



OutSpoke'n

IN THIS ISSUE

SBC To Host Booth At Bike Expo - Pg 1
Meetings, Merchandise, & Members - Pg 2
A Pocket Full of Kryptonite - Pg 2
Rough Riders - Pg 3
Monthly Rides - Pg 4
China Motor Marathon - Pg 6
Bicycle Lobby Day - Pg 7
Club Info - Pg 8

Volume 8, Issue 1

Official Newsletter of the Seattle Bicycle Club

February 2005

SBC To Host Booth At Bike Expo

Call it a New Years resolution, a growth-spurt, or just an old-fashioned good idea: This year the Seattle Bicycle Club plans to host a booth at the Cascade Bicycle Club's "2005 Group Health Seattle International Bicycle Expo" for the first time in SBC history.



SBC volunteers are already lining up to staff the booth, which will highlight SBC's tours, winter activities, social outings, and ongoing rides of various levels. If you'd like to help out, there are still some time slots available, so contact Jimmy at vice_president@seattlebicycle.com.

"One of the main reasons behind SBC getting a booth at Expo is to show our support for Cascade and build future bridges between our organizations," stated SBC founder Jim Eanes. "Today, I see a new SBC leadership that can make it happen."

Tom Potter, SBC's new Secretary, agreed with Jim and added "I think that we can gain some membership through marketing our rides and tours, as well as including our fun social activities that are different than other clubs in the area."

The Bike Expo is being held on February 19th and 20th at Warren G. Magnuson Park, located at Sand Point in Seattle. It is a complete celebration of cycling, with over 125 exhibits and presentations from all aspects of the sport.

Stop by SBC's booth and show your support for both Seattle Bicycle Club and Cascade Bicycle Club. Even better, bike with other SBC members to the Bike Expo – Joe Chalverus is leading a ride on February 19th from Gasworks to the Expo and back, and Bob Arima is leading a ride on February 20th from Mercer Island to the Expo and back. See the Monthly Rides for more details!

MONTHLY MEMBERSHIP MEETING

BASIC BICYCLE REPAIR

By: Seth Simons from Bicycles West

Visitors are Welcome!

When: February 15th, Tuesday

Where: Hearthstone – 6720 E Green Lake Way N

Time: Socializing 6:30-7pm;

Meeting & Presentation 7-8:30pm

Details:

Seth Simons will be our monthly presenter for February, providing us with advice on basic bicycle repair.

Whether you are learning the basics of bicycle maintenance and repair or just need a refresher, Seth's presentation will prove to be informative.

Feel free to bring a flat tire or a simple item that you've been having trouble fixing – Seth will take time to help you out and demonstrate some simple repairs to the audience.

Socializing at a local establishment to follow.

We will have fun so invite friends to join us.



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:

Doug Burgess

Paul Garton

Bruce and Rosanne Hutfless

Jeff Landers

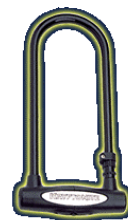
Hank Lieber

Sadie Medley

Lance Young

A Pocket Full of Kryptonite?

Did you know that older kryptonite bike locks with tubular keys have been found to be susceptible to lock-picking bike thieves?



Because of this, Kryptonite is offering a lock exchange for those who have purchased these locks. More information is on their web sight at www.kryptonite.com where a request form for lock replacement is available. Anyone that has questions can also call their phone number (800)420-0802.

Rough Riders

By: Cliff Jarrett

"I have learned to use the word impossible with the greatest caution."

-Wernher von Bruun-

Continued from last month...

I hate comas for a lot of reasons. They're expensive even with medical insurance, you are in the hospital but you don't get to play practical jokes on the nurses or your roommates. While they don't hurt per se you feel terrible when you come out of them because of all the tubes you have stuck in your body. By far the worst thing is the time lost while in that state between life and death. I woke up not knowing where I was, how long I was out or even who I was. The first time I slipped back into the world of the living, I saw my friend Jim Eanes with his arm in a cast, a black eye and several bandages on his face. I thought I was just coming out of surgery but I had been in a coma for three days. I uttered a few words to him then slipped back into the foggy shadows.

I pride myself as a writer in always telling the absolute truth down to the tiniest detail. This month, much to my chagrin I must tell the story as a reporter interviewing eyewitnesses instead of the adventurer living them. I dropped out of the race in western Missouri when my appendix burst and had to have emergency surgery.

I interviewed all the witnesses to the event from my hospital bed. Unfortunately, since it was three weeks later before I started the interviews the subconscious had way to much time to toy with the facts and two of the witnesses have been known to bend, twist and stretch the truth for the pure sport of it. The following account is as close to the truth as I was able to glean.

