



OutSpoke'n

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Volume 8, Issue 5

Official Newsletter of the Seattle Bicycle Club

June 2005

Get Ready for RAPSody!

By: Mark Reibman



RAPSody 2005, August 27-28
Ride Around Puget Sound

The Seattle Bicycle Club, in conjunction with its sister clubs, is proud to be a sponsor and host of RAPSody 2005 (Ride around Puget Sound). RAPSody, a one and two day bicycle ride created as a fundraiser in support of Bicycle Alliance of Washington, will be held on August 28th and 29th this year. The Seattle Bicycle Club is a strong supporter of the Bicycle Alliance, which works on behalf of the interests of bicycling for recreation and transportation in Washington State, and through our support SBC can extend its energy and resources beyond the scope of our usual club activities into the larger community.

RAPSody's debut last year generated over \$15,000 for the Bicycle Alliance. Volunteers from local cycling clubs, including SBC, helped ensure that 400+ riders from near and far had the opportunity to participate in a really fun and unique bicycling event that included 160 miles of beautiful scenery, great food stops with music, and a fun overnight in Shelton complete with entertainment and dinner.

Just as we did last year, we are putting out the call to SBC members to volunteer for RAPSody 2005. With your help we can make this event even better than the previous year. Many of us have had the opportunity to participate in events that were made possible through the efforts of volunteers. Volunteering for RAPSody is an opportunity to be on the other side of a bicycle event, to give back and help make it possible for others to enjoy a great ride by contributing one's time and energy. And as most volunteers learned last year, helping to make RAPSody possible was really a lot of fun. It was especially rewarding to see all the happy faces of the participants riding their bikes, making new friends and enjoying the excellent food and music. Some of the benefits of volunteering include:

- ✓ Opportunity to participate in free supported two day pre-ride of the RAPSody route with an overnight in Shelton that includes a free barbecue dinner.
- ✓ Meet other volunteer bicyclists from SBC's sister clubs -- West Sound Cycling club, Tacoma Wheelman, Capitol Cycling (Olympia), and BIKES of Everett.
- ✓ Meet new bicyclists and hear their excitement about the ride and success stories of the ride.
- ✓ Create publicity for Seattle Bicycle Club. We gained several new members from last year's ride, so this is another way to help SBC.
- ✓ Make a contribution to the bicycling community and feel good about doing something for others.
- ✓ Support the Bicycle Alliance of Washington – all profits go to benefit BAW and those funds are used to make Seattle a better biking community for you!

To find out more about volunteering for this event, visit our website: <http://www.rapsodybikeride.com/>

MONTHLY MEMBERSHIP MEETING

Membership meetings for June, July and August will be featuring a potluck at Greenlake. We will meet in the park across from the Greenlake Library at 6pm. Bring your favorite potluck item of an appetizer, salad or main dish. In addition bring your plate, eating utensils and a beverage.

SBC Photo Gallery

SBC Riders enjoying the Yakima Tour de Wellness (May 21st)



Check out other pictures from your favorite rides at
<http://imageevent.com/seattlebicycleclub>

**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:

Charlie Butler
 Tracy Cunningham
 Paul Fitzgerald
 Cathy Haggerty
 Suzanne Hagner
 Susan Hausmann
 Libby Krochalis
 Rebecca Moen
 Elfie Monroe
 Annie Russell
 Jayne Schauer
 Mario Valiani

The Sunny Yakima Weekend Tour

By: Mary Jo Gerst

Twenty-five SBC members had a fun weekend in Yakima on May 21 and 22. On Saturday, about half the group did the Tour de Wellness while the rest of us rode out to Tieton and back. Some riders confirmed that the Tour de Wellness was challenging as promised, and we did encounter a few hills on the way to Tieton. On Sunday, the Crime Stoppers did a great job of organizing the Your Canyon for a Day Ride. We biked along the river in the canyon with virtually no traffic, gorgeous scenery and lots of sunshine.

Watch the web site for details on the Columbia Gorge Tour and get your reservations in for Birch Bay soon as space is limited.

