



OutSpoke'n

Gear up for Spring and Summer Tours

by Mary Jo Gerst

Volume 8, Issue 9: April 2006

TOURING WITH SBC

Seattle Bike Club is again planning a full touring calendar for this spring and summer. We will start the season off with a weekend in sunny Yakima on April 29 and 30. Yakima is always a popular place to ride with its sparse traffic and sunny weather.

On Saturday we will be doing the **Yakima Ridges Ride**. This ride is sponsored by the Apple Valley Kiwanis to fund their youth service projects. The ride includes numerous rest stops, lunch on the route and a celebration at the finish line. There is a choice of 25, 45, 65 and 100-mile routes, so there's something for everyone.

On Sunday, we will meet in Toppenish to do a moderate 40-mile ride. We'll begin with a ride around town to view some murals the town is famous for taking the back roads to Zillah for lunch. Since this is the weekend of the Spring Barrel Wine Tasting Event, we may make a stop or two at some of the wineries along the way.



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Spring Tours, cont'd

Our next tour will be the weekend of May 20 and 21 and will also be in sunny Yakima. Saturday we have the choice of the **Tour de Wellness** or an SBC-led ride. The Tour de Wellness is a scenic and challenging century or half-century ride through the beautiful upper Yakima Valley. The ride winds through orchards and pastures and provides a gorgeous view of Yakima. The SBC ride will be a moderate ride to the town of Tieton for lunch and back.

On Sunday, we will do the very popular **Your Canyon for a Day** bike tour. This is a beautiful, scenic 35-mile ride through the Yakima River canyon. The road, which will be closed to through traffic, follows the Yakima River along a gentle grade. The \$25 registration fee includes a t-shirt and helps to support the Yakima County Crime Stoppers.

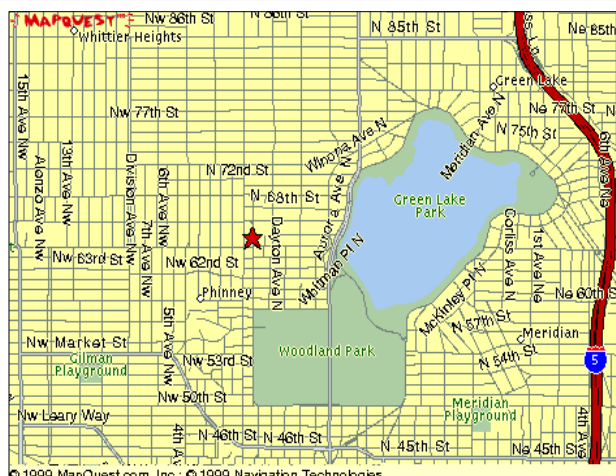
Other tours in the works for this summer include a tour of the San Juans and Custer Days at Birch Bay. Check the [tour page on the SBC website](#) for details and signup info. Don't delay to make reservations as these are both very popular weekends in Eastern Washington.



MONTHLY MEMBERSHIP MEETING

Please join us Tuesday, April 18th at 6pm for a pot-luck dinner at the **Phinney Ridge Neighborhood Center** at 6532 Phinney Ave N. We will be on the 2nd floor of the Blue building. Please bring an appetizer, salad or main dish to share.

See you there!

**Welcome New Members!**

Seattle Bicycle Club welcomes the following new members to our club this month:

Randall & Barbara Angell
David Gillin
Steve Grey & Lucy Dufour
Britt Tinglum
Randy of Ballard

**Seattle Bicycle Club Merchandise**

Own an SBC T-shirt or Jersey. You can purchase them at the monthly membership meetings. For more information, contact Jimmy Pelaez at merchandise@seattlebicycle.com.



The jerseys are manufactured by Louis Garneau in a MicroAirdry fabric. They have three invisible zipper. They are unisex size and Pro-Fit cut (slim fitting).

Jerseys: \$55 Size: XS S M L XL XXL
Chest: 34 36 38 40 42 44

The jerseys are manufactured by Louis Garneau in a MicroAirdry fabric. They have 3 large back pockets and a 15" invisible zipper. They are unisex sizes and Pro-Fit cut (slim fitting).

T-shirts:
short sleeve: \$13 S-XL, \$14 XXL
long-sleeved: \$16 S-XL, \$17 XXL

Lead Club Rides
and
Earn a Ride
Leader Vest!

Solving the Mysteries of Cycling

...and why you should ride your bike more

An Excerpt from the ***Ken Kifer Bike Pages***

We did our very best to solve the following problem, but we could not come to an agreement. However, we feel that one of these solutions must be correct!