The rules of Race Across America do not allow substitutions but do allow teams to ride short. So thanks to me and my appendix, team octogenarian was going to finish the race with only Horace, Henry and Dubie riding. The good news was that we lost the weakest rider on the team; the bad news was the rest-cycles were all screwed up for the rest of the team. They continued the one-hour ride-cycles until mid-morning when the wind died down, then they went to two-hour cycles. The strategy worked and by the time they reached Gettysburg, Pennsylvania our team reclaimed second place. Then things changed once again.

Dubie was nearing the end of his shift when he rounded a curve in the rolling hills and cornfields of historic south central Pennsylvania and saw our rented Winnebago in a ditch with dense black smoke rising from the engine compartment. He dragged his two teammates and our SAG volunteers out, ensured they were all breathing then called for emergency services and applied bandages and direct pressure to stop the bleeding the best he could. As soon as he heard the approaching sirens he decided medical treatment was best left to professionals and there was no sense in hanging around and talking to cops who might ask him for ID and run a wants and warrants check. He lifted the wealthy Judge's wallet, jumped on his Litespeed, tucked in and started pedaling. He was on his own and had to stop at convenience stores and supermarkets along the way for food and water.

Continued on Page 5



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!)

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.

February 2nd, Wednesday, Gasworks Wednesday Ride: Winter Series

Ride Days: Wednesday Evenings.

Meet At: 5:45pm, start 6pm.

Ride Distance: ~20 Miles.

Ride Coordinator: Jennifer 206-409-1686.

Rain Policy: Showers and wind okay. Only heavy rain & snow cancels.

Ride Description: Get geared up for Winter Rides! We will be singing in the rain and splashing through puddles. Get lights and rain gear, and we will ride into the night. Ride leaders will rotate and take the group to their favorite haunts. We will look for glimmering city lights and full moon on trails. Afterwards, we will slurp down hot soups and huddle close for warmth and conversation at an establishment of our choice.

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.

February 9th, Wednesday, Gasworks Wednesday Ride: Winter Series - See February 2nd ride for details.

February 12th, Saturday, Feel the Chill, Get a Thrill and maybe even Share a Meal

Ride Start: Tracy Owen/Log Boom Park.

Ride Pace: Moderate 14-17 mph.

Ride Terrain: Variable.

Ride Coordinator: Jimmy 425-750-3936.

Ride Description: Some trail riding and some road with bike lanes too. We will ride the classic North Lake Washington Loop. Some moderate hills but nothing we can't handle. We will stop and wait for you at the top of hills and in tricky turns so you don't get lost. We should be done around lunch time, so we can go have a nice and relaxing lunch before we go home.

Meet At: 9:45am, leave 10am sharp.

Ride Distance: ~50 Miles.

Rain Policy: Rain will cancel but light sprinkle has potential so call to make sure.

February 12th, Saturday, Gasworks - Seward Park

Ride Start: Gasworks Park, Seattle.

Ride Pace: Social.

Ride Terrain: Variable with a few hills.

Rain Policy: Sprinkle OK, rain cancels.

Ride Description: Standard Washington Blvd. Loop to Seward Park with Socializing later at Leschi around 11:30 AM.

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

Ride Distance: ~20 Miles.

Ride Coordinator: Victor rakiklaus@seanet.com.

February 16th, Wednesday, Gasworks Wednesday Ride: Winter Series - See February 2nd ride for details.

February 19th, Saturday, Gasworks - Int'l Bike Expo 2005

Ride Start: Gasworks Park

Skill Levels: Social/Low Mod.

Ride Terrain: Mixed Urban.

Ride Leader: Joe, 206-361-4840. joechalverus@comcast.net

Ride Details: SBC's annual fanciful excursion to see our dream bikes and accessories. We Leave Gasworks at 10am return at 3pm. Route will depend upon the weather, but most likely circle through the neighborhoods if sunny and go a more direct route if weather is uncomfortable. Bring bike lock. Do not park in the Gasworks parking lot since four hour limit. Lunch midway, with a social after the ride in Fremont.

Meet at: 9:30am, start 10am.

Ride Distance: ~25 miles.

Rain Policy: Sprinkle ok, rain cancels.

February 20th, Sunday, Mercer Island - Int'l Bike Expo 2005

Ride Start: Mercer Island Park & Ride at North Mercer Way & 80th Ave S. Take Island Crest exit off I-90.

Meet at: 8:45am, start 9am.

Ride Distance: ~25 miles.

Rain Policy: Sprinkle ok, rain cancels.

