

Seattle Spin

Riding for fun, friendship and adventure!

semi-monthly newsletter of C.O.G.S.- Cyclists of Greater Seattle

Welcome to the first newsletter from the newly reorganized Cyclists of Greater Seattle or COGS for short. COGS is the new evolution of the Seattle Bicycle Club and we intend to make this club even better, more active and fun than before. COGS is home to the now-famous Wednesday Night Gasworks series, an in-city hillfest of a training ride. We are also happy to have the Between the Nox series in West Seattle that runs from April to October (between the equinoxes).



As the weeks progress and the weather improves, there will be more of an interest to lead weekend rides on various locations, giving riders a chance to spin with friends

and get out and see some new scenery. Also in the works is the 2009 COGS Training Program which is made up of rides that will allow you to get into great shape, whether it be for a particular event, like RAPSody or RAMROD or just to be in great shape and get out to the mountains and other areas. The series includes rides up Hurricane Ridge, a loop at Mt Rainier, Whidbey Island and Seabeck, among others.



In the meantime, if the weather is keeping you from your bike, you can still join your cycling friends at a Dinner Out! at various locations. This month, there will be a chocolate tasting on lovely

Queen Anne, in time for the biggest day of chocolate consumption in the US.

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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 Leads: Arnie, Bill, Bob A, Dan, Elias, Garth, Howard, 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.

Did you remember to renew your membership?

Renew online!

[Click Here](#) to renew online:



SDOT Creates On-Street Bicycle Parking (1 Car = 8 Bikes)

Seattle Dept. of Transportation

SEATTLE – Working to support the city's growing number of bicyclists, the Seattle Department of Transportation (SDOT) will create on-street bicycle parking in neighborhoods around Seattle. With a goal of having one to two per neighborhood, the department will install these unique bike facilities at three locations starting next week.

Taking the place of one to two motor vehicle parking spaces, on-street bike parking will be filled with bicycle racks and surrounded by a raised curb.



Bicyclists can enter the parking area from the sidewalk and each car-sized space will accommodate up to eight bikes.

This new program addresses the expanding need for bicycle parking and is part of the ongoing implementation of the Bicycle Master Plan, which seeks to triple the number of people bicycling in Seattle over ten years.

By mid February the new bike facilities will be installed:

- Mid block of Broadway E between E Harrison Street and E Republican Street (by Broadway Market)
- At the corner of 12th Avenue and E Spring Street (by Stumptown Coffee Roasters and Café Presse)
- At the corner of Woodlawn Avenue NE and NE 70th Street (by the Greenlake Condominium)

SDOT is planning additional on-street bicycle parking locations for 2009. For more information or to request bicycle parking in a neighborhood, please contact the Seattle Department of Transportation at (206) 684-7583 or bikeracks@seattle.gov.

The Seattle Department of Transportation builds, maintains and operates Seattle's \$8 billion transportation infrastructure. To further Mayor Nickels' goal to get Seattle moving, the department manages short- and long-term investments in streets, bridges, pavement and trees, that better connect the city with the region.



Legislative Update: We're Busy in Olympia!

The Bicycle Alliance of Washington is working to pass several bicycle-friendly laws in the 2009 Washington State legislative session.

"We've got legislation in Olympia to make cycling safer, more enjoyable and a key part of our transportation system," said BAW Board President Kristin Kinnamon. "We want our members to contact their state representatives and ask them to support our bills."

Below is a short list of key bills and their assigned bill numbers. Please contact your state reps and ask them to support the House bills (HB) and ask your state senator to support the senate bills (SB). Our legislative agenda is described in detail on our website and you can read about it [here](#).

School Transportation Funding (HB 1793/SB 5743). These companion bills will increase the dedicated state funding for Safe Routes to School grants.

Traffic Actuated Signals (HB 1403). Will require jurisdictions to make all new traffic signals able to detect bikes and motorcycles and to upgrade equipment at existing signal locations when upgrade work occurs. Also supported by the Washington Road Riders.

3-Foot Passing (HB 1491/SB 5335). Thanks to earlier efforts by the Bicycle Alliance, Washington State law requires cars to pass cyclists and pedestrians at a "safe distance." To assist in educating the public, this bill will define safe passing as a minimum of 3 feet. Law enforcement groups support this bill as well.

Construction Zones (HB 1535). This bill requires compliance with existing standards (Manual of Uniform Traffic Code Devices) so that people using wheelchairs, bikes or their own two feet are considered when construction, repair, utility or maintenance closures and detours are necessary.

