

Seattle Spin

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

RAPSody (Ride Around Puget Sound)

Coming up August 25-26!



Now is the time to register for RAPSody (Ride Around Puget Sound) on August 25 & 26. The ride is organized and supplied by B.I.K.E.S. of Snohomish County, The Capital Bicycle Club, Tacoma Wheelmen's Bicycle Club, Seattle Bicycle Club, and West Sound Cycling Club in support of the Bicycle Alliance of Washington's statewide advocacy and education.

The supporting clubs have some friendly competition between their respective rest stops, which makes for great variety in the food and friendly, happy faces serving the riders. As one rider commented, "Great ride! Great people! The BEST food and stops!"

The first day, you will roll aboard two ferries, one to get

you onto Vashon Island from Tacoma, the other will take you to the Kitsap Peninsula. From there you head to Port Orchard and into Mason County to Shelton, at 85 miles. At night, camp at the high school where your luggage awaits you, as do hot showers. Day two brings lots of rolling hills as you cruise into Thurston County and visit a number of parks, beaches and bluffs along Puget Sound.



When you reach the day's end, at 75 miles, you will have gotten a great sampling of the

beauty of five different counties.

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To register or volunteer for RAPSody, please go to:
www.rapsodybikeride.com

Watch Le Tour!

The Summit Public House will once again be televising the Tour de France, starting July 7, in their pub this year. Watch the Tour as it rolls by Buckingham Palace, Big Ben and other London landmarks, on the way to the French Alps. Check

www.summitpublichouse.com

for a schedule of events.

Open Board Positions

The Seattle Bicycle Club is currently seeking people to serve on their Board of Directors. If you would like to get involved with the club, however small, please let our President, Garry Kehr, know. Email:

president@seattlebike.org

Bicycle Alliance has new Executive Director

The Bicycle Alliance of Washington is pleased to announce the selection of Gordon Black as their new Executive Director.

Gordon has a long association with the Bicycle Alliance. He has been a strong advocate for improving bike access on the Washington State Ferries and was a co-founder of Squeaky Wheels, the successful bike advocacy group on Bainbridge Island.

Gordon is very excited about being selected as the new ED and considers it his dream job. Please join the Bike Alliance Board and Staff in welcoming Gordon!

The Bike Alliance has work parties at their office in Pioneer Square's BikeStation, 311 3rd Ave S, on the last Thursday of every month. Join them July 26 to meet Gordon and lend a hand. Snacks will be provided. Go to www.bicyclealliance.org for details.

Pagliacci Pizza likes Bikes

Many cyclists already know of the great connection between cycling and pizza. It tastes great after a ride, there's lots of it and it washes down well with beer. But now Pagliacci Pizza in Seattle has declared their love for the bicycle. Their latest newsletter is full of information about local trails, popular organized rides and, yes, pizza makers who ride their bike to work.

Renew your membership online. Go to www.seattlebike.org and follow the links to renew with PayPal.

Late Night with Floyd Landis

Did you catch the Late Night show with Dave Letterman and Floyd Landis in June? The following is from Dave's Top Ten List of Floyd's excuses for doping:

"Always wanted to be in French newspaper under headline 'Le Jackass'

"Next you'll tell me my bike's electric motor is illegal"

"Am I honestly supposed to know what's in every needle I inject in my ass?"

"I shouldn't have drank from Barry Bonds' water bottle"

"Thought 'steroids' was French for 'power bar'

"I was trying to impress Sheryl Crow"

"Wanted to give 'New York Post' excuse to run hilarious 'Fink Floyd' headline"

(Editor: this in no way is meant to convey a guilty verdict for Landis' doping trial and does not reflect the opinions of SBC's Board or club)

RIDES

SERIES

Gasworks Wednesday Night Ride: Training Series

Every Wednesday Night unless otherwise noted

Ride Days: Wednesday Evenings

Ride Start: Gasworks Park, Seattle

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

Ride Pace: High Moderate/Brisk

Ride Distance: ~20 Miles

Ride Terrain: Mixed / Hilly

Ride Coordinator: Jennifer 206-325-0319,
insipidperson@juno.com

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

Rain Policy: Heavy rain cancels
Ride Description:

On this is a mid-week training ride, we will vary the routes from week to week and sample Seattle's neighborhoods, parks and waterfronts. We will climb lots of hills to strengthen our lungs and legs, but the ultimate goal will be to catch sunsets from high and low. There will be an optional get-together at the establishment of our choice after the ride.



