

# SBC Newsletter

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

## The Ride of Silence

*A memorial ride Wednesday, May 16 at 6:30 from Gasworks Park*



There are many rides that start at Gasworks Park but this month, on May 16, there is one that makes a statement about cycling in Seattle and around the state. The Ride of Silence was created after a cyclist was killed in Texas while being passed by a truck and has since been a memorial ride for cyclists in nearly every state, as well as around the world. It also makes a statement to motorists and city officials that we deserve rights on our shared roads. The Ride of Silence will take place in Seattle on May 16th, beginning at 6:30pm from Gasworks Park and proceed, in silence, to Eastlake, Down-

town, Queen Anne and Fremont. Organizers Gary Strauss, Duane Wright and Louise Kornreich, all SBC members, have been busy contacting public officials in the city and state to make them aware of the event and to invite them to attend the ride. Seattle's Mayor Nickels recently drafted a proclamation to declare May 16 as Ride of Silence Day. The short distance of 10 miles and a procession-like pace of 12mph makes it a ride that is welcom-

ing to everyone, from kids, social riders and commuters to club riders and racers. If you are not going to ride, please consider volunteering. To find out more about the Ride of Silence, please go to [www.rideofsilence.org](http://www.rideofsilence.org). See page 5 of this newsletter for a great ride in [Walla Walla](#) on June 23 that is a memorial for a cyclist killed there 3 years ago.

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**CLUB MERCHANDISE****Seattle Bicycle Club Jerseys & T-shirts**

There are still some jerseys and t-shirts remaining for purchase. You can buy them by emailing: [merchandise@seattlebicycle.com](mailto:merchandise@seattlebicycle.com)



Jerseys \$55 Unisex  
sizing; Pro-fit cut

Size:XS S M L  
XL XXL

The jerseys are made by Louis Garneau in a Micro-Airdry fabric. They have 3 back pockets and a 15" invisible zipper.

**T-Shirts:**

Short sleeved \$13 S-XL, \$14  
XXL

Long sleeved \$16 S-XL, \$17  
XXL

**CLUB MEETINGS****SBC Board Meeting**

Everyone is welcome to attend the monthly board meeting, held at Hale's Ales in Fremont, just off the Burke-Gilman Trail. Meet your board members, enjoy a brew and some eats and hear what's going on in the club.

**Date:**

Monday, May 7

**Time:** 6:30pm

**Location:** Hales' Ales 4301  
Leary Way

**CLUB MEMBERS**

Please welcome the following new members:

[Richard Ahearn](#)  
[Albert Brosas](#)  
[Pete Ray](#)  
[Dennis Grace](#)  
[Barb Price](#)  
[Mary Tedd Allen](#)  
[Rob Allen](#)  
[John and Terri Spencer](#)  
[George Scott](#)

And celebrate the renewal of these members:

[David Glickerman](#)  
[Jim Stewart](#)  
[Judy Kraemer](#)  
[Rebecca Bockman](#)  
[Bill Leyrer](#)  
[Nawid Yakuby](#)  
[Norm Tjaden](#)  
[Tom Tanner](#)  
[Pam Hallanger](#)  
[Rick and Libby Krochalis](#)

Renew your membership online. Go to [www.seattlebike.org](http://www.seattlebike.org) and follow the links to renew with PayPal.

# 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, inspidperson @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:

This is a mid-week training ride for those who live or work in Seattle. 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.

### RAMROD/RAPSody Training Series

The RAMROD/RAPSody training series has begun, with rides on most Saturdays. Start times and locations vary each week but here's what's coming up:

#### Saturday, May 5

##### Ride Around Hood Canal

**Start:** Poulsbo

**Time:** 7:00

**Distance:** 120 miles

**Elevation Gain:** 4,500'

**Pace:** High Moderate/ Brisk

**Leader:** Tom Tanner/Lee Derror

**Description:** Ride all the way around the Hood Canal. Joint ride with WSCC.

#### Saturday, May 12

##### Snoqualmie Pass

**Ride Start:** Tibbetts Valley Park, Issaquah

**Meet at: 8:00 am.**

**Distance:** 84 Miles.

**Pace:** Moderate.

**Terrain:** Hilly, up to 5,000' of gain

**Rain Policy:** Rain or Snow Cancels

**Cue Sheet:** Yes

**Ride Leader:** Monica Zaborac 206-226-8514 (cell)

**Description:** The route is scenic and hilly for as long as possible before joining I-90

#### Saturday, May 19

##### Hurricane Ridge

**Ride Start:** Sequim High School (601 N Sequim Ave)

**Meet At: 9am (7:10 ferry from Edmonds)**

**Distance:** 79 miles

**Pace:** Moderate to Brisk

**Terrain:** Mountainous, 6,200' gain

**Rain Policy:** Bad weather cancels

**Cue Sheet:** Yes

**Leaders:** Lee Derror / Tom Tanner

#### Saturday, May 26

##### Whidbey Island

**Ride Start:** Mukilteo Ferry Terminal

**Meet at:** Mukilteo State Park, to the left(SW) of the Ferry as you cruise in on the Speedway. Parking at the south side of the lot is free.

