



# OutSpoke'n

Ride Report from the Three Ferries Ride, June 3

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By Randall Angell

Having grown up in land-locked Kansas, my wife Barb and I were quickly drawn to SBC's Three Ferries Ride this spring. Our first jobs out of school took us to Ohio and then onto Michigan. In our new surroundings, we soon discovered the joys of the ferry-cycling combination. Numerous water crossings to islands on both the USA and Canada sides of Lake Erie provided us with cycling bliss. A bit further away, Mackinac Island in upper Lake Huron offered us miles of car-free biking (a motorized vehicle ban creates a serene stillness that is punctuated only by the clip-clop of horse hooves).



The Three Ferries Ride was first scheduled for May 27 by Mary Jo Gerst, the leader for this 32 mile tour. Arriving at the starting point in our rain gear on a misty Saturday morning, we were crushed to learn that the ride had been canceled due to inclement weather. A few days later, Mary Jo announced on SBC's list server that the ride was on again for the following Saturday. We were so thankful that we got the late word of this rescheduling. I encourage all members to subscribe to our list server. If you're not on the list, you're missing the boat!

Just after 9:30 AM, our group of eight bikes (including one tandem) headed south on the Elliott Bay Trail where we passed through Myrtle Edwards Park. We soon left the trail and continued on the four-lane Alaskan Way. This is where things started to get real interesting. Along with the passing vehicles and numerous traffic lights, we had masses of travelers departing their cruise ships and darting across the street. Long lines of taxis and buses were actively com-

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## Three Ferries, cont'd



peting for parking on our right hand side. A couple of times, traffic control personnel stopped all traffic to allow passage of pedestrians and buses. And to top it off, there were the dreaded orange construction cones to maneuver around. For our final distraction, a fireman testing his fire hose playfully shot a current of water across the street at a city vehicle.

After a right turn on Harbor and a mile of cycling, the Seattle shoreline suddenly opened up to us. Wow, wow, wow! What a view. After a five month bike tour, we moved to this area in January of 2005 and we're still pinching ourselves that we live HERE. So there we were, cycling along Elliott Bay and absorbing the splendid view. The blue sky overhead and the white, puffy clouds to the east added tremendous color to our marine vista. If you haven't already figured it out, we were the couple that was riding the tandem. As always, my stoker, Barb took lots of photos so that I could see what I missed after the ride. With an average of three photos a mile on this ride, we created an album which can be seen at <http://community.webshots.com/album/551050775oluXTR>.



To continue reading about the 3 Ferries Ride, please see page 7

### Member Potluck Picnic in the Park!

The next membership meeting is a picnic potluck at Green Lake Park. Meet at the picnic tables across from the Greenlake Bar & Grill:  
7200 E Green Lake Dr N.

**Date:** Tuesday, July 18th

**Time:** 6:30pm

**Bring:** A dish to share

Please welcome the following new members:

**Krista Bunch**

**John Hill**

**Alyson Garland**

**Barbara McBeath**

And celebrate the renewal of these members:

**Eileen Rossman      Beryl Fernandes**

**Ken Winkenweder      Jean Davis**

**Jean Henderson      Sarah English**



### 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 sleeved: \$13 S-XL, \$14 XXL

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

**Lead Club Rides  
and  
Earn a Ride  
Leader Vest!**

## 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 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-



#### 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

**Distance:** See schedule

**Terrain:** Hilly to Mountainous

**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

**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.

**Until days get longer, we request that you have both front and rear lights for your bike.**



**Monthly rides, cont'd**

Saturday, July 8,

**Choochokum Langley Arts Festival Bike Ride**

**Meet:** at the Mukilteo/Clinton Ferry at 9:45 am to take the 10 am ferry to South Whidbey Island.

**Distance:** Approx. 16 miles

**Pace:** social/leisurely

**Description:** scenic ride to Langley on Whidbey Island with rolling hills (steepest hill is the climb from the ferry in Clinton). The Langley Arts Festival features music, art, crafts, food, dancing and more at their annual street fair.

Lunch in Langley. Bring helmet, water, snacks. Rain cancels.

