



# OutSpoke'n

The Ride of Silence

by Gary Strauss

Volume 8, Issue 10: May 2006

On Wednesday, May 17, 2006, at 7:00 p.m., bicyclists from Cascade, Bicycle Alliance, Seattle Bicycle, and many other clubs, teams and organizations will unite on the *Ride of Silence* emerging from Gasworks Park through downtown Seattle and the University of Washington. At the same time, across North America and in other parts of the world, *Rides of Silence* cyclists will travel in a silent procession to pay respect to cyclists who have been killed or injured while cycling on public roadways.

In 2003, Chris Phelan organized the first *Ride Of Silence* in Dallas after endurance cyclist Larry Schwartz got hit by the mirror of a passing bus and died. The 2003 *Ride* at White Rock Lake in Dallas drew 1,000 cyclists through word of mouth and email communication over a period of only ten days. Local media reported the *Ride* was incredibly moving, as cyclists rode in silence, occasionally wiping away a tear or patting a friend on the back. Chris Phelan, a friend of Larry Schwartz and the person responsible for starting this initiative, thought the *Ride* would be a one-time deal. However, as word got out, other cyclists began to contact him with a desire to do the same ride in their communities. Duane Wright organized the *Ride* through Cascade last year, and he and many volunteers believe we need to make this a major annual community event.

The *Ride Of Silence* is a free event. Cyclists will travel no faster than 12 mph and remain silent during the entire *Ride*. The *Ride*, which is being held during Bike Safety and Bike to Work month, seeks to raise the awareness of motorists, police and city, county, state and federal officials that cyclists have a legal right to use public roadways.

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**Ride of Silence, cont'd**

We have lost many of our friends, and many more have been injured. To name just some who have died or been injured while bicycling, let's not forget Cooper Jones, Larry Kemp, Erik Kautsky, Roger Sumner, Norm Lowe, Joe Matava, Ken Meyer, Scotty Graham, Jason Broome, Ben Eder, Ann Weatherill, Dr. Gail Alef, Peter Ostertag, Dr. Hsiaoyu Jiang, Bill Corliss, Victoria Scott, Marvin Miller, Don Swisher, Bruno Alabiso, Doris Taylor and Gypsie Goss. You can find pictures of cyclists who have lost their lives while riding at <http://www.rideofsilence.org/memorial.php>.

We encourage you to join the *Ride of Silence* to help improve our community's attitude towards safety and bicycling. Be sure to get to Gasworks Park by no later than 6:30 p.m. Do not park at the Gasworks parking lot. If you drive, leave your car at least a quarter of a mile away. We expect a very large turnout, and we will need the space around Gasworks to organize riders. We encourage you to ride your bike to Gasworks if at all possible. Volunteers will serve as coordinators at the start and along the route and spread out among the riders. The *Ride* leader will depart promptly at 7:00 p.m. followed silently by each cyclist. Volunteers will sweep. We can use more volunteers to help advertise and support the *Ride*. Contact Gary: [gstrauss@gsblaw.com](mailto:gstrauss@gsblaw.com) to volunteer.



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

[www.seattlebike.org](http://www.seattlebike.org)

### **MONTHLY MEMBERSHIP MEETING**

No potluck is scheduled for May or June but please join us for a potluck picnic in July at Green Lake.

Details in June...

### **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](mailto: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](mailto: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!*

## Tips on Changing a Tire

*From RoadBikeRider.com*

Talcum powder is the key ingredient to mounting any bike tire, particularly folding road tires with tight Kevlar beads. Powder allows the tube to move freely inside the tire so it doesn't interfere with the tire/rim interface. Tubes get pinched and punctured when they become trapped between a tire lever and the rim. Generous use of powder (corn starch works too) dramatically reduces this risk. Always dust the tube with talc!

Okay, now here's my easy-mount procedure:

---Place one side (bead) of the tire on the rim. That should be pretty easy.

Align the label with the valve hole to look pro (and to make it easier to match up glass in tires with holes in tube). Add just enough air to the tube to give it shape. Push the valve stem through the rim and feed the rest of the tube into the half-mounted tire.

