



# OutSpoke'n

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Volume 8, Issue 7

Official Newsletter of the Seattle Bicycle Club

August 2005

## Former SBC President Kicks It Up A Notch "Racing At The Velodrome" By Molly Johnson

For the last few years I've been wanting to try my hand at racing. I really enjoyed watching the "Friday night races" at the Marymoor Velodrome but didn't feel strong enough to participate myself. This year I bought a new road bike and my riding was really improving. A friend of mine who track races convinced me to take a class at the track. She told me this really allows you to see what it would take and the racing on the track is so much different than road racing. They teach you bike handling skills, pace line skills, and it is a lot of fun. So I signed up for a class on June 25th and I was hooked!



The class was a lot of fun. It took a bit of time to get used to riding without brakes. If you don't know much about track racing, there are special bikes called 'fixed gears' that have no brakes and that must be pedaled constantly. At first it seems unnatural to ride a fixed gear bike, but once you get adjusted to that (and how to stop) then you realize how much safer it is to ride with others without the brakes. You have the confidence that no one can suddenly brake in front of you, and since it takes more effort to stop and speed up it is actually less likely that accidents will happen.

In the class I learned to ride and bump elbows with a partner, ride while holding onto my partner's shoulder, ride in a paceline, and generally race appropriately. It is all about feeling comfortable riding in the 'peleton' type closeness to having to sprint behind someone's wheel. Our training rides take us on 2 sets of 15-20 lap warm-ups that start at 18 mph and end up at 25 mph (each lap is 400m). We then do several different sprints, team pursuits, jumps and so forth.

I have done a couple races now and it is incredible! You feel so alive going so fast -- racing to the end so hard you feel as if you will puke and knowing you just gave every bit of energy on that last sprint. I love hearing the crowd cheering, feeling the adrenaline, figuring out what tactics others are using, cheering on others that are racing, trash talking (to psych out your opponents) and just having fun! I am hooked now and there is no turning back. My friends that have watched me race are saying that my form is good and they can see me improve each week as I get stronger.

**MONTHLY MEMBERSHIP MEETING**

**Membership meetings for June, July and August will be featuring a potluck at Green Lake. We will meet in the park across from the Green Lake Library at 6pm. Bring your favorite potluck item of an appetizer, salad or main dish. In addition bring your plate, eating utensils and a beverage.**

**New Meeting Location for September**

Starting Tuesday, September 20, our monthly meetings will be held at the Phinney Neighborhood Center in the Greenwood/Phinney area. If you haven't seen this wonderful old school building that has been converted to community uses for over 20 years, you are in for a real treat! Our meeting room is on the second floor with big windows and a view you won't believe. And get out your cookbooks because potlucks return to our monthly meetings! If that isn't enough, we have very special guests, "The McFarlands," lined up for our kickoff. Look for more information in the next newsletter!

**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](mailto: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!*

**New Members Corner**

*Seattle Bicycle Club welcomes the following new members to our club this month:*

Garth Williams  
Patricia Solomon  
Karen Bertling  
Jackie Kallay  
Michael Kallay  
Ron Tazuma  
Lyly Fisher  
Katherine Ransel  
Jessica Ryan  
Leah Kosik

**Volunteers Needed for RAPSody**

*We are still looking for SBC volunteers for the 2005 RAPSody ride to staff our rest stop on Sunday, August 28, in the Nisqually Valley area just north of Olympia. Volunteers can participate in the pre-RAPSody bike ride, which takes place on August 6th and 7th. Volunteers also receive a free t-shirt and socks.*

*If you wish to volunteer please contact Molly Johnson at [bicyclinginseattle@yahoo.com](mailto:bicyclinginseattle@yahoo.com) or Mark Reibman at [mreib@earthlink.net](mailto:mreib@earthlink.net) to let us know of your availability. Please come join us in being part of the SBC rest stop for RAPSody 2005!*

## A "MIDSUMMER NIGHTMARE" Turns Into A Dream Come True

By: Jennifer Chang

Four people from Seattle Bike Club drove out to Spokane over the Fourth of July weekend to ride the "Midsummer Nightmare." All four of us who attended the ride (Arnie Chin, Rebecca Moen, Mike Moreland, and myself) felt that the ride was of such caliber that it was worth sharing our experience of the ride with you. This is a 200 mile ride put on by the Spokane Bicycle Club with elevation gains somewhere between 7,000 and 11,000 feet and vistas of wide open skies, lakes and mountains melding with each other, wheat fields, meadows and forests.