**Ride Leader:** Judy Kraemer at 206-526-5255



Sunday, July 9, 2006 -

**Ramrod Training – West Seattle to Snoqualmie Pass**

**Start:** Jack Block Park in West Seattle

**Meet at:** 7:15 am. Depart by 7:30 am

**Distance:** ~125 to 130 miles.

**Pace:** Moderate.

**Terrain:** Hilly

**Rain Policy:** Rain Cancels

**Cue Sheet:** Yes

**Ride Leader:** Monica Zaborac 206-226-8514 (cell)

**Ride Description:** A great Ramrod training ride. We'll start in West Seattle this time and then we'll take the scenic and hilly backroads of Issaquah to Snoqualmie Falls and North Bend. Snack break in Snoqualmie and in North Bend before we start the climb to Snoqualmie Pass. We'll stay off I-90 as much as possible, and this time we will take the scenic trip up Denny Creek, which will be the last 6 miles before you reach the Pass. Lunch stop at the Pancake House at the Pass. Expect 6500 of feet of climbing on this route. For those that need a few more miles and little more climbing, there will be a side loop option in Bellevue to climb Cougar Mountain. That will add about 6 miles to the route and about an extra 600 to 800 feet of climbing. To reach start, exit the West Seattle Bridge at Harbor Ave (NOT Harbor Island), turn right on Harbor Ave and go 1 mile to entrance of Jack Block Park. Parking and restrooms are in the Park. 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 more daily rides, please check the  
website, [www.seattlebicycle.org](http://www.seattlebicycle.org)  
Or look for emails from the listserv

**Two Views of Mount Rainier:** *ride reports and photos from Gary Strauss' counter-clockwise ride on Saturday, June 17 and Sara & Tom Matois' clockwise ride on Wednesday, June 21.*

Jean Henderson and myself (Ken Winkenweder) started from the Longmire parking lot and rode the back road through the forest to Skate Creek summit. So we were really not officially on his ride. We started at 9:00 a.m., the same time Gary started his ride in Ashford, thinking they would catch us between Box Canyon and Stevens Canyon in the Park. That they did. By the way, the back road from Longmire to Skate Creek is an almost completely paved old logging road that you access by going through the Longmire Employees area and crossing the Nisqually River on a recently replaced wooden bridge. You ride through the park employees' camping area and eventually come out just below the summit of Skate Creek Road (FS #52).

When we started out, the weather looked ominous, but later in the day, the clouds parted some and blue skies poked through. We did encounter a slight mist shower on the summit of Stevens Canyon, but nothing to really get you very wet. The mountain never came out to play, but stayed behind the clouds except for an occasional summit peek-a-boo. We did talk to a couple climbers who said above 8,000 ft. it was crystal blue skies and hot. Oh the difference a few hundred feet make! We saw three Elk cows, a grouse with baby chicks, and two docile deer resting alongside the road descending to the Nisqually Glacier bridge. Wild flowers were abundant. Fun day, all in all.



The draw from Mount Rainier was strong and I succumbed to taking a vacation day. After living vicariously through ride buddy and Randonneuring stories in 2005 and most of this year, it's time to visit an old friend. There were 7 of us at the start near Ashford for Tom and Sara Matois' Paradise-Packwood Ride..

There's nothing like biking up a mountain pass. The rhythm one achieves cannot be duplicated elsewhere. A group of three women, Louise, Annie and Allison took the lead up the gentle climb to Longmire. The road is tree lined with old growth, a perennial favorite where sun light filter pass the dense foliage on a sunny day. The sky was overcast but with the promise of afternoon sunshine, so the arm warmers stayed on all the way to Packwood.

It become apparent the creaking noise from my bike was a cause for concern for the three women believing my drive train, which is mostly original 1995 equipment, would snap or fall apart at any moment causing a terrible crash. Realizing the creaking noise was an unwelcome disturbance, the bottom bracket and perhaps the rest of the drive train's days are numbered.

Moving outside of earshot, the climb starts to stiffen. The slow grind up to Paradise one may find interesting wildlife along the way, but on this day only a small young doe was sighted on the scenic by-pass road. Louise continued past the observatory only to find the lodge area fenced in and under construction. We turned around back to the observatory center where Mike was introduced as the late arrival. As I leaned my bike against a wall and stared in disbelief - dew had formed on the metal tubes of my bike-- a testament of the cold, sunless mountain weather. Mike had passed us earlier while we stopped at the view point of the scenic by-pass. It was quite cold at the top but Mike with a single short sleeve jersey, sans arm warmers, was in his element.

John arrived 10 minutes later and we chatted while the women and Mike were anxious to push on because of the chilling breezes off the ice-capped mountain peaks. A large tour group was listening to a park ranger explaining how Mother Nature knows best about how to recycle, cleanse and renew itself without human interference. One needs only to look upon the views offered at the observatory to realize its validity. Figuring Tom and Sara should be here, I found them about a mile from the top, leisurely spinning and saving energy. As we approached the observatory, they were warned that Mike and the women had left already but in no hurry and found John waiting at the observatory. Ten minutes later, we were off with John, Tom and Sara each bundled for the cold descent. Sara does not like the cold. She had the brakes on for three miles descending from Paradise and did not turn the cranks to keep warm. By this time my hands and feet were numb from descending at under 10 mph. Realizing my underdressed condition I reluctantly left them. In my biggest gear, turning the cranks to keep the blood flowing, I started feeling better at Box Canyon. On longer rides with climbing involved, it's tough to keep a group together. Tom and Sara pulled into Packwood as the women and Mike were ready to leave. Skate Creek Rd is as picturesque as I remembered; the quiet elegance and serenity reminded me to stay out of earshot.