Keren Hamel asked: Has anyone ever noticed that if you ride every day, your tires deflate slower than if you leave the bike alone for weeks without riding? I can go for weeks riding every day, without pumping the tires, and the minute I don't ride for a week, the tires are totally flat. Why is this?

The first guess: As you ride along, the air caught between the tire and the ground is pushed into the tire, replacing the air that has leaked out.

Second guess: I think (egad! an opinion!) that the white powder in the tubes works to clog the pores of the rubber. When you ride, that powder is constantly being spread around to fill those pores. When your bike sits idly by, waiting for you to give it some attention, the powder settles down and the air begins to slowly leak out.

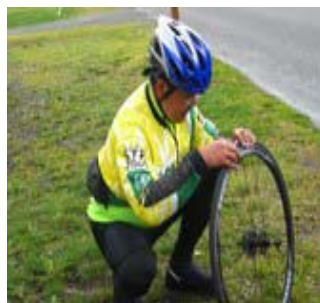
Ken Kifer said: This is a great thread! However, I think everyone else is completely wrong!

The real reason is this: The tires are really enthusiastic about riding! As long as you keep riding, they stay pumped up! But when you go without riding for a week, they become really deflated!

Come on guys! Tell him the real reason!

Years ago, a few tube manufacturers, under pressure to reduce the weight of their inner tubes began looking for ways to make a lighter tube. First, they did a little market use analysis and determined that the worst time for a tube to lose air is when it's being used. As a tube is being spun while in use, they realized that due to the laws of centripetal acceleration, the air presents the greatest pressure on the outer wall of the tube. This led to the obvious answer, they could shave the thickness of the inner wall!

By doing this, they've created tubes that are lighter, and just as effective at holding air while being used. When the tube is not spinning, it loses air at a faster rate, as the air is no longer constrained by centripetal forces, and presents more pressure to the inner wall (the thinner one).



For racers, this was no big deal. They fastidiously check their every ride anyway.

tire pressure before

Under pressure from racer wannabes, the tube manufacturers eventually had to make all of their tubes to match the higher performance racing tubes and so through market forces now sell the multi-thickness tubes exclusively.

The moral of the story is, Ride Your Bike More! And always remember to check your tire pressure before a ride.

Monthly Rides: (check [website](#) for updates during the month!)

Do you have a favorite ride that you'd like to share with SBC? We are always looking for more rides and would love to help you lead a ride. Contact our ride coordinator, [Mark Reibman](#), for more information.

Helmets are mandatory on all SBC rides. **Head/Tail lights** are mandatory on evening rides. **Fenders** are advised on rainy rides. **Please bring on ride:** spare tubes, patch kit, pump, ID, spare cash, snacks and water. Always remember to check your tires before leaving.

RIDE SERIES:

Wednesdays all year 'round, [Gasworks Wednesday Training Series](#)

Ride Days: Wednesday Evenings

Start: Gasworks Park, Seattle

Meet At: 6pm, start 6:15pm

Pace: High Mod/Brisk, 15-18 mph

Distance: 20-35 miles

Terrain: Variable with plenty of hills

Ride Coordinator: [Jennifer](#) 206-409-1686

Rain Policy: Showers and wind ok; Heavy rain and snow cancels

Ride Leads: Jennifer, Arnie, Gary, Ron T, Ron L, Dan, Garry, Bill, Charlie, Stacey, Garth, et al

Ride Description: 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 at least one or two hills to strengthen our lungs and legs, but the ultimate goal will be to catch sunsets high and low. Optional get-together after the ride.



Saturdays from March to August, [RAMROD/ RAPsody Training Series](#)

Ride Days: Mostly Saturdays, some Sundays to accommodate other rides

Start: Variable, please check [website](#)

Pace: High Moderate/Brisk

Distance: See schedule

Terrain: Hilly to Mountainous

Ride Coordinator: [Mark Peterson](#)



Rain Policy: Heavy Rain cancels; contact ride leader if weather is questionable

Ride Description: this training series will prepare riders for RAMROD, RAPsody and other endurance events. The rides will increase gradually in distance, elevation gain and difficulty. Riders should keep in mind that, while there may be re-group points along the way, the ride is unsupported. **Each rider must be capable of meeting the physical demands of planned routes.** Cue sheets will be provided and rides will depart on time so please plan to be at the start location at least 15 minutes before the listed start time to sign in. There are also several event rides, i.e., the [Daffodil Classic](#), listed in the schedule that may be used as training rides.

