

# Seattle Spin

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

## Welcome to January!

When is a ride not just a ride, but an experience? First, take a group of strong cyclists who are focused on their goals. Mix them with the best that Mother Nature can throw at them: fog, wind, rain, mist and many other forms of precipitation that the English language does not yet have words for, as well as a steady decrease in temperature. Tilt the road uphill and put some switchbacks, waterfalls, raging rivers covered with snow and passing cars nearby.

The following things are bound to happen:

The group will get split up- there is basically only one road to the top but everyone has their own route to bathrooms, "scenic" vistas and rest stops

Because of the above, someone in the front group will be "chasing" someone in the main pack, thinking she is ahead and therefore increasing her overall speed of ascent

There will be some nudity in inappropriate places when riders feel too warm climbing or when they prepare for descending. A fireplace will act on cyclists the same way that a bugzapper attracts mosquitos- they will be drawn in by the warmth and may never want to leave

On the eventual descent (maybe the Lodge kicked you out?), riders will burn through entire brake pads while not only trying to control their speed but trying to keep

their hands warm by moving them, as well

Any source of heat from that point to the car is considered game to warm up the body- hand dryers in bathrooms, heat register in a store, maybe car exhaust?



A big gear is suddenly preferable for its ability to generate heat as you struggle to crank over the pedals because your legs just feel like foot-hangers and not like the strong lever-like muscle that you thought they were on the climb up

The blackberry pie that really didn't do it for you last year tastes absolutely delicious this time around

You will wake up with a sore upper back and realize it's from all the shivering you did the day before, while trying to control your bike.

Riders will be grateful to you for providing them with the experience as they mutter words like "bonding" and "suffering" in the same sentence

Thanks for joining in on the experience but let's go on a ride again soon.



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# RIDES

## SERIES

### Between The NOX - Tuesday Evening Series.

**Ride Days:** Every Tuesday Evening starting March 25.

**Ride Start:** 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

**Distance:** 25 - 40 Miles.

**Terrain:** Mixed / Hilly

**Leader:** Dennis Grace

**Contact Info:** 206-937-8210 home

**E-mail:**  
[coupdegrace@hotmail.com](mailto:coupdegrace@hotmail.com)

**Rain Policy:** Showers/Rain cancels.

**Ride 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 we not to leave someone behind lost in a neighborhood that they maybe unfamiliar with. We do not ride pacerines 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 and 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.

### North End Tuesday Evening Ride

**Ride Days:** Every Tuesday Evening

**Start:** Ballinger Golf Club parking lot: 23000 Lakeview Dr,

**Meet:** 6:15pm,

**Start:** 6:30pm

**Pace:** Moderate

**Hills:** Some Hills

**Regroup:** Frequent

**Distance:** ~20 miles

**Rain Policy:** Rain cancels

**Leaders:** MaryJo Gerst,  
[maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com)

**About this ride:** 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 and ride heading to Edmonds and points beyond. There will be an optional get-together at an establishment of some kind.



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

### 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](mailto:insipidperson@juno.com)

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

**Rain Policy:** Heavy rain cancels

#### Ride Description:

On this 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.



**DAILY RIDES and Other Events****Saturday, June 7th****Whidbey Island, Clinton to Coupeville****Time:** 8 am ferry from Mukilteo**Distance:** 84 miles**Terrain:** Constant Rolling Hills**Ride Leader:** Dan Wakefield**Description:** A very hilly training ride up one side of the island to Coupeville for a snack/lunch, then return down the other side. Great scenery of Puget Sound, several parks and that funky Whidbey lifestyle.**Sunday June 8****Sisters Ride****Time:** 10:00 AM**Starts** From: Shelton, Wallace- Kneeland Blvd at the K Mart - (left side behind Gas station).**Distance:** 66, 52, 30 miles**Ride Info:** Ride the beautiful backroads of Shelton and the Hood canal with 4 other sister clubs - TWBC, West Sound Cycling, BIKES of Everett, Seattle Bike Club. This ride consists of mileages to suit any rider: . Meet in Shelton on Wallace- Kneeland Blvd at the K Mart - (left side behind Gas station).**Leader:** Jillie 360-271-8984. For more info see the West Sound web site:<http://www.westsoundcycling.com/>

