



OutSpoke'n

Heavy Breathing and Ice Cream in Colorado

Volume 8, Issue 12: August 2006

SBC Riders go to the Colorado Rockies Tour

Daily ride journal from Cathy Haggerty:

Day 1 – Saturday: Loveland to Estes Park. This was a nice, easy 55-mile ride to get us out of town and to the foothills of the Rockies. We passed beautiful scenery and I saw a few teams training together and families out for a leisurely ride. We seemed to be going in the opposite direction from the local riders and after climbing the hill I can understand why. After lunch we had a horrendous climb up switch backs to the top know as a “Slice of Heaven”. The view of the mountains and valleys were gorgeous. Best of all, it was all downhill to Estes Park. Upon arriving in Estes Park, Mike (Moreland) and I immediately headed into downtown to find an ice cream parlor. This became our regular routine.

Day 2 – Sunday: Estes Park to Granby. All of us got a very early start so we could get over Trail Ridge Road before the bad weather comes in. Bad weather? What bad weather? It was a beautiful sunny day and was absolutely gorgeous all through the mountains. We saw herds of elk and some bighorn sheep along the way. Everyone made it up and over Trail Ridge, one of the highest paved passes (12,183') in the country. We really lucked out, I heard it was hailing and snowing at the top just a couple of days before. Granby is a very small town, we could not find an ice-cream parlor so we stopped at the local coffee shop and had Italian Iced Lattes. From the very beginning of the ride we had lost Arnie and Jennifer; we had no idea where they went. Apparently, Jennifer didn't sleep very well the night before so she decided to take a nap. After a short search by the SAG vehicle, they were found snoozing under a tree. The SAG support noted them as the Chin and Chang contingency.



IN THIS ISSUE:

Colorado Tour.....	p 1
Members.....	p 2
Series Rides.....	p 3
Monthly Rides.....	p 5
RAPsody Ride.....	p 6
Death Ride.....	p 7
Non-SBC Rides.....	p 8
Club Info.....	p 9



Day 3 – Monday: Granby to Steamboat Springs. Just outside of Granby we had a great freshly paved road with wide shoulder following a river, which was very pretty in the morning sunlight. Off in the distance I heard yelping, I looked in the grass and saw a red fox, the first one I have seen. The fun downhill and flats ended quickly as we started to climb yet another pass, but this was just the start of the climb before we head up to Rabbit Ears. At the water stop Mike removed a layer and set his shirt down. He started the climb and then realized he forgot his shirt. I just thought he wanted to do the climb twice. Luckily Chris from Chicago grabbed it and rode it up to him. The long climb took us up and over Rabbit Ears Pass at 9,426 feet. The ride down Rabbit Ears was a little hairy (yes pun intended). We had nasty side winds on a 7% down grade for 7.5 miles. Once in Steamboat Springs, Mike and I were off to find an ice cream parlor...luckily there were a few in town.

Day 4 – Tuesday: Steamboat Springs Rest Day – Yeah! What did I do... sleep in. Mark, Sherry, Jennifer, and Arnie took the tram to the top of the ski resort to do some hiking. A thunderstorm moved in and they were stranded; the tram was shut down. Mike and I stayed in the lower elevations and took a walk via a bike path along the river to the botanical gardens. The gardens were huge, filled with all kinds of flowers and trees. We spent hours just walking through all the trails. A pond was in the center filled with water plants, fish and frogs. What a great place to visit.

For more heavy breathing and ice cream, turn to page 7



Member Potluck Picnic in the Park!

You are invited to the SBC potluck picnic at Green Lake Park. Meet at the picnic tables across from the Greenlake Bar & Grill: 7200 E Green Lake Dr N.

Date: Tuesday, August 15th
Time: 6:30pm
Bring: A dish to share



Please welcome the following new members:
Allen Blackman Marsha Grizwin
Jay Schembs Samantha Slaughter
David Shipman Marlo Jones
Debby Grant Valerie Strong

And celebrate the renewal of these members:
Shelly Fields Cathy Haggerty
Robert Saindon Garry Kehr
Suzanne Hagner Richard Stolz
Paul Fleming Katherine Ransel
Kenneth Janicke Margaret Evans

From our Rides Director:

We need volunteers for RAPSody bike ride, August 26-27. Fun for everyone! Contact Mark Reibman at mreib@earthlink.net

Seattle Bicycle Club Merchandise

Own an SBC Jersey or T-shirt! To place an order, email: merchanmdise@seattlebike.org.



