 360 202 1716

August 21

Lake Cavanaugh Ride

Meet at Big Lake School (east side in gravel) off Hwy 9 at 8:00am. Ride is 36,46, or 56 miles no services up around Lake Cavanaugh.

Bring water and lunch/snacks. Ride your own pace. Questions call

Ride Leader: Janice Lisherness 360 391 3931

August 28

The Skagit County Historical Museum is hosting the Fourth Annual Retro Ride & Concours D' Elegance. The ride will begin at the museum which is located at 501 4th Street in La Conner.

August 28

Port Townsend to Fort Flagler

Join me for a great ride on the Olympic Peninsula on Saturday, August 28. We will take the 8:45 AM Keystone Ferry (but be there by 8:15 to park and get your ferry ticket) from Whidbey Island over to Port Townsend. We will ride the beautiful 53 mile loop that goes over to Fort Flagler by cycling through scenic Fort Worden, Cape George, and Irondale. We should be able to get refreshments at the coffee shop in Fort Flagler. Our return brings us back to Port Townsend where we can celebrate the adventure with burgers and beverages at the Port Townsend Pub before catching an afternoon ferry back. I have a shorter route of about 30 miles but each route has hills. Any questions, just give me a call at 360-632-7596. Greg Vlasak

August 29

Orcas Island Ride

Arrive at the Anacortes WSDOT Ferry walk-on terminal (down by the loading ramps) by 7:00am. Orcas ferry departs at 7:20. We plan on riding all over the island, with a Mt Constitution option. (not to be missed for the view!) Orcas is the hilliest of the San Juan Islands, but all level riders are invited. We will stop for lunch & snacks.

Ride Leader: Marshall Will

360 929 5003

cesiwill@msn.com





SRAM

By Rick Teudt

We should officially rename this ride SCRAP – “Skagit Club Ride All the way to Paradise” – so everyone can keep their certificates. Kudos to the riders who made it to Paradise, 75 miles and over 6,100 feet of climbing, a challenging ride even in good conditions. Gold stars for Craig, Dave, and Dave who tested the limits of human endurance by completing the entire course and kept a fast pace the whole way.

Highlights:

- Incredible SAG support – thank you! Also, thanks to Craig for organizing this adventure.
- Everyone made it home safely.
- Great camaraderie. We’ll be talking about this ride for years to come.
- My first time riding to Paradise, which would have been gorgeous with a little sun. I skipped the long descent but climbed Cayuse after warming up a little in the car.

Lowlights:

- It rained nearly all day, from a light drizzle to steady showers.
- 44 degrees, rain, and heavy mist at Paradise. Lots of snow still on the ground made it seem even colder.
- This is the coldest I have ever been on a bike, and I commute in sub-freezing temperatures!
- I shiver just thinking about the brave riders who descended from Paradise. The wind chill temperature at 40 mph was about 30 degrees. Laurie should have brought a thermometer to check for hypothermia.
- Cleaning road grime out of my eyes, ears, and nose all evening. Crunching on sand and grit caught in my teeth.
- It was hard to get a good paceline going because of the spray and poor visibility.

Lost and Found:

I am missing a pair of Gore Bike Wear gloves (black, size 9 or 10) and Pearl Izumi arm warmers (black, size L). If anyone finds them please let me know!

HAVE YOU EVER THOUGHT OF HAVING YOUR OWN BICYCLE SHOP?

By Ken Rasmussen 360 766 8720

Many of us have dreamt of owning our own dream business. In my case that would be a bicycle shop. I’ve always liked the idea of running a business that has so much joy associated with it. Each new bicycle sale is an opportunity to share in the joy of the proud new bike owner. Each repair is an opportunity to return someone’s much-loved bicycle in well-oiled and adjusted condition. Each fitting job is an opportunity to rid someone of pain and discomfort. Combining those happy thoughts with the ability to run one’s life without a boss’s supervision, and it begins to sound irresistible.

I’m considering purchasing an existing shop. I have part of the price of the shop, but more is needed. I’m looking for a partner or partners to help with the project. The shop is large enough to support several of us. I have an extensive background in the bicycle trade. What is still needed is experience in accounting and/or business management as well as additional money. Think about it.



