

# Saddle-Post Intelligence

The Voice of the Skagit Bicycle Club

Skagit County Washington

## January 2011

### In this issue:

|                        |   |
|------------------------|---|
|                        | 2 |
| Off the Back           | 3 |
| Club Ride Descriptions | 4 |
| Freewheeling           | 5 |
| Ride Calendar          | 6 |
| Club News              | 7 |
| Club Information       | 8 |
| Membership Form        |   |

### Don't forget:

#### Ride Mileage for 2010

Please send in your total mileage by January 21 for publication in the February newsletter. It's fun to see how many miles SBC members have covered in the year 2010. Send totals to [janemonroe@aol.com](mailto:janemonroe@aol.com) or call 360-424-4619 and leave a message.

## Bicycle Alliance Legislation Focuses on Safety, Education By Kristin Kinnamon, Bicycle Alliance of Washington board member

The Bicycle Alliance of Washington works year-round to identify, research and prioritize key issues for cycling that need to be addressed at the state level. The Bicycle Alliance of Washington works with a professional lobbyist in Olympia to forward that agenda - he is our eyes and ears, but bicyclists are our voice. Help support our agenda by attending [Transportation Advocacy Day on Feb. 10](#) in Olympia and by contacting your legislators in support of selected bills. The Bicycle Alliance Legislative and Statewide Issues Committee, made up of representatives of bike clubs and communities from across the state, has been working on our 2011 legislative agenda since last spring.

Priority legislation includes bills that would address:

- **Traffic safety education:** require that the [driving schools](#) attended by motorists who have received a [traffic ticket](#) teach curriculum for safe driving around cyclists and pedestrians. Thanks to previous legislation and work by the Bicycle Alliance, the [Department of Licensing](#) already requires the curriculum in all regular driver's education courses. The materials are funded by proceeds from Share the Road license plate sales.
- **Mutual courtesy and safe passing:** clarify the laws that define safe and courteous behavior for cyclists and motorists, including legislation governing how much space motorists should give cyclists when passing alongside them.
- **Complete streets:** create a grant program that gives incentives for communities that adopt a "complete streets" policy to ensure that their streets are designed and built to safely accommodate all users (pedestrians, bicyclists,

people with disabilities, drivers).

- **Lower speed limits:** Give communities broader authority to lower speed limits to 20 miles an hour in neighborhoods with high pedestrian and bicycle traffic. Lower speed limits sharply reduce injuries and death.
- **Liability:** Impose reasonable limits on the liability of communities that mark bicycle routes with signage or produce [bike maps](#). Currently, some communities don't mark or map routes at all because they fear they will be found liable for injuries suffered by cyclists who use the routes.

Several of these bills are on year two - we introduced them last year but get a second chance this time around. We also will be on the lookout to ensure that Safe Routes to Schools projects for districts around the state remain funded and that any transportation bills provide adequate funding for bicycling and walking.

In addition to its main priorities, the Bicycle Alliance will support legislation sponsored by the [Cascade Bicycle Club](#) to better protect vulnerable road users such as cyclists and pedestrians, and other bills that support bicycling and safety.

Keep abreast of how our agenda is faring and how you can help by visiting our website, [www.bicyclealliance.org](http://www.bicyclealliance.org).

Kristin Kinnamon is a member of BIKES Club of [Snohomish County](#) and lives in Marsyville, WA



# OFF THE BACK BY JEAN LABOSSIERE

## Winter Time

I hope you won't find my monthly column too boring now that we no longer have Super D. Maybe we can have him resurrected once in awhile, or there may be a mountain biker out there who would like to refute some of his claims!

Now that winter is in full swing it may be a good time to re-check that bag that's under your saddle to make sure that tube did in fact get fixed after that flat, and is that patch kit still usable? A number of us got to find out the hard way on Jim Finch's last ride, as Jim said "It takes a village to change a flat". Are the necessary tools there, can you adjust your saddle if needed?

Winter riding can be challenge. It's either too cold, too wet, or both! Fenders are a must, not only for the riders on your wheel but also for you, (the rider) they keep (parts of) you dry on those wet roads.

Booties, long finger gloves and even those chemical heaters come in handy for feet and hands. And in really nasty weather there's always the very boring trainer, or switch gears completely and go mountain biking. (What would Super D say?)