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 sleeved: \$13 S-XL, \$14 XXL
Long-sleeved: \$16 S-XL, \$17 XXL



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, 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

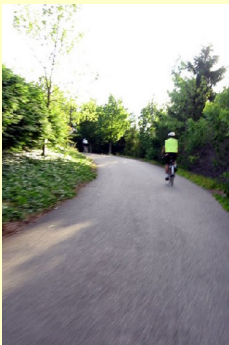
Terrain: Variable with plenty of hills

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

Rain Policy: Showers and wind ok; heavy rain 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

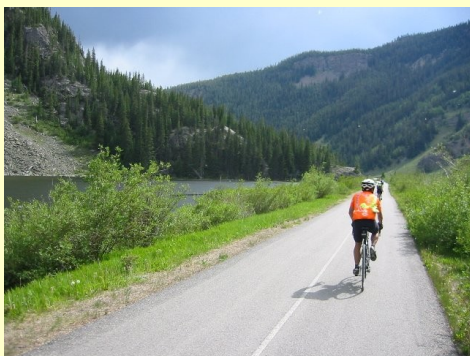
Start: Variable, please check [website](#)

Distance: See schedule

Pace: High Moderate/Brisk

Ride Coordinator: [Mark Peterson](#)

Terrain: Hilly to Mountainous



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.
We request that you have both front and rear lights for your bike.



Weekend Tours

August 19 & 20

Birch Bay Tour

Come spend the weekend at beautiful Birch Bay and enjoy riding along the bay, have Dutch pastries in Lynden and visit the Peace Arch Park and Sculpture Exhibit.

Lodging: We will be staying at the Birch Bay Hostel just 3 blocks from the water, so we can walk to the beach and enjoy the sunset on Saturday evening. Make your reservations at the hostel soon. They have a limited number of private rooms and the shared rooms accommodate 3 people. Cost is \$17 or \$36 for a private room. Let them know you are with the SBC so we will share rooms.

Hostel phone reservations: 360-371-2180

Saturday Ride: Ferndale to Lynden

Time: 10:00

Where: Pioneer Park in Ferndale

Distance: 30 mile and 40 mile options

Pace: Social and Moderate

Ride Terrain: Mostly flat with a few hills

Ride Description: Meet in Ferndale and ride to Lynden for lunch. Nice rural ride with very little traffic. After the ride we will drive to the hostel and have dinner at a restaurant in Birch Bay.

Directions: To Pioneer Park take exit 262 from I-5 and head west. Cross Nooksack River, turn left on First Ave. Pioneer Park is at end of the street. Parking and restrooms available.



Sunday Ride: Birch Bay to Peace Arch Park

Time: 9:00 start

Where: Birch Bay Hostel

Distance: 30 mile and 40 mile options

Pace: Social and Moderate

Ride Terrain: Mostly flat with a few hills

Ride Description: We will bike along the shore of Birch Bay heading north to the Peace Arch. We will spend some time enjoying the flower display and sculpture exhibit at the park. The return ride will take us on a tour of the country side.

Bring: Sleeping bag or sleep sack and towel. There are kitchen facilities available if you would like to bring food for your dinner or breakfast.

Directions to hostel: From Seattle-Take I-5 north to Exit 266, turn left, go six miles to Blaine Road. Turn right, and go north two miles. Turn left on Alderson Road (flashing yellow light), then left again into Bay Horizon Park. Hostel is fourth building on the right.

Tour Coordinator: Email Mary Jo at maryjo1532@hotmail.com.



For more daily rides and tours, please
check the website,

www.seattlebicycle.org

Or look for emails from the listserv

August 26 & 27

RAPsody 2006

Ride Around Puget Sound



RAPSody is a 165-mile bicycle ride with approximately 9,000 feet of elevation gain. There is either a two-day or one-day ride option. The ride starts and ends in Tacoma, circling the lower Puget Sound region. There are two ferry trips and an overnight stop for two-day riders.

The 3rd Annual **Ride Around Puget Sound** is organized and supplied by B.I.K.E.S. of Everett, The Capital Bicycle Club, Tacoma Wheelmen's Bicycle Club, Seattle Bicycle Club, and West Sound Cycling Club.



What's Included: Luggage support, overnight campsite and showers, rest stops with food/drink/water, sag support along the route, cue sheets/maps, ride souvenir, ferry fares, lots of music, special treats, and great community involvement and support.

Ride Proceeds: All registration proceeds are donated to the Bicycle Alliance of Washington (BAW). This ride can be used as your own fundraiser for a non-profit organization. More information can be found on the [registration page](#).

Prices:

- \$80 to 7/22
- \$90 from 7/23
- \$10 discount to BAW members. You can [join BAW](#) for \$25 and receive an immediate discount.
- Registration is now OPEN until 8/18 or at the 1,000 rider limit.

Please check back often for updates. For more information, check the [Frequently Asked Questions](#) page or e-mail our official [contacts](#).

Ride your bike to
support the Bicycle
Alliance of WA!