---Back at the valve hole, start seating the other bead, working with both hands around the rim in opposite directions. If the tube has too much air it'll become obvious. Let out a little. Use your thumbs to push the bead onto the rim. That's what thumbs were designed for.

---At a certain point it'll become difficult, leaving a small section of tire unseated. Breathe in and let out a Ninja cry. Won't go? Squeeze the seated beads together all the way around the wheel so they go into the rim's deeper center. Let out any remaining air. Breathe deep again and try Ninja cry No. 2. If your thumbs are shot, grip the stubborn section with both hands together and try to push/roll it on with your palms.

--- Still won't go? Then you must resort to the dreaded tire lever, a sure sign of weakness and a troubled childhood. When I use them (hey, I never said I had a perfect upbringing) I slide the lever (plastic preferred) along the braking surface of the rim under the bead so I don't pinch the tube, then I gently pry the bead the rest of the way. "Gently" may not be part of your repertoire at this point. Thumbs or palms are best, and patience is a virtue, but a tire lever does have its place.

---After the tire is on, push the valve stem up inside, then pull it down again. Go around the wheel, flexing the tire side to side as you look into the rim to be sure the tube isn't trapped under a bead.

---Start pumping air, then stop every 20 psi or so to check for places where the tire might be lifting off the rim. That means the tube is caught under the bead. If you ignore it, the explosion will be loud enough that you'll need to change your chamois and have your hearing checked. Let the air out and massage those sections to get the tube inside. Then gas 'er up!

This procedure should take about 4 minutes. Well, maybe 10 tennis balls.

Remember, use talc! It's truly the key to making tire installation as smooth as a baby's behind.



if you don't squeeze

tion as smooth as a

## 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

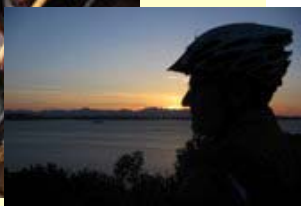
**Pace:** High Mod/Brisk, 15-18 mph

**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

Every Tuesday night starting May 2

**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



### 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, 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)

**Ride Description:** A great Ramrod and Rapsody training ride. 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.

For the entire Series, [click here](#).

## Wednesday, May 17

### Ride of Silence

**Ride Start:** Gas Works Park

Please do not park at Gasworks - ride to the start and park at least a quarter of mile from Gasworks. We want to use as much of the parking space at Gasworks as possible to gather what we hope will be a very large group.

**Meet at:** 6:30 p.m. There is no sign up, no t-shirts and no sponsorship.

**Start at:** 7:00 PM

**Distance:** 14 Miles.

**Pace:** Limited to 12 mph - slow and silent

**Terrain:** Mostly Flat, but with a few hills

**Rain Policy:** No cancellation

**Cue Sheet:** No

**Ride Leaders:** No official ride leaders - we will use volunteer ride coordinators to assist.

**Ride Description:** This 14 mile loop from Gasworks to Downtown Seattle to the U District will hopefully become the largest participatory cycling event ever to take place solely within Seattle. On May 17 at 7:00 PM, the **Ride of Silence** will begin all over North America and roll across the globe. When it started in 2003, 1000 riders participated in Dallas to honor a bicyclist killed on public streets. Cyclists will emerge from Gasworks in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, motorists often are not aware of our rights or sometimes not even aware of us. This is a national event, <http://www.rideofsilence.org/main.php>. This ride is supported by the Seattle Bicycle Club, the Cascade Bicycle Club, Bicycle Alliance of Washington, the Multiple Sclerosis Society, and many other bicycle clubs, teams, organizations and most importantly volunteers. Please tell your friends. We want as many cyclists to participate as we possible. Volunteers are welcome. Just let Louise Kornreich (louisek@jtnews.net), Ken Kato (denshion@gmail.com) or Gary Strauss (gstrauss@gsblaw.com) know if you are willing to help. We want to make this ride widely known. We want all of you to write your federal, state, county, police and city officials, ask them to join the ride, tell them about its mission, and ask for their support of bicycle, pedestrian and other alternative transportation options.

