



OutSpoke'n

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Volume 8, Issue 2

Official Newsletter of the Seattle Bicycle Club

March 2005

2005 Tour Season Starts in May

By Mary Jo Gerst

Seattle Bicycle Club's 2005 touring season starts off the weekend of May 14th and 15th, with a relaxing tour of the scenic country roads of Lewis County. On the first day of the tour we will join up with the 22nd Annual Lewis County Historic Bike Ride starting at the Stan Hedwall Park in Centralia. Ride distance options are 20, 46, 72, and 100 miles. The traffic is sparse and there are no big hills to climb. On the second day of the tour we will do a moderate ride around the back roads of Chehalis. We will be staying at the McMenamins Olympic Hotel in Centralia, where we can play pool or enjoy a free movie in the evening – all for as little as \$40/night. If you have never stayed at a McMenamins you are in for a real treat!



SBC riders enjoying last year's tour around Centralia

On May 21st and 22nd, we will be going to sunny Yakima. On Saturday the 21st you can choose to participate in either the Tour De Wellness or an SBC-led ride. The Tour De Wellness is a scenic and challenging Century or 1/2 Century ride through the beautiful Upper Yakima Valley. The alternate SBC-led ride will be a more moderate ride that will include the Yakima Greenway, a paved bike path in Yakima. On Sunday the 22nd we will do the 'Your Canyon for a Day' Bicycle Ride. This is a 35-mile ride through the Yakima River Canyon, with a gentle grade and few hills. It is sponsored by Yakima County Crime Stoppers and the highway is closed to thru traffic. We will be staying at the Motel 6 in Yakima (\$30.00 for a single, \$36.00 for a double, when booked on their web site).

Check the SBC web site for details and sign up information for both of these rides.

And don't think the fun stops there! SBC has more tours planned for 2005 – flip to Page 4 for a sampling.

Hope to see you out there.

MONTHLY MEMBERSHIP MEETING

INTERNATIONAL BICYCLE TOURING

By: Fran Dauelsberg & Bob Goldberg

Visitors are Welcome!

When: March 15th, Tuesday

Where: Hearthstone – 6720 E Green Lake Way N

Time: Socializing 6:30-7pm;

Meeting & Presentation 7-8:30pm

Details: We have two interesting presentations for our March meeting. International Tour Enthusiast, **Fran Dauelsberg**, will present slides of her tour through **Croatia** this summer. She organized and planned the tour for herself and friends, including mapping the route and finding places to stay and visit. Fran has planned and led several tours to Europe, including France, Germany, England, Spain and Turkey. She will be giving tips and answering your questions about the logistics and pleasures of Independent International Touring.

Our other presenter will be **Bob Goldberg**. He will be showing us highlights and telling tales about his recent 18-day bike tour through rural **China**.

If you have been thinking of doing some over seas bike touring you won't want to miss this meeting. Socializing at a local establishment to follow.

We will have fun so invite friends to join us.



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.



Short Sleeve: \$13 S-XL, \$14 XXL

Long Sleeve: \$16 S-XL, \$17 XXL

Jersey: \$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 three large back pockets and a 15" invisible zipper. They are unisex size and Pro-Fit cut (slim fitting).

Earn a Ride Leader Vest:

Collect points by Leading Rides, Assisting as a Ride Sweep, or driving Sag Wagon on a Club Tour. The first 50 people to earn 5 points get a free SBC Ride Leader Vest!

New Members Corner

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

Mary Beth Zaccari
Teri Fischer
Amy Klein



ESCARGOT RIDERS ALERT

Escargot rides will be starting again in April with a kick-off ride on Sunday, April 10.

We are also making plans for some new Escargot rides, such as, Escargots Take to the Road, Escargots Take a Ferry Ride, and Escargots Go On Tour. Watch the website for more details!

Rough Riders

By: Cliff Jarrett

"The art of being wise is knowing what to overlook." - William James-

I was surprised when I got an e-mail from my friend Stanko Dubjek. He was working at the Capa del Soel resort in Puerto Rico and invited me down. I didn't even have to pack my bike because he had access to the hotel's rental fleet and he said that there were a few good bikes in amongst the junk you would expect to find. A couple of things didn't fit. First, Dubie has only been on line for a about a year and a half and he doesn't use his e-mail very much. Second he was inviting me down for week of sun and fun so we could just relax and enjoy the beach. I smelled trouble. Dubie simply does not spend his free time sitting in a lounge chair soaking up the sun and enjoying the views.