When I go mountain biking it's more of a bike and hike, and it's mostly hiking. Many club members have tried to get me out there mountain biking but somehow the fear factor always takes over, then I forget how to shift, it's not a pretty sight!

I guess the message I'm trying to get across is, even though road riding may be put on hold for now, there are other activities that can keep you active and healthy. Just getting out for a walk is beneficial so get up off that couch and move. Your body will thank you!

The bike expo is approaching fast; the dates are March 12<sup>th</sup> and 13<sup>th</sup>. Our club has a booth to promote our annual ride, the "Skagit Spring Classic". If you're interested in volunteering to man the booth for a few hours please call Dian Jahn, at 425-830-5381. Your help is needed and greatly appreciated.

Jean LaBossiere  
SBC President

## Exceptional Tandem for Sale:

On December 17th I was in Elliot Bay Bicycle Shop, two blocks north of the Pike Place Market, and noticed an exceptionally fine tandem for sale for a particularly reasonable price. This is one of the early Santana tandems. It is a beautifully fillet brazed steel tandem—the workmanship is of the highest order, and the condition seemed to indicate low use and careful storage. The price was \$2000. Fine tandems usually cost over \$5000 nowadays, so this one stands out. The size is large in front and medium in back.

I didn't examine the bicycle closely, so check it out critically for fit and problems before buying it. Tandems are often problematic as regards shifting and braking. Test it and make certain it is to your satisfaction. If it isn't, have it upgraded at the time of purchase so you can know the whole cost at the outset. The bike is so good that spending extra to assure yourself of satisfaction is worthwhile.

Kathea and I ride a Santana steel tandem—not nearly so fine as this, but newer—and it operates as well as any fine single.

Elliot Bay Bicycle Shop is well worth visiting anyway. They have an astonishing collection of older bicycles and also produce the excellent custom Davidson titanium frames and [steel frames](#). Mention my name when you go in.

**Ken Rasmussen 360 766 8720**

## Dark Day Cycling Safety

By D. J. Brown, DBOG

**Skagit County, WA US** --I commute all year and am always shocked at the number of riders and walkers that apparently have no concern about their personal safety on our roadways and road shoulders. They dress in black or dark clothing and seldom ever use flashing lights to let others know of their presence. Having been schooled in and taught mountain, boating and motorist safety, I try to enlighten them upon the rare opportunity of conversation. I think all cyclists should do the same.

I use an amber strobe dome mounted behind and above my head for all roadway trips. I have found that motorists instinctively know it means a slow moving vehicle while flashing [red tail lights](#) and white head lights are "strange" to them. But I have a velomobile on order and doubt that I can find a way to mount that strobe unit.

My Velo preparations include checking out lights. I am currently testing the [Cateye TL-LD570-F Reflex Auto front warning unit](#). It appears to be the new sister of the red [tail light unit](#) that has been available for at least a year. It is similar in size (3.25"X1.75") to a standard front or rear reflector, but thicker. The lens cover is reflective. The two AAA replaceable batteries power 5 [super bright LEDs](#) and 5 different illumination sequences. What is unique is that there is an automatic sensing circuit that will turn the unit on or off, if selected, for light and motion activation.

By experimentation, I find that by placing a small piece of black tape over the light sensor, the unit can be used for daylight usage with only the motion sensor active. So I do not have to remember to turn the unit on or off. After one minute of no 'agitation' it turns itself off. One can always press and hold the selection button instead of course.

These units are not real cheap, but for \$35 to \$40 each and hundreds of hours of battery life, something to consider. I will be mounting this trial unit on the front of ET (Eclectic Tadpole), my electronic tricycle and possibly another white in front and red in back on the velomobile's enclosed light housings when I receive it.

Sincerely, D. J. Brown, DBOG  
Skagit County, WA US



# FREEWHEELING: RIDE REPORTS ETC....

## December 2 Joy Ride

by Janice Lisherness

Meeting at the Farmhouse for a social road ride were Hans Gehrig, Bill Pfeffer, Marci Maulden, Dan Sandstrom, Francean Brown, and myself. We split up into two groups riding into La Conner to have a cup of coffee and cookie at the Market on the channel. Phil Smoots joined us at the Market. Thanks to all who joined in on a great ride with good weather.



