

Seattle Spin

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

May is Bike Month!

April's snow showers have finally been left behind and just in time for May, when the calendar is full of rides. May is National Bike Month, and you can be rewarded for riding your bike to work all month. Hopefully, you'll love it so much that you'll never go back to your car or bus again.

May is also the month to remember those cyclists who have been seriously injured or killed while doing what they love. The Ride of Silence takes place on Wednesday, May 21 at 6:30 at various different locations in the Seattle area. Seattle's Ride will start from Gasworks Park. Go to the following link to see a listing of a ride near you: <http://www.rideofsilence.org/locations-domestic.php?s=WA#WA> See page 7 for more information on the Ride.



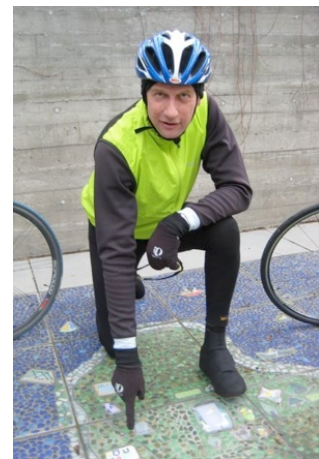
May is full of a wide range of rides that are lead by our great members. They vary from moderate in-city rambles and rides on ferries to farmers markets to rides that climb multiple passes. There are now three series rides happening every week: brisk rides in West Seattle, moderate in the Northend on Tuesdays and the now-legendary Wednesday night rides out of Gasworks Park. There is also the first tour of the season in Yakima in the middle of the month.

Sneaking a peek at June, you can read on page 6 about rides in nearly every region of Washington State. This is a great time of the year to pack up your bike, some friends and go explore!



IN THIS ISSUE:

Bike Month.....	1
Series Rides.....	2
Daily Rides.....	3
Upcoming Rides.....	6
Ride of Silence.....	7
WSDOT needs you.....	9



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

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 pacerlines 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

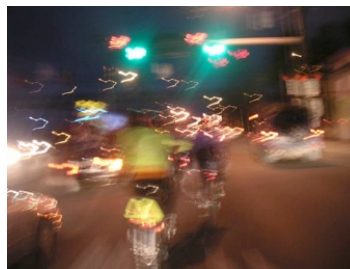
Regroup: Frequent

Distance: ~20 miles

Rain Policy: Rain cancels

Leaders: MaryJo Gerst,
maryjo1532@hotmail.com

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

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, May 3rd****Ride Around the Hood Canal****A joint ride by West Sound Cycling Club (WSCC) and Seattle Bicycle Club (SBC)**

Start Location: For those coming from Seattle meet at Seattle's Coleman Dock, or on board the 7:55 am ferry from Seattle to Bainbridge Island. Meet in the ferry's passenger compartment in the bow (front of the boat), starboard side (right).

For those coming from Kitsap meet at the Hood Canal Bridge at approximately 9:50 am. Timing will be everything, it is estimated the Seattle riders will be at the bridge by about 9:50 am.

For Seattle riders we will catch a Bremerton ferry back to Seattle. Kitsap riders will continue on to the Hood Canal Bridge or where ever they started the ride (i.e., Silverdale). Note Seattle riders: In years past Seattle riders have started in Poulsbo. Please note this year we are starting and finishing the ride at Coleman Dock so as to avoid the need to take a car over to Bainbridge on the ferry and then drive to Poulsbo.

Meet by: See above.

Start at: Seattle riders will start from Bainbridge after we depart the ferry.

Pace: Moderate to brisk. Pace will be set by the riders.

Regroup: Will regroup occasionally to keep group together and for water, potty, food, and lunch stops.

Ride Distance: About 125 miles

Ride Leader: Lee Derror of West Sound Cycling Club and Tom Tanner of Seattle Bicycle Club. Lee's email and phone contact: lderror2@yahoo.com and 360-271-4838. Tom's email and phone contact number: tjtanner@comcast.net and home 206.298.0225, and cell 206.384.9400.

