



OutSpoke'n

IN THIS ISSUE
Meet SBC's 2005 Board - Pg 1
Rough Riders - Pg 2
2004 SBC Holiday Party - Pg 3
Monthly Rides - Pg 4
China Motor Marathon - Pg 6
Club Info - Pg8

Volume 7, Issue 12

Official Newsletter of the Seattle Bicycle Club

January 2005

Meet SBC's 2005 Board Members!



PRESIDENT: MARY JO GERST

"I didn't begin biking until about 15 years ago. I found out I loved touring and so I started planning weekend tours for friends. When that wasn't enough to satisfy my touring desire I signed up for weeklong tours with Cycle America and most recently Tour BC. In fact, I joined Seattle Bike Club so I could participate in the touring weekend that was held at Birch Bay.

As President of the club this year I hope work with the Board to see continued membership growth. Also, I would like to continue the weekend tours, repeating some old ones and adding some new places to explore."



TREASURER: MARK PETERSON

"My first bike was a single speed in second grade. Back then I used it to commute to school and even got busted for riding it on school

grounds. My current bike is a Cannondale road bike that gets me around pretty well. I also have a mountain bike. Biking is my primary hobby, along with cross-country skiing in the winter.

In the past I've volunteered as Ride Director for SBC, and I'll continue to assist this year along with my new role as Treasurer. In addition, you'll often find me leading moderate rides for our members. I'd like to use my time on the board this year to encourage more interaction with other area clubs."

VICE PRESIDENT: JIMMY PELAEZ

"I have always liked bikes. I used to race BMX and continued to own bikes throughout my college years and later as an adult. In 2001 I dedicated myself to road riding and to riding for fun with friends and others in my community.

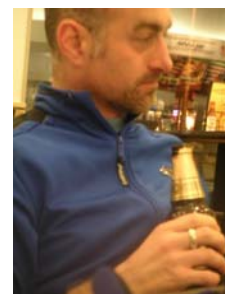
My goals as an officer of the club are to enable SBC to grow as a fun riding club in Seattle and in the surrounding communities, to bring different ideas that will encourage people to join us for our rides, and to make SBC the most exciting bike club in the region. I want to encourage our club to have unique and fun rides year after year."



SECRETARY: TOM POTTER

"I've been riding bicycles all my life, starting with a small coaster brake K-Mart special with training wheels, before graduating to a Schwinn Sting Ray and then a Huffy 10-Speed in college. I've been a commuter and fitness rider ever since. During the past 14 years I've been active with numerous bike clubs. I joined SBC in late 2001 and have enjoyed riding and socializing with this friendly club.

As an incoming SBC board member, I want strengthen club marketing, increase club membership, and strengthen our relationships with other area cycling clubs. I want to do what I can to make sure SBC has a fun and successful year!" 1



MONTHLY MEMBERSHIP MEETING

WINTER FITNESS AND TRAINING with VICTORIA SCOTT

Visitors are Welcome!

When: January 18th, Tuesday

Where: Hearthstone – 6720 E Green Lake Way N

Time: Socializing 6:30-7pm;

Meeting & Presentation 7-8:30pm

Details:

Victoria Scott will be our monthly presenter for January, providing us with advice on how to train for winter biking.

Victoria Scott started Body Electric Fitness Co. in 1995 and incorporated in 2000. She's been training to be a personal fitness trainer for over 20 years. She has extensive experience in recreation, health, fitness, and safety. She has a B.A. in recreation and an M.P.A (Master in Public Administration) from Seattle University.

Find out more at www.bodyelectricfitness.com

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!

Rough Riders

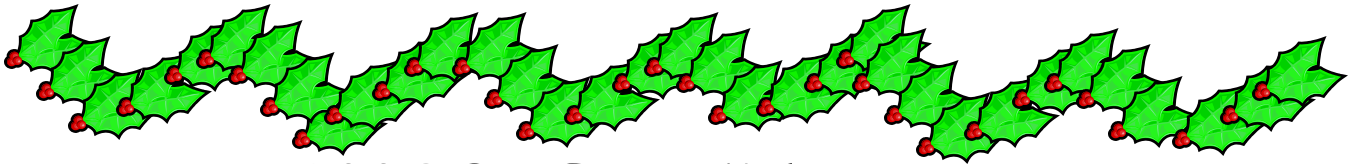
By: Cliff Jarrett

"Problems are messages." - Shatki Gawain-

Continued from November...