Ride Details: There is no other *more fun or easier way* to get to this year's show at Magnuson Park than by bike. Ride will start at 9am and return to the park-n-ride by 4pm. Be sure to bring a bicycle lock with you as well as a pack for any goodies you plan to pick up or buy at the show. Lastly, be sure to tell all your friends about this fun way to get to Expo. If they can't make the ride they can also meet everyone at Magnuson for fun and socializing.

Skill Levels: Social/Moderate.

Ride Terrain: Mixed Urban.

Ride Leader: BobA. robert.t.arima@pss.boeing.com.

Monthly Rides Cont...

February 23rd, Wed, **Gasworks Wednesday Ride** - See Feb 2nd ride for details
 February 26th, Sat, **Feel the Chill, Get a Thrill...** - See Feb 12th ride for details

February 26th, Saturday, **Gasworks - Perkins Way**

Ride Start: Gasworks Park, Seattle. **Meet At:** 9:15am, start 9:30am.

Ride Pace: Social.

Ride Distance: ~20 Miles.

Terrain: Variable w/ a few hills.

Rain Policy: Sprinkle OK, rain cancels.

Ride Coordinator: Victor rakiklaus@seanet.com.

Ride Description: Go up 15th Ave. NW to Perkins Way and Loop down to Lake Forest Park Mall for refreshments. Then take Burke Gilman back to Gasworks.

February 27th, Sunday, **Chilly Hilly**

Gathering Spot: Coleman Dock McDonald's Restaurant.

Meet At: 9am for 9:15am Ferry.

Ride Level: High social/low moderate.

Ride Distance: 33 miles.

Ride Terrain: Hilly.

Sign-up/Cost: [Click here](#).

For information: Joe, 206-361-4840. joechalverus@comcast.net

Ride Details: Join Joe as he leads Seattle Bicycle Club's riders on the Chilly Hilly, a ride around Bainbridge Island. Riders must register with Cascade Bicycle Club and have Cascade tickets and bibs for our ride. Meet at 9am at McDonalds located at the foot of Coleman Dock for a 9:15am start on the ferry. Extra credit will be provided to riders wearing Seattle Bicycle Club shirts and jerseys. There will be an informal yet informative social gathering available after the ride in a place of our choice on the Seattle-side where the faster riders will gossip/eat/drink and make merry while waiting for the slower riders.

Rough Riders continued from Page 3...

Gettysburg is approximately two hundred miles due west of Atlantic City, NJ. The first hundred miles are gentle rolling hills and the second hundred are mostly flat through the pine barrens of south Jersey. Dubie was a veteran double century rider and very familiar with this country. He has lived about forty miles northwest of Gettysburg for the last nine years and rode this exact course to Atlantic City at least seven times.

OK, we had some advantages and if all the other four-man teams went down to a single rider with no SAG support for those last two hundred miles we would have probably won. However, even though he averaged nineteen miles per hour, Dubie was simply unable to compete with the sprints of our competitors. Under the circumstances we finished a respectable 17th in a field of 25 four-man teams. Dubie pulled out the Judge's gold card and checked into the penthouse at the Taj Mahal. Some other highly questionable charges appeared on that credit card statement but the judge understood.

I will not participate in RAAM 2005. If anyone wishes to take the fourth spot on Team Octogenarian next year please contact Dubie at Dubjek.Stanko@aol.com.

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.

The Exciting Conclusion!

China Motor Marathon: A Beautiful Day in Taipei

By May Cheng

*May Cheng, like many SBC members, is a multi-sport athlete. Below is **the continuation** of an article that May wrote about her experiences running the China Motor Marathon this past October. It was originally published in her running club's newsletter, "Eastside Runners".*



Continued from last month...

Not until then did I see my brother holding his camera as he came running towards me. After taking the wrong bus at the start and with race traffic control, he ended up getting to the finish area one minute after I crossed the line. He was hoping to catch my finish, but I was 5 minutes faster than my prediction. I did better than I thought I would. I guess the flat course had compensated for the heat and humility. My brother was really excited to find out that I had placed 2nd in my age division. I was kind of surprised but very pleased since I had never placed this high for a half marathon.

At the finish area, the race organizer had prepared plenty of water and sport drinks for free, but food was only provided to the race participants. Each runner received a box of food with his/her bib number. After changing to my dry clothes, my brother and I walked to the award presentation area where three groups of race officials were busy with prep work. The first group was posting the names on the winners' bulletin board. The second group was setting up the stage for presentation. And, the third group was getting the awards and prizes ready.

The award presentation started around 8:30AM. First, the top 10 male and female winners for 5K were called up to the podium to receive their awards. Then, the awards were presented to the overall and age division winners for 10K, half and full marathon. The number of awards given in age division was based on the number of participants, for half marathon - top 3 for up to 50 participants, top 6 for up to 100 participants, top 10 for up to 200 participants and top 20 for over 200 participants. Because of this award structure and the large number of male participants from age 20 to 50, the award presentation was taking a long time. However, people seemed to enjoy the beautiful day and did not seem to mind waiting.

