

Seattle Spin

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

Who is Gordon Black?

A man? A mystery? A myth?

The following are entries in Google for "Gordon Black":

Former British swim team member Gordon Black offers down-to-earth diet and fitness coaching.

Gordon Black reports from Seattle on the positions being staked out by environmentalists and loggers, and he's finding compromise may not be easy.

*"Beers to you: Take a tour of a microbrewery"
By Gordon Black
Special to The Seattle Times*

*Mountain Biking Washington
Gordon Black forded rivers, got lost, muddy, scratched and endured baking heat to research some of the best rides in Washington.*

Gordon Black was recently named the new Executive Director of the Bicycle Alliance of Washington.



Meet the man behind the myth at the Seattle Bicycle Club's October Potluck Meeting. Gordon will help separate the fact from fiction and tell why he's the man to know in Seattle's cycling community.



The meeting takes place at 6:30 pm on Monday, October 15 at The [Phinney Neighborhood Center](#), 6532 Phinney Ave N (Phinney Ave becomes Greenwood one block north).

To round out the evening, there will also be presentations on Nutrition for Endurance Cycling with Heather King and The Feldenkrais Method for Cyclists with Peggy Protz.

It's a Potluck so bring something to share. SBC will provide dessert, beverages and utensils.

The number 5 Metro bus stops outside and there is bike parking by the entrance. The car parking lot is on the north side of the building.

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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.

As always, please check the website for any changes or additions to any of the rides listed on this page. www.seattlebike.org



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



DAILY RIDES**Saturday, October 13****Logboom Snohomish Bothell Loop****Start Location** Tracey Owen - Logboom Park, 6100 N.E. 175th Street, Kenmore, WA 98028**Meet by:** 9:10 a.m.**Start at:** 9:30 a.m. sharp - that is when the ferry leaves. Cue sheets will be on my the wind-shield of my Green Subaru Outback - Bike Plate 1379**Pace:** Moderate to Brisk (15-18) and whatever speed you can climb steep hills**Regroup:** From time to time and on top of hills**Ride Distance:** 53 miles**Ride Leader:** Gary Strauss - prefer email contact at gstrauss@gmail.com (day of ride cell 206-948-9024; day phone during week 206-816-1300; home 206-937-1852)**Rain Policy:** Bad weather cancels.**Terrain:** Some hills, some flats**Cue Sheet:** Yes.

Ride Details: This ride follows N. King and S. Snohomish low traveled and beautiful country roads. Be prepared for weather changes. Please check your tires and bike condition before leaving home. Bring at least 2 new tubes, tire levers, a patch kit, and a pump or CO2 cartridges. Have food but will stop in Snohomish for a snack. Cue sheet provided (no maps). Please do not join us if you are under a lot of time pressure. This is a fall ride for fun and smiles. If you come, you can elect to go out on your own at the start. The ride leader will hand you the cue sheet and wish you well. Otherwise, if you start with the group, the leader expects you to stay more or less with the group for the duration of the ride - including stopping at regrouping points and waiting on top of hills for others. This is not a race or very strenuously paced ride, although the group pace may exceed 18 mph at times. Not really a good ride for beginners, but intermediate riders should fit in, if they are still riding. If you are pressed for time, please consider other rides, as we will regroup as needed. However, if you are unable to reach the ride leader within 10 minutes of regrouping, you may be dropped.

**Sunday, October 14**

Where is your ride going to? Send an email to the [Rides Director](#) and get out there and lead a ride!

Do you need assistance in planning or leading your ride?

Send a message to the [SBC Members List](#).

Upcoming Events

Saturday, October 27

Bicycle Alliance Auction

Fisher Pavilion at Seattle Center, Thomas Street & 2nd Avenue North

5:30-9:30 pm

Silent Auction & Appetizers - 5:30 to 6:45

Dinner Served at 7:00

Live Auction begins at 7:30
featuring...

Silent and Live Auctions

Northwest Wines and Beers

Appetizers

Seated Dinner

Get your tickets now! [Click Here](#)

Wednesday, December 5

SBC Holiday Party

Hale's Ales, Leary Way in Ballard

Dinner and White Elephant Gift Exchange

Start looking now for your creative gift!



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!

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



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

**SBC Board Member
Meeting, October 8**

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

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

Date: Monday, October 8

Time: 6:30pm

Place: Hale's Ales on Leary Way