Transit Oriented Development (HB 1490/SB 5687). Will create compact, affordable development around transit centers that include safe walking and biking routes.

Click [here](#) to email your state reps. You can also leave a message for them by calling the Legislative Hotline at **1.800.562.6000**. Don't know who your legislators are? Use this [link](#) to find out who represents you!

Join us for Transportation Advocacy Day

Join the Bicycle Alliance of Washington and other like-minded groups for Transportation Advocacy Day in Olympia on February 24. This all-day event includes an update on current trans-

portation issues, tips for effective advocacy, and an opportunity to meet with your legislators. Carpooling is available. For more details about the day and to register online, follow this [link](#).

Bike Alliance Takes Over Management of Bikestation Seattle

Bikestation Seattle management has been taken over by the Bicycle Alliance of Washington. A new card key access system has been installed and new service plan options are being offered. Bike Alliance members receive a discount if they sign up for Bikestation services. Click [here](#) to learn more. The Bike Alliance is committed to excellent customer service at Bikestation and we see this bike parking facility as a way to promote biking as transportation throughout the state.

National Bike Summit

Bicycle advocates from around the country will converge in Washington DC in March for the National Bike Summit. This year's Summit will focus on making a powerful case for expanding federal support for bicycling - for active transportation and recreation. The Bicycle Alliance will be at the National Bike Summit to represent **you** and we are making appointments with our members in Congress. For more information, contact [Dave Janis](#) at the Bike Alliance or check out the [League of American Bicyclists](#) website.

How Illuminating!



Spokespeople invites you to join them this month for a bike lights event with intrepid Spokesman Michael Snyder is the Safe Lights 2 School light and reflector test on Feb 25 from 6 to 8 pm. on the asphalt playground at 4057 5th Ave NE. Sponsored by Seattle Department of Transportation SR2S, the idea is to wear your lights, reflectors, and usual bright clothing so we all can compare what works best, and you and your family can really see what works best at the best price.

<http://greenwallingford.ning.com/events/safe-lights-to-school> or
<http://www.facebook.com/event.php?eid=45993431383&ref=ts>

**CYCLISTS OF GREATER SEATTLE IS A PROUD MEMBER OF THE
LEAGUE OF AMERICAN BICYCLISTS AND THE BICYCLE ALLIANCE OF WASHINGTON**

Who We Are: Cyclists of Greater Seattle, Inc. is a not-for-profit membership organization dedicated to the interests of recreational cycling enthusiasts. Our interests are cycling, safety, fun and friendship.

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 and parties. Plus, you will be supporting your cycling community.

www.cyclistsofgreaterseattle.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!

2009 Board Members

President: [Louise Kornreich](#)

Vice President: [Allison Bailey](#)

Secretary: [Tom Tanner](#)

Treasurer: [Rick Stolz](#)

Past President: [Dan Wakefield](#)

Contact any board member for more information

Non-board Volunteers:

Membership: [Mark Peterson](#)

Newsletter: [Louise Kornreich](#)

RAPSody: [Bob Nyberg](#)

Rides Director: [Jim Stewart](#)

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info@cyclistsofgreaterseattle.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 COGS 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.

Bike Repair Classes at Wright Brothers Cycle Works in Fremont

Basic Maintenance
(tires, brakes, shifters, derailleurs)

Bearing Maintenance
(hubs, headset, & bottom brackets, and wheel truing.)

Wheel Building
(self explanatory)

Enrollment is limited to 12 per class, and often fills up, so prepay to reserve your spot. Prices are \$70 for the bearings class (five sessions) and \$60 for the basic or wheelbuilding class (four sessions). Co-op members get a \$10 discount on class fees. Current class offerings can be found on the website:
www.wrightbrotherscycleworks.com/.

National Safety Council Proposes Cell Phone Ban

The [National Safety Council](http://www.nsc.org) (NSC) is calling on motorists to stop using cell phones and messaging devices while driving, and is urging governors and legislators in all 50 states and the District of Columbia to ban the behavior. The ban will cover hands free phones as well. A study from the Harvard Center of Risk Analysis estimates that cell phone use while driving contributes to 6 percent of crashes, which equates to 636,000 crashes, 330,000 injuries, 12,000 serious injuries and 2,600 deaths each year. "When you're on a call, even if both hands are on the wheel, your head is in the call, and not on your driving," said Janet Froetscher, president and CEO of the NSC. "Unlike the passenger sitting next to you, the person on the other end of the call is oblivious to your driving conditions. The passenger provides another pair of eyes on the road." Click [here](#) for more info.