

# SBC Newsletter

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

## F.A.R.T.S. Tour '06!

*(French Alps Recreational Touring Society)*

Story by Ginny and Tom Tanner; photos by Arnie Chin and Ron Tazuma



The adventure began with an idea and culminated in a once-in-a-lifetime bicycling experience conquering the major cols (mountain passes) of the French Alps; accomplished this past September with cycling friends from Seattle. The ride

started in Chamonix, France near Geneva, proceeded to Nice on the Mediterranean Sea and included climbing all of the historically used Tour de France, Cols in the French, Italian and Swiss Alps. The



self-organized tour was an exhilarating, challenging, scenic, thrilling and terrifically fun bicycling experience.

The biking adventure through the French Alps began with twelve riders from the Seattle

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area gathering in Chamonix, France. The goal of the group was to enjoy the French countryside, having time to “smell the roses”, while also conquering the most challenging routes used in the Tour de France.

*For more FARTS, please see page 5*

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

There are still some jerseys and t-shirts remaining for purchase. You can buy them at the Monthly Meetings or by emailing:



[merchandise@seattlebicycle.com](mailto:merchandise@seattlebicycle.com)

Jerseys \$55      Unisex sizing; Pro-fit cut

Size: XSS      M      L XL  
                XXL

Chest: 34      36      38  
                40      42      44

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**

The next club meeting will be in March. Look here for details coming.

**CLUB MEMBERS**

Please welcome the following new members:

[Jarold Morgan](#)

And celebrate the renewal of these members:

[Ed Schramko](#)

[Michele Morgan](#)

Renew your membership online. Go to: [www.seattlebike.org](http://www.seattlebike.org) and follow the link 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, insipidperson  
@juno.com

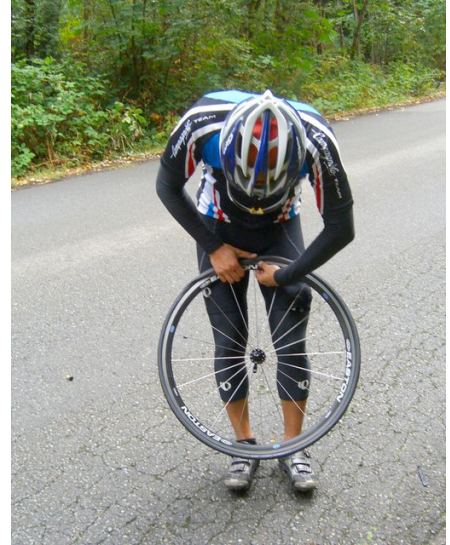
**Ride Leads:** Arnie, Bill, Bob  
A, Charlie, Dan, Garry, Garth,  
Gary, Howard, Martha, Ron L,  
Ron T, Stacey, Tom, et al.

**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 at least one or two 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.

For daily rides, see page 7.





## HOLIDAY PARTY A BIG HIT!

Were you one of the 50 people who attended the Seattle Bicycle Club's Holiday Party at Hale's Ales? Everyone enjoyed food and beverages provided by Hale's and participated in the now-legendary White Elephant Gift Exchange.

For more photos of the party, go to this link: [SBC Holiday Photos](#)



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## DINNER OUT! SERIES HAS BEGUN



Check the website and watch your inbox for an invitation to February's Dinner Out!

A group of SBC cyclists and guests enjoyed a delicious dinner (and wine and dessert!) at Pair in January.

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## FARTS 2006 CONTINUED

The support van was manned

underway early on the morning of September 2nd.



Climbing the Col des Montets and Col de la Forclaz the first day, the group easily climbed almost 3,000 feet, smiling all the way to end in the town of Martigny, Switzerland. That first day set the precedent for lunches, cafes and beers, usually at one of the restaurants at the top of the Col where the riders would regroup and swap tales of the morning's cycling.

mussels and French fries, cheeses, local red and white wines, roasted chicken and vegetables from farmer's markets were all enjoyed along the way. The group would generally meet in the evening to discuss the following day's route, options and start time. Stacey Van Norman, Charlie Roosen and Mark Peterson expertly developed and provided each rider invaluable daily cue sheets and maps. The group had the professional caliber maps and cue sheets for navigating the back roads and mountain passes of the French Alps.

The first day may have been the easiest; it was but a warm-up of what was to come. Each day over the next 2 ½ weeks included conquering two or more major cols. Climbs of 2000 to 2500 meters a day were typical with one particularly challenging day in which the group climbed nearly 3600 meters in a single day. The most adventurous of the group climbed nearly 100,000 feet and covered over

by Luke, Lee Derror's son, who flew in from Japan to be part of the journey and Tom Tanner's wife, Ginny. They provided invaluable logistic support throughout the tour.

