

# Seattle Spin

*Monthly newsletter of the Seattle Bicycle Club, Seattle's Friendliest Bike Club*

## RAPSody (Ride Around Puget Sound)

*This Month, August 25-26!*



Now is the time to register for RAPSody (Ride Around Puget Sound) on August 25 & 26. The ride is organized and supported by B.I.K.E.S. of Snohomish County, the Capital Bicycle Club, Tacoma Wheelmen's Bicycle Club, Seattle Bicycle Club, and West Sound Cycling Club in its fundraising efforts for the Bicycle Alliance of Washington's statewide advocacy and education.

The supporting clubs have some friendly competition between their respective rest stops, which makes for great variety in the food and friendly, happy faces serving the riders. As one rider commented, "Great ride! Great people! The BEST food and stops!"

The first day, you will roll aboard two ferries, one to get

you onto Vashon Island from Tacoma, the other will take you to the Kitsap Peninsula. From there you head to Port Orchard and into Mason County to Shelton, at 85 miles. At night, camp at the high school where your luggage awaits you, as do hot showers. Day two brings lots of rolling hills as you cruise into Thurston County and visit a number of parks, beaches and bluffs along Puget Sound.



When you reach the day's end, at 75 miles, you will have gotten a great sampling of the beauty of five different counties and enjoyed the great rest stops of five different bike clubs.

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To register or volunteer for RAPSody, please go to:  
[www.rapsodybikeride.com](http://www.rapsodybikeride.com)

# RIDES

## SERIES

### Gasworks Wednesday Night Ride: Training Series

Every Wednesday Night unless otherwise noted

**Ride Days:** Wednesday Evenings

**Ride Start:** Gasworks Park, Seattle

**Meet At:** 6pm, start 6:15pm sharp

**Ride Pace:** High Moderate/Brisk

**Ride Distance:** ~20 Miles

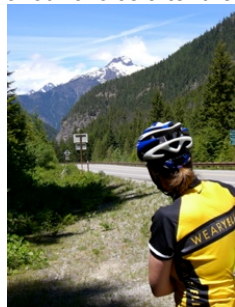
**Ride Terrain:** Mixed / Hilly

**Ride Coordinator:** Jennifer 206-325-0319,  
[insipidperson@juno.com](mailto:insipidperson@juno.com)

**Ride Leads:** Arnie, Bill, Bob A, Charlie, Dan, Garry, Garth, Gary, Howard, Jimmy, Martha, Ron L, Ron T, Stacey, Tom, et al.

**Rain Policy:** Heavy rain cancels  
**Ride Description:**

On this is a mid-week training ride, we will vary the routes from week to week and sample Seattle's neighborhoods, parks and waterfronts. We will climb lots of hills to strengthen our lungs and legs, but the ultimate goal will be to catch sunsets from high and low. There will be an optional get-together at the establishment of our choice after the ride.



### North Seattle Tuesday Night Rides

#### Every Tuesday

**Start:** 23000 Lakeview Dr, Ballinger Golf Club parking lot

**Meet:** 6:15pm,

**Start:** 6:30pm

**Pace:** Moderate

**Hills:** Some Hills

**Regroup:** Frequent

**Distance:** ~20 miles

**Rain Policy:** Heavy rain cancels

**Leaders:** MaryJo Gerst,  
[maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com)

This is a mid-week ride for those who live or work in North Seattle. We will start the series riding on the Interurban Trail. Later on we will vary the start point and ride. There will be an optional get-together at an establishment of our choice after the ride.

As always, please check the website for any changes or additions to any of the rides listed on this page. [www.seattlebike.org](http://www.seattlebike.org)



**Did you remember to renew  
your membership?**

**Renew online!**

**[Click Here](#) to renew online:**

### Between the Nox Every Thursday

**Ride Days:** Every Thursday Evening starting March 29 unless otherwise noted.

**Ride Start:** Jack Block Park, West Seattle. On Harbor Avenue, South of Salty's Restaurant.

**Meet At:** 5:45 pm

**Start:** 6:00pm sharp.

**Pace:** Brisk 16-18 MPH, sometimes Strenuous 18-20 MPH.

**Distance:** 25 - 40 Miles.

**Terrain:** Mixed / Hilly

**Leader:** Dennis Grace

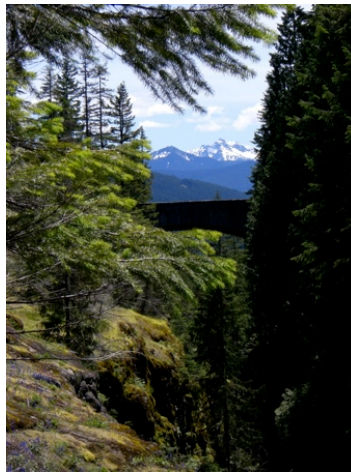
**Rain Policy:** Showers/rain cancels

**Phone:** 206-937-8210 home

**E-mail:**

[coupdegrace@hotmail.com](mailto:coupdegrace@hotmail.com)