Monthly Rides, continued

Saturday - April 8 - **Guided Tulip Ride 2006 - 63 mile loop**

Ride Start: Arlington Food Pavilion off Hwy 9 on Burke (just as you get into Arlington)

Meet at: 8:00 a.m.

Start at: 8:30 a.m. (staggered starts) (some groups may not leave until 9 a.m.)

Directions to Start: Take Exit 208 off I 5 and follow the feeder road to SR 530. Follow SR 530 east for about 4 miles to Hwy 9. Turn left at the light on Hwy 9 and then make the first right on Burke. Arrive at Food Pavilion. Park on street - not in grocery store parking lot.



Paces: Social/Moderate (12-15), Moderate/Brisk (15-17), Fast (16-20), Tandems (16-18), Strenuous (18+). All paces will be divided into smaller groups with 2 leaders each.

Terrain: There will be some hills: one major grade, many rollers and the flat tulip fields

Food: the groups will likely stop in Mt Vernon for a mid-ride break.

Ride Details: A different approach to a beautiful ride through the tulips. Depending on the number of riders who show up, each group will likely be less than 12-15 riders. If you sign up to ride with a "guide", you commit to stay together with that group. You can switch groups at convenient points during the ride with consent of the group guide. The groups set their own paces on the different parts of the ride and agree to more-or-less stay together and regroup as needed. Group leaders will help with flats, etc but you are responsible for knowing how to fix a flat and for bringing a pump, 2 new tubes, tire levers, CO2 cartridges, a patch kit, etc.

Saturday April 8 - **Guided Tulip Ride 2006 - 32 mile loop**

Ride Start: Meet at the Skagit Valley Food Co-Op at 202 1st Ave., Mt. Vernon. You will need to find parking near downtown, so get there early enough. Some parking to the east and south of downtown Mt. Vernon. (see directions below)

Directions: Take Exit 226 off I 5. Take ramp, turn left onto SR-536 (E Kincaid Street); turn right on S 1st and arrive at Skagit Valley Coop (about .8 miles from the I5 Exit)

Meet at: 10:00 a.m.

Start at: 10:15 a.m. sharp

Paces: Social (12-14) and Moderate (14-16)

Rain Policy: Sprinkles ok but rain, snow or icy roads cancel.

Ride Details: A wonderful flat loop from Mt. Vernon to the Tulip Fields. Groups will self-select with one of the "guides" at the ride start based on interest and riding style, e.g., Jim will be pausing for photos, Ed eats on-board food, Bill likes sit-down lunches, etc. We will have at least two paces. Large-type hardcopy cue sheet provided. This should be a safe day to ride because cars will be alerted to the presence of bicycles since the longer distance riders start at 8:00am and should still be on the road by the time we start. As on all road rides, try to wear conspicuous outerwear. Come prepared with your usual emergency gear: at least 2 or more new tubes, patch kit, tire levers, and a pump that fits your valve type. Please check your tires before leaving home. The guide will help you change a flat but you must provide the tools and replacement tube. Meet at the Coop by 10 a.m. to sign up with a guide and buy carry-along snacks. Please arrive on time: there may be traffic congestion on the drive up and for at least part of the tour. Groups will pick out breaks and when to stop/start after such. This is a fun loop with only modest climbs and you will get to see the best of the tulip fields. From Seattle, take I-5 north to Exit 227 (NOT 226) westbound, go under freeway and make a left/south turn at the stoplight onto Freeway Drive. If space is available at Lions Park on the right, park there. Otherwise, continue south to merge onto westbound WA-536/ Division St. Cross the Skagit River then immediately take either of the first two left turns into Edgewater Park. Walk or cycle back over the bridge to downtown. This route avoids driving thru the downtown area.

Monthly rides, cont'd

Wednesday, April 12 **Gasworks Wednesday Training Series**, 6pm (see April 5 for details)

Saturday, April 15 **RAMROD Training Series, Bremerton-Tahuya-Holly**

Start: Bremerton Ferry

Distance: 72mi

Pace: High Moderate to Brisk

For Details, contact Mark Peterson: treasurer@seattlebicycle.org



Sunday - April 16 **Tom & Sara's South End Saunter - Auburn to Orting**

Ride Start: Where the Interurban Trail crosses W Main Street in Auburn

Meet at: 9:00 am.