SKAGIT CYCLE-ANACORTES WEEKLY THURSDAY RIDE CONTINUES: The Thursday night rides from Skagit Cycle-Anacortes continues weekly at 6 PM, often with an “informal” contingent of stronger local riders who gather for a fast fitness ride. A more moderate paced group is fewer in numbers, but also represented.

Gary Santos-Skagit Cycle, is encouraging participation of more moderate pace riders who would regularly ride Thursday nights in Anacortes. He has a variety of local ride routes that can be selected by rider groups. He is pleased SBC is listing the ride in the monthly ride calendar and newsletter, and hopes this will encourage greater and more diverse rider participation. [Come out to Anacortes on Thursday nights and enjoy the local rides.](#)

GARY/BERNIE SANTIAGO-Skagit Cycle-588-8776
Bernie@skagitcyclecenter.com

You know you're an Incurable Bikaholic When...

You find that a strange jargon is working its way into your everyday conversation. Words like "derailleur," "Campagnolo," "Biopace," "Kevlar," "Dia Comp," and "Shimano."

You have an uncontrollable urge to bring your bike into the house - preferably in the living room or the bedroom.

You find it amazingly easy to justify the purchase of a third bike - this one just for special rides.

You plan, and actually look forward to, a two-week bicycling vacation trekking across mountainous terrain and setting a goal of 75 - 100 miles a day, rain or shine!

You can actually remember which valve type is Presta and which is Schraeder, and are adamant about defending your favorite.

Your spouse begins to automatically assume that you'll be on a club ride every weekend, or worse yet your non-riding spouse begins to learn bike jargon.

You meticulously care for your bike, while your \$ 10,000 car quietly rusts away.

You view Christmas, birthdays, and anniversaries as times to exchange gifts of bicycling components and accessories.

You hang around bike shops without really needing anything.

You're so naive that you think a "wheel-watcher" is a bike racing fan.

You accumulate bike catalogs - and find something new to order with each new issue.

You easily rationalize replacing perfectly good components, just because something slightly better or trendier just came out.

You never throw away the replaced parts - even worn out tires and tubes.

Your eating habits have changed. Things like "gorp," "Gookinade," and "carbohydrates" creep into your diet. You plan the year ahead around the dates of TOSRY, GEAR, the LAW rally, the Hilly Hundred, the Makleville Death Ride, etc (the list grows longer every year).

You don't plan any family events ahead until checking the "Monthly Meanders" schedule.

You begin to regard your job or school as a troublesome nuisance, interfering with your quality biking time.

You divide your friendships into two groups - those that bike and those that don't bike.

You talk about Lemond, Induran, Chiapucci, and Bugno as if they were close personal friends.

You find yourself carrying on a spirited conversation with "Larry," the ever silent riding companion, when viewing the cycling video on your wind trainer.

Your all-time favorite movies are "Breaking Away" and "American Flyers."

You talk as if you really understand gear ratios.

You'll ride all day in the numbing cold and soaking rain, and then complain at home if a draft from an open window blows on you.

Your family photo album is becoming filled with bike photos and scenery views shot through the spokes. On the other hand, you have not taken a candid photo of you spouse or kids for two years.

You faithfully log every mile ridden.

You regard the severity of a sickness or injury by the length of time it takes until you can resume biking.

You're beginning to actually enjoy drinking warm water out of a water bottle (especially at sag stops, sitting on the cold ground and pigging out on bananas.)

You have a permanent black grease mark across the calf of your right leg.

Your biggest goal is to qualify for RAAM (or some other suitably difficult race/ride).

You would like to wear your colorful skin outfits to work. You belong to more than two bike clubs and/or subscribe to more than two bike magazines.

You consider not being able to ride on your favorite ride as "the ultimate tragedy."

You hang on to your favorite biking outfits, like a child's teddy-bear, even though they are tattered and torn.

Saddle-Post Intelligencer

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Bike Travel Cases:

SBC Members can arrange to use one of the club's bike travel cases. Deposit is \$ 100 and is refundable upon the return of the case. The borrower is responsible for the pickup and drop off of the case. To make arrangements contact Bill Thayer at 360 757 2679 or e-mail bhthayer@verizon.net

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 them out and arrange a pick up contact Bill Thayer 360 757 2679 or Jane Monroe 360 424 4619

Library:

To check our books/videos/cd's or to arrange a donation call 360 422-5167 or E-mail Eric or Kim Knapp at erickimswim@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