Midway through the gentle climb Annie flatted. Thinking it was an opportunity to reunite the group, I suggested we wait for Tom and Sara but the women push on. I debated going back to look for them knowing Sara usually takes short breaks and should've caught up by now; we learned later that each Tom and Sara had also flatted on the same innocuous road.

Always the gracious and generous host, we were treated to chips, icy cold drinks and watermelons at the finish. Tom and Sara are signed up and paid for Cycle Oregon this year. I'm so looking forward to living vicariously through their adventures. *James Dong*



### Three Ferries Ride, cont'd from p.1

As our path curved to the southwest, the neighboring street was now called Alki Avenue. After passing the statue at Alki, we went past a "Dead End" sign and down a dark alleyway. We wondered, "Mary Jo, where are you taking us?" To our surprise, we were taking a scenic shortcut through Lincoln Park. When you don't know the area, organized rides are just the thing!

Arriving at the Fauntleroy dock, we soon boarded the ferry our destination of Southworth about 45 minutes away. We spent our time enjoying the three Ss: Social, Scenery and Snacks. Coasting across the calm waters of Puget Sound, the group's riders shared many bike tales while enjoying views of Mt. Rainer to the south. Having joined SBC last March, the ferry ride was an excellent opportunity to get to know some of the current members.

After arriving in Southworth, we departed the ferry and pedaled up a slight incline and then we were continuing with the same theme that we used on the opposite side of the bay; keep the shoreline to our right. To achieve this perimeter orientation, we made ten right turns and only one left turn in the next 13 miles. This was our first venture into southern Kitsap County and we were having a blast following the sleepy, backcountry roads. Occasionally, we would ascend a small crest and then be rewarded with a wonderful panoramic view of the bay.

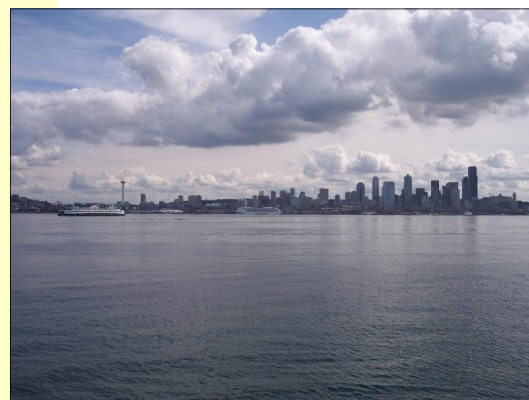
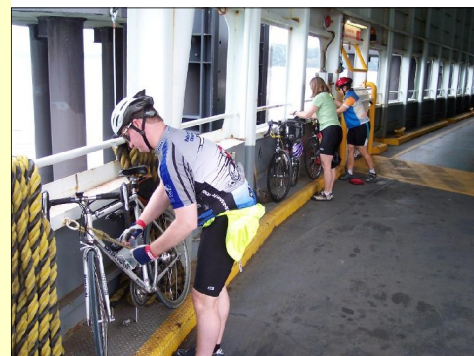
After a jog on northbound Southworth Drive, we were startled when Mary Jo left the main road and biked over a short rocky path. Beyond the path and coffee shop was a very secluded, shoreline road called Cornell Road. This half-mile stretch gave Barb an opportunity to capture an action photo of each rider before arriving in the charming waterfront village of Manchester.

From Manchester, all we had to do was follow Beach Drive all the way to Port Orchard. As we ascended one hill, we got some nice glimpses of Little Clam Bay. For the final five miles into Port Orchard, it seemed like it was all downhill; it was so easy. Once into Port Orchard, we headed straight for the farmer's market. A barbeque sandwich vendor there happily took food orders from the hungry bikers. After enjoying our meals around shaded picnic tables, we checked out the various booths at the market. Barb and I spotted some macadamia nut cookies which quickly became our dessert of choice. We found these treats to be incredibly delicious. The next time we visit this market, we know just where to go for dessert!