Rough Riders

By: Cliff Jarrett

"Success is going from failure to failure without a loss of enthusiasm" - Anonymous-

I never saw Sebastian so serious. I knew his stint in the military changed him, especially the latter half that he served in the Special Forces. It was a side of him he fought to bury and until today I only caught the occasional glimpse. Now it was on display in all it's naked glory. The nine millimeter strapped to his hip was disturbing, but the way his eyes darted and he halted the conversation every time he thought he heard something in the jungle made him all but unrecognizable. Yurgi was in the exact same level of high alert.

In the three weeks they had been on this surveillance detail they had not seen anyone come within fifty meters of the cave. They had not found any evidence of booby traps or anybody else performing surveillance. Dubie and I thought it was a no-brainer; we should load as many of the highest quality gems as we could onto our bikes and get out of there at daybreak. The warriors disagreed and said we needed to finish the surveillance first, then work up a plan. I never did get a satisfactory explanation as to when surveillance was finished and how you knew.

I was prepared for a long drawn out struggle as to what our next move would be, but the gods intervened. There was a deafening explosion and the air filled with a sulfur smoke. Though none of us were geologists we all knew the eruption had begun. If the jewels did belong to a drug smuggler, his army was either off the mountain or hightailing out of there right now. Dubie made it to the cave first, me second, Yurgi third and Sebastian last, yelling that there was no time and we had to get out of there now. The smell got stronger and Dubie loaded about twenty pounds of gems into the panniers of each bike.

We started down. I made the mistake of looking back once. The lava covered the entrance to the cave and was flowing towards us. A broken spoke or a flat tire now meant death. My lungs ached from the exertion and breathing the smoke.

We stopped at sunset not because we wanted to but because we couldn't see the trail. We were just below five thousand feet where the mosquitoes had been the thickest this morning. There were none now. Apparently sulfur gasses and hot lava make an effective bug spray. The rumbling of the earth stopped and we decided to camp there till daybreak. We decided one of us would stand watch and if the tremors started again we would ride by moonlight. Yurgi and Sebastian insisted that one of them be awake at all times.

Looking up the mountain we could see the glow of the lava. If it wasn't for the adrenaline flowing through my veins it would have been a sight to behold. I didn't even have the presence of mind to get a picture.

Sebastian and I took the first watch. He was still on high alert and I was babbling. I could tell I was getting on his nerves. Finally he told me if he was going to complete this mission I either needed to go somewhere else or go to sleep. I chose the latter.

Continued on Page 6...



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!)*

Do you have a favorite course 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 Stephanie Roche (past president @ seattlebicycle.com) for Escargot and Social paces, and Tom Potter (secretary @ seattlebicycle.com) for Moderate to Brisk paces.

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.

June 1st, Wednesday, Gasworks Wednesday Ride: Training Series

Ride Days: Wednesday Evenings.

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

Ride Distance: 20-35 Miles.

Ride Coordinator: Jennifer 206-409-1686.

Rain Policy: Showers and wind okay. Only heavy rain & snow 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. Optional get-together at the after the ride.

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.

June 1st, Wednesday, Eastside Evening Escape Series

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

Ride Pace: Moderate.

Ride Lead: Chris M,*mackayc @ exponent.com* 425-922-7435.

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. There will always be a post-ride get-together in Redmond.

Start At: 6:30pm.

Ride Distance: 18-25 Miles.

Ride Terrain: Some Hills.

June 4th, Saturday, Escargot Ride Series, Escargot Heads South

Ride Start: Russell Road Park, Kent

Ride Pace: Leisurely

Ride Terrain: Flat - the entire ride will be on the Green River Trail

Ride Leads: MaryH 206-915-1411, StephanieR 206-789-1929.

Ride Details: Join us as we venture south to enjoy a leisurely ride on the Green River Trail. We'll meet by 9:15, so we can review some basics, then leave by 9:30. Please gauge your commute time to the start, so as to be ready to ride out at 9:30. There are minimal to no services on the trail until we get down to the turnaround point, where you can purchase drinks & snacks at a convenience store near Emerald Downs (restroom too). Be sure to bring your (filled!) water bottles and snacks to start though. See webiste for directions to start.