North Seattle Tuesday Night Rides

Every Tuesday

Start: 23000 Lakeview Dr, Ballinger Golf Club parking lot

Meet: 6:15pm,

Start: 6:30pm

Pace: Moderate

Hills: Some Hills

Regroup: Frequent

Distance: ~20 miles

Rain Policy: Heavy rain cancels

Leaders: MaryJo Gerst,
maryjo1532@hotmail.com

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 ride. There will be an optional get-together at an establishment of our choice after the ride.

As always, please check the website for any changes or additions to any of the rides listed on this page. www.seattlebike.org



**Did you remember to renew
your membership?**

Renew online!

[Click Here](#) to renew online:

Between the Nox Every Thursday

Ride Days: Every Thursday Evening starting March 29 unless otherwise noted.

Ride Start: Jack Block Park, West Seattle. On Harbor Avenue, South of Salty's Restaurant.

Meet At: 5:45 pm

Start: 6:00pm sharp.

Pace: Brisk 16-18 MPH, sometimes Strenuous 18-20 MPH.

Distance: 25 - 40 Miles.

Terrain: Mixed / Hilly

Leader: Dennis Grace

Rain Policy: Showers/rain cancels

Phone: 206-937-8210 home

E-mail:

coupdegrace@hotmail.com

Description: A training ride from West Seattle, scheduled for evenings during the spring, summer and fall, 'between the vernal and autumnal equinox'. There are no cue sheets, we regroup often at major turns in the routes, so not to leave someone behind, lost in a neighborhood that they may be unfamiliar with. We do not ride pacelines and we are not a stay together ride either, however we all do ride at a similar pace and therefore we do stay together most of the time. Most of the riders who ride know the routes are welcome to go off the front and have as much fun as they care to. Be prepared to handle your minor mechanical problems, flat tires etc. Lights are recommended but not required. We will try to finish before dark. Bring sufficient drinks and extra food for a two to three hour ride.

RAMROD/RAPSody Training Series

The RAMROD/RAPSody training series will wrap up this month, with rides culminating with the big event on July 26. Start times and locations vary each week but here's what's coming up:

**Saturday, July 7
Hills of RAMROD**

Start: Greenwater. Park at the Greenwater Ski Shop, just east of Wapiti Woolly's on Hwy 410, on the left side

Time: 8:15

Distance: 100 miles

Elevation Gain: 8,500 ft

Pace: Moderate to Brisk

Leader: Ken Winkenweder

Description: Greenwater to Sunrise, then out and back on paved Forest Service road #70, the Naches Pass dead end road. One 12% half-mile grind up and down. Bring lots of food and water and be prepared for mountain weather.

Rain Policy: Will turn back if it snows.

**Saturday, July 14
Seattle to Portland**

Ride Start: University of WA

Meet at: 6:00 am

Distance: 200 Miles

Pace: Brisk

Terrain: Hilly, up to 7,000' of gain

Cue Sheet: Yes

Ride Leader: self-led

Description: The classic STP, with 9,000 of your bike friends, from Seattle to Portland

**Saturday, July 21
Mt Baker**

Ride Start: Glacier, WA

Meet At: TBD

Distance: 50 miles

Pace: Moderate to Brisk

Terrain: Mountainous 4,500' gain

Rain Policy: Bad weather cancels

Cue Sheet: Yes

Leader: Ron Tazuma



NEW FEATURE!

Each month I will be featuring a member of the Club. We have a great diversity of people in SBC and here is your chance to read about them (or be one of them).

Spinning with Ken Kato

You may have seen Ken on a ride this year; he's the guy who is descending the hill that you are climbing so that he can climb it again, great training for the Death Ride in CA.