Rain Policy: Wet, rainy weather cancels.

Terrain: Rolling with an approximate elevation gain of 4500 feet.

Cue Sheet: Yes.

Ride Details: Beautiful ride all the way around Hood Canal. Ride provides stunning views of Hood Canal from a multitude of perspectives. Route is flat to rolling with an approximate 4500 feet of elevation gain. Route is fairly free of cars. Riders may ride at their own pace, but we will regroup along the way for water, food, lunch and potty breaks. Ride designed for those seeking to have fun, stay more or less together, and provide mutual support. Smiles and good cheers always welcome!! This ride is part of the SBC Ramrod/Rapsody Training Series, and is jointly sponsored by WSCC and SBC.

Sunday May 4**Exploring Seattle Neighborhoods**

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

Meet At: 10:00 am Leave at 10:15 am

Ride Pace: Moderate

Ride Distance: 35-40 Miles.

Ride Terrain: Some hills

Ride Lead: Mary Jo Gerst

Contact Info: 206-546-0645

E-mail: maryjo1532@hotmail.com

Rain Policy: Showers/Rain cancels.

Ride Description: We will explore some Seattle Neighborhoods, including Magnolia, the Ballard locks, Greenlake, Ravenna, and Fremont. We may stop at a Farmers Market along the way and there will be a lunch stop.



Saturday, May 10th**3 Ferries to Port Orchard Saturday Market**

Start: Parking area at North end of Myrtle Edwards Park (see below for directions).

Time: 9:15 am leave 9:30am

Pace: Moderate

Distance: 32 Miles.

Terrain: Fairly flat with a few short hills

Rain Policy: Rain cancels but ride will be rescheduled

Leader: Mary Jo, maryjo1532@hotmail.com

Ride Description: We will ride along the waterfront and catch the Fauntleroy Ferry (\$6.20) to Southworth. Then on to Port Orchard for lunch at Saturday Market. The Market is celebrating their 30 year anniversary and have a special celebration planned. We will take the foot ferry to Bremerton to catch the ferry (free) back to the Seattle waterfront

Saturday, May 10th**4 Ferries Port Orchard Saturday Market**

Start: Pier 55 (or ride down from Myrtle Edwards Park (see below for directions).

Time: 9:15 am leave 9:30 on the Waterfront Taxi (\$3 or \$1+bus pass)

Pace: Social

Distance: 22 miles

Rain Policy: Rain cancels but ride will be rescheduled

Terrain: Fairly flat with a few short hills

Leader: Judy Kraemer secretary@seattlebicycle.com

Ride Description: We will take the Waterfront Taxi to Alki and then ride along the waterfront and catch the Fauntleroy Ferry (\$6.20) to Southworth. Then on to Port Orchard for lunch and the Saturday Market. The Market is celebrating their 30 year anniversary and have a special celebration planned. Then we will take the foot ferry to Bremerton to catch the ferry (free) back to the Seattle waterfront.

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 in 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.

Saturday, May 10**SBC Training Series - 14th Annual Issaquah to Snoqualmie Pass**

Ride Start: Tibbetts Valley Park, Issaquah

Meet at: 8:00 am. Depart by 8:15 am

Distance: ~84 Miles.

Pace: Moderate.

Terrain: Hilly

Rain Policy: Rain or Snow Cancels

Cue Sheet: Yes

Ride Leader: Monica Zaborac 206-226-8514 (cell)

Ride Description: A great RAMROD and RAPSody training ride. We'll take the scenic and hilly back roads of Issaquah to Snoqualmie Falls and North Bend. Snack break in North Bend before we start the real hills to Snoqualmie Pass. We'll stay off I-90 as much as possible, including a possible scenic trip up Denny Creek (assuming the snow has melted), which will be the last 6 miles before you reach the Pass. Lunch stop at the Pancake House at the Pass. Expect 4800 to 5000 feet of climbing on this route. To reach start of ride, take S-R 900 Exit 15 off I-90 southbound. Go 4/10th of a mile and turn left on Newport Way NW for 3/10th of a mile, then right on 12th ave for one block. Park is on the right. Please note: Certain parking may be limited to 4 hours so please park where there isn't a 4 hour restriction. Note: Map will be provided, but if you are unsure of the route, then stay with the ride leader on the climb. There are no services on this ride, so be prepared to be self-sufficient. Come prepared with at least 2 new tubes, a patch kit, and a pump or CO2 cartridges. This is a joint ride with Cascade Bicycle Club.