Meet At: 9:15am, start 9:30am sharp.

Ride Distance: 25 – 30 miles (roundtrip)

Rain Policy: Rain cancels, sprinkles OK.

June 5th, Sunday, Peninsula Metric

Join the Tacoma Wheelman's Club for the Peninsula Metric. Registration is from 7 a.m. to 11 a.m. at the Southworth ferry terminal & Gig Harbor Medical Center. Three Routes to Choose from: **50 kilometers, 100 kilometers or 100 miles.**

Route 1 -- From Southworth: 50K loop along Puget Sound and on rural roads with rolling terrain in South Kitsap County.

Route 2 -- From Gig Harbor or Southworth: 100K loop through South Kitsap County and the Gig Harbor Peninsula on rural roads with rolling hills. Great training for the STP!

Route 3 -- From Gig Harbor or Southworth: A very challenging 100-mile loop with more than 7,000 feet of elevation gain. Remember - hills are our friends! See <http://www.twbc.org/pmc.htm> for more information.

June 7th, Tuesday, North End Tuesday Ride Series

Ride Start: Richmond Beach Rd and NW 8th St. parking lot of the QFC by Starbucks

Meet At: 6:15 pm, start 6:30 pm sharp.

Ride Distance: 18-20 Miles.

Ride Info: Mary Jo 206-546-0645 *maryjo1532 @ hotmail.com*

Rain Policy: Heavy rain cancels.

Ride Description: For those of us who live or work in the North End. We will do varied loops around the area on lightly traffic roads, enjoying water and mountain views. Starting place may vary during the summer. No ride the third Tuesday of the month. There will be an optional get-together at the establishment of our choice after the ride.

Ride Pace: Moderate.

Ride Terrain: Mostly flat, some hills.

Ride Leads: Mary Jo, Mark, et al.

Monthly Rides Continued:

June 11th, Saturday, WSCC Emma's Farmers Market and Farm Kitchen Ride

Ride Start: Poulsbo, 10 am

Ride Pace: Social to Moderate

Ride Info: Emma Zook 360-779-9247 emmazook@netzero.com, Mark Reibman @ 206-323-5277 or mreib@earthlink.net

Ride Leaders: Emma Zook, Mark Reibman

Meet at: Edmonds Ferry, 8:45am for the 9:20am ferry

Ride Distance: 40+mi,

Rain Policy: Heavy rain cancels.

Ride Description: Meet at the Edmonds Ferry. 8:45AM meeting for the 9:20AM Ferry. From the Edmonds Ferry we will join with WestSound members to ride between Farmers Market in the Poulsbo area and have a light brunch at the Farm Kitchen. Please contact Mark Reibman @ 206-323-5277 or mreib@earthlink.net if you think you are coming but otherwise just show up in Edmonds.

June 12th, Sunday, Five Sisters Ride

This is a beautiful route around the country roads of Shelton. If we have leaders for all routes, we will have 3 routes - 68 miles, 53 miles and 29 miles. Maps and cue sheet will be provided. We will ride close to Mason Lake, around the pristine Hood Canal and along the Skok Valley dotted with farms. Traffic is minimal.

Directions: From Seattle and Tacoma, take I-5 to Olympia and exit 101, follow the signs to Shelton. Take the last Shelton exit, Kneeland-Wallace Blvd and get immediately into the left turn lane. Turn into the Walmart parking area and make another left into the parking area next to the gas station to the left of Walmart. Look for the bikes if you are unsure where to park.

Meet 9:30am, ride leaves at 10am, varied miles, all paces.

June 14th, Tuesday, North End Tuesday Ride Series – See June 7th ride for details.

June 19th, Sunday, South Whidbey Island

Ride Start: Mukilteo Ferry Dock

Ride Pace: Moderate

Ride Terrain: Hilly.

Ride Leads: Mary Jo and Mark R Contact Information: Mary Jo 206-546-0645 maryjo1532 @ hotmail.com

Ride Description: There is some parking at ferry dock but limited. Park at Olympic View School parking lot. It is on the right as you are going to the ferry, 2606 Mukilteo Speedway. We will make a lunch stop in Freeland, there is a grocery store there with a nice deli. There will be socializing when we return to the dock in Mukilteo. Ride is hilly but we will wait for you. Low traffic and nice scenery.

