

SBC Newsletter

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

2007 Rides Program!

Something for Everyone (Who Rides a Bike)

by Rides Director *Jim Stewart*

Responding to requests by club members, the SBC board has worked to organize a series of rides that cover the range from Saturday outings to preparation for an ambitious mountain tour. We have brought back the rides that were successful in the past and added some new ones. All rides will be posted on the [SBC website](http://www.seattlebike.org) so check regularly for updates.



The [RAMROD Training Series](#), with rides on Saturdays, will begin on Saturday, March 10 with a ride from Issaquah to Black Diamond. These rides are designed to incrementally increase in mileage and elevation gain, preparing riders for RAMROD, RAPsody and other challenging rides and events.

Saturday Moderate Rides

The Saturday Moderate series starts in April, bringing 20 to 30-mile in-town routes, avoiding the killer hills and staying strictly to a moderate pace. The plan is to use a few pre-defined routes to make things more predictable and easier to manage for riders and leaders. Start time will be 10:00 AM from Gasworks Park, with routes between 20–30 miles. If you are a regular Wednesday or Saturday rider, you can expect to be recruited to lead this ride a couple of times this season. Also, check the [website](#) for Saturday Brisk rides once or twice a month led by Richard Petters, also starting at 10:00 AM.

IN THIS ISSUE:

2007 Rides.....	1
Merchandise and Announcements!.....	2
Series Rides.....	3
Daily Rides.....	4
Who We Are.....	5
More Events.....	6
Calendar.....	7

CLUB MERCHANDISE

Seattle Bicycle Club Jerseys & T-shirts

There are still some jerseys and t-shirts remaining for purchase. You can buy them at the Monthly Meetings or by emailing:
merchandise@seattlebicycle.com

Jerseys \$55 Unisex sizing: Pro-fit cut

Size: XSS M L XL XXL

Chest: 34 36 38 40 42 44

The jerseys are made by Louis Garneau in a Micro-Airdry fabric. They have 3 back pockets and a 15" invisible zipper.

T-Shirts:

Short sleeved \$13 S-XL, \$14 XXL

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



MEMBERS

JOINING OR RENEWING?

Renew your membership online. Go to: www.seattlebike.org to renew with PayPal.

MEETING

April Meeting,

Come to the SBC Spring Kick-off meeting to be held Monday, April 16 from 6-9pm.

Fellow club members will be doing a slide presentation of their 2-week, 860-mile bike trip through the French Alps (as featured in the February newsletter). Hear about their adventures, misadventures and how they came to call themselves the F.A.R.T.S.

Also learn details about our new ride series and summer tour weekends.

Bring a beverage or dessert, club will provide food.

Where: [Phinney Neighborhood Center](#), 6532 Phinney Ave N

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, Martha, Ron L, Ron T, Stacey, Tom, et al.

Rain Policy: Heavy rain 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. There will be an optional get-together at the establishment of our choice after the ride.



Saturday, March 3

EDMONDS EVERETT LOOP

Ride Start: SE Parking Lot off 76th Ave W at Edmonds Woodway High School, 7600 212th St SW, Edmonds, WA

<http://maps.google.com/maps?f=q&hl=en&q=7600+212th+St+SW,+Edmonds,+WA&sl=37.0625,-95.677068&sspn=47.435825,81.738281&ie=UTF8&z=16&om=1&iwloc=addr>

Meet at: 9:45 a.m. - start: at 10:00 a.m. - will leave promptly.

Pace: Moderate pace 14-17 mph - this ain't the ride for those who need to get their heart rates in the stratosphere

Distance: ~50 miles

Terrain: Hilly in places - a few challenging climbs.

Ride Leader: Gary Strauss, gstrauss@gsblaw.com, 206-816-1300 (week - best phone number to use); 206-937-1852 (home for morning of ride) and cell 206-948-9024 day of ride. Strong preference for email contact only. Will have a sweep if someone volunteers.

Rain Policy: Sprinkles OK, heavy rain, snow or ice cancels.

Cue Sheet: Yes.

Ride Description: Follow the Edmonds to Everett coastline - turn around in North Everett and do a Tour de Everett and a Tour de North Edmonds. Short coffee stop in Everett. Ride designed for those seeking to have fun, stay more or less together, regroup frequently, and provide mutual support. Smiles very welcome. Be prepared to do some climbing but mostly rolling hills. Bring at least 2 new tubes, tire levers, a patch kit, and a pump or CO2 cartridges. Please check your tires and bike condition before leaving home. This ride will take some time depending upon conditions, group size, length of breaks, etc., so please do not join us if you are under a lot of time pressure.

Saturday and Sunday, March 10 & 11

BICYCLE EXPO, Bicycle Everything!

Where: Sand Point, Hangar 27

When: Saturday 9-6; Sunday 10-4

What: we will have a booth to let people know of our great rides and events

Why: because bikes are great fun!

How: get involved and volunteer for an hour (it gets you in to Expo free!)

Info: see the [Cascade](http://www.cascadebicycle.org) website



**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 the newsletter 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!

2007 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

Ride Leader Clinic March 22nd

With our big plans for club-sponsored rides this year, we need to have more riders willing to serve as leaders, co-leaders or sweeps. To further that goal, the club will present a Ride Leader Clinic on the evening of Thursday, March 22.

If you are interested or are just want to increase your cycling knowledge, please attend. Gary Strauss and Jim Stewart. will co-instruct. If you attend, you will earn points toward a much-admired SBC Ride Leader Vest. Start time will be 6:30 pm, at the offices of Gary's firm: Garvey, Schubert, Barer, 1191 2nd Ave, in downtown Seattle (the "green dome building"). If you arrive after the doors close, call Jim's cell at 206-890-8411 to be let in. We need to know if you plan to attend. Please RSVP by sending an email to rides@seattlebike.com. We encourage existing Ride Leaders to attend, as well, to provide their insights and ideas.



DINNERS OUT!



A small and friendly crowd has been faithfully attending the Dinners Out! Series that began in January with European-inspired food at Pair in Ravenna and journeyed to the Chinese cuisine most recently at Chiang's Gourmet in Lake City. All are encouraged to attend and enjoy.

The next Dinner Out! will be Thursday, March 29, location TBD. If you have any suggestions, please let me know.

-Louise: weezy114@yahoo.com

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.

Ride Leader Training!**Want to Lead a Ride?**

Go to the Ride Leader Training Class on Thursday, March 22. Start time will be 6:30 pm, at the offices of Gary Strauss' firm: Garvey, Schubert, Barer, 1191 2nd Ave, Seattle. See page 6 for more info.

Calendar**Saturday, March 3**

Gary's Woodway-Everett

Wednesday, March 7

Gasworks Ride

Saturday, March 10

Visit SBC at [Bike Expo!](#)
Issaquah to Black Diamond

Sunday, March 11

Visit or volunteer at [Bike Expo](#)

Wednesday, March 14

Gasworks Ride

Saturday, March 17

[McClinchy Mile](#)
Gary's Eastside Challenge

Wednesday, March 21

Gasworks Ride

Saturday, March 24

Four Valleys Ride

Wednesday, March 28

Gasworks Ride

Saturday, March 31

Seabeck Ride

Remember to check the website: www.seattlebike.org