I have never seen so many sunflowers. I didn't even imagine that America grew so many sunflowers. We finally crossed the Arkansas River and were approaching the half way point. Then the winds started. We were the first team to go to a one hour rotation and the strategy paid off. We climbed to fifth before we reached Fort Scott.

Riding into the headwinds was no picnic but with the one-hour rotation it was bearable. Dubie went first, Horace second, me next and Henry last. My second tour began at midnight. The first forty-five minutes went OK but then I started puking.



2004 SBC Holiday Party

Another Successful Gathering!

By: Jimmy Pelaez

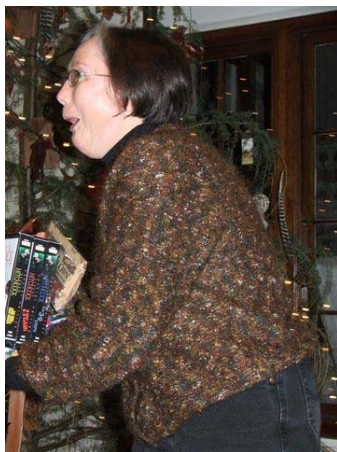


This year's SBC Holiday Party was held at Camp Long in West Seattle – a great place to celebrate a successful year of riding with a great bunch of people. Nearly forty people (and 3 dogs!) showed up to share delicious food, drinks and some very interesting white elephant gifts.

Mark Buettner brought plenty of firewood to keep us nice and warm, and Mark Peterson brought a keg of beer to get everyone in the holiday spirit and to accompany the savory treats that others had brought for the potluck.

The white elephant gift exchange was the highlight of the evening - from the creepy brains that Jennifer had to have, to the real presents that Patty insisted on sharing.

There was a Davidson poster, two-buck Chuck wines, dancing flowers, and a silver clock that got a lot of attention. And Ed just had to have the kick stand at all cost!



As in every white elephant party, there is a gift that steals the show. In this case, everyone wanted the set of Hitchcock Films. Gary Strauss was the ultimate owner, but he was apparently seized by a bout of Holiday spirit and ultimately shared the gift with the poor souls who had lost the gift prior to him.



We missed those of you who couldn't make it this year, but we did think about you and wished you'd been there with us to share such a great time. We wish all our members and their families a great 2005.



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.

January 1st, Saturday, Anti Football Bowl Event - No Huskies or Cougars to Watch

Ride Start: Leschi Park, near Pert's.

Meet: 10:15am, leave 10:30am sharp.

Distance: ~30 miles.

Pace: Moderate/Brisk.

Ride Terrain: Mixed.

Regroups: Frequent, as needed.

Rain Policy: Heavy rain cancels.

Contact: HowardS 206-722-7664 at ride 206-669-4917 (cell) or GaryS 206-937-9024 at ride 206-948-9024 (cell) by 9am Sunday, if curious or regarding ride. **Please RSVP Ride Leaders - email only.**

Ride Details: A tour of Seattle - Beacon Hill - Alki - Seattle - Burke Gilman (Howard's "special" version). Bakery/coffee stop midway. Bicycle flashers and bright clothing are recommended.

January 5th, Wednesday, Gasworks Wednesday Ride: Winter Series - Click [here](#) for more information.

Ride Days: Wednesday Evenings.

Ride Start: Gasworks Park, Seattle.

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

Ride Pace: High Mod/Brisk 15-18 mph.

Ride Distance: ~20 Miles.

Ride Terrain: Variable with few definite hills.

Ride Coordinator: Jennifer 206-409-1686.

Ride Leads: Presenting...Arnie, Dan, David, Garry, Garth, Gary, Jimmy, Louise, et al.

Rain Policy: Showers and wind okay. Only heavy rain & snow cancels. Contact Jennifer for ride status if weather seems iffy.)

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. Gasworks Wednesday Series will continue into the rainy months for those die-hard cyclists who will not be deterred by Cold, Wet and Dark. 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. Headlights & taillights REQUIRED. Rain gear recommended.

January 8th, Saturday, Feel the Chill, Get a Thrill and maybe even Share a Meal

Ride Start: Tracy Owen/Log Boom Park.

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

Ride Pace: Moderate 14-17 mph.

Ride Distance: ~50 Miles.