My plan of simply deleting the e-mail and pretending I never got it didn't work. I was sitting in a staff meeting doodling winter landscapes of Mount Rainier when a courier arrived with airline tickets to San Juan. They were non refundable, non transferable and I had to leave that very evening. I tried calling to find out what was really going on but I could not reach him. I scrambled to rearrange my schedule, find a dog sitter, pack and make it to the airport two hours before my 11:00 departure. The equipment was delayed coming in from Chicago and we did not take off until nearly 5:00 a.m.

The flight down from Philadelphia was rough and I didn't get any sleep. When we deplaned at eight o'clock I didn't expect to see Dubie at the gate due to the new airline security rules. I made a bee line to the nearest Starbucks stand and got a four dollar cup of coffee to wash down some much needed Advil. From there I wandered over to baggage claim and waited, and waited, then waited some more. It took another hour and forty five minutes to get the bags all of five hundred feet from the plane to the carousel.

Man I was tired! It had been about thirty hours since I last slept. I still hadn't found Dubie and started to panic. I was wandering around the airport trying to come up with a plan or even better a good plan when I saw Dubie in a coffee shop having breakfast with a very pretty stewardess. Relief beat out anger and I shuffled in. Dubie introduced me to his new friend Rosa and called the waitress over so I could order breakfast. I felt better after I ate. Dubie kissed Rosa goodbye then asked her for her phone number.

We made it to the Capa del Soel shuttle and settled in for the long drive to the other side of the island. We rode with the air conditioner off and the windows opened. It was hot and humid but that felt better than the sleet and hail I left just seven hours earlier. I quietly asked Dubie what was really going on. His eyes darted to the driver and said, "we are going to have a very relaxing week, we'll hang by the pool and the beach, do some mountain biking and some sailing if you like and I will send you home a new man."

Continued on Page 5...



Newsletter Articles

All members are welcome to submit articles for OutSpoke'n, SBC's monthly newsletter. We welcome fact or fiction, poetry or prose, anything remotely associated with cycling. Deadline for each issue is 20th of the month. Send your submissions to articles@seattlebicycle.com

Monthly Rides: *(Check website for updates during the month!)*

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.

March 2nd, Wednesday, Gasworks Wednesday Ride: Winter Series

Ride Days: Wednesday Evenings.

Meet At: 6 pm, start 6:15 pm.

Ride Distance: ~20 Miles.

Ride Coordinator: Jennifer 206-409-1686.

Rain Policy: Showers and wind okay. Only heavy rain & snow cancels.

Ride Description: Get geared up for Winter Rides! We will be singing in the rain and splashing through puddles. Get lights and rain gear, and we will ride into the night. Ride leaders will rotate and take the group to their favorite haunts. We will look for glimmering city lights and full moon on trails. Afterwards, we will slurp down hot soups and huddle close for warmth and conversation at an establishment of our choice.

Ride Start: Gasworks Park, Seattle.

Ride Pace: High Mod/Brisk 15-18 mph.

Ride Terrain: Variable with few definite hills.

Ride Leads: Presenting...Arnie, Dan, David, Garry, Garth, Gary, Jimmy, Louise, et al.

March 9th, Wednesday, Gasworks Wednesday Ride: Winter Series - See March 2nd ride for details.

March 12th, Saturday, Feel the Chill, Get a Thrill and maybe even Share a Meal

Ride Start: Tracy Owen/Log Boom Park.

Ride Pace: Moderate 14-17 mph.

Ride Terrain: Variable.

Ride Coordinator: Jimmy 425-750-3936.

Ride Description: Some trail riding and some road with bike lanes too. We will ride the classic North Lake Washington Loop. Some moderate hills but nothing we can't handle. We will stop and wait for you at the top of hills and in tricky turns so you don't get lost. We should be done around lunch time, so we can go have a nice and relaxing lunch before we go home.

Meet At: 9:45am, leave 10am sharp.

Ride Distance: ~50 Miles.

Rain Policy: Rain will cancel but light sprinkle has potential so call to make sure.

March 16th, Wednesday, Gasworks Wednesday Ride: Winter Series - See March 2nd ride for details.

March 23rd, Wednesday, Gasworks Wednesday Ride: Winter Series - See March 2nd ride for details

March 26th, Saturday, Feel the Chill, Get a Thrill...- See March 12th ride for details

March 30th, Wednesday, Gasworks Wednesday Ride: Winter Series - See March 2nd ride for details.