**Description:** A training ride from West Seattle, scheduled for evenings during the spring, summer and fall, 'between the vernal and autumnal equinox'. There are no cue sheets, we regroup often at major turns in the routes, so not to leave someone behind, lost in a neighborhood that they may be unfamiliar with. We do not ride pacelines and we are not a stay together ride either, however we all do ride at a similar pace and therefore we do stay together most of the time. Most of the riders who ride know the routes are welcome to go off the front and have as much fun as they care to. Be prepared to handle your minor mechanical problems, flat tires etc. Lights are recommended but not required. We will try to finish before dark. Bring sufficient drinks and extra food for a two to three hour ride.



**DAILY RIDES****Saturday, August 4****MUKILTEO WHIDBEY 125 MILE LOOP**

**Start Location** Eastern parking lot (free) near the Whidbey Island Ferry.

**Meet by:** 7:00 a.m.

**Start at:** 7:30 a.m. sharp - that is when the ferry leaves. Cue sheets will be on my the windshield of my Green Subaru Outback - Bike Plate 1379

**Pace:** 14-18 mph or so. Climb at own pace and regroup on top of hills.

**Regroup:** From time to time and on top of hills

**Ride Distance:** About 125 miles

**Ride Leader:** Gary Strauss - prefer email contact at [gstrauss@gmail.com](mailto:gstrauss@gmail.com) (day of ride cell 206-948-9024; day phone during week 206-816-1300; home 206-937-1852)

**Rain Policy:** Bad weather cancels.

**Terrain:** Lots of climbing!

**Cue Sheet:** Yes.

**Ride Details:** We are leaving on the 730 a.m. ferry so get there at least 30 minutes early to get your ticket. I will leave cue sheets on my green Subaru Outback. This is the classic century plus. The ride heads north up Whidbey, crosses Deception Pass, and then travels from La Conner back to Mukilteo. A very challenging, hilly and beautiful ride. Be prepared for weather changes and to do a lot of climbing. If you join the group, the leader expects you to stay in touch with the group. If you are unable to keep up within about 5-10 minutes of the leader at regrouping spots, you will be dropped.

**Bring:** at least 2-3 new tubes, tire levers, a patch kit, and a pump or CO2 cartridges. Have plenty of food with you, but we will stop from time to time to regroup and eat. Recommend using a camelbak on this ride. Please check your tires and bike condition before leaving home. Bring money for food.

This ride will take most of the day, depending upon conditions, group size, length of breaks, etc., so please do not join us if you are under a lot of time pressure.

**Sunday – August 12, 2007 –****Annual Mt. Baker Climb**

**Start Location:** Kendall School Parking Lot, 7547 Kendall Rd, Maple Falls, WA 98266

**Directions to Start:** Take I 5 North to Exit 255 in Bellingham, WA. Turn right onto Mt. Baker Hwy (SR 542) - travel 23 miles - turn left at Kendall Road (SR 547) - School is about a block on your left after you turn.. The start is about 100 miles from downtown Seattle.

**Meet by:** 8:30 a.m.

**Start at:** 9:00 a.m. sharp

**Pace:** Up to you

**Regroup:** None planned

**Ride Distance:** About 69 miles

**Ride Leader:** Gary Strauss - prefer email contact at [gstrauss@gmail.com](mailto:gstrauss@gmail.com) (day of ride cell 206-948-9024; day phone during week 206-816-1300; home 206-937-1852)

**Rain Policy:** Bad weather cancels.

**Terrain:** Lots of climbing - it's a mountain - go figure!



**Cue Sheet:** Yes - not much use because route is out and back.

**Ride Details:** A very challenging beautiful ride that rises to the top of Artist Point past the Mt. Baker Ski Area for a climb of around 6000 feet total (4800 to the summit approximately). This is one of the really great climbing routes in Washington. Be prepared for mountain weather changes. Bring at least 2-3 new tubes, tire levers, a patch kit, and a pump or CO2 cartridges. Have plenty of food and water. Unless you stop at or around the small towns on the way up or back, not much food or water. Consider using a camelbak on this ride.. Everyone is pretty much on his/her own. Consider carrying a camera - on a sunny day, the views are unbelievable on this ride - like being in the Alps.