Start at: 9:05 a.m. sharp

Distance: 59 miles

Regroup: Periodically and on top of hills

Pace: Low Moderate 14 mph

Terrain: Some hills, one very difficult

Rain Policy: Sprinkles ok but heavy rain cancels

Cue sheet: a fantastic map and cue sheet!

Ride Leaders: Tom & Sara Matoi 253 631 0285 / hideeho@comcast.net

Ride Details: A sometimes hilly ride out to cow country and hopefully views of Mt Rainier in Enumclaw, Buckley and Orting. Regroup on tops of hills. Our pace will be on the lower end of Moderate on the flats, but incredibly slower on the up hills. A detailed map and cue sheet will direct you to restrooms, food and water available along the route. Come prepared with snacks, water and at least 2 new tubes, a patch kit, and a pump or CO2 cartridges. Please check your tires before leaving home. This ride is offered jointly with the Mountaineers.



Wednesday, April 19 **Gasworks Wednesday Training Series, 6pm** (see April 5 for details)

Sunday, April 23 **RAMROD Training Series**

Daffodil Classic, Orting, with the Tacoma Wheelman's Bicycle Club

Ride Start: Orting

Distance: variable

Pace: High Moderate/ Brisk

Ride Details: 50, 70, or 100-mile options; register through [Active .com](http://Active.com) or on the day of the event.

Wednesday, April 26 **Gasworks Wednesday Training Series, 6pm** (see April 5 for details)



April 29 & 30 Yakima Weekend

Come spend a Sunny weekend riding the rural areas of Yakima. This is the Spring Barrel Tasting Weekend and all the winery tasting rooms will be open, some of them featuring special food and entertainment.

Lodging: Cedar Suites has filled as of mid-March. Please go to the [Yakima Lodging](#) link for options.

Book soon as this is a popular weekend. Rooms will fill up.

Tour Coordinator: Email Mary Jo at maryjo1532@hotmail.com to let her know you are coming and if you want to car pool or need a roommate.



Saturday, April 29: [Yakima Ridges Ride](#)

Time: 6:30-9:30 start time

Where: Chesterly Park N 40th Ave and River Road

Distance: 25, 45, 65, 100 mile routes

Registration Fee: \$30 Pre-registration, \$35.00 day of event.

Ride Description: This ride is sponsored by the Apple Valley Kiwanis to fund their youth service projects. Ride includes numerous rest stops, lunch on the route and a celebration at the finish line. Mechanical support is also provided.

Details: For those doing the shorter option or finishing early we will meet after the ride to carpool to visit some of the wineries.

Event ride signup: <http://www.desertvalley.com/rides/06YakimaRides.pdf>

This ride is also part of the RAMROD Training Series

Sunday, April 30: [Toppenish Area](#)

Time: 8:45 for 9:00 start

Where: Meet Toppenish Pioneer Park in middle of town

Distance: 40 miles

Pace: Moderate

Ride Description: We will ride around Toppenish to view the murals then ride on the back roads to Zillah and Wapato, have lunch and make a stop or two at a winery.



Come join us for a great weekend!

Monthly Rides, Cont...

Wednesday, May 3- Gasworks Wednesday Night Training Series

Ride Start: Gasworks Park **Meet:** 6pm, Start 6:15pm

Saturday - May 6- Tom & Sara's South End Saunter - Renton to Enumclaw

Ride Start: Ron Regis Park, Renton: go South on HWY 169 about 3 miles, turn Left on 149 Ave then Left into the Park

Meet at: 9:00 am. **Start at:** 9:05 a.m. sharp

Distance: 76 miles **Pace:** Low Moderate 14 mph

Terrain: Hilly, two very difficult

Regroup: Periodically and on top of hills

Rain Policy: Sprinkles ok but heavy rain cancels

Cue sheet: fantastic map and cue sheet!

Ride Leaders: Tom & Sara Matoi 253 631 0285 / hideeho@comcast.net

Ride Details: A sometimes very hilly ride out to cow country and hopefully views of Mt Rainier in Enumclaw.

Regroup on tops of hills. Our pace will be on the lower end of Moderate on the flats, but incredibly slower on the up hills. We will find food at country grocery stores along the route. Come prepared with snacks, water and at least 2 new tubes, a patch kit, and a pump or CO2 cartridges. Please check your tires before leaving home.

This ride is offered jointly with the Mountaineers.