*Mark Peterson's comments about this ride: Well worth riding. On Leo's "to do" list. Fun back road riding and I think I recall a pretty good screaming descent, 40+ mph. Food stop was at some converted barn on the Canal, good stuff, too. Nice to meet or renew friendships with some of the other clubs. Very nice route with not too much motor traffic.*





**Sunday, June 8th****Bainbridge Island Ride**

**Ride Start:** Parking area at North end of Myrtle Edwards Park or meet at Ferry Dock.

**Meet at:** 8:30 am leave at 8:45 am to catch the 9:35 ferry to Bainbridge (\$7.70).

**Pace:** Low Moderate

**Distance:** 30-35 miles.

**Terrain:** Flat with some hills, but we will wait for you at the top.

**Rain Policy:** Rain cancels

**Leader:** Mary Jo, [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com) and Mark R.,

**Ride Description:** The Island is hilly but we will take our time on the hills and there are some nice areas of flat along the water where there are great water and mountain views. We will make several rest stops as well as a stop for lunch at a restaurant. We should be able to catch the 2:55 ferry to return.

**Directions to Parking Area:** Going north on Elliott Ave, turn right to "Terminal 90/91" (also for Magnolia Bridge, but DO NOT go over Magnolia Bridge) After turning right, get into the left lane and follow sign for "Amgen Court". At Stop sign, turn right. The parking area is on your left. Going south on Elliott Ave, get in left lane for "Terminal (or pier) 90/91". After turning left, stay in the left lane and follow signs for "Amgen Court". DO NOT go over Magnolia Bridge. Turn right at Stop sign and left into parking area.

**Sunday, June 8th****Monroe to Index**

**Ride Start:** Lewis Street Par, 561 S. Lewis Street, Monroe,

**Meet at:** 9:10 am

**Start:** 9:30

**Pace:** 14-18mph

**Distance:** 58-62 miles. We will change the course if weather marginal or becomes rainy

**Terrain:** Good climbs, some flats, and some awesome descents

**Rain Policy:** Sprinkles ok at start; heavy rain, snow or icy roads at start cancel. If weather iffy, we will alter course. If rain is heavy and persistent in Monroe and its environs, ride leader will not show up or, if ride has started, ride leader likely will shorten course.

**Leader:** Gary Strauss [garystrauss@gmail.com](mailto:garystrauss@gmail.com) (prefer email contact); 206-816-1300 (work) during week and only on day of ride: 206-948-9024 (cell) or 206-937-1852 (home). Co-leader: Mitch Shoenfeld [mschoenfeld@mac.com](mailto:mschoenfeld@mac.com) cell: 206) 579-5473 (cell)

**Ride Description:** This is a retry of the May ride (it rained), except about 10 miles shorter. Route follows back roads most of the way from Monroe to Sultan to Gold Bar to Index (elev 577') and back.

There are hills! Ride pace is listed as "moderate" due to the climbs but will vary on the flats from 14-18 mph. You must be willing to wait for riders to regroup for at least 10 minutes after ride leaders arrive and on the top of all long climbs. This trip is for bicyclists who want to explore new routes and are willing to be part of a more or less stay together group seeking a fun ride. Regroups will occur at designated points on the cue sheet and after all major climbs (10 minute limit). This course contains several challenging hills. You will be encouraged to ride them at your own pace to arrive within 10 minutes of the ride leaders. Come prepared with weather gear appropriate in the spring for low mountains, as weather can rapidly change. Have at least 2 new tubes, a patch kit, and a pump or CO2 cartridges. Check your tires and bike condition before leaving home. There is very little support along the route. Have plenty of food and water. Coffee/lunch stop possible in Sultan. Cue sheet provided. Ride will take quite a bit of time due to the hills, so please do not join us if you are under a lot of time pressure. Small fact. Index was the filming location for 1987 movie, "Harry and the Hendersons."