Sunday, May 25**SBC Training Series –14th Annual Cle Elum to Leavenworth****Ride Start:** Downtown Cle Elum by Bakery**Meet at:** 8:30 am, depart by 8:45 am**Distance:** 100 Miles.**Pace:** Moderate.**Terrain:** Hilly**Rain Policy:** Rain or Snow Cancels**Cue Sheet:** No (there are only a couple turns on route)**Ride Leader:** Monica Zaborac 206-226-8514 (cell)**Co Leader:** Paul Fleming (206)244-0963

Ride Description: A great RAMROD/RAPSody training ride. For those wanting breakfast close to the start of the ride, meet at the Pancake House at Snoqualmie Pass for breakfast at 7:00 am, otherwise ride will start at approximately 8:30 am in Cle Elum. Rain in Seattle doesn't mean it will be raining in Cle Elum. Route will take us over scenic Blewett, formerly Swauk Pass. We'll descend into Leavenworth for lunch. Route back will take us over "old" Blewett Pass. Dessert stop at Mineral Springs Restaurant before the final descent and headwinds into Cle Elum. Expect 6,000 feet of climbing on this ride. Be prepared to be self sufficient as ride leader will not stop for mechanical break downs. Come prepared with at least 2 new tubes, a patch kit, and a pump or CO2 cartridges. Take Cle Elum exit and bakery is 2 miles or so down the main road at 1st and Peoh. When you see the Dairy Queen on the right, the bakery is just a block away on the corner on the left side of the street. **Please note:** Only call the ride leader if you have questions about the route. Do not call about the weather as ride leader will only cancel the ride if it's actually raining in Cle Elum at 8:30 am! Last 2 years, it rained on the drive to Cle Elum, but stopped by the time the ride started. This is a joint ride with Cascade Bicycle Club.

Monday, May 26th (Memorial Day)**7 Hills of Kirkland- Century Route (14 Hills)****Meet:** 7:15 am at registration table in Kirkland Downtown Park**Start:** 7:30 am**Distance:** 100 miles**Pace:** Moderate-Brisk**Terrain:** Hilly, total gain of 7,000'**Rain Policy:** Heavy rain cancels**Cue Sheet:** Yes

Cost: Yes, this is a supported ride with food stops, etc. Fees vary, see 7 Hills website for details:

<http://www.7hillskirkland.com/index.htm>

Leader: Louise Kornreich, louise.kornreich@gmail.com

Ride Description: 7 Hills of Kirkland is an organized ride put on as a fundraiser for KITH, Kirkland Interfaith Transitional Housing. There are three courses: 40, 60 and 100-miles with loops that build on each other. Some of the summits reached are Juanita, Seminary, Winery, Union and Stillwater Hills.

Directions to Start: from I-405 take exit 18 SR908 (NE 85th St), heading west. This becomes Central Way. Turn left at the light onto Lake Street. At the next light, turn right on Kirkland Avenue. Marina Park is at the end of Kirkland Avenue.



Upcoming Out-of-Town Rides

rides and other events of note

Sunday, June 1

Peninsula Metric Century, Gig Harbor, WA

Ride from either Gig Harbor or Southworth on scenic routes through the Kitsap Peninsula. website: www.twbc.org

Sunday, June 8

Fort2Fort Ride, Port Townsend, WA

This ride, presented by the Friends of Fort Worden, takes the cyclist through history and scenery by visiting 2 to 3 historic forts. The routes are hilly but scenic and include a reward of music and beer at the finish. See www.fort2fortride.org for more info.