LK: [Describe the Death Ride and why you like it](#)

KK: Death Ride (www.deathride.com) is a ride in northern California near Lake Tahoe and the Nevada border in the Sierra mountains. It's a 130-mile ride with 15,000 ft of elevation gain. Basically, you climb 5 mountain passes. I rode it last year and it was my first Death Ride. It was definitely the hardest thing I've ever done physically. But also the most rewarding and fun ride. The support was great. Those volunteers will pamper you. I've never seen that level of hospitality in any of the rides around here.

[What are your goals for this year's Ride and what kind of training have you been doing to prepare yourself?](#)

Death Ride is obviously the hardest ride I'm planning on doing. I took me 12 hours to finish last year and I want to do it in less than 10 hours this year. Well, at least that's my goal. (I even have it written down on a piece of paper stuck on the mirror in our master bathroom) I'm still relatively new to cycling. This is my second year biking. And so I'm definitely lacking in the endurance department. Training for rides like Death Ride or Native Planet Classic is good for me to mature as



a cyclist to develop both mental and physical endurance/toughness. I don't really have a comprehensive training method. I just go out and ride as much as time/family/work will allow. I tried to build up my base by doing LSD (Long Steady Distance) rides during the winter months and I think all it did was to train my body to go

slow. But I also learned that resting your body is just as important as training hard.

[Do you do other things besides cycling ?](#)

I play tennis once in a while. I used to play a lot more.

[What's in your water bottle and what do you eat on training rides?](#)

I drink Cytomax and eat Clif Bars and Clif Shot Blocks. On long rides like Death Ride or RAMROD, I put 12 scoops of (Hammer) Perpetuem in a bottle and wash it down with water in my Camelbak.

[What's your favorite post-ride meal?](#)

Does beer count as a meal?

[What's going on in your head while you are climbing?](#)

I don't think about much at all.

[What's your favorite local ride/route?](#)

Too many to list but I particularly like riding in North Snohomish County area and my commute between Bothell and Redmond. I really enjoy commuting since it's a great time to quiet my mind and get a great workout.

FROM THE SEATTLE TILTH:**Bike Tour of P-Patches with Bill Thorness on July 18 at 6:30 pm**

Join Seattle Tilt member Bill Thorness, author of the new guidebook *Biking Puget Sound: 50 Rides from Olympia to the San Juans* in a ride to P-Patch community gardens in Northwest Seattle. We will stop and briefly tour each garden. The planned route is about 15 miles, and goes to four P-Patches plus the Good Shepherd Center. Pre-registration is not necessary but please call 206-632-1999 to give us an idea of how many plan to come along.

DAILY RIDES**Thursday, July 5****Bike on Bus Seminar**

Start Location: Magnuson Park playground lot

Directions to Start: 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. This is NOT the CBC office. Portable toilet in lot or at dog park entrance. Grid square F-7 on the AAA Seattle city map.

Start at: 9:00 a.m.

Pace: Leisurely/ Senior Friendly

Regroup: stay together.

Ride Distance: 4-12 miles.

Ride Leader: Ed Schramko Seniors@SeattleBicycle.org 206/522-1470
and Myrna Aavedal Aavedal@aol.com

Rain Policy: Bad weather cancels - including showers and fog.

Terrain: All on trails,

Ride Details: Putting your bicycle on a transit bus greatly widens your transportation options in Seattle. Our great trail system is complimented by an extensive transit network to get you anywhere around Puget Sound without a motor vehicle. We will show you the necessary techniques, practice on a mockup rack, and then cycle down to Campus Parkway to ride a real Metrobus back to Magnuson or wherever you want to go. Free, but please register in advance by phone or email. This is a joint ride with our friends at the Northshore Senior Center. .

