



OutSpoke'n

Views from the Ride of Silence

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On Wednesday, May 17, 2006, at 7:00 p.m., between 500-700 bicyclists from many clubs, teams, organizations, as well as individual cyclists of all types came together at Gasworks Park for the *Ride of Silence*. Their purpose was to memorialize cyclists who had died or been injured by motorists in Washington State, but also to raise awareness to motorists and city officials. What follows are three points of view from different areas of the group ride, front, middle and back in regards to each rider's impression and experience on the *Ride*.

Louise Kornreich, front leader with Duane Wright:

When I arrived at the park at 6pm for the pre-ride meeting, it seemed like any other ride with a bunch of my cycling friends. While we talked about logistics and strategies for keeping the ride together, I started to notice some riders arriving in the park, but, engaged in conversation as I was, I didn't really pay too much attention. Then I decided to take some photos in the parking lot and in the park itself. The place was mobbed! And I kept running into people I knew whom I hadn't seen for a while or whom I knew from other places (like work). After a prompt start at 7pm, the excited nervousness set in. Five hundred people on a ride and I'm leading it!? We may have started out a little fast but we soon settled into a nice, steady pace. The highlight for me was riding up the gentle incline of 2nd Avenue in downtown Seattle. Near the crest, as we stopped at each light, I turned and got a photo of a sea of cyclists, completely filling the center lane as far as I could see, north toward Denny Way.

Lloyd Warms, middle leader:

I thought the *Ride* went quite well. The large crowd was cooperative and good natured. Unfortunately, due to traffic, the ride lost some continuity.

Ride of Silence, cont'd



For more photos from the Ride of Silence, go to:

www.seattlebike.org



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A large respectful group makes more of a statement than a stretched out number of independent smaller groups of riders. My favorite moment was returning to Gas Works Park because the large crowd made me feel like we, as a group, had made a statement and shared a common concern.

Joel Magalnick, rear rider:

Overall, I found the ride to be quite nice. I was riding about 2/3 of the way back for most of the time, and I actually found that people who I rode near the front were some of the same people I was riding with toward the end. Riders were mostly courteous, though there were a few points where there could have been a scuffle or two with a car trying to merge to where there were large masses of cyclists, but a few of the cyclists were able to hold up the rest of the pack to let the cars go through. I think the biggest obstacle to having everyone stay close together was that first stoplight turning onto 34th in Fremont. The green light lasted for only 10 seconds, and then it was at least a minute before we were able to go again. Also, there was occasional confusion about which direction we were supposed to go, but overall it seemed like things moved smoothly and, for the people who saw us, many of them were interested to find out what we were doing.

Member Potluck Picnic in the Park!

The next membership meeting is a picnic potluck at Green Lake Park. Meet at the picnic tables across from the Seattle Library, 7364 E Greenlake Dr N.

Date: Tuesday, July 18th

Time: 6:30pm

Bring: A dish to share

Be a part of your club's newsletter!

If you have an interest in being a reporter for any of the following categories, please email Louise at louisek@jtnews.net

1. Touring
2. Community / Legislation / Safety
3. Bicycle Training / Bike Maintenance

Jimmy Pelaez, former President of Seattle Bicycle Club - taking a hiatus from cycling

We all know Jimmy as an enthusiastic rider, club member, and volunteer. What you may not know is that he is a project manager for Boeing and is working 14+ hours a day 6 to 7 days a week on the Boeing 787 project. Boeing is opening its assembly plant for the 787 Dream-Liner in Everett in '07 and plans delivery for '08. So it's crunch time for Boeing and Jimmy. Jimmy's heart is with us and he will be back on the road in no time. Garry Kehr, SBC's Vice President will assume Jimmy's position on the SBC board. Hasta Luego, Jimmy!