Meet At: 9:10 for 9:30 ferry.

Ride Distance: 38 miles.

Rain Policy: Rain cancels but light sprinkle OK.

June 25th, Saturday, Islands Excursions

Ride Start: Anacortes Ferry Dock.

Ride Pace: Moderate.

Ride Terrain: Hilly in Places.

Ride Description: This ride has it all, coastlines, forests and mountain views. Park near 5th & Commercial in Anacortes (north end of main street). Meet at 10:15 am for 10:30 am departure from Ger-e-deli (buy lunch or bring picnic). Late arrivals on their own. Ferry leaves at 11am from 6th & I Ave. Next boat at 1 pm. Cycle ~25 miles on Guemes Island, stopping to picnic. Return to Fidalgo Island to climb Mt. Erie and/or enjoy more scenery by riding the shorelines. Interested riders may carpool from the Ravenna 65th Park and Ride. North Parking lot at 8am. Leader will meet group in Anacortes. If weather questionable, please verify your participation by advance call or email to leader.

Meet At: 10:15am, leave 10:30am departure.

Ride Distance: 25-40 miles.

Ride Lead: Jean, 206-325-4082 or [jeanh @ netos.com](mailto:jeanh@netos.com).

June 26th, Sunday, Islands Excursions Part Two

Ride Start: Birch Bay Hostel

Ride Pace: Moderate.

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

Ride Description: After riding in Anacortes come to Birch Bay and spend the night at the Birch Bay Hostel for only \$15.00. Sunday morning we will ride along the bay to Semiahmoo where we will take the MV Plover to Blaine. We will make a stop at Peace Arch Park and then ride through the countryside on our return to Birch Bay. The MV Plover is the oldest passenger foot ferry in the state (see their web site). Make your own reservations at the hostel (see their web site) or camp at Birch Bay State Park. If weather questionable, please verify your participation by advance call or email to leader.

Meet At: 8:45am, leave 9:00am

Ride Distance: 40 miles.

Ride Terrain: Mostly flat with a few hills.

Monthly Rides, Cont...

June 26th, Sunday, Tour de Pierce

Tour de Pierce is a summer bicycle ride through central Pierce County for fitness and fun, promoting bicycle awareness and safety. The ride begins at the Gold Parking lot of the Western Washington Fairgrounds in Puyallup and winds through Puyallup, Sumner, and adjacent farm lands. A rest stop at Riverside County Park, east of Sumner, will offer light refreshments, entertainment and restrooms for riders.

- The 12-mile route is a flat, easy ride suitable for families and novice riders.
- A 30-mile loop extends the ride past farms, flower fields and scenic views of Pierce County's waterways and Mt. Rainier.
- The 50-mile course travels through parts of Puyallup, Tacoma, Fife, Milton and Sumner.

The course will be clearly marked with "Dan Henry" symbols. Riders will receive a map of the course the day of the ride. For more information, visit <http://www.co.pierce.wa.us/pc/services/recreate/tourdprc.htm>.

Rough Riders continued from Page 3...

The mosquitoes returned at dawn. They weren't the huge ones in dense swarms we had dealt with the day before but they were definitely back. It didn't take us long to get moving.

When we reached the Capa del Soel resort late in the morning we took the gems out of the panniers, washed them, dried them, and smiled a lot. Dubie picked about a pound of the best looking stones and Fed Exed them to a friend of ours in Seattle to determine what they would be worth on the mainland. We decided it would be better to sell them here if we could. We crammed the jewels into the safe then did some relaxing. We hung out by the pool till dinner, went to the finest restaurant on the island then went out clubbing. In the morning we went to breakfast, careful not to talk of our cache in public.

