

Seattle Spin

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

Flatlander Tour

Holland by bicycle and barge, written by Allan Blackman

At my bicycle club's program on international tours in 2006, the pictures of the bike barge tour in Holland were very appealing. Still, I did not think I'd go to Holland until I was a little more decrepit. But early in 2007, friends organized a group to bike barge Holland and I did not want to miss the opportunity to go with people I knew.



My friends contracted with the owners of the barge Elodie for their tour of North Holland. Our 7-day loop tour in August began at the Oosterdok in Amsterdam and went through Edam, Hoorn, Enkuizen, Texel, Den Helder, Alkmaar and Zaanse Schans, where there is a wind mill park. Our barge generally docked in old port areas which had lots of buildings and churches from the 1600s and earlier.

We had unusually good weather for August in Holland. It was usually dry, sunny and in the 70s. Our bad weather consisted of one day with 45 minutes of rain, one day with a strong head wind on the island of Texel, and one day when we got close to sea sick. While Holland is more humid than Seattle, it did not get really hot until the last two days.



Holland is covered with bike paths, signed as "Fietspad" in Dutch. Fiets is the Dutch word for bicycle. There were paved biked paths running through forests and sand dunes and on top of dikes as well as in urban and suburban areas. Some of them are as narrow

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as three feet, though still two-way, while others are much wider. The Elodie passed through a three part draw bridge where two parts were for bike paths and the center part for cars.



Bike paths are shared with motor bikes, pedestrians and the occasional horse. There were a number of roads with

one center car lane and two outer bicycle lanes. Cars would pull into a bike lane in order to pass. In Amsterdam and elsewhere, there were often very narrow and old streets shared by bicycles, cars and pedestrians. Sometimes traffic felt crowded and chaotic but we neither saw nor heard about accidents involving cyclists.

I was pleasantly surprised at how smooth all the bike paths were. Many are paved with brick or concrete blocks but are not bumpy. I was riding a steel Rodriguez travel bike with 650 x 28 tires and was quite comfortable. Nobody in Amsterdam wears a helmet or rides what serious cyclists would consider a decent bike. When I cycled along the Amstel River before the tour, I began to see helmets and Bianchis about five miles out of Amsterdam.



Holland is as flat as advertised. We had some small rolling hills in a sand dune area for part of one day. Otherwise, it was flat, flat, flat. The Dutch do all sorts of things on bikes – hold hands,

carry open umbrellas in the rain, carry children and adults on racks, carry children and freight in truck bikes, sell dope, and of course talk on cell phones. I saw one bike taxi and one beer bus, a device on which six people pedal to propel the bus and drink beer as they pedal.



The Elodie provided us with one of their regular guides, Bram, so none of us had to worry about maps. Bram had a cell phone and called Hans, the captain of the Elodie, to make arrangements when plans changed. Still, it is a small country with lots of signs and the Dutch are friendly and speak English. The locals were happy to help me when I went astray.



The food on our barge and in restaurants was very good though the Dutch idea of breakfast leaves something to be desired. I was able to buy some excellent three year old Edam cheese in the town of Edam. In addition to cheese and herring, the Dutch like to snack on French fries which are available everywhere. There is no decaf in Europe, not even at the airport Starbucks. You will have to make do with bad herbal tea.

Since we cannot import Holland's flatness and compactness, I do not expect the USA to import Holland's bike culture. However, whether you are a realist or a romantic about cycling, it is a charming delight to spend a week observing the Dutch bike culture. Throw in the friendliness of the Dutch people and some wonderful art museums and you have several good reasons for taking a bike barge tour of Holland.

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.



Did you remember to renew your membership?
Renew online!
[Click Here to renew online:](#)



DAILY RIDES and Other Events**Tuesday, January 1st****2nd Annual New Year's North Half****Start Location** Cascade offices, Magnuson Park**Meet by:** 9:50 a.m.**Start at:** 10:00 a.m. sharp**Pace:** Brisk: 16-18 mph**Regroup:** where appropriate**Ride Distance:** 38 miles**Ride Leader:** Vicky and Jim Stewart jim.stewart@manatron.com. Day of ride call Jim's cell: 206-890-8411**Rain Policy:** Really bad weather cancels**Terrain:** Half hilly, half flat**Cue Sheet:** No

Details: Ring in the new year with a not-too-early start for a ride around the north half of Lake Washington. We will do a clockwise loop through Kenmore and Juanita, with a stop for hot beverages in Bellevue before returning via Mercer Island. We promise to provide just enough hills to keep you warm. Tandems are encouraged, we will be riding ours.