**Saturday & Sunday, May 20 & 21****A Sunny Yakima Weekend**

Tour de Wellness and Yakima Canyon ride

See [tour](#) page for details

**Saturday, May 27****Three Ferries Ride**

**Ride start:** Parking area at North end of Myrtle Edwards Park

**Meet:** 9:30am

**Ride Pace:** 2 Groups/ Social and Moderate

**Ride Distance:** 32 Miles.

**Ride Terrain:** Fairly flat with a few hills

**Ride Leaders:** Mary Jo, maryjo1532@hotmail.com, 206-546-0645 and Judy Kraemer

**Rain Policy:** Heavy rain cancels.

**Ride Description:** We will ride south through Myrtle Edwards Park to West Seattle around Alki along the water to the Fauntleroy Ferry dock. After taking the Fauntleroy Ferry, we will bike from Southworth to Port Orchard. We will have lunch in Port Orchard and have some time to visit the Port Orchard Saturday Market. Then catch the ferry from Port Orchard to Bremerton and the Bremerton ferry to Seattle.

**Directions to Parking area:** Going north on Elliott Ave., turn right to "Terminal 90/91" (also for Magnolia Bridge, but DO NOT go over Magnolia Bridge). After turning right, get into and stay in left lane and follow sign for "Amgen Court". At STOP sign, turn right. Then parking area is on your left.

Going south on Elliott Ave., get in left lane for "Terminal (or pier) 90/91". After turning left, stay in the left lane and follow signs for "Amgen Court". DO NOT go over Magnolia Bridge. Turn right at STOP sign and left into parking area.

**Sunday, May 28****Ramrod/Rapsody Training – 12th Annual Cle Elum to Leavenworth**

**Ride Start:** Downtown Cle Elum by Bakery

**Meet at:** 8:30 am, depart by 8:45 am

**Distance:** 100 Miles.

**Pace:** Moderate.

**Terrain:** Hilly

**Rain Policy:** Rain or Snow Cancels

**Cue Sheet:** No (there are only a couple turns on route)

**Ride Leader:** Monica Zaborac 206-226-8514 (cell) and Paul Fleming 206-244-0963 (work)

**Ride Description:** A great Ramrod training ride. For those wanting breakfast close to the start of the ride, meet at the Pancake House at Snoqualmie Pass for breakfast at 7:00 am, otherwise ride will start at approximately 8:30 am in Cle Elum. Rain in Seattle doesn't mean it will be raining in Cle Elum. Route will take us over scenic Blewett, formerly Swauk, Pass. We'll descend into Leavenworth for lunch. Route back will take us over "old" Blewett Pass. Dessert stop at Mineral Springs Restaurant before the final descent and headwinds into Cle Elum. Expect 6000 feet of climbing on this ride. Be prepared to be self sufficient as ride leaders will not stop for mechanical break downs. Take Cle Elum exit and bakery is 2 miles or so down the main road at 1st and Peoh. When you see the Dairy Queen on the right, the bakery is just a block away on the corner on the left side of the street.

For the entire Series, [click here](#).

## Monthly Rides, Cont...

**Saturday, June 10**

### Picnic in the Park

**Start:** Seattle Water Park, adjacent to the Cedar River on the Issaquah Hobart Rd. (Take Exit 17 from I-90 through Issaquah, past Highway 18, & park in gravel lot next to the Cedar River Trail).

**Meet:** 9:15 for a 9:30 start.

**Distance:** 48 mi

**Pace:** moderate pace,

**Terrain:** some rolling hills & a few steep ones.

**Description:** Pack a lunch to enjoy in Enumclaw. Pedal the day away in the beautiful countryside. Brief coffee stop in Black Diamond. Joint ride with the Mountaineers. JeanH@netos.com.

**Saturday, June 10**

### Four Sisters Ride

**Start:** Shelton

**SBC Contact:** Mark Reibman

**Details:** see West Sound Cycling Web Site

**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.

### 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](http://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](http://www.seattlebike.org)).

### 2006 Board Members

**President:** [Garry Kehr](#)

**Vice President:** [Howard Stickler](#)

**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 Reibman



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