**Directions to start:** <http://www.ci.monroe.wa.us/citygov/depts/Parks/LewisStreet.php> (map and directions to Lewis Street Park). Park is on the south side of the City of Monroe just as you enter the City off SR 203 (from Duvall). Can also travel to Monroe via SR 522 or US 2. Some parking to north of park; can also park on street.



**Saturday, June 14th**  
**Edmonds Art Festival**

**Start:** Parking area at North end of Myrtle Edwards Park

**Time:** 9:15 am leave 9:30

**Pace:** Low Moderate

**Distance:** 35-40 miles

**Rain Policy:** Rain cancels

**Terrain:** Some hills but we will wait for you

**Leader:** Judy Kraemer [secretary@seattlebicycle.com](mailto:secretary@seattlebicycle.com)

**Ride Description:** We will take the trail to Magnolia, go thru Discovery Park and the Locks to Ballard. From there we will head over to the Interurban Trail to Shoreline. We will leave the trail and take the back roads to Edmonds for a ride along the waterfront. We will have lunch and spend some time at the Edmonds Art Festival before heading back.

**Directions to Parking area:**

See Description for June 8 ride.

## **Upcoming Out-of-Town Rides** *rides and other events of note*

### **Saturday & Sunday, July 19 & 20**

#### **Bike MS 2008: Covered Bridges Tour, Sweet Home, OR**

The Northwest has the highest incidence of Multiple Sclerosis in the U.S. Ride to raise funds for research as you pedal through up to eight covered bridges in two days of scenic riding. website: [www.msbrideoregon.com](http://www.msbrideoregon.com)

### **Saturday, July 19**

#### **Tour des Chutes, Bend, OR**

A fundraiser for LAF, goodies include a Livestrong bracelet. Bend is a beautiful place to ride. See [www.tourdeschutes.org](http://www.tourdeschutes.org) for more info.



### **Saturday, July 26**

#### **Pedal the Pinchot, Cougar, WA**

The ride is cancelled this year (probably due to road wash-outs). Bummer!

### **Sunday, July 27**

#### **Tour de Kitsap, Silverdale, WA**

Scenic courses in lovely Kitsap County with full rest stops and SAG support. Put on by our friends at West Sound Cycling Club. [www.westsoundcycling.com](http://www.westsoundcycling.com)

### **Sunday, July 27**

#### **Tour de Peaks, North Bend, WA**

Enjoy one of four great rides for all abilities and sample the music, food and a post-ride party. <http://www.tourdepeaks.com/>

## Ride Around Puget Sound (RAPSody), August 23-24

Start this year's fifth annual Ride Around Puget Sound (RAPSody) by bicycling across the new Tacoma Narrows Bridge on the 10-foot bike path. Great water and mountain views characterize the entire 165-mile route, which starts and ends at Tacoma Community College and passes through Gig Harbor, Port Orchard, Shelton and Olympia Aug 23-24.

To fuel you up the rolling hills, ride organizers provide yogurt parfaits, hot calzones, wraps, fresh bread rolls and fruit at scenic reststops. Registration also includes souvenir socks, mechanical and ride support, luggage transport, free indoor and outdoor camping at Shelton High School, free showers and free overnight parking in Tacoma. There's also live music on Saturday and ice cream bars to celebrate the finish on Sunday. Riders can complete this challenging ride in one or two days.

RAPSody is a fundraiser for the Bicycle Alliance of Washington's statewide bike advocacy and education efforts. The event is organized by West Sound Cycling Club, Tacoma Wheelmen's Bicycle Club, Seattle Bicycle Club, Capital Bicycle Club and B.I.K.E.S. Club of Snohomish County.

Cost is \$80 through July 20. Save money by signing up early and joining the Bicycle Alliance.

Registration closes on Aug 17.

For more information, visit [www.rapsodybikeride.com](http://www.rapsodybikeride.com) or call 206-577-6999. You can register

online at [www.active.com](http://www.active.com).