Seattle Bicycle Club Merchandise

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



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!*

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 Peterson](#), 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, Gasworks Wednesday Training Series

Ride Days: Wednesday Evenings

Start: Gasworks Park, Seattle

Pace: High Mod/Brisk, 15-18 mph

Terrain: Variable with plenty of hills

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

Terrain: Hilly to Mountainous

Distance: See schedule

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 [Apple Century](#), listed in the schedule that may be used as training rides.

Series Rides, continued

Tuesdays

North end Tuesday Night Ride

Ride start: 23000 Lakeview Dr, Ballinger Golf Club Parking lot

Meet at: 6:15pm, start 6:30pm.

Ride Pace: Moderate

Ride Distance: ~20 Miles.

Ride Terrain: Mixed / Hilly

Ride Leader: Mary Jo, maryjo1532@hotmail.com, 206-546-0645

Rain Policy: Heavy rain cancels.

Ride Description: 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 add some hills. There will be an optional get-together at an establishment of our choice after the



Wednesdays

Eastside Evening Escape Series

Ride Start: Marymoor Parking Lot K. (\$1 Parking Fee.)

Start At: 6:30pm.

Ride Pace: High Moderate.

Ride Distance: 18-25 Miles.

Ride Terrain: Some Hills.

Rain Policy: Rain cancels.

Ride Lead: ChrisM, mackayc @ exponent.com 425-922-7435, or Mark Peterson, treasurer @ seattlebicycle.org

Ride Details:

Come join us for our traditional Eastside Exercise Series created for those working or living on the Eastside who don't want to fight bridge traffic to attend a mid-week ride in Seattle. We will always meet at Marymoor Park but will vary the route each week. Rides start on the first Wednesday of Daylight Savings Time. (April 5) There will always be a post-ride get-together in Redmond.

Click [here](#) for a map to park.

Until days get longer, we request that you have both front and rear lights for your bike.



Monthly rides, cont'd

Saturday, June 10th**Picnic in the Park****Distance:** 48 mi**Pace:** moderate pace**Terrain:** some rolling hills & a few steep ones**Start:** 9:30 a.m. from Seattle Water Park, adjacent to the Issaquah Hobart Rd.**Directions:** Take Exit 17 from I-90 through Issaquah, park in gravel lot next to the Cedar River Trail, about 12**Food:** Pack a lunch to enjoy in Enumclaw**Description:** Pedal the day away in the beautiful countryside. Brief coffee stop in Black Diamond. Joint ride with the Mountaineers.**Contact:** Jean Henderson at JeanH@netos for more information.

the Cedar River on
past Highway 18, &
miles.

Four Sisters Ride**Ride Start:** Shelton Walmart**Distance:** 30-65 miles**Pace:** Social to Moderate**SBC Contact:** Mark Reibman**WSCC Contact:** Jillie 360-871-7184

← A joint ride with West Sound
Cycling Club!

Wednesday, June 14**Get Back Into Cycling for Adults****Time:** 9:30 AM**Start:** Magnuson Park playground (directions below) Aavedal@aol.com**Leader:** Myrna Aavedal 206/522-1470**Co Leader:** Ed Schramko Seniors@SeattleBicycle.org**Weather:** Heavy Rain cancels**Pace:** Easy, 10 or less MPH**Distance:** 5 to 15 miles

This ride is designed for Adults who want to get back into cycling or who have not ridden much recently. First we will have a "get ready to ride" session for both you and your bike. Bring a bike that you believe is in working order, and we will help you check it out, performing adjustments such as seat positions, gear shifters, brakes, and tire inflation. This checkout will help you determine if your bike needs more work or professional maintenance.

If you need help transporting your bike in or on your vehicle, contact one of the leaders for assistance.

After the checkout procedures we will lead you on a mostly flat ride on paved trails. The length of the ride will vary according to the desire of the riders. You can choose to ride 5, 10, or 15 miles at a pace of 10 mph or less.

This will be a good time to assess your riding skills, style, and bike fit. After this ride you will have the skill and confidence to participate in many group or club rides.