Day 5 – Wednesday: Steamboat Springs to Walden. Remember the fun 7% grade downhill for 7.5 miles I mentioned going into Steamboat Springs? Well, guess what we had to climb on the way out of Steamboat Springs? Yes, you guessed it. Apparently this is a popular climb for doing time trials. **Someone?? Did the climb in 27 minutes (Mike??)** Sherry and I got a head start on the rest so we could take our time on the long climb. It wasn't too bad and was nice to get the big climb out of the way first thing in the morning. This was one of the better days to see huge rolling green fields. The views were incredible. Walden is a cute little town boasting the best viewing for Moose and they provided the Christmas tree to the White House in 1999. Mike, Sherry and I headed to an ice cream shop in town. The ice cream here was the best and we had a nice patio in the back to sit and chat for a while. It was a nice ending to a long day.



Day 6 – Thursday: Walden to Saratoga. I can't figure this one out, when we came into Walden there was a head wind when we left Walden the same way we came there was a headwind...what happened to the tailwind??? The headwind was horrible; all I could muster on a downhill was 16mph. After 8 miles we finally turned and headed a bit downwind to give us a little break. Most of the way into Saratoga was highway so the riding wasn't as enjoyable as other days. Two trucks heading in the opposite direction hauling manufactured house halves almost knocked me off my bike from the force of the wind....Dang! I heard several others mentioning the same. I came upon a self supported rider on a mountain bike who started 45 day ago back east and was headed to Seattle. Wow, that's a long trip. Saratoga was the neatest town. It looked like someone was dumping lots of money into it to turn it into a tourist town. After coming into town, Mike, Sherry and I found a great old-style ice cream parlor. They had the best home made lemonade.

Day 7 – Friday: Saratoga to Laramie. This was the best day of riding, the ride over Snowy Range. I would highly recommend doing this route. Sherry and I again left early so we could get a jump on the rest of the gang which worked out great because we all made it to the top at about the same time. Snowy Range was gorgeous with all the lakes, rivers and snow capped peaks. The climbs were steady and enjoyable, a great ride. Coming down the other side was even better, Mike reach a top speed of 52mph, 2mph faster than mine....damn, he beat me. At the bottom of the pass was a small town with a 30mph speed limit, bummer we had to slow down. I heard a rider got pulled over, not sure if he got a ticket or not. I would frame mine. Mike and I headed to an ice-cream shop as soon as we got into old downtown Laramie. After ice cream we collected Sherry and found the Dinosaur museum. A little-known fact: the badlands of Wyoming yield some of the greatest dinosaur skeletons and fossils. After dinner I received the bowling ball award which was given to the person who had the biggest and heaviest bag. I just wanted to get everything into one bag, oh well.



Day 8 – Saturday: Laramie to Loveland. Last day and the longest. Sherry and I road the entire way together with an early start. The hill to the reservoir was called the "Dam Hill" and it was. What a spectacular ride following the reservoir, very pretty, although the route was extremely challenging with several short, steep climbs. Finally, Sherry and I could see the school where we started, we were so glad it was over. Mike was racing with some pronghorn antelope as they ran beside him on the road to Loveland. Once in Loveland, I found a Cold Stone to satisfy my ice-cream habit.

All and all it was a good trip and the scenery was incredible. It really stretched my limits because of the altitude and all the climbing. We all had a great time together meeting lots of interesting people from all over the country. Sunny and low to mid 80s everyday, what more could you ask for. The best part of the trip was visiting all the different towns and meeting new people. OK, really, the ice-cream stops in all the towns were the best part. For more photos from the Colorado Rockies Tour, see the Seattle Bike Club photo [Website](#).

The Death Ride

Tom Tanner Tells All on the Tour of the California Alps

Wow! The 2006 Tour of the California Alps, better known as the California Death Ride, was one challenging, breathtaking, extremely tough, exhausting, exhilarating, beautiful and wonderful ride through the Sierra Nevada Mountains. At the end of the day I was flying high with the thrill of successfully completing one of my toughest rides ever and feeling totally exhausted from having spent what seemed to be all of my energy. I was one whipped but smiling biker.

The ride starts and ends in Markleeville, CA, near Lake Tahoe along the CA - Nevada border. The ride consists of five mountain passes and riding elevations of 5,000 to 8,730 feet. The one day cumulative climbing is 16,000 feet over a 129 mile route. The riding is either up or down; flat or level is simply not part of the Death Ride vocabulary. Grades of 7, 8, and 12% are just part of the challenge.

My participation in the Seattle Bike Club RAMROD Training Series Program and all of those SBC Wednesday evening rides really helped prepare me mentally, physically and emotionally for the Death Ride experience. Another big advantage that I had was having just completed during the previous week, the seven day, 470 mile and 38,000 feet of climbing, Bicycle Tour of Colorado (BTC). BTC was also a significant challenge for me with daily 65-106 mile rides with daily elevation climbs of 4,000 to 8,000 feet, riding at typical mountain elevations of 7,000 to 11,500 feet. Participation in BTC (days 4-6 were made considerably more enjoyable while riding with SBC fellow-members Linda Larsen and Albert Meerscheidt) gave me the edge I needed to successfully participate in the Death Ride. BTC is also a wonderful chance to ride through the southwest corner of Colorado and experience some of the most beautiful country and mountains that our country has to offer. Knock dead gorgeous is not too strong a characterization.