Saturday, July 14**Choochokam Arts Fair on Whidbey- Social & Moderate Paces**

Start: Mukilteo Ferry

Meet: 10:15am for 10:30 Ferry

Pace: Social-Leisurely

Terrain: Some Hills

Distance: about 15 miles

Leader: Judy Kraemer, jakraemer@juno.com/

Description: Allow yourself time to find a parking spot since the large parking lot to the south is for day use only (4 hours, I think). There are a number of hills along the route, although none are very strenuous. The climb from the ferry dock is probably the biggest challenge. When in Langley, we'll have time to enjoy the art festival and music. Lunch in Langley. Remember water, helmet, snacks. After the ride, we can enjoy happy hour in Mukilteo!!



Start: Mukilteo Ferry

Meet: 9:00am for 9:30 Ferry

Pace: Moderate

Terrain: Some Hills

Distance: 40 miles

Leader: Louise Kornreich weezy114@yahoo.com 206-200-1502 (cell)

Description: We will get an earlier start and ride past Langley to other scenic areas of South Whidbey, then return to Langley for lunch, music and socializing with the Social group. Happy Hour in Mukilteo!

Friday thru Sunday, July 27-29**Birch Bay Weekend Tour**

Come spend 3 days biking the rural roads of Whatcom County. We will be staying in beautiful Birch Bay where we will ride along the bay, have Dutch pastries in Lynden and visit the Peace Arch Park and White Rock.

Friday Ride: Ferndale to Lynden

Time: 10:00

Meet: Pioneer Park in Ferndale

Distance: 20 or 40 miles

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 in Birch Bay.

Directions: To Pioneer Park take exit 262 from I-5 take a left and head west. Cross Nooksack River, turn left on First Ave. Pioneer Park is at end of the street, about 2 blocks. Parking and restrooms are available.

Saturday Ride: Birch Bay to Peace Arch Park to White Rock see [website](#) for details

Sunday Ride: Fairhaven to Lake Terrell See [website](#) for details

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 in the evening. Make your own reservations at the hostel. They have a limited number of private rooms and the shared rooms accommodate 3 people. Cost is \$20/shared room or \$45 for a private room. Let them know you are with the SBC if you want to share a room. Hostel phone reservations: 360-371-2180

Bring: 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 to let her know you are coming. Use the SBC members list if you need a roommate or want to carpool.

Sunday, July 29**19th Annual Snoqualmie Valley Hospital Tour de Peaks**

Location: Meadowbrook Farm in North Bend.

Start Time: See www.tourdepeaks.com.

Leader: Self Lead

Distance: Metric Century (64 miles) and Metric Half Century (32 miles)

Details: This is a Seafair sanctioned community event. Start/finish this year is at a new venue. You'll be treated to breakfast and lunch at the main site, with snacks at two rest stops along the way. TdP features new routes this year. The event includes on-site parking and live music. See the www.tourdepeaks.com for registration details.

Planning Ahead...upcoming out-of-town rides

Saturday, August 4 Tour de Whatcom, Bellingham

www.tourdewhatcom.com

Three distances, 25, 50, 105 and one great party. Ride rural roads with a mix of mountains, lakes and farmland

Sunday, August 5, Mt Shasta Summit Century

www.shastasummitcentury.com

Four routes await you -- including the Super Century that's tougher than the famed Mar-keeville Death Ride. Rides of 30, 60 and 100 miles are also available.



Sunday, August 12, Bridge Pedal 2007, Portland, OR

www.providence.org/

Enjoy a day of cycling Portland's bridges (up to 10) without all those pesky cars. The Bite of Oregon awaits you at the finish line.

Sunday, August 12, TRYBR, Tenino, WA

www.capitalbicycleclub.org

Revel in the quiet of Thurston and Lewis counties with views of Mount Rainier and the Skookumchuck and Deschutes Rivers.

Saturday, August 18, Mt Hood Hoo-Ha!, Estacada, OR

www.pwtc.com/

A very challenging and scenic ride, boasting 5,500 feet of vertical climbing in 75 miles and spectacular views of Mt. Hood and the National Forest.