## SHIPPING BICYCLES FOR TRAVEL

By Steve & Dian Jahn

New airline charges have made taking your bike with you on the plane, expensive and troublesome. So, we looked into domestic ground transportation options. An overview on the ways to ground ship bicycles was done by Adventure Cycling- <http://www.adventurecycling.org/features/shippingbikecases.cfm>

Here are some suggestions we concluded best from our experience-

- 1) Skagit Cycle- Anacortes or Burlington. (Or any bike shop) They will box your bike and ship to your destination. Suggest you ship to a destination bike shop for better rates, assembly, and to facilitate the return shipment of your bike. NOTE- You are best to use cardboard bike boxes for best rates. The larger and heavier "Hard cases" cost a lot more. Example- Cardboard bike Box shipped to Tucson, AZ, costs \$100 each way insured, and takes "5-ish" days via UPS.
- 2) [www.shipbikes.com](http://www.shipbikes.com). This web service ships via Fed Exp and offers excellent rates and services from drop off at Fed Exp offices to "door to door". Weight restricted to 60# max and you must pack the bike. I priced a 60# "hard case" (like SBC makes available to members) shipped "door to door" to Tucson, AZ. The cost was under \$100. Visit their web site for details. IF YOU HAVE A GOOD EXPERIENCE WITH THIS SERVICE, LET US KNOW (stevedianjahn@gmail.com)

Hope this helps your travel!



I'm planning a ski trip to Sun Peaks Resort, British Columbia. All are welcome. It should be great skiing both downhill and cross country. The trip will be leaving Mount Vernon Thursday afternoon February 3 arriving Thursday evening, skiing Friday, Saturday, and Sunday and returning home Sunday, February 6 after skiing. It's a 6 hours drive. Sun Peaks looks like a neat place to stay and ski with plenty of dry snow. Apres ski activities in the village should be a good time also! Let me know if you're interested. Sun Peaks is getting great snow! I'll be making plans for lodging and discounts soon. If you have any questions, call me at 360 336-2528. Thanks, Jennifer McCoy.

## Death by a Thousand Cuts or Jim's November 27th Ride

by Ken Rasmussen

With fair weather to inspire us and extra holiday ounces to shed, we bundled up, rode out of the Washington School parking lot, and aimed our bicycles Samish Islandward. Kathea Rasmussen and Jean Lebossiere made an early break by leaving on time while the rest of us, ride leader Jim Finch, Marshall Will, Dave Mazzarella, and I, Ken Rasmussen, dawdled until Tom Jacobsen arrived\*. Then we sped out of the parking lot at 18 mph. I was impressed by just how fast 18 mph is a couple of days after Thanksgiving. It is a blistering pace, believe me. Marshall provided us with a much needed respite by puncturing his front tire. He made a swift and competent repair and we set off again in pursuit of Kathea and Jean. Jim was the next to puncture, several hundred yards further down the road. We stopped for a welcome rest while Jim made a swift and competent repair.

Dave Mazzarella and I were leading the group, going about 20 mph, when I became concerned that I might tire Dave out by going too fast. We had been leading for about 20 seconds, and I wasn't absolutely certain Dave could take much more, so I eased my pace and went to the back. It isn't entirely clear what happened next, but perhaps Jim had been at the absolute limit of his strength from trying to hang on to us, and had passed out, or fallen asleep. All we know for certain is that Jim's bike slid and spun in crazy circles, and Jim slid and spun in crazy circles with it. Then he bounced up and down on the pavement a few times. Jim picked himself up and graffed and loaned.\*\* When I asked Jim how he happened to fall off his bike without any apparent cause, he thought that perhaps he'd had a concussion which might have caused him to crash. He explained how one time he'd been cycling, and had a concussion, which had caused a bear to run into him because bears are attracted to concussions. I have heard of something like that before, so I let it rest.

We got under way again, and Marshall got a call on his cell phone. Jean had a flat tire, and needed us to hurry up and catch her so we could fix it for her. We sprinted down the road, going about 18 mph with a tail wind, and darned if I didn't get a flat. I yelled, "Flat. Flat tire here. There's no air in my flat tire." So we stopped. Tom waited while I made a swift and competent repair, and we headed swiftly and competently after the others, who as it turns out, were coming back toward us, led by Jean. Jean must have made an even swifter and more competent repair than I had done. It is well known that women have very dexterous fingers.