Preview: It's not possible to come away from a visit to Artist Point with any doubts about the source of its name. Located between the vertical massif of Mount Shuksan and the (restlessly?) slumbering dome of Mount Baker, you can spend hours at Artist Point photographing, painting, or just contemplating the view. The scene is further embellished after nearly every winter storm by hardy trees plastered with wind-driven snow like so many lonesome statues. Beyond Artist Point beckon the excellent slopes below Coleman Pinnacle. This sharp spike in the long spine of Ptarmigan Ridge reigns over powder bowls. If you can open this site,

you can a panorama view of Artist Point - <http://virtualguidebooks.com/Washington/CascadeRange/MtBakerHighway/ArtistsMidwayMtBaker.html>,



**Friday thru Sunday, August 17-19****San Juan Islands Weekend Tour**

The San Juan Islands are a bicycling paradise, with miles of country roads, only a few big hills and low traffic. Join us for 3 days of island hopping and great bike riding. If you can't come for all 3 days you are welcome to join us for 2 days.

**Friday Ride: Friday Harbor**

**Ride start:** Start time approx. 1:00

**Meet:** Meet at the hostel

**Ride Distance:** 25 and 40 miles

**Pace:** Social and Moderate

**Ride Description:** We will ride out to Roche Harbor and around the island.

Details: Take the 11:05 Ferry from Anacortes, arrives in Friday Harbor at 12:10. We will have lunch in Friday Harbor and then do a moderate pace ride around the Island. There is a grocery store on the main street in town to get a sandwich for lunch and other food for the weekend.

**Saturday Ride: Orcas Island**

**Ride start:** 8:45 ferry from Friday Harbor

**Distance:** varies

**Pace:** Moderate and we will also be offering an alternative social pace on Shaw Island

**Ride Description:** We will ride to Eastsound Village and have the option of riding to Moran State Park and Mt. Constitution or going to Deer Harbor. We will meet back at Orcas Village at the ferry dock or our return to Friday Harbor.

**Sunday Ride: Lopez Island:**

**Ride start:** 8:10 ferry from Friday Harbor

**Distance:** 33 miles

**Pace:** Social and Moderate

**Ride Description:** We will ride around Lopez, the flattest of all the islands. We will have lunch in town and then take the 3:25 ferry back to Anacortes.

**Lodging:** We will be staying at the Wayfarers Rest in Friday Harbor. (360-378-6428). This is a very nice hostel just 5 blocks from the ferry dock. They do have some private rooms available in addition to a small dorm. Book soon since lodging is scarce and fills up fast in the Islands. They have just a 3 day cancellation policy. See their website for details.

Use the SBC members list if you need a roommate or want to car pool.

**Tour Coordinator:** Tour Coordinator: Email Mary Jo at [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com) to let her know you are coming.

**Details:** You can leave your car at the upper parking lot at the ferry dock in Anacortes. By leaving cars in Anacortes we will not have to wait in ferry lines and only pay for the initial ferry ride, all other ferry trips are free. Parking fee in Anacortes is 20.00 for 3 days.

## **Planning Ahead...upcoming out-of-town rides**

### **Sunday, September 2 Hutch's 100K, Bend, OR**

[www.hutchsbicycles.com](http://www.hutchsbicycles.com)

This bike shop consistently puts on low-cost, high-quality rides in the Bend area. Just \$5 gets you maps, mechanical support, rest stops and fabulous views of the Oregon Cascades.

### **Saturday, September 8, Oregon Coast Cycling Festival, Gold Beach, OR**

[www.oregoncoastcyclingfestival.com](http://www.oregoncoastcyclingfestival.com)

Five fully supported routes along the beautiful southern Oregon coast, from a 3-mile ice cream cruise to a 100-mile challenging ride.

### **Saturday, September 15, Tour de Vine, Wenatchee, WA**

[www.tourdevine.com](http://www.tourdevine.com)

Wander through four picturesque wineries, apple and pear orchards and a bakery on a 50 mile ride. In the evening, indulge in an elegant Italian dinner, wine tasting and entertainment.

### **Saturday, September 22, Ride the Rogue, Rogue River, OR**

[www.ridetherogue.org](http://www.ridetherogue.org)

Ride through forest, along rivers and across valleys in beautiful southern Oregon on 30, 65 and 100-mile routes.