If you have friends who would benefit from this "Get Back Into Cycling" ride, urge them to attend with you. If you have any questions or concerns, please contact the leaders.

Directions: Enter Sand Point/Magnuson Park at the traffic light at 7400 Sand Point Way NE (under the building-archway) and continue east about 200 yards to the large paved parking lot on right that serves the playground. Portable toilet in lot or at dog park entrance.

Sunday , June 18th

Over and Under Snoqualmie Pass

Ride Start: Junction of Snoqualmie Valley Trail and Ballarat Ave in North Bend

Meet at : 9:00 Start 9:05

Distance 56 miles

Pace Moderate

Terrain: Mountain Pass ,Snoqualmie Valley and John Wayne Trails & I-90

Rain Policy : Rain will cancel, sprinkles ok.

Cue sheet: fantastic map & cue sheet

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

Ride Description: This ride is not suitable for road bike! You will need a minimum of a hybrid tire. Also you will need a light for the 2 mile Snoqualmie tunnel. Limited services , food is only available at Snoqualmie Pass after 18 miles of climbing, so bring adequate food and water.



Wednesday , June 21

Ashford to Paradise to Packwood

Ride Start: Junction of HWY 706 & Kernahan Rd #52 , limited parking (approximately 5 miles East of Ashford)

Meet at 8:00 Start at 8:05 a.m.

Distance 79 miles, 5,800 ft elevation gain!

Terrain: Mountainous

Rain Policy: Any rain forecast will cancel this ride. I will not drive to Ashford with a rain forecast.

Call leader night before if in doubt and possible reschedule.

Ride Leader: Sara Matoi, 253 631 0285 hideeho@ comcast.net

Ride Description: Incredible scenery strenuous climbs. Bring \$\$ for park entrance fee. This ride is offered mid week to avoid traffic and conflicts in the park. Limited services so bring adequate food and water



Monthly Rides, Cont...

Friday through Sunday, July 21-23

Tour 3 of the San Juan Islands

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.

Lodging: We will be staying at the Wayfarers Rest in Friday Harbor. 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. An alternative place to stay is the Juniper Lane Guest House, only 1.3 miles from the Ferry Dock. See details at their web site www.juniperlaneguesthouse.com/

Tour Coordinator: Email Mary Jo at maryjo1532@hotmail.com to let her know you are coming and if you want to carpool.

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. If you can't come for the whole 3 day weekend you are welcome to come for 2 or just one day.

Friday Ride: Friday Harbor

Time: Approx. 1:00

Where: Meet at the hostel

Distance: 40 miles

Ride Description: Ride 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

Time: 8:45 ferry from Friday Harbor

Distance: varies

Ride Description: Ride to Eastsound Village and then 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 for dinner. Then return to Friday Harbor after dinner on the 7:40 ferry.

Sunday Ride: Lopez Island

Time: 8:10 ferry from Friday Harbor

Distance: 33 miles

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.

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)

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.

Saturday, July 8

Tour of the Coeur d'Alenes— A 1-day tour on the Trail of the Coeur d'Alenes, starting in Wallace, ID. Includes breakfast, food stops and dinner. Distances from 28 to 130 miles.

Saturday, July 15

Pedal the Pinchot— Road and mtb rides through the Cascades and ancient northwest forest south of Mt St Helens. See another side of the big volcano while riding 30-88 miles.

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 membership
using
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).

2006 Board Members

President: [Garry Kehr](#)

Vice President: [Howard Strickler](#)

Secretary: [Judy Kraemer](#)

Treasurer: [Mark Peterson](#)

Past President: [Mary Jo Gerst](#)

Contact any board member for more information

Non-board Volunteers:

Membership: Adrienne Dorff

Newsletter: Louise Kornreich

Merchandise: Jimmy Pelaez

Ride Director: Mark Peterson



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