Chamonix proved to be a delightful town at the base of Mont Blanc and a picture-perfect village. Prior to starting the riding, group members hiked in the mountains (including an attempt at the summit of Mont Blanc by Jennifer Chang, Arnie Chin and Bill Leyrer), visited the small shops, tried hang gliding and savored French cuisine. And then, after months of training and planning, the ride through the French Alps was

A pattern for the days was soon established: the riders typically started early in the morning with a full day of biking and, after reaching the destination for the day, they relaxed at the small hotels at which we had reservations. Then, they partook of some sightseeing, hiked in the countryside or occasionally lounged by the pools or outdoor gathering places. The hotels were all small-town establishments chosen to have a European flavor and a low cost to fit budget constraints. Dinner was generally in the town and included some true epicurean feasts. Frogs legs, kangaroo steak (served with no knives),



860 miles during the nearly 2 1/2 week adventure. The weather was postcard perfect with the exception of one rainy day as the group climbed the highest mountain pass in Europe...Cime de la Bonette (2802 meters). It rained the entire day and as the riders approached the top of the Col they experienced near freezing temperatures, strong winds, constant rain and hail pelts on the down side run from the top. The warm showers of the hotel rooms were most welcome that night.

Ron Tazuma quickly became the official photographer, recording and chronicling for the participants the true spirit of the ride. Dan Wakefield, even after

two bike spills in one day followed by a crash with a car kept the group laughing and smiling throughout the tour.

Sherry Johnson set the bar for resourcefulness when her baggage arrived three days after the start of the ride, and Martha Hines taught the hikers what high gear on the hiking trails really means. Tom Tanner was the only rider to

find himself lost in a long French tunnel while climbing Cols du Grand Saint Bernard...none of the other riders quite understood how...

A great part of the success of the tour was the terrific camaraderie experienced by the participants. All the riders are biking friends from Seattle. With able leadership and facilitation of Jennifer Chang, the participants self-organized the tour for themselves. Numerous planning successions were held at various participants' homes prior to the tour to organize the

training by the participants contributed to the fitness of the riders to be able to ride the mountain passes day in and

day out and smile and laugh through out the whole



adventure. The group coined the name FARTS as their "handle".

A few statistics: in 15 days, several in the group climbed over 98,000 feet and covered in excess of 860 miles. Dozens of mountain Cols were conquered with terrific climbing memories of each one. There were six mishaps on the road (crashes), one day of rain, three flat tires, one scratch on the van, countless incredible meals consumed, gallons of wine and Orangina sipped. Most importantly, the best statistic of all was there were terrific times for all, immeasurable laughs, and fantastic memories for a lifetime. It was truly a grand adventure accomplished by good friends....doing what they love to do...BIKE!

Pictures of the ride can be viewed at the following link: [http://imageevent.com/seattlebicycleclub/farts.jsessionid=v8q3l6pk21.zebra\\_s](http://imageevent.com/seattlebicycleclub/farts.jsessionid=v8q3l6pk21.zebra_s)



logistics for the trip and plan the routes to be taken. All pitched in and contributed to ensure the tour would be the grand success it turned out to be. The various bike training rides sponsored by Seattle Bicycle Club and the hard

Saturday, February 10

### West Seattle to Kent (Chilly Hilly Training)

**Ride Start:** 61st and Alki (statue was removed for repair)

**Meet at: 10:15 am.** Depart by 10:30 am

**Distance:** ~50 Miles

**Pace:** Moderate

**Terrain:** Hilly

**Rain Policy:** Rain or Snow Cancels

**Cue Sheet:** Yes

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

**Ride Description:** This is one of my favorite loops. We will take the scenic backroads of West Seattle and ride to Burien and Des Moines before we descend into Kent for a lunch break. Route back will be along the scenic Green River Trail to South Park and back to West Seattle. Expect 2000 feet of climbing on this ride. First half of the ride is hilly. Second half of the ride is completely flat. First half of ride will be moderate paced. Second half will be high moderate to low brisk paced. There will be re-group stops along the way. Bring at least 2 new tubes, tire levers, a patch kit, and a pump. This is a great training ride 2 weeks before Chilly Hilly.

Saturday, February 24

### Maybe Chilly, Not Too Hilly

**Ride Start:** Snoqualmie Falls, near restrooms

**Meet at: 10:15 am, Start at 10:30 am.**

**Distance:** 35 miles.

**Pace:** Moderate.

**Terrain:** Rolling Hills

**Rain Policy:** Heavy Rain or Ice Cancels

**Cue Sheet:** Yes

**Ride Leader:** Louise Kornreich 206-200-1502 (cell)  
or [louisek@jtnews.net](mailto:louisek@jtnews.net)



**Ride Description:** My favorite ride on mostly low traffic backroads and a few small hills. Nice scenery, too.

**Directions to start:** Take the Hwy 18 exit off of I-90. Turn left to Snoqualmie Parkway and go to the end. Turn left on Hwy 203 toward the Falls and, just after going under the overpass, turn right to upper parking lot. Ride your bike across overpass to get to ride start near restrooms.

Check the website for up-to-the-minute ride updates at [www.seattlebike.org](http://www.seattlebike.org)



**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 the newsletter 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!

### 2007 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](#)

Ride 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.

## R i d e L e a d e r T r a i n i n g !

**Want to Lead a Ride?**

Planning is in the works for a Ride Leader Training Class in March or April. Date and location to be announced.

## Calendar

**Saturday, Feb 3**

*Renton- Tiger Mt*

*Pre Chilly Hilly*

**Wednesday, Feb 7**

*Gasworks Ride*

**Saturday, Feb 10**

*West Seattle to Kent*

**Wednesday, Feb 14**

*Gasworks Ride*

**Wednesday, Feb 21**

*Gasworks Ride*

**Saturday, Feb 24**

*Maybe Chilly, Not Too Hilly*

**Wednesday, Feb 28**

*Gasworks Ride*