Mark Your Calendars For These Upcoming SBC Tours:

In addition to the May tours highlighted on Page 1, we have a full summer of tour weekends. Below is a sampling of what we have planned so far. Details will be on the web site as plans are finalized, but you will want to get these on your calendars now:

- June 3 - 5: Sun Lakes and Soap Lake area.
- July 22 - 24: Historic Columbia River Highway State Trail in the Columbia Gorge
- Aug 13 - 14: Weekend at the Birch Bay Hostel, joint ride with Vancouver Club
- Sept 3 - 5: Trail of the Coeur d'Alenes in the Spokane area
- Sept 24 - 25: Yakima Wine Country Ride to Prosser and Back

Thanks Jimmy!



A special thanks goes out to Jimmy Pelaez this month for all his hard work coordinating SBC's booth at Bike Expo.

Rough Riders continued from Page 3...

We got to the resort a little after noon and hung out by the pool drinking pina coladas until Dubie's shift started at 4:00. I went back to the room and crashed. I really needed it and felt pretty good when Dubie woke me up at eight the next morning. We slathered on the sun screen and headed to the beach. It was a day of body surfing and catching up. Nobody else was around so I was able to put my biggest fears to rest. Dubie had not entered me in another relay race and he was not out on bail looking for help getting off the island.

Maybe things were just as they seemed. If there was trouble Dubie would have told me by now -- there were only five days left. Naw, life doesn't work like that. This is too good to be true -- Fate had me shoveling snow and that just doesn't get replaced with a free trip to a tropical paradise.

Tomorrow and the next day are Dubie's days off and we are going to do some mountain biking up by the volcano. The views are supposed to be awesome.

To be continued next month...

Ride on Dudes

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.
- Anyone is welcome on rides.

Ride Pace & Regroup Frequency:

Leisure (10-12 mph) – constant
Social (12-14 mph) – frequent
Moderate (14-16 mph) – regular
Brisk (16-18 mph) – occasional

***Pace** means the average speed on the flats.*

Faster riders are welcome to ride ahead,

but they won't set the pace for the group.

All paces always regroup at the top of long hills
We provide maps and cue sheets for all rides.

SBC Success At 2005 Bike Expo

By: Jimmy Pelaez



The 2005 International Bike Expo is now history; however, this year we at Seattle Bicycle Club were part of it. Amidst all the cool bikes, the demos, the clothes, the cool bike merchandise and all the other clubs, SBC had a very successful presence at this year's Expo.

Our booth was simple and we did not have cool giveaways, but we had great volunteers that represented the part of our club that is so appealing – our great attitude! The key message we had was that SBC is about biking and having a good time doing it.

The booth displayed a series of club pictures, reflecting all the fun we had last year and all the riding that we were involved in. We highlighted our tours and our wide range of rides for every skill level, as well as our affiliation with the Outing Club. And of course our colorful jerseys and shirts were on display to entice people even more.

I believe SBC gained a lot by participating in this year's Bike Expo. Whereas in the past we may have had a presence in our community, now we have more visibility. We met many new future members that will make our club stronger, and we made other cyclists aware of the possibilities and choices when it comes to being in a club. We also reinforced our commitment to the cycling community by being there and being so approachable. But best of all I feel that it brought us closer together as a team.

I want to give a very special thanks to all the great volunteers that took part and that supported our presence in the 2005 Bike Expo: Gary Kehr, Victoria Scott, Mark Peterson, Victor Odilivak, Dan Wakefield, Jennifer Chang, Arnold Chin, Mike Moreland, Gary Strauss, Lloyd Warns, Mark Buettner, Mary Hartig, Bob Nyberg, Tom Potter, and Mary Joe Gerst. Wow, what a team!

We actually had more people volunteer than we could handle, so I would also like to acknowledge all of the people that wanted to volunteer but didn't get a chance to. Last but not least thank you Karin Bulova and Adrienne Dorf for making it possible to be so visible to our members via the Newsletter and Town Crier e-mails.

Bicycle Lobby Day: Damn Good Fun and Damn Good Work

by Rich Littleton

Seattle, Washington. Pick up Amy Carter at 6:45 a.m. in Queen Anne. Then Chris Stanley at 7:00 as he gets off the Bainbridge ferry. Lastly, pick up Justin Vanderpol near Lake Washington and then we were off for Olympia.