### **Sunday, September 23, Peach of a Century, Salem, OR**

[www.salembicycleclub.org](http://www.salembicycleclub.org)

Both the metric and traditional century routes offer flat to rolling terrain. The full century offers a few more hills for the intermediate to advanced rider. Routes follow low-volume roads across the farm fields of the Willamette Valley, through forested foothills and rural communities southeast and east of Salem. The peach pie at the finish is worth the ride!

### **Saturday, September 29, Tour d'Organics, Portland, OR**

[www.tourdorganics.com](http://www.tourdorganics.com)

Refuel straight from the field on this tour of organic farms and enjoy farm-fresh fruits and a post-ride meal.

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**SEATTLE BICYCLE CLUB IS A PROUD MEMBER OF THE [LEAGUE OF AMERICAN BICYCLISTS](#) AND [THE BICYCLE ALLIANCE OF WASHINGTON](#)**

**Who We Are:** The Seattle Bicycle Club Inc. is a not-for-profit membership organization dedicated to the interests of recreational cycling enthusiasts. Our interests are recreation, safety, fun and camaraderie.

**We Ride Bicycles:** We have two activities – we ride bicycles and we have fun, all at the same time. We have rides for those training for events like RAMROD, to rides for anybody who has a bike in good condition and a body that would like to get out there.

**Everyone Is Welcome To Join:** Our yearly membership fee is \$16 (or \$20 per household – 2 adults and all minor children), which gets you monthly issues of “*Seattle Spin*” and all of our rides, summer tours, parties and our spiffy website, ([www.seattlebike.org](http://www.seattlebike.org)).

**Audition Us:** We’re sure that if you ride with us, you’ll want to be a part of our club. Come see how much fun it is!

**Out of town visitors** are welcome on all rides!

**2006 Board Members**

President: [Garry Kehr](#)

Vice President: [Howard Strickler](#)

Secretary: [Judy Kraemer](#)

Treasurer: [Rick Stolz](#)

Past President: [Mary Jo Gerst](#)

Contact any board member for more information

**Non-board Volunteers:**

Membership: [Mark Peterson](#)

Newsletter: [Louise Kornreich](#)

Merchandise: [Jimmy Pelaez](#)

Rides Director: [Jim Stewart](#)

**Seattle Bicycle Club, Inc**

PO Box 34123

Seattle, WA 98103-4123

<http://www.seattlebicycle.org>

[info@seattlebicycle.org](mailto:info@seattlebicycle.org)





**RULES TO RIDE BY:**

All riders are expected to obey the rules of the road and show proper etiquette towards vehicles, other cyclists and pedestrians.

For example:

- Come to a complete stop at stop signs, look both ways and proceed when safe.
- Stop before, not within or ahead, of all crosswalks.
- Heed a "car back" call by calling it forward and riding single file to the right to let cars pass.
- Regroup well away from cars.

*Riders who show flagrant abuse of traffic rules will be asked to leave the ride.*

Read On...

- Please bring ID specifying emergency contact name and phone number, blood type, and a list of any allergies and/or specific medical needs.
- All riders under the age of 18 must be accompanied by a parent or responsible adult.
- Please arrive 15 minutes before the ride starts to sign in, review the ride map, and get ready to ride. If you have any questions about the ride, ask the Ride Leader before the ride begins.
- Everyone is welcome on rides.

**Ride Pace / Regroup Frequency:**

Leisurely (10-12 mph) / constant

Social (12-14 mph) / frequent

Moderate (14-16 mph) / regular

Brisk (16-18 mph) / occasional

(Pace refers to the speed on the flats)

**EMERGENCY CONTACTS**

When signing the SBC waiver form, please consider who you'd like to have as an Emergency Contact. It is an important number that the ride leader needs to have. In case of an accident, who will take your bike home? Who will notify your loved ones or your boss of your whereabouts? Try to choose someone who has a cell phone and your house keys.

**FREE CLASS!**  
**Learn to Fix a Flat**  
**at Recycled Cycles**  
**Wednesdays at 7pm**

They welcome cycling newcomers as well as veteran cyclists.

The class is limited to 10 students so that they can offer personal attention.

Call Recycled Cycles at 206-547-4491, sign up at the store, or

Email

[scott@recycledcycles.com](mailto:scott@recycledcycles.com)

To secure a spot, send your:

Full name

Contact Phone #

Email address

[www.recycledcycles.com](http://www.recycledcycles.com)

## Board Meetings Return for August

All are invited to attend the summer SBC Board Meeting at Hale's Ales

- Get involved with your club
- Drink a beer with the Board!

**Date:** Monday, August 13

**Time:** 6:30pm

**Place:** Hale's Ales on Leary Way