As we approached 2 PM, we strolled over to the Kitsap Transit Foot Ferry for our second ferry ride of the day. We all walked our bikes down a long ramp to reach the small boat which departs every half hour. A ten minute ride on the small ferry delivered us to the Bremerton docking area. After riding through sparsely populated terrain, Bremerton almost seemed like a daunting metropolis. Once onboard the Bremerton ferry, we settled in upstairs for an hour of three Ss (for some of us, a fourth S was appreciated – as in Sleep).

Arriving in Seattle, we returned to Alaskan Way, mirroring our starting segment except that there were more pedestrians out on the Elliott Bay Trail. After a pleasant day of cycling, the riders all returned to the starting point to complete the ride. For Barb and me, the experience was cycling bliss. Thanks, Mary Jo for leading this nice ride!

***For more bicycling bliss with Mary Jo, sign up for her tour in the San Juan Islands on July 21-23. See page 8 for more information.***



## Monthly Rides, Cont...

### Friday through Sunday, July 21-23

#### Tour 3 of the San Juan Islands

The San Juan Islands are a bicycling paradise, with miles of country roads, only a few big hills and low traffic. Join us for 3 days of island hopping and great bike riding.

**Lodging:** We will be staying at the **Wayfarers Rest** in Friday Harbor. This is a very nice hostel just 5 blocks from the ferry dock. They do have some private rooms available in addition to a small dorm. **Book soon since lodging is scarce and fills up fast in the Islands.** They have just a 3 day cancellation policy. See their [website](#) for details. An alternative place to stay is the Juniper Lane Guest House, only 1.3 miles from the Ferry Dock. See details at their web site [www.juniperlaneguesthouse.com/](http://www.juniperlaneguesthouse.com/)

**Tour Coordinator:** Email Mary Jo at [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com) to let her know you are coming and if you want to carpool.

**Details:** You can leave your car at the upper parking lot at the ferry dock in Anacortes. By leaving cars in Anacortes we will not have to wait in ferry lines and only pay for the initial ferry ride, all other ferry trips are free. Parking fee in Anacortes is \$20.00 for 3 days. If you can't come for the whole 3 day weekend you are welcome to come for 2 or just one day.

**Friday Ride:** Friday Harbor

**Time:** Approx. 1:00

**Where:** Meet at the hostel

**Distance:** 40 miles

**Ride Description:** Ride to Roche Harbor and around the island.

**Details:** Take the 11:05 Ferry from Anacortes, arrives in Friday Harbor at 12:10. We will have lunch in Friday Harbor and then do a moderate pace ride around the Island. There is a grocery store on the main street in town to get a sandwich for lunch and other food for the weekend.

**Saturday Ride:** Orcas Island

**Time:** 8:45 ferry from Friday Harbor

**Distance:** varies

**Ride Description:** Ride to Eastsound Village and then have the option of riding to Moran State Park and Mt. Constitution or going to Deer Harbor. We will meet back at Orcas Village at the ferry dock for dinner. Then return to Friday Harbor after dinner on the 7:40 ferry.

**Sunday Ride:** Lopez Island

**Time:** 8:10 ferry from Friday Harbor

**Distance:** 33 miles

**Ride Description:** We will ride around Lopez, the flattest of all the islands. We will have lunch in town and then take the 3:25 ferry back to Anacortes.

#### 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, July 8

**Tour of the Coeur d'Alenes**— A 1-day tour on the Trail of the Coeur d'Alenes, starting in Wallace, ID. Includes breakfast, food stops and dinner. Distances from 28 to 130 miles.

Saturday, July 15

**Pedal the Pinchot**— Road and mountain bike rides through the Cascades and ancient northwest forest south of Mt St Helens. See another side of the big volcano while riding 30-88 miles.

Saturday, July 22

**Cycle Oregon, the Weekend**— The weekend version of the renowned Cycle Oregon ride starts in Eugene and goes to Oakland and returns the next day. Total 141 miles of cycling, overnight camping, entertainment and food. Supports communities and services in Oregon.

**Seattle Night & Day Challenge**— An orienteering event on bicycle, teams of 2-5 ride around the city finding checkpoints for 3, 7, or 16 hours and collect points. A great way to really get to know your city.

**Tour des Chutes**— Benefiting the Lance Armstrong Foundation, ride 35 or 75 miles in the Bend area and feast at a burrito bar after the ride.

July 29

**Summit to Surf**— Despite what the name implies, this ride can include a climb up to Timberline on Mt Hood and a trip through the Mosier Tunnels, with options between 10 and 100 miles.

July 30

**Tour de Kitsap**— West Sound Cycling's yearly event of rides on the Kitsap Peninsula. Supports BAW and includes support and themed rest stops.

## 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)).

**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:** [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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