Ride Terrain: Variable.

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

Ride Coordinator: Jimmy 425-750-3936.

Directions to Start: Located at the north end of Lake Washington, from SR522 (Bothell Way NE) take 61st Ave NE down a short hill to 175th St, park entrance is to the right.

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 (optional). Bring a rain jacket in case it rains during the ride and warm clothes because I think it will be chilly. Call on the day of the ride: 425-750-3936. *Feel the Chill Rides* will be scheduled for every second and fourth Saturdays. Bicycle flashers and bright clothing are recommended.

January 12th, Wednesday, Gasworks Wednesday Ride: Winter Series - See January 5th ride for details.

January 19th, Wednesday, Gasworks Wednesday Ride: Winter Series - See January 5th ride for details.

January 22nd, Saturday, Feel the Chill, Get a Thrill... - See January 8th ride for details.

January 26th, Wednesday, Gasworks Wednesday Ride: Winter Series - See January 5th ride for details.

Rough Riders Continued from Page 2

I took it in stride, it wasn't the first time I puked during an endurance event. Fifteen more minutes was a cake walk. I could handle it and nobody would even know. I didn't want to give them something else to rib me about. I managed to lean far enough to the right to avoid getting any stomach acid on my bike and I had enough water to gargle before I went back into the Winnebago.

I immediately crashed in the queen sized bed in the back, but then I started puking again. We brought a first aid kit and a bucket just for this contingency. I puked six more times in the next ninety minutes. At about two o'clock Molly woke up. She took one look at me and immediately took my temperature. It was 103. She insisted that I go to the emergency room. I refused but she woke up the Judge and he took her side so off to the hospital we went.

We waited and I puked a bunch more times. At around 6:00 there must have been a shift change or something and I was whisked back to the examination room. They drew my blood, prodded, poked, hemmed and hawed. At about 8:00 the chief resident told me I had ruptured my appendix and they would have to remove it immediately. I told him not a chance then puked on his shoes. I tried to explain that I would be in Atlantic City, New Jersey in less than three days and I could check myself into the medical center there as soon as we won the race. He just didn't understand.

I collapsed in the parking lot after checking myself out against medical advice. Henry crossed the border from Indiana into Ohio as I woke up with an IV in my arm, a foul taste in my mouth, a bandage on my lower abdomen and restraints around my wrists. I couldn't think clearly but I knew I was drugged and that I should be doing something and here was not where I belonged.

I slipped in and out of consciousness for some period of time. Then they decided I had spent enough time in recovery. Jim was waiting for me in the room with his arm in a cast, a black eye and several bandages on his face. The hospital staff transferred me from the gurney to the bed. I waved at Jim and said "It looks like you need this place as much as me. I need a nap. I'll talk to you later".

Ride on Dudes

To Be Continued Next Month...

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.

China Motor Marathon: A Beautiful Day in Taipei

By May Cheng

May Cheng, like many SBC members, is a multi-sport athlete. Below is 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".



As I was mentally preparing for my bi-annual return trip home, it suddenly hit me; why not make this the most fun vacation yet. And of course to a runner that means one thing - road race! Isn't it amazing what you can find on the Internet these days? It is definitely a runner's best friend when searching for a race. I quickly found the **Chinese Taipei Road Running Association (CTRRA)** which happens to be Taiwan's major race organization. They have over 20 races per year, including four marathons, three of which are held in the capital city Taipei. Although the largest and most popular is the ING Taipei Marathon, the timing wasn't right for me, it's around Christmas time. I'm looking for something in mid-October. And I found the perfect one, the **4th Annual China Motor Marathon**, which is in Taipei, where one of my brothers and his family live, on 10/17/2004. It offered the four distances - full marathon, half, 10K and 5K. It seems the half marathon is my distance of late, previously running seven in the past 18 months, and a full marathon would have been just too much fun for this trip, so the half marathon it is.

Did I mention I grew up on a farm 60 miles south of Taipei, on the western coast? I spent most of my time either in the fields helping my family farm or hitting the books, studying for a better future. There was little opportunity to do fun things like play any of my now favorite racket sports - tennis, table tennis or badminton, let alone time for my favorite sport, running. I put these off until I settled in America in the nineties. Taiwan is a small mountainous island about one fifth the size of Washington and although I'm a US citizen now, it will always be my country of origin.