Jean and Kathea decided to go back, having realized that between them they had zero tubes or patch kits, since Kathea's kit was beneath the saddle of her folding bicycle which was in our garage. The rest of us continued on, undaunted, oblivious to the fact that the universe, if it had been trying to tell us something, could scarcely have spoken more plainly.

Continued on page 5



# CLUB NEWS: BOARD BRIEFS

## **SBC GENERAL MEETING MINUTES DECEMBER 7, 2010 WASHINGTON FEDERAL SAVINGS, BURLINGTON**

Present: Eric Knapp, Jen Woyski, Steve Jahn, Bill Thayer, Jamie Wells, Jim Finch, Chris Hanson, Cindy McGuinness, Marci Maulden, Janice Lisherness, Jeannette Folkertsma, Marshall Will and Jean LaBossiere, and invited guest speaker, Mark Semrau.

The meeting was called to order at 6:02 pm by president, Eric Knapp.

The November meeting minutes were approved with a minor correction.

### **New Members:**

Steve and Yevonne Dodge of Burlington.

Marc Semrau, from the Active Community Task Force, (ACT), gave a presentation about the work of this important group. The board had invited him to our meeting because we wanted to better understand how our donation to them could be used. Mark said that historically SBC has donated money to help with the expense of publishing the bicycle maps. He also mentioned that we could help with funding towards the write-up of a non-motorized transportation plan, or for bicycle rodeos, or for "Safe Routes to School" funding.

Steve Jahn stated emphatically that SBC should communicate our cycling concerns directly to ACT, as this organization is very well connected with local entities that are already working towards sound non-motorized planning.

### **RIDE COORDINATOR'S REPORT:**

Marshall suggested that riders again meet in LaConner for lunch on our annual New Year's Day Ride. It was decided that we would meet for lunch at LaConner Fruit and Produce at 116 1<sup>st</sup> St. (across the street from the PO). Plan to be there and let's hope the wind doesn't blow like it did last year.

### **SBC Club Donations for 2011:**

The motion was made and carried to allocate \$4,000 as follows:

\$1, 500 to Skagit Special Olympics  
\$1,500 to ACT- specifically to fund the reprinting of the bicycling map for Skagit County  
\$500 to the Skagit Medic One Helmet Program  
\$500 to the Bicycle Alliance of Washington

### **OLD BUSINESS:**

Christmas Party- It was decided that the forming of an ad hoc Christmas Party Planning Committee should be on the November 2011 general meeting agenda. We can also recruit people for this committee in the November 2011 Newsletter.

The board applauded Eric Knapp for his leadership this past year. Eric then adjourned the meeting at 7:12 PM.

Our next meeting will be on Tuesday, January 4, at 6:00 PM at Washington Federal Savings Bank in Burlington.

Respectfully submitted,  
Jen Woyski, Secretary



Continued from page 4

We had not gone far when Dave had a \_\_\_\_\_\*\*\* tire. We paused while Dave fixed his flat. He may never have seen a tire, tube, or wheel before. He poked disconsolately at the pieces with a tire lever, and complained that it wouldn't fix itself the way everyone else's had. We paid no attention. We were taking inventory and patching tubes. Luckily I had a patch kit with me with an unopened tube of glue. I found the leak in my tube--both of them--and gave them a thorough sanding. Then I punctured the seal at the end of the tube of glue, and nothing came out. Tom handed me his tube of glue. "It's nice and squishy", he said. "That means it's good." I took it and worked with it for awhile.

"It's good that it's squishy," I said, "because there's nothing else good about it."

Dave took Tom's glue from me and managed to squeeze a bean-sized glob of congealed glue out of the tube. He put it next to the hole in his tube. "It won't fix itself," he said.

Marshall had some good glue. Marshall shared. We all put glue on our tubes, and watched them fix themselves, all except Dave, whose tube wouldn't fix itself. Someone gave Dave a tube that would fix itself properly, and we continued on, Samish island-ward once more.


By this time we'd done about eight miles, and we were all becoming fatigued from all the cycling and

whatnot. We decided to cut the trip short by turning on D'Arcy Road and working our way back south and east. In due time we arrived back in [Mount Vernon](#). It was a nice ride.

\* Surely there must be a word that is the past tense of "arrive" that is spelled that way. I'm sure we can all agree on that, at least.

\*\* Graffiti and looting is done by laughing and groaning simultaneously and alternately.