We returned to Dubie's room. Yurgi and Sebastian dropped their war faces and spoke of our new found fortunes. What would it be like to never have to work again? At noon we got the call. Horace said the stones we sent him were junk, the equivalent of seventeenth century costume jewelry. He could only get about five hundred dollars for the entire lot. He advised us to get what we could and get out of there. We visited three jewelers and got the same response. We took the highest offer and returned to the room. Dubie and Yurgi were elated because they now had more money than either of them had ever seen in one place before. Sebastian and I were dejected because fifty eight hundred a piece does not buy the life of luxury we dreaming of. Sebastian convinced me we should give our shares to Yurgi and Dubie. They bought us all first class upgrades for the flight home.

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.

Club Rides: Safety, Rules, & Etiquette

Written By: Mike Moreland

Research By: Garry Kehr

This is a two-part article that will cover safety, rules, and etiquette for cyclists on club rides with respect to the group and traffic. Part one will focus on riding etiquette and safety. Next month we will publish part two concerning riding in traffic.

When riding in a group, take accountability for your own actions. Don't just blindly follow the wheel in front of you. Awareness of the group around you and traffic is the key to safety. Everyone in the group is responsible to be aware and ride safely for the benefit of everyone on the road.

I. Riding in a Group

It is very common on club rides for cyclists to ride in a line, sometimes in close proximity. When riding in this fashion it is important for each person in the group to be attentive and react appropriately. If you choose to ride in a line, within 4 wheels of the person in front of you, try to avoid staring at the wheel in front of you -- look through the person in front of you at the line and road ahead so you can react appropriately. If you want to take in the scenery or socialize with someone next to you, pull out of the line.

When riding in a line you must ride in a steady and predictable manner. Every person in the line should avoid jerky movements, sudden stops, or changes in speed as this will be dangerous to the people behind you. Also, do not use aero bars when riding in a line. You should ride with your hands on the brake hoods or drops so you can reach your brakes quickly if need be.

It is important to point out any hazard that may cause a problem to cyclists behind you: potholes, broken glass, gravel, posts, pedestrians, curbs or sidewalks encroaching upon the line of travel, etc. When someone in front of you points out a hazard, each person should signal to pass it back thru the line so everyone is aware. Each person in the group should be alert for hazards, since a hazard might be missed by someone near the front.

Hand signals should be accompanied with voice signals, such as "stopping" when approaching an intersection. Some common techniques for hand signals: Left hand down for slowing and stopping. Point in the direction you intend to turn as a turn signal. Simply pointing toward a hazard with a voice signal is perfectly fine. You may see variations such as hand held flat and horizontal over the path toward an oncoming hazard such as pothole or glass. The most important technique is to simply get in the habit of pointing out hazards and using signals.

If someone needs to enter the line to allow a car to pass, the cyclists in the rear should slow so the line stretches out from the rear to open up a gap. Let the entering cyclist know when it is OK to move over into the line.

If you are in a line at the start of a hill you should spread out to avoid the "accordion" effect. Realize that when someone stands to climb there is usually a momentary drop in speed. Also, spread out on the descent to give yourself more reaction time in case somebody in front goes down, as well as better visibility of the road and hazards ahead.

If you need to blow or spit, pull out of the line and coast to the back to conduct your business. It's bad manners to do this in a line. Also, anytime you feel the need to ride hands off do so out of the line.

When everyone is attentive, using good riding techniques and etiquette, the group will move along smooth and steady like a train, instead of a jerky unsteady slinky.

Stay tuned next month for tips on riding in traffic!



Monthly Meeting Potlucks are back!

In June, July and August SBC will be combining its monthly meetings with a potluck picnic. We will be meeting at Green Lake across from the Green Lake Library on the third Tuesday of the month. Board members will arrive early and save some tables for us. Watch for details on the web and in the June newsletter.

Check out www.seattlebicycle.com for details about the next SBC Executive Board Meeting.

2005 Board Members

President: Mary Jo Gerst

Vice-President: Jimmy Pelaez

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 Odlovak

Newsletter: Karin Bulova

Merchandise: Jimmy Pelaez

Activities Director: Yvonne Lasso

Business: Chris Mackay

Ride Director: Mark Peterson

Town Crier: Adrienne Dorf

Bike Commuting: Urania/Jonathan Freedman

Seattle Bicycle Club, Inc.

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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!