We were just four of 30 “bikists,” from various biking groups in the state, who gathered in Olympia on Thursday, February 24, 2005 under the umbrella of the Bicycle Alliance to lobby for bike-friendly legislation in Washington state. “Lobby Day,” it’s called. The Bicycle Alliance has been doing this for years, and that was obvious. This was one of the best-organized lobbying efforts I’d ever been a part of.

The day was bright as we gathered at the Washington State Capitol Museum. We later found out that one chap rode his bike all the way from Puyallup, a four-hour trip. In case you are wondering, that is spelled d-e-d-i-c-a-t-i-o-n. The person who traveled the farthest was from Spokane.

When we arrived at the meeting room, breakfast was already waiting. Nothing says “welcome” like a steaming cup of coffee with half-and-half chilled on ice. A big bagel, loads of cream cheese slathered with strawberry jam, and that steaming coffee put me in a listening mood.

Linda Schwartz and Barbara Culp had organized this event like the professionals they are. They began with the focus of the day’s lobbying: two bills and a discussion of the need for funding for bicycle programs in the state. Linda and Barbara had also arranged for Michael Temple, the Bicycle Alliance professional lobbyist, to speak and then tell us a bit about the legislators we were to interview. His dedication to bicycle goals, his appreciation for the work of the legislators, his personal familiarity with and knowledge of the background and orientation of the legislators, and his grasp of bicycle issues and needs made a surprisingly impressive package. I came to realize that the Bicycle Alliance had established a long-term presence in Olympia, and Michael Temple was one of the reasons for its success.

Linda and Barbara had made appointments with 48 legislators, senators and representatives. They then matched the volunteer lobbyists with the appointments and this was the basic process. As the appointment times approached, the volunteers slipped out and walked the five short blocks to the capitol complex. They visited, summarized the issues, left literature and contact information, and moved on.

Between such appointments, many of the volunteers did “drop-in” visits to the offices of legislators who had not had the time for actual appointments. The volunteers just left the literature and contact information with the staff people at the various offices. Not many of the legislators escaped contact with the Bicycle Alliance on that day.

At noon time, our strength was replenished with a delicious make-your-own-sandwich spread plus fruit, chips, and drink, with cookies for desert. We were definitely a well maintained army of lobbyists.

We four who had traveled together in the morning re-gathered after our last appointments, grabbed a nibble at the meeting room, piled back in the car and motored back to the Emerald City. While the morning conversation had been pleasant and casual, the afternoon conversation was even more pleasant and very political. It was even more satisfying than the delicious food earlier. The time passed without notice (even though traffic was a bit less fluid than before) and suddenly, we were back home.

The day was packed with food, information, fantastic weather, give-a-damn people, and significant and doable tasks. Not a bad way to spend a day out of one’s life.

When next year’s lobby day rolls around and if you can do it, do it.

SBC Meeting Directions:

See map at right for location of **Hearthstone Nursing Home**.



SBC MONTHLY MEETINGS ARE BEING HELD AT THE HEARTHSTONE AT 6720 E GREEN LAKE WAY NORTH

The next SBC Executive Board Meeting is at 5:30 pm on March 15, 2005 at the Hearthstone.

2005 Board Members

President: Mary Jo Gerst

Vice-President: Jimmy Pelacz

Secretary: Tom Potter

Treasurer: Mark Peterson

Past President: Stephanie Roche

Contact any board member for more information

Non-board volunteers

Community Relations: Richard Petters

Membership: Victor Odilvak

Newsletter: Karin Bulova

Web Site Manager: Cory Bear

Merchandise: Jimmy Pelacz

Activities Director: Yvonne Lasso

Business: Chris Mackay

Ride Director: Mark Peterson

Town Crier: Adrienne Dorf

Bike Commuting: Urania/Jonathan Freedman

Seattle Bicycle Club, Inc.

P.O. Box 31423

Seattle, WA 98103-1423

<http://www.seattlebicycle.org>

info@seattlebicycle.com

Membership Renewal:

If you receive OutSpoke'n through the mail, please check the mailing label on this issue of OutSpoke'n to see when your annual membership expires. Membership expires at the end of the month indicated. Otherwise, you will be sent a separate renewal notice prior to your membership expiration date. Please send your renewal check and your renewal application to keep your membership current, and to keep the exciting and informative issues of OutSpoke'n coming! For questions contact membership@seattlebicycle.com. Mail your check to: Seattle Bicycle Club, P.O. Box 31423, Seattle, WA 98103-1423.

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, 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 max'd out the credit card buying a new Davidson, to anybody who has a bike in good condition and a body that would like to get 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).

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!