**Start at:** 0740- Be ready to load at this time, we are catching the 0800 boat

**Pace:** High Moderate/Brisk

**Regroup:** Several regroupings with bathrooms and water, and at tops of climbs Lunch in Coupeville

**Distance:** 81 miles, 5000ft. elevation gain

**Ride Leader:** Dan Wakefield [akbiker@peoplepc.com](mailto:akbiker@peoplepc.com) cell: 206 795-0585

**Rain Policy:** Light rain or showers OK, heavy rain cancels

**Ride Details:** Very scenic, mostly backroads, lots of up and down. Stunning views of Saratoga Pass and Admiralty Inlet.

#### Sunday, May 27

##### 13th Annual Cle Elum to Leavenworth Ride

**Start:** Downtown Cle Elum by Bakery

**Meet at: 8:30 am,** depart by 8:45 am

**Distance:** 100 Miles, 6,000' of gain

**Pace:** Moderate

**Terrain:** Hilly

**Rain Policy:** Rain or Snow Cancels

**Cue Sheet:** No (there are only a couple turns on route)

**Ride Leader:** Monica Zaborac 206-226-8514 (cell)

Optional breakfast at Snoqualmie Pass at 7am. Ride over New Blewett Pass Road to Leavenworth and return via Old Blewett Pass Rd without many cars. Dessert stop at Mineral Springs Resort before final descent.

**NEW SERIES!****Moderate Gasworks Rides  
Saturday Mornings**

This series is designed for those riders new to group riding and will use routes of 20-30 miles in town and avoid the killer hills and stay strictly to a moderate pace. There will be an opportunity to go for a post-ride meal, depending on the desires of the group.

**Every Saturday****Start:** Gasworks Park**Meet:** 9:45 a.m.**Start:** 10:00 a.m. sharp**Pace:** Moderate**Regroup:** Frequent**Distance:** ~25 miles**Rain Policy:** sprinkles ok**Leaders:** will vary

A fun, in-city 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)

**DAILY RIDES****Saturday, May 12****3 Ferries to Port Orchard Saturday Market**

**Start:** Parking area at North end of Myrtle Edwards Park (see below for directions).

**Time:** 9:15 am leave 9:30am

**Pace:** Moderate

**Distance:** 32 Miles.

**Terrain:** Fairly flat with a few short hills

**Leader:** Mary Jo, [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com)

**Ride Description:** We will ride along the waterfront and catch the Fauntleroy Ferry (\$6.00) to Southworth. Then on to Port Orchard for the Saturday Market and lunch. Then take the foot ferry to Bremerton to catch the ferry (free) back to the Seattle waterfront.

**Saturday, May 12,****4 Ferries Port Orchard Saturday Market**

**Start:** Pier 55 (or ride down from Myrtle Edwards Park (see below for directions).

**Time:** 9:15 am leave 9:30 on the Waterfront Taxi (\$3 or \$1+bus pass)

**Pace:** Social

**Distance:** 22 miles

**Terrain:** Fairly flat with a few short hills

**Leader:** Judy Kraemer [secretary@seattlebicycle.com](mailto:secretary@seattlebicycle.com)

**Ride Description:** We will take the Waterfront Taxi to Alki and then ride along the waterfront and catch the Fauntleroy Ferry (\$6.00) to Southworth. Then on to Port Orchard for the Saturday Market and lunch. Then take the foot ferry to Bremerton to catch the ferry (free) back to the Seattle waterfront.

**Directions to Parking area:**

Going north on Elliott Ave, turn right to "Terminal 90/91" (also for Magnolia Bridge, but DO NOT go over Magnolia Bridge) After turning right, get into in the left lane and follow sign for "Amgen Court". At Stop sign, turn right. The parking area is on your left.

Going south on Elliott Ave, get in left lane for "Terminal (or pier) 90/91". After turning left, stay in the left lane and follow signs for "Amgen Court". DO NOT go over Magnolia Bridge. Turn right at Stop sign and left into parking area.

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

### **Saturday, June 2 Pioneer Spring Century, Canby, OR**

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

Boasting “glass-smooth” roads and well-stocked rest stops, they offer 45, 55 and 100 mile rides in the Willamette Valley foothills.