Saturday, August 18, The Vine Ride, Newberg, OR

www.vineride.com

Tour the Northern Willamette Valley wine country on one of three fully supported routes and enjoy a finish line party

SEATTLE BICYCLE CLUB IS A PROUD MEMBER OF THE [LEAGUE OF AMERICAN BICYCLISTS](#) AND [THE BICYCLE ALLIANCE OF WASHINGTON](#)

Who We Are: The Seattle Bicycle Club Inc. is a not-for-profit membership organization dedicated to the interests of recreational cycling enthusiasts. Our interests are recreation, safety, fun and camaraderie.

We Ride Bicycles: We have two activities – we ride bicycles and we have fun, all at the same time. We have rides for those training for events like RAMROD, to rides for anybody who has a bike in good condition and a body that would like to get out there.

Everyone Is Welcome To Join: Our yearly membership fee is \$16 (or \$20 per household – 2 adults and all minor children), which gets you monthly issues of “*Seattle Spin*” and all of our rides, summer tours, parties 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!

2006 Board Members

President: [Garry Kehr](#)

Vice President: [Howard Strickler](#)

Secretary: [Judy Kraemer](#)

Treasurer: [Rick Stolz](#)

Past President: [Mary Jo Gerst](#)

Contact any board member for more information

Non-board Volunteers:

Membership: [Mark Peterson](#)

Newsletter: [Louise Kornreich](#)

Merchandise: [Jimmy Pelaez](#)

Rides Director: [Jim Stewart](#)

Seattle Bicycle Club, Inc

PO Box 34123

Seattle, WA 98103-4123

<http://www.seattlebicycle.org>

info@seattlebicycle.org



RULES TO RIDE BY:

All riders are expected to obey the rules of the road and show proper etiquette towards vehicles, other cyclists and pedestrians.

For example:

- Come to a complete stop at stop signs, look both ways and proceed when safe.
- Stop before, not within or ahead, of all crosswalks.
- Heed a "car back" call by calling it forward and riding single file to the right to let cars pass.
- Regroup well away from cars.

Riders who show flagrant abuse of traffic rules will be asked to leave the ride.

Read On...

- Please bring ID specifying emergency contact name and phone number, blood type, and a list of any allergies and/or specific medical needs.
- All riders under the age of 18 must be accompanied by a parent or responsible adult.
- Please arrive 15 minutes before the ride starts to sign in, review the ride map, and get ready to ride. If you have any questions about the ride, ask the Ride Leader before the ride begins.
- Everyone is welcome on rides.

Ride Pace / Regroup Frequency:

Leisurely (10-12 mph) / constant

Social (12-14 mph) / frequent

Moderate (14-16 mph) / regular

Brisk (16-18 mph) / occasional

(Pace refers to the speed on the flats)

EMERGENCY CONTACTS

When signing the SBC waiver form, please consider who you'd like to have as an Emergency Contact. It is an important number that the ride leader needs to have. In case of an accident, who will take your bike home? Who will notify your loved ones or your boss of your whereabouts? Try to choose someone who has a cell phone and your house keys.

FREE CLASS!

**Learn to Fix a Flat
at Recycled Cycles**

Wednesdays at 7pm

They welcome cycling newcomers as well as veteran cyclists.

The class is limited to 10 students so that they can offer personal attention.

Call Recycled Cycles at
206-547-4491, sign up at the
store, or
Email

scott@recycledcycles.com

To secure a spot, send your:

Full name

Contact Phone #

Email address

www.recycledcycles.com

Calendar

Tuesday, July 3

Northend Ride

Wednesday, July 4

Gasworks Evening Ride

Thursday, July 5

*Bikes on Bus
Between the Nox*

Saturday, July 7

Hills of RAMROD

Tuesday, July 10

Northend Ride

Wednesday, July 11

Gasworks Evening Ride

Thursday, July 12

Between the Nox

Saturday, July 14

Choochokam Arts Fest

Tuesday, July 17

Northend Ride

Wednesday, July 18

Gasworks Evening Ride

Thursday, July 19

Between the Nox

Saturday, July 21

Mt Baker

Tuesday, July 24

Northend Ride

Wednesday, July 25

Gasworks Evening Ride

Thursday, July 26

Between the Nox

Saturday, July 28

Birch Bay Tour

Tuesday, July 31

Northend Ride