Directions to Start: From Sand Point Way, go West into Magnuson park 74th St NE entrance. Turn right immediately into the parking area in front of the Cascade club entrance.

**Tuesday January 1st****New Year's Bowl Boycott****Start:** Leschi Starbucks. Park North or South of the business district.**Time:** Meet at 10:30**Miles:** About 35**Pace:** Moderate --ride leader recovering from injury**Terrain:** Some hills**Rain:** Rain cancels**Map:** Not this time, but will regroup**Leaders:** Howard Strickler 206 669-4917, Gary Strauss 206 948-9024

Description: An in-City ride where Cougs and Huskies can come together to ride into the new year.. Begin at Leschi, go over hills to Beacon Hill, drop down to Duwamish, then over to West Seattle, Alki, than back to Leschi. We will regroup at top of hills. Great views and a lunch break in Alki. About 35 miles with some hills to keep your heart beating.

Upcoming Out-of-Town Rides

rides and other events of note

Sunday, February 10

Worst Day of the Year Ride

Celebrate the rain and cold by cycling in it in Portland. The Worst Day of the Year Ride is an 18-mile odyssey around downtown Portland that has quickly become a quirky annual tradition. They will feed and fuel you with treats including hot cocoa, doughnuts, fruit, spicy chai, veggie chili, chicken noodle soup, cornbread, bagels, hot cider and much more.

website: www.worstdayride.com/



March 8

Snoozeville Populaire

The Oregon Randonneurs put on this ride in Hillsboro, Oregon of 100km (62 miles), starting at Cornelius Pass Roadhouse.

Start with a cup of coffee at Longbottoms then pop across Hwy 26 to follow Dairy Creek as it runs parallel to Pumpkin Ridge. After visiting Snoozeville head south to Forest Grove for the temptations of Maggie's Buns. From there ramble across Washington County, with a spin down to Gaston and then a ziq zag route back to the starting point. See www.orrandonneurs.org for more info, including a map and elevation profile.



The Revolution!



Byrne by Bike

Talking Heads cofounder David Byrne has written a new book, *Bicycle Diaries*. Byrne, for whom cycling has been a principal means of transportation in New York City since the early 1980s, has also pedaled around many of the world's major cities. In chapters set in London, Berlin, Buenos Aires, Paris, Belgrade, Manila and San Francisco, Byrne will muse on topics ranging from visual art to globalization, offering a panoramic view of urban life from the bicycle seat. In October, Byrne headlined a *New Yorker* festival event titled "How New Yorkers Ride Bikes." Go to:

<http://journal.davidbyrne.com/2007/10/10072007-how-ne.html> to read his blog. Viking will publish the book in 2009.



Got Photos? Bicycle Alliance Wants 'em

Calling all photographers...we want photos!

We're working on redesigning our web site and would like to include many more photographic images. Recreation rides, family outings, commuter trips, trail rides, races - if it involves bicycling in Washington State, we'd love to see your photos. We're particularly keen to show the diversity of Washington's natural and urban landscapes with bicyclists in them.

Please be selective and send only your very best shots in jpeg format. Be sure to include your name and day-time contact information. Any photos you submit must be taken by you (i.e., you own the copyright.) There is no payment for photographs we use on the Bicycle Alliance web site but we shall list the name of the photographer.

Send your medium resolution (600x800 pixels) jpeg images to info@bicyclealliance.org. Please put "photos" in the subject area, and include a description of the photo (location, identify people if you can, etc.). If you have more than a few photos to send us, please consider putting them on a disk and dropping it off or mailing it to the office. We will continue to accept photographs throughout the next four months.

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!

2008 Board Members

President: [Dan Wakefield](#)

Vice President: [Michele Morgan](#)

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](#)

RAPSody: [Bob Nyberg](#)

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

Board Meeting in January

All are invited to attend the summer SBC Board Meeting at Hale's Ales

- Get involved with your club
- Drink a beer with the Board!

Date: TBA

Time: 6:30pm

Place: Hale's Ales on Leary Way