Just as special as completing the Death Ride was riding the event with fellow SBCers. Dan Wakefield and Ken Kato drove down to participate in the 2006 ride. Bill Leyrer flew in with several of his friends. Dan and Bill had successfully completed the ride in 2005. Stacey Van Norman, Charlie Roosen and I rode the entire event together, providing much valuable and appreciated support for one another. The downhills were exhilarating and a blast; the climbs were long, tough and steep. It was terrific to ride with SBCers, to encourage and cajole one another as we labored up the long climbs.

My wonderful wife Ginny was key to my success in completing the Death Ride. She has encouraged my bicycling and training rides away from home and she generously provided SAG support for the BTC and CA Death Ride. Both the BTC and CA Death Ride were terrific bicycling experiences, affording the opportunity to meet new friends, ride with old friends, see amazing scenery and experience the exhilaration and challenge of some great bicycling.



Weekend Tours, cont'd...

September 15-17
Sun Lakes Tour

Come spend 3 days cycling, hiking and sightseeing in one of the most interesting and spectacular areas of Eastern Washington.

Sun Lakes Resort is nestled on the shores of Park Lake in Sun Lakes State Park and protected by towering basalt cliffs and beautiful natural geologic formations. Close by is one of the most magnificent geological wonders in North America. "Dry Falls" stands 400 feet high and over three miles wide. Weather is nice this time of year with high around 80.

Lodging: We will be staying in the mobile homes at the Resort. The mobile homes sleep 3 people comfortably and are completely furnished including linens and kitchen utensils. The cost is only \$96.00/night or \$32.00/person/night plus tax. Let the [tour coordinator](#) know by August 15 (preferably before then) if you are interested in coming on the tour so we know how many mobile homes to reserve.

[Sun Lakes Resort](#) is located within the Sun Lakes-Dry Falls State Park on Highway 17, seventeen miles North of Soap Lake and seven miles South of Coulee City. It is near the center of Washington State, approximately 3.5 hours from Seattle.

Friday Ride

Time: 9:30
Meet: Sun Lakes Resort
Distance: 48 miles
Pace: Moderate
Ride Terrain: Mostly flat with a few hills
Ride Description: We will do a loop and ride along the shores of 3 lakes in area. Cue sheet and maps provided.

Saturday Ride:

Time: 9:00
Meet: Sun Lakes Resort
Distance: 77 miles with shorter ride available
Pace: Moderate
Ride Terrain: Mostly flat with a few hills
Ride Description: We will ride along Banks Lake to the Dam. We may drive cars to the park in Coulee City for a shorter ride. Cue sheet and map provided.

Sunday

Ride, Hike, Tour the Dam or just relax by the lake before returning to Seattle.

Other details: Daytime highs are around 80 but the nights will be chilly. Bring hiking boots if you want to hike on Sunday and don't forget your bathing suit. There are grocery stores in the area and we can plan communal a Bar-B-Q.

Tour Coordinator: Email Mary Jo at maryjo1532@hotmail.com 206-546-0645

Rules to Ride By:

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

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

Saturday, August 5-Sunday, August 6

Oregon MS 150— A 2-day fundraising ride through Oregon's wine country and woodlands. Routes range from 41 to 178 miles. Ride with George Hincapie!

Sunday, August 6

Tour de Peaks — Five different rides to suit everyone. Start in Snoqualmie and ride toward Fall City or North Bend, feasting as you go.

Saturday, August 12

Torture 10,000— Spend the day torturing yourself with 100 miles and 10,000' gain or just cause a little pain with the 72-mile route in the Columbia Gorge area.

Sunday, August 13

TRYBR— Ride through tranquil Thurston and Lewis counties with views of Mt Rainier. Various loop rides, all supporting the Bicycle Alliance.

Saturday, August 19

The Vine Ride — A tour of the northern Willamette Valley's wine country. Ride 35 to 100 miles, drink wine and celebrate.

Tour de Lentil— Not for vegetarians only! Celebrate the mighty lentil on a rolling ride in the Palouse region.

August 27

Summits of Bothell— Even the nice little town of Bothell calls this "one SOB of a bike ride". Conquer all 7 of Bothell's hills, ranging in grade from 14-18% and be rewarded with great views, energy bars and a t-shirt.

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).

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!

Non-board Volunteers:

Membership: Adrienne Dorff

Newsletter: Louise Kornreich

Merchandise: Jimmy Pelaez

Ride Director: Mark Reibman



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

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