Saturday, June 14

Chelan Century Challenge, Chelan, WA

The question isn't *when* you will finish the Century Challenge, it's more likely *if* you finish, due to the last climb of the ride. Check out the elevation graph and maps at their website. www.centuryride.com

Saturday, June 21

Tour de Blast, Toutle, WA

Be sure to register early for this popular event as it sells out every year. The ride leaves the flatlands at the base of Mt St Helens and heads up to the blast zone, topping out at the Johnston Ridge Visitor Center, a total of 82 miles and 6,240' gain: www.tourdeblast.com

Saturday, June 28

Mt Adams Bicycle Tour, Trout Lake, WA

On the 105 mile loop with 6,500' gain (there are shorter options), you will encounter waterfalls, creeks, eagles and all the majesty this special country around Mt Adams provides. There is lunch at a coffee shop and rest stops throughout. <http://www.troutlake.org/>



Ride of Silence May 21, 2008

by Duane Wright and Gary Strauss

On May 21, 2008, cyclists around the globe will participate in the **Ride of Silence**. In Seattle in 2006 and 2007, over 1000 cyclists took to our roads in this silent procession to honor fellow cyclists who have been killed or injured while bicycling on public roadways. The **Ride of Silence** reminds motorists that cyclists share the roadways and have a legal right to do so. Riders will cycle from Gas Works Park commencing at 6:30 p.m. through the University District, Downtown Seattle, Queen Anne and back to Gas Works. The **Ride of Silence** builds awareness of the legal rights of bicyclists and encourages our community to join the growing trend of finding alternatives to driving to work and undertaking healthy recreation.

Public officials including Governor Gregoire, Lieutenant Governor Brad Owens, King County Executive Ron Sims, and Seattle Mayor Greg Nickels, have issued Proclamations and letters supporting the **Ride of Silence**. Here's what they are saying:

"This silent, slow-paced ride honors cyclists who have been injured or killed on public roadways and raises public awareness about the need for motorists to share the road. Far too often, drivers do not understand the rights of cyclists, nor do they pay adequate attention to bicycles near their vehicles. The Ride is an excellent way to educate our communities about the responsibility we all share to make our roads safe for everyone." Governor Christine Gregoire

"It is my privilege to salute the bicycle community for organizing the Ride of Silence. Events such as Seattle's 2008 Ride of Silence on May 21 serve not only to honor and memorialize rider deaths, but to also bring more attention to the need for improved bicycle safety and constant motorist awareness on our roads. It is my hope that the Ride will itself serve as a quiet event but one with a deafening message to make our state a safe place for bicyclists." Lieutenant Governor Brad Owen

"Although cyclists have a legal right to use and share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves." King County Executive Ron Sims

"We must continue to improve the relationship between motorists and cyclists, and ensure the highest level of well being" Mayor Greg Nickels

The **Ride of Silence** is a free ride that asks cyclists to travel no faster than 12 mph, to remain silent during the Ride, to ride together slowly in single file on busy streets, and to ride legally (for example, stopping at red lights and stop signs and riding with lights after dusk). Please do not park at the Gas Works parking lot. We encourage you to ride your bike to Gas Works if possible. To volunteer to help promote and support the **Ride**, please contact garystrauss@gmail.com or checkers@u.washington.edu. The course and pace are suitable for riders of all levels and age. Please be at Gas Works Park no later than 6:10 p.m. We are inviting federal, state, county and city officials and transportation officials to participate, and you are welcome to invite ask them personally.

**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).

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



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

A Call for Cyclist Input:

WSDOT seeks comments on state's bicycle and pedestrian plan!

What do Washington's communities need when it comes to bicycle and pedestrian transportation? How can the state help to meet those needs? What would encourage people to walk or bicycle more often?

We need answers to questions like these to help us update our bicycle facilities and pedestrian walkways plan for Washington state. We are asking people to review our draft of the plan and send us their comments through May 31, 2008. Comments can be submitted through the [Web site](#) or by calling the toll free number: 1-866-375-6729.