\*\*\* Surely you can fill in the blank

| Monday  | Tuesday  | Wednesday | Thursday   | Friday  | Saturday   | Sunday  |
|---|--|-----------|--|---|--|---|
| <h1>January 2011</h1> <p><i>Key: RR=Road Ride BFR=Breakfast Ride MTBR=Mountain Bike Ride TT=Time Trial<br/>RLH= Starts at the Ride Leader's Home*_</i></p> <p><i>Ride Pace in MPH: Easy: Under 10 (E) Social/Leisurely: 10-12 (S/L) Moderate: 12-16 (M) Brisk 16-20 (B) Strenuous 21+ (ST) When submitting rides please use these in your descriptions.<br/>Reminder: if weather is questionable call the ride leader about the status of the ride.</i></p> |  |           |  | <b>JANUARY 1 RIDES 1</b><br>10:30am<br>M/RR<br>Centennial Trail<br>Arlington<br>Rod McDonald<br>360 654 1499<br>11:00am<br>M/B RR RLH<br>Eric Knapp<br>360 421 3604 | <b>1 RIDES 1</b><br>M/B RR<br>Stanwood Velo<br>Marshall Will<br>360 929 5003<br>M/S RR<br>RLH/Tommy<br>Thompson trail<br>Steve & Dian Jahn<br>425 830 5381<br>425 830 4981 | <b>2</b>  |
| <b>3</b><br><br>6:00pm<br>Night MTBR<br>Little Mtn Park<br>Dave Mazzarella<br>360 336 3982  | <b>4</b><br><br>11:00 am<br>S/RR RLH<br>254 Perry Dr.<br>Coupeville<br>Linda White<br>360 770 1050<br><br>6:00pm<br>SBC BOARD MTG<br>Burlington<br>WAFedSavings<br>Jean LaBossiere<br>360 710 9577 | <b>5</b>  | <b>6</b><br><br>11:00am<br>S/M RR<br>Farmhouse Inn<br>Marci Maulden<br>360 757 8464    | <b>7</b>  | <b>8</b><br><br>11:00am<br>M/RR RLH<br>Whit Whitford<br>360 757 1357   | <b>9</b><br><br>1:00pm<br>M/RR<br>S March Pt<br>park & ride<br>Steve&Dian Jahn<br>425 830 5381<br>425 830 4981  |
| <b>10</b><br><br>6:00pm<br>Night MTBR<br>Little Mtn Park<br>Dave Mazzarella<br>360 336 3982   | <b>11</b>  | <b>12</b> | <b>13</b><br><br>11:00am<br>S RR<br>Farmhouse Inn<br>Janice Lisherness<br>360 391 3931 | <b>14</b><br><br>10:00am<br>B RR RLH<br>Jamie Wells<br>360 421 2126   | <b>15</b><br><br>10:00am<br>MTBR<br>Walker Valley<br>Trailhead<br>Dave Mazzarella<br>360 336 3982  | <b>16</b>   |
| <b>17</b><br><br>6:00pm<br>Night MTBR<br>Little Mtn Park<br>Dave Mazzarella<br>360 336 3982   | <b>18</b><br><br>11:00 am<br>S/RR RLH<br>254 Perry Dr.<br>Coupeville<br>Linda White<br>360 770 1050  | <b>19</b> | <b>20</b><br><br>11:00am<br>S/M RR<br>Farmhouse Inn<br>Marci Maulden<br>360 757 8464   | <b>21</b><br><br><br><b>Newsletter<br/>Deadline</b>                             | <b>22</b><br><br>9:00am<br>Snowshoe hike<br>RLH<br>Dave Mazzarella<br>360 336 3982   | <b>23</b><br><br>1:00pm<br>M/RR<br>S March Pt<br>park & ride<br>Steve&Dian Jahn<br>425 830 5381<br>425 830 4981 |
| <b>24</b>   | <b>25</b>  | <b>26</b> | <b>27</b><br><br>11:00am<br>S RR<br>Farmhouse Inn<br>Janice Lisherness<br>360 391 3931 | <b>28</b>   | <b>29</b><br><br>11:00am<br>B RR<br>Washington<br>School/ Mt.<br>Vernon<br>Jim Finch<br>360 424 8511   | <b>30</b><br><br>1:30pm<br>S/RR RLH<br>Jeannette<br>Folkertsma<br>360 445 5924                                  |
| <b>31</b>   |  |           |  |   |  |   |

