

Seattle Spin

Riding for fun, friendship and adventure!

semi-monthly newsletter of C.O.G.S.- Cyclists of Greater Seattle

The 2009 Cycling Season is shaping up nicely. COGS has recently completed their Training Series [Schedule](#) and the [Tours](#) have been scheduled as well.



The Training Series began at the end of February with spring-like weather accompanying a ride to Black Diamond and the rides will continue each Saturday. Coming up soon is the 2009 Seattle International Bike Expo which brings clubs, organizations, manufacturers and everything bicycles to one location in Magnuson Park for two days. You can enjoy talks, exhibits, meet cycling personalities,

shop, eat...the list goes on. See more details on page 2.

As you are looking around for rides and other events, make sure to check out our newly designed [website](#). COGS is lucky to have some tech-savvy members who listened to the requests from the Board and created a new site that not only looks good and is easy to navigate, but includes a lot more useful information and links. A special thanks to Jim Stewart and Tom Potter!

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BIKE EXPO

March 14 & 15
Magnuson Park



see [here](#) for schedule and details

This year's EXPO promises to be a great time. There is so- and-so giving a talk, an exhibition by what's their face and, of course, your favorite bike club will have a great-looking booth. COGS will be sharing a booth with the Evergreen Tandem Club. You may have been on rides with them and not realized it. Barb and Randall Angell are very active in our club as well as theirs, riding their tandem all over the Puget Sound region.

The COGS booth will have a photo show playing on a DVD player, as well as photos hanging up in the booth. We will have plenty of information to give to people interested in the club: info on our training rides, tours, PROS Ride and social events.

Of course, we will exhibit and sell the remainder of our wool jerseys, recently received by the club. I hope you bought yours already!



Bob Nyberg's Snohomish-Lk Stevens Ride



The Angells on Edmonds & Three Lakes Ride



Martha's Training
Ride to Black Diamond



US Vehicle Miles Driven Continues to Plummet

The Federal Highway Administration's monthly tally of motor vehicle miles traveled shows that those miles driven continue to plummet. The [December 2008 figures](#) (the latest available) show that motor vehicle miles traveled were down about 3.6% for 2008 as compared with 2007. Trends predict bicycling, walking and transit are on the rise. Source: www.streetsblog.net

Bicycle Alliance News



Each spring, the Bicycle Alliance Legislative Committee holds a meeting to discuss possible legislative initiatives for the upcoming year. If you ever thought “There ought to be a law!”, or just have some ideas to improve bicycling, the Committee would love to hear your thoughts. We’ll make another call for your input in a

month or two, but in the time being, please start to think about State-wide legislative things you would like to see changed or improved.

Hood Canal Bridge Closure in May

The SR 104 Hood Canal Bridge is slated for closure for 6 weeks beginning May 1. Check the Washington State Dept of Transportation (WSDOT) website for information about the bridge replacement project and [transportation options](#) available during the closure, including a water taxi service. You can sign up for email updates and text alerts about the project or check out WSDOT's Hood Canal Bridge [blog](#).

**CYCLISTS OF GREATER SEATTLE IS A PROUD MEMBER OF THE
LEAGUE OF AMERICAN BICYCLISTS AND THE BICYCLE ALLIANCE OF WASHINGTON**

Who We Are: Cyclists of Greater Seattle, Inc. is a not-for-profit membership organization dedicated to the interests of recreational cycling enthusiasts. Our interests are cycling, safety, fun and friendship.

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 and parties. Plus, you will be supporting your cycling community.

www.cyclistsofgreaterseattle.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!

2009 Board Members

President: [Louise Kornreich](#)

Vice President: [Allison Bailey](#)

Secretary: [Tom Tanner](#)

Treasurer: [Rick Stolz](#)

Past President: [Dan Wakefield](#)

Contact any board member for more information

Non-board Volunteers:

Membership: [Mark Peterson](#)

Newsletter: [Louise Kornreich](#)

RAPSody: [Bob Nyberg](#)

Rides Director: [Jim Stewart](#)

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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 COGS 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.

Bike Repair Classes at Wright Brothers Cycle Works in Fremont

Basic Maintenance
(tires, brakes, shifters, derailleurs)

Bearing Maintenance
(hubs, headset, & bottom brackets, and wheel truing.)

Wheel Building
(self explanatory)

Enrollment is limited to 12 per class, and often fills up, so prepay to reserve your spot. Prices are \$70 for the bearings class (five sessions) and \$60 for the basic or wheelbuilding class (four sessions). Co-op members get a \$10 discount on class fees. Current class offerings can be found on the website:
www.wrightbrotherscycleworks.com/.

National Safety Council Proposes Cell Phone Ban

The [National Safety Council](http://www.nsc.org) (NSC) is calling on motorists to stop using cell phones and messaging devices while driving, and is urging governors and legislators in all 50 states and the District of Columbia to ban the behavior. The ban will cover hands free phones as well. A study from the Harvard Center of Risk Analysis estimates that cell phone use while driving contributes to 6 percent of crashes, which equates to 636,000 crashes, 330,000 injuries, 12,000 serious injuries and 2,600 deaths each year. "When you're on a call, even if both hands are on the wheel, your head is in the call, and not on your driving," said Janet Froetscher, president and CEO of the NSC. "Unlike the passenger sitting next to you, the person on the other end of the call is oblivious to your driving conditions. The passenger provides another pair of eyes on the road." Click [here](#) for more info.