To volunteer at the SBC food stop during RAPSody on Aug 23 or 24, contact Bob at 206-795-1363

or at [bobnyberg@msn.com](mailto:bobnyberg@msn.com). Volunteers receive a T-shirt, socks and can purchase the new jersey at cost, (must do so by June 30).





**RIDE REPORT: SEVEN, ELEVEN AND FOURTEEN HILLS, MAY 26, 2008****And Then There Were Three...**

A group of eight SBC members plus one Interloper started out from Kirkland's Marina Park, ready to climb some hills. There were a few wool jerseys in the crowd since the weather seemed like it could do anything at any time. With the first few hills past (Market, Juanita, Seminary), different groups had started to form. Starting from the back, the Big Guys. These guys would drop back on climbs but, due to their weight advantage, would zoom past everyone on the downhills. In the middle was a Laugher (I kid you not), the new Orbea and the Naked Wool Jersey. Up front was the Interloper, She Who Must Climb and the Secret Weapon who were pushing the pace and trying to jump on the wheels of others.

Although everyone had agreed beforehand to take minimal breaks at the food stops, lingering was inevitable. At the first food stop, the Young Gun was spotted and She Who Must Climb had to be restrained. Pedaling off with bananas and cookies in bellies, two more hills would be ascended before returning to the same stop. On the biggest downhill of the day, hoots and hollers were heard as the descending speed increased, with the Big Guys showing everyone else how it was done. The next section of road seemed hauntingly familiar and the Interloper and She Who Must Climb felt a pull to go east from the Woodinville-Redmond Rd but instead went west as the road tilted upward to climb Winery Hill. Some cursing could be heard but it was soon drowned out by the bagpipes being played up at the summit.

Somewhere along the way, one of the big guys fell prey to the desire of a downhill closer to the finish and was never seen again. Then there were eight. As the route headed up Union Hill, the Interloper saw a wheel ahead of

him that he could latch onto and off he went, with She Who Must Climb following close behind. To their surprise, they still had company at the top, with the Secret Weapon showing his talents. It was fortuitous that those three could climb at similar speeds because at the breakoff point for the Century ride, the Laugher departed tearily and with her went the Big Guys, Naked Wool Jersey and the Orbea.

And then there were three. These three had more in common than the ability to ride long and climb strong; they were also all on the same team: The J-Team. Holy Moses!

The Interloper quickly took his position at the front, a place he was used to and would stay for most of the ride. She Who Must Climb followed behind closely and, while willing to take pulls up front, was much better suited to the job of following. The Secret Weapon stayed within close proximity, occasionally going to the front to stretch his legs. The food stop in the Valley was of much higher quality, with the addition of mysterious powders and chocolate delights. It was noted that the Racer Chicks and Dudes seemed to take a long time at each stop, then they rode really fast to the next stop, where they would eat and trash-talk until the slow people caught up.

With one hill left to go, J-Team headed strongly up Rose Hill with She Who Must Climb trying to edge out the Interloper. It was not going to happen so she got on his wheel one more time, just before the long downhill into Kirkland. Once there, they enjoyed strawberry shortcake on the grass in the shade and then parted their separate ways.



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**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 comraderie.

**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](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!

**2008 Board Members**

President: [Dan Wakefield](#)

Vice President: [Michele Morgan](#)

Secretary: [Judy Kraemer](#)

Treasurer: [Rick Stolz](#)

Past President: [Garry Kehr](#)

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](mailto: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](mailto:scott@recycledcycles.com)

To secure a spot, send your:

Full name

Contact Phone #

Email address

[www.recycledcycles.com](http://www.recycledcycles.com)

**South Sound RAMRODers:**

A South Sound journalist is writing an article about RAMROD experiences.

The only requirement is that the respondents be from the South Sound area (Federal Way to Olympia, or thereabouts).

She would need to hear back by June 10. She'd like to talk to a wide variety of people who've done the ride - not just the super fast, but teens, women, retirees, anyone with an interesting story to tell.

If they could send her their RAMROD story (100 words or less -why they loved it, why they didn't, funny incidents, etc.) she will follow up with questions. She can be reached at:

[mineralstudio@gmail.com](mailto:mineralstudio@gmail.com)