# Saddle- Post Intelligencer

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

Editor Rose Ploeg [dutchpedaler@yahoo.com](mailto:dutchpedaler@yahoo.com)

Deadline January 21 for February 2011 Newsletter

## Skagit Bicycle Club Officers & Board President

Jean LaBossiere [cesiwill@msn.com](mailto:cesiwill@msn.com)

### Vice President

Jim Finch [JimF@wabulb.com](mailto:JimF@wabulb.com)

### Secretary

Jen Woyski [Jwoyski@gmail.com](mailto:Jwoyski@gmail.com)

### Co-Treasurers

Janice Lisherness [bikerjan1@hotmail.com](mailto:bikerjan1@hotmail.com)

Jeannette Folkertsma [folk@fidalgo.net](mailto:folk@fidalgo.net)

### Past President

Eric Knapp [erickimswim@comcast.net](mailto:erickimswim@comcast.net),

## Board Members

Chris Hanson [cahanson94@comcast.net](mailto:cahanson94@comcast.net)

Dian Jahn [dianstevejahn@hotmail.com](mailto:dianstevejahn@hotmail.com)

Steve Jahn [dianstevejahn@hotmail.com](mailto:dianstevejahn@hotmail.com)

Craig Langley [clangley@everettsd.org](mailto:clangley@everettsd.org)

Jill Langley [klangley@nalco.com](mailto:klangley@nalco.com)

Bill Thayer [bhthayer@verizon.net](mailto:bhthayer@verizon.net)

## Volunteer Positions

Ride Coordinator Marshall Will [cesiwill@msn.com](mailto:cesiwill@msn.com)

Spring Classic Coordinator: Jamie Wells

Bridge Sweep Coordinator: Bill Woyski

Membership List Marshall Will [cesiwill@msn.com](mailto:cesiwill@msn.com)

Web masters: George Haigh [george@zappo.org](mailto:george@zappo.org)

Tom Jacobson [Tomandlori@comcast.net](mailto:Tomandlori@comcast.net)

Website: [www.skagitbicycleclub.org](http://www.skagitbicycleclub.org)

Mailing Address:

The Skagit Bicycle Club

P.O. Box 363 Burlington WA 98233

**Bike Travel Cases:** Deposit is \$100 and is refundable upon the return of the case. The borrower is responsible for the pickup and drop off of the case.

**Bike Travel Trailer:** "BOB" bike trailer with a water proof duffel Club Bike Racks: Four Yakima bike carriers attach to a roof rack 1 inch round bars front and rear. fork mount/ mounts for the front wheel. Currently kept in the Storage Unit in Mount Vernon. To check out and arrange a pick up of any of the above items contact Bill Thayer 360 757 2679 or Jane Monroe 360 424 4619

**Library:** To check our books/videos/cd's or to arrange a donation call 360 422 5167 or E-mail Eric or Kim Knapp at [erickimswim@comcast.net](mailto: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](mailto: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](http://www.racksandbeyond.com)

Skagit Cycle Center

1704 S Burlington Blvd Burlington 360 757 7910

1620 Commercial Ave. Anacortes 360 588 7910

Velo Sports

Viking Village Stanwood 360 629 6415

## Calendar Key:

When leading a ride remember to send in descriptions to be included in the ride description section and afterward send in a ride report. Weekends: Friday, Saturday and Sunday are at the end on the right hand side.

RLH: Starts at the ride leaders home.

| Pace Description    | in MPH       |
|---------------------|--------------|
| Easy                | under 10 mph |
| Social or Leisurely | 10-12 mph    |
| Moderate            | 12-16 mph    |
| Brisk               | 16-20 mph    |
| Strenuous           | 20+ mph      |



---

Skagit Bicycle Club  
P.O. Box 363  
Burlington WA 98233

**Skagit Bicycle Club Membership Form**

Check One:  New  Renewal

Annual Dues: Individual \$ 15.00 Family \$ 20.00

|                        |
|------------------------|
| Name                   |
| Address                |
| City State Postal Code |
| Phones                 |
| Email:                 |

MAIL TO:

Skagit Bicycle Club P.O. Box 363 Burlington WA 98233

You will receive your Newsletter via Email (arrives faster and in full color!)

Unless you CHECK HERE ⇔  to receive the paper version (not in color)  
via US Postal Service