I departed Wednesday, October 13, taking the 1:45AM red-eye flight from Seattle on China Airlines. With a one hour delay and 13 hours flying, I arrived at Chiang Kai-Shek International airport at 7AM on Thursday 10/14. It was a beautiful morning, a typical autumn day for sub-tropical Taiwan - warm, humid with hazy sunshine. Even though I had mentally prepared for the climate change, it was quite a shock when I walked out of the airport and felt the warm humid air.

There was no marathon expo or pasta dinner at the China Motor Marathon. The race packet pickup was held from 10/13 to 10/16 in a soccer stadium. Because of the currency exchange, the entry fee was extremely reasonable, \$13 for the half-marathon and \$5 additional for online registration. It included a short sleeve cool-max T-shirt, a sports towel and a carrying bag. An over 100 page race procedure booklet was included in the packet. It contained race information with English translation and a list of registrants for the full, half and 10K.

Continued on Page 7

China Motor Marathon Continued from Page 6

The race was scheduled to start early at 6AM for cooler temperatures. Around 4:15AM, my brother took me on his scooter to the nearby MRT (Mass Rapid Transit) station where parking for scooters was much easier and free. We only waited a few minutes on the platform before the train arrived. It was about 90% full and most people were in their running outfits. I have never seen so many colors for bib numbers. They were black, blue, brown, green, pink, red and yellow – like the rainbow! I also noticed that many runners were carrying a big red bag. Those were the official clothing check-in bags. Due to the environmental concerns related to plastic bags, clothing check-in was only allowed in official red bags. These bags were available for purchase from CTRRA at NT\$100 (US\$3).

It was about 5:30AM and still dark when I arrived at the race start-point at CKS (Chiang Kai Shek) Memorial Hall. Tens of thousands of runners were already there. The 2004 China Motor Marathon is Taiwan's biggest race with more than 43,000 runners registered - 1,000 in full, 3,000 in half, 1,000 in 10K and over 35,000 participating in the 5K fun run. The organizer invited nine experienced elite runners from around the world to vie for prizes worth a total of US\$100,000 making it the strongest field ever.



At the 6AM-race start time, temperatures were already in the low 70s with 75 percent humidity and a light breeze. By the end of the race, the temperature rose to the high 70s with partly cloudy skies. We were extremely lucky to have such nice race conditions as a typhoon was passing through the Pacific Ocean which brought heavy rain starting that evening and lasting for two days. The point-to-point course was really scenic. After starting at CKS Memorial Hall, we wove through Taipei City, past Sun-Yat San Memorial Hall, City Hall, and 101 Financial Center - the tallest building in the world. The last two-thirds of the course was along the Keelung River where we had wide-open views of city skyline and surrounding mountains. We finished at Da-Jia Riverside Sports Park under the Keelung River Bridge.

The beginning of the race was more jammed packed than any I've ever run. I had to zigzag my way through runners for the first two minutes. Though the course was pancake flat, the heat and humidity was tough. I started struggling for water just minutes into the race and felt even worse when I had to run inside a tunnel for seemingly a mile. It got so hot that I thought I would explode. Finally I came out of the tunnel where I saw a female marathoner lying on the pavement next to a policeman's motorcycle. She like me probably did not hydrate enough. I kept pushing on and praying for water which didn't come until 35 minutes into the course. The rest of the race seemed easier, water stations were at every 2.5K. There are two things that I found different in this race. First, the markers are in kilometers only (every 5K), no mile markers at all. Second, there were very few female runners compared to US or Canadian races.

The China Motor Marathon is not timed with chips. When I crossed the finish line, one of the race judges came up to me and took the registration slip off from my bib and handed me a grade card. Then he pinned my registration slip to the bulletin board where all finishers' times were posted. I assumed I had placed #147 overall since my grade card had a number 147 written on it. With my grade card, I went claiming my finisher's medal and a big sports towel, which was really handy. I was soaked from heavy perspiration.

To Be Continued Next Month...

SBC Meeting Directions:

See map at right for location of **Hearthstone Nursing Home**.



IMPORTANT REMINDER!!!
STARTING JANUARY,
SBC MONTHLY MEETINGS WILL BE HELD AT THE HEARTHSTONE AT 6720 E GREEN LAKE WAY N

The next SBC Executive Board Meeting is at 5:30 pm on January 18, 2004 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 Odilivak

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!