### **Sunday, June 3 Peninsula Metric Century, Southworth**

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

Take the West Seattle Ferry to start a variety of scenic rides on the Kitsap Peninsula.

### **Saturday, June 9 Strawberry Century, Lebanon, OR**

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

They promise more hills and more thrills and strawberries, of course.



### **Saturday, June 9, Chelan Century Challenge, Lake Chelan**

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

A 100-mile ride with 7,000' of gain on grueling mountain roads above Chelan and also a 20-miler along both sides of Lake Chelan that includes a boat cruise.

### **Sunday, June 23, Ann Weatherhill Cycling Classic, Walla Walla**

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

A memorial ride for a Walla Walla cyclist killed on Mother's Day, 2004, you can enjoy rural roads, a catered lunch, fine wines (L'Ecole 41), music and prizes, in her memory.

### **Sunday, June 30, Mt Adams Country Bicycle Tour, Trout Lake, WA**

[www.troutlake.org/biketour](http://www.troutlake.org/biketour)

Fantastic scenery with mountain vistas and wildlife on either a 50 or 100-mile route. Includes post ride barbeque.

**Bicycle Facts and Statistics** from the [Seattle Dept Transportation Bicycle Program Website](#)

Estimated number of cyclists in the U.S. who bicycled to work at least once a week last year: 3.2 million

Percentage increase since 1985: 100%

Estimated number of participants during Bike to Work Day (2004) in King County: 10,000+

Number of cyclists biking to/from the downtown central business district between 6:30 a.m. and 9 a.m. on Sept. 20, 2000: 1,737

Percentage increase since 1992: 57%

Percentage of downtown bike commuters who are female: 25%

Percentage increase since 1992: 19%

Time to drive from University District to Pike Place Market in light traffic: 15 minutes

Driving time during rush hour: 35 minutes

Cycling time, moderate pace: 30 minutes

Time to park car: 5 - 25 minutes

Time to park and lock bike: 1 minute



Cost to purchase and install one bike parking rack: \$150

Number of bikes which can be parked in one car parking space in a paved lot: 6 - 20

Number of bicycle racks on public sidewalks in Seattle: 2,300

Estimated cost of constructing one parking space in a paved lot: \$2,200

Estimated cost of constructing one parking space in a garage: \$12,500

Estimated construction of Park and Ride Costs: \$17,000 per stall for surface lots, and \$25,000 per stall for structured parking (per King County Transit Planning)

Number of miles cycled yearly by average bike commuter: 1,992



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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 “OutSpoke’n” 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](#)

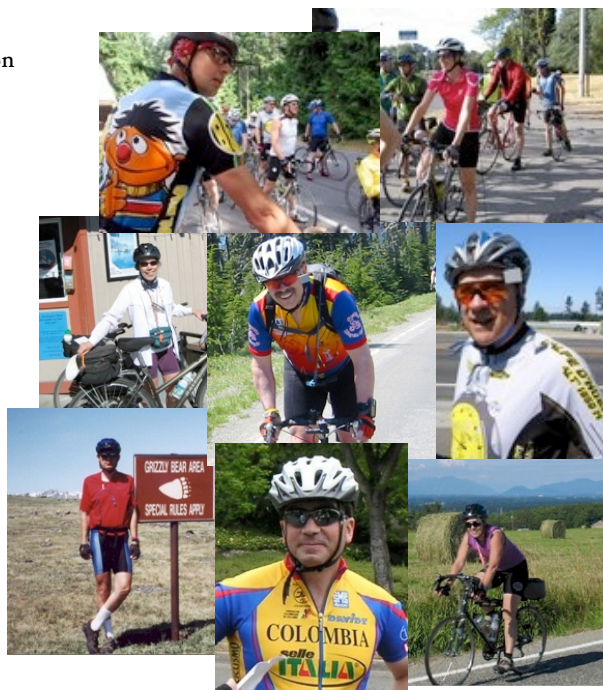
**Seattle Bicycle Club, Inc**

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)

**Calendar****Wednesday, May 2**

*Gasworks Evening Ride*

**Saturday, May 5**

*Gasworks Ride*

*Ride Around Hood Canal*

**Wednesday, May 9**

*Gasworks Evening Ride*

**Saturday, May 12**

*Gasworks Ride*

*Snoqualmie Pass*

*3&4 Ferries Rides*

**Wednesday, May 16**

*Ride of Silence*

**Saturday, May 19**

*Hurricane Ridge*

*Gasworks Ride*

**Wednesday, May 23**

*Gasworks Evening Ride*

**Saturday, May 26**

*Gasworks Ride*

*Whidbey Island Ride*

**Sunday, May 26**

*Blewett Pass Ride*

**Wednesday, May 30**

*Gasworks Evening Ride*