Wednesday, May 10- Gasworks Training Series, 6pm



Saturday, May 13 - Ramrod/RAPSody Training - 12th Annual Issaquah to Snoqualmie Pass

Ride Start: Issaquah Park & Ride **Meet at:** 8:00 am. **Depart by:** 8:15 am

Distance: ~84 Miles **Pace:** Moderate

Terrain: Hilly

Rain Policy: Rain or Snow Cancels

Cue Sheet: Yes

Ride Leaders: Monica Zaborac 206-226-8514 (cell) and Gary Strauss - prefer email contact at gstrauss@gsblaw.com (day of ride cell 206-948-9024; work 206-816-1300; home 206-937-1852)

We'll take the scenic and hilly back roads of Issaquah to Snoqualmie Falls and North Bend. Snack break in North Bend before we start the real hills to Snoqualmie Pass. We'll stay off I-90 as much as possible, including a possible scenic trip up Denny Creek (assuming the snow has melted), which will be the last 6 miles before you reach the Pass. Lunch stop at the Pancake House at the Pass. Expect 4800 to 5000 feet of climbing on this route. To reach start, take Exit 15 off I-90. Head south at exit. The Park & Ride is about 2 to 3 blocks from the exit. Note: map will be provided, but if you are unsure of the route, then stay with the ride leader on the climb. There are no services on this ride, so be prepared to be self-sufficient

Rules to Ride By:

All riders are expected to obey the rules of the road and show proper etiquette towards cars, trucks, 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 further 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.

➤ We encourage you to arrive 15 minutes before the ride starts to sign in, review the ride map, and prep your bicycle. If you have any questions about the ride, ask the Ride Leader before the ride begins as they are there to help/advise.

➤ Everyone is welcome on rides.

Ride Pace & Regroup Frequency:

Leisure (10-12 mph) – constant

Social (12-14 mph) – frequent

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

***Upcoming Organized Rides to Consider
(not endorsed or sponsored by SBC)***

Wednesday, May 17

Ride of Silence: To honor all those killed or injured while cycling, this silent 14-mile city procession will be paced at 12mph and will start from Gasworks Park at 7pm.

Saturday, June 3

Spring Century: Starts in Canby, OR and heads south through rural Willamette Valley, 100K or 100mi

Sunrise Apple Century: Ride 50 or 100 miles along the scenic Columbia river on the sunny east side.

Sunday, June 4

Peninsula Metric Century: Your choice of rolling hills or serious climbs in quiet Kitsap County. Benefits the Bicycle Alliance of WA.

Saturday, June 10

Strawberry Ride: Starting in Lebanon, Oregon, ride 50-100 miles through the rolling hills of Linn County and enjoy views of the Cascades and Willamette Valley.

Chelan Century Challenge: Organized by Wayne Martin, planner for the Death Ride in California. Two 30-mile loops and a 40-miler to combine as you wish.

Sunday, June 11

Native Planet Classic: From an easy 28-miler to a grueling 132-miler, there is something for everyone. Ride starts in wild west Winthrop and explores the North Cascades and benefits Native Planet. Must pre-register.

Saturday, June 24

Tour de Blast: Ride options from 33 to 82 miles and 6,240 feet of gain to Johnston Ridge Observatory on smokin' Mt St. Helens.

Mt Adams Country Bicycle Tour: Ride 11-100 miles in Klickitat County where Mt Adams loom large and finish with a barbeque feast.

Mountain Lakes Challenge: Ride out of Ashland, Oregon and into incredibly breathtaking scenery and miles to take your breath away. Challenge yourself with a 97-mile, 7,000' gain ride or go easier with a 65-mile, 3,600' jaunt.

SEATTLE BICYCLE CLUB

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

**Check out
www.seattlebicycle.org to
join or renew
your mem-
bership us-
ing PayPal!**

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, and camaraderie. We don't pollute or block traffic, and we encourage cyclists to adhere to traffic laws.

We Ride Bicycles: We have two activities – we ride bicycles and we have fun, all at the same time. We have rides for the lean and mean cyclist who just maxed out the credit card buying a new Orbea, to 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 the full gamut of our monthly day rides, summer tours, and our spiffy website (www.seattlebike.org).

Non-board Volunteers:

Membership: Mark Reibman

Newsletter: Louise Kornreich

Merchandise: Jimmy Pelaez

Ride Director: Mark Peterson



2006 Board Members

President: [Jimmy Pelaez](#)

Vice President: [Garry Kehr](#)

Secretary: open

Treasurer: [Mark Peterson](#)

Past President: [Mary Jo Gerst](#)

Contact any board member for more information

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