While my brother was checking out the winners' results, I started chatting with an American runner who came and sat next to me. Her name was Melinda. She placed 2nd for F50-54 in 10K. Melinda and her husband were from Dallas and had been living in Taipei since her husband started working as a pilot for EVA Airlines a year before. She was very happy to have me translate the announcements for her. We had a very nice chat and had some pictures taken of us together. She provided the pictures for my article. We have stayed in touch via email since my return and are talking about a Seattle-Alaska trip next September, possibly doing the Klondike relay race in Skagway. It's so wonderful to make new friends halfway around the world and it's all because we both love running.

Continued on Page 7

China Motor Marathon continued from Page 6...

While waiting for my age division award, I had the opportunity to see the world class marathoners on the podium receiving their prize money. Azat Rakipov from Russia won the men's marathon, collecting the top prize of US\$25,000. Rakipov finished with a time of 2:23:40 (best record - 2:12:32). In the women's marathon, Wu Xiuying from Mongolia, China grabbed first place with a time of 2:39:35, claiming US\$15,000. I did not see Wu on the podium because she collapsed from exhaustion after crossing the finish line and was taken to the hospital.

I was really surprised by the low percentage of female participants, less than 10 percent. Only 250 out of 3,100 runners were females for the half marathon, 32 out of 450 in my age division. I had placed 9th female overall, 2nd F35-39 in 1:40:51. The top male and female finished in 1:08:04 and 1:16:24 respectively. After waiting for two hours, I was finally called for my award. Apparently, both first and third place winners already left, so I was the only person on the podium to receive the plaque and a gift from the China Motor marketing director. It was quite an experience!

Holding my 2nd place gift, a double-purpose cooker, we walked to another area for the random prize drawing. Unfortunately, it was already over. It seemed to be a poor arrangement to have the random prize drawing and award presentation take place at the same time but held in two different areas. I finally decided it was time to go home and my brother and I headed for the shuttle bus pick-up area. We walked past several food vendors and a few game things that were brought in just for the race. It was kind of interesting because it made this riverside sports park look like a mini-carnival.

On the way home, I felt much relaxed. I was finally able to enjoy the beautiful scenery as the bus headed back to the race start point at CKS Memorial Hall. Suddenly, I realized this city has so much more to offer than I'd ever known. I wondered how much I had missed since moving to America 14 years ago. I finally had come to appreciate my homeland Taiwan and the 23 million people living in it. I am so very proud that I am from this beautiful "Formosa" island. It had been a long day, but a very beautiful day in Taipei.

The Bicycle Alliance Wants To See You In Olympia!

Make a Difference at Bicycle Lobby Day

When: Thursday, February 24, 2005

Where: Coach House (behind Capital Museum)
214 22nd Ave SW in Olympia

Details: Lobby Day begins at 9:00 AM with a legislative update and a briefing on the Bicycle Alliance of Washington's legislative priorities. This year BAW is supporting legislation to amend Washington statutes with regards to safe vehicle passing. BAW is also supporting a Share the Road License Plate bill, and watching carefully for revenue for Safe Routes to School and additional bicycle facilities. Join BAW for a talk with your legislators about these issues! Light lunch will follow with a noon time speaker.

Please contact the Bicycle Alliance at 206.224.9252 if you plan to attend Lobby Day. BAW will take care of scheduling your appointments and can help arrange car pools. Lobby Day details and this session's legislative priorities will be posted on BAW's website (www.bicyclealliance.org).

SBC Meeting Directions:

See map at right
for location of
Hearthstone
Nursing Home.



REMINDER!!!
STARTING JANUARY,
SBC MONTHLY
MEETINGS ARE
BEING HELD AT THE
HEARTHSTONE AT
6720 E GREEN LAKE
WAY NORTH

*The next SBC Executive
Board Meeting is at 5:30 pm
on February 15, 2005 at a
meeting location TBD.*

2005 Board Members

President: Mary Jo Gerst

Vice-President: Jimmy Pelacz

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 Odilvak

Newsletter: Karin Bulova

Web Site Manager: Cory Bear

Merchandise: Jimmy Pelacz

Activities Director: Yvonne Lasso

Business: Chris Mackay

Ride Director: Mark Peterson

Town Crier: Adrienne Dorf

Bike Commuting: Urania/Jonathan Freedman

Seattle Bicycle Club, Inc.

P.O. Box 31423

Seattle, WA 98103-1423

<http://www.seattlebicycle.org>

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!