I convinced Arnie to ride it with me, and boy, was I glad to have his company during that 200 mile stretch. We got to the start late, so by the time we got there, all the riders were gone. Arnie thought maybe we'd mistaken the date. But, we spotted an organizer who directed us to Shari's for registration. By the time we put the bike together and took off, it was 5:27 am, according to time-conscious Arnie.

Because of its name, I'd focused on this ride mainly as a nightmarish training ride that's all about pain. I am happy to report that I was oh-so-wrong. This may be a nightmarish ride, but it passes through, at times bucolic, at times wild, dream-like landscapes of lakes and mountains and meadows. When the sun's rays were angled just right, the most glorious shades of gold brush-stroked the wheat fields. Lakes were deep and blue and encompassing. It was delightful to catch the sparkles off the water. Then there were the climbs, that went on and on, and just when you thought you were done, went on again. But, nothing impossible. Just something long and hard, but something you get in the low gear and grind out.

*Continued on Page 7...*



### 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 20<sup>th</sup> of the month. Send your submissions to [articles@seattlebicycle.com](mailto:articles@seattlebicycle.com)*

### *"Racing At The Velodrome" Continued from Page 1*

Contrary to what I initially thought, you do NOT need to be fast to get started in this sport -- you just need to have the motivation to come out to learn, practice, work hard for improvement and have lots of fun! You also don't need to spend a lot of money for a high end bike. In fact, the Marymoor Velodrome allows you to rent bikes for \$5 for classes and/or for races. There are also some reasonably priced fixed gear bikes out there. I found a Fuji Track (fixed gear) bike that was on sale for \$350.

There is so much to learn about track racing. I'd like to encourage people to just take a track class. At the very least, you will learn how to better handle your bike, ride in close proximity to others, ride in a pace line, have a smoother pedal stroke (i.e. you really learn what horrible pedaling habits you have developed), build up endurance and sprinting skills, and most importantly -- you will HAVE FUN!!!

I will be joining a race team this fall to get better trained for next year and to have some team mates that I can use strategy tactics with and work together in winning races! There is only about a month left in this season. The schedule is available on the Marymoor Velodrome website at: [www.marymoorvelodrome.org](http://www.marymoorvelodrome.org). If anyone is interested in taking a class this year or next year or learning more about track racing you can contact me and/or go to the Marymoor Velodrome website. I hope to see some of you out there!

## Monthly Rides: *(Check website for updates during the month!)*

*Do you have a favorite course that you'd like to share with SBC? We are always looking for more rides and would love to help you lead a ride. Contact Stephanie Roche (past\_president @ seattlebicycle.com) for Escargot and Social paces, and Tom Potter (secretary @ seattlebicycle.com) for Moderate to Brisk paces.*

**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.

### August 2nd, Tuesday, North End Tuesday Ride Series

**Ride Start:** Richmond Beach Rd and NW 8th St. parking lot of the QFC by Starbucks

**Meet At:** 6:15 pm, start 6:30 pm sharp.

**Ride Distance:** 18-20 Miles.

**Ride Info:** Mary Jo 206-546-0645 *maryjo1532 @ hotmail.com*

**Rain Policy:** Heavy rain cancels.

**Ride Description:** For those of us who live or work in the North End. We will do varied loops around the area on lightly traffic roads, enjoying water and mountain views. Starting place may vary during the summer. No ride the third Tuesday of the month. There will be an optional get-together at the establishment of our choice after the ride.

**Ride Pace:** Moderate.

**Ride Terrain:** Mostly flat, some hills.

**Ride Leads:** Mary Jo, Mark, et al.

### August 3rd, Wednesday, Gasworks Wednesday Ride: Training Series

**Ride Days:** Wednesday Evenings.

**Meet At:** 6 pm, start 6:15 pm.

**Ride Distance:** 20-35 Miles.

**Ride Coordinator:** Jennifer 206-409-1686.

**Rain Policy:** Showers and wind okay. Only heavy rain & snow cancels.

**Ride Description:** This is a mid-week training ride for those who live or work in Seattle. We will vary the routes from week to week and sample Seattle's neighborhoods, parks and waterfronts. We will climb at least one or two hills to strengthen our lungs and legs, but the ultimate goal will be to catch sunsets from high and low. Optional get-together at the after the ride.

**Ride Start:** Gasworks Park, Seattle.

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

**Ride Terrain:** Variable with few definite hills.

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

### August 3rd, Wednesday, Eastside Evening Escape Series

**Ride Start:** Marymoor Parking Lot K. (\$1 Parking Fee.)

**Ride Pace:** Moderate.

**Ride Lead:** Chris M, *mackayc @ exponent.com* 425-922-7435.

**Ride Details:** Come join us for our traditional Eastside Exercise Series created for those working or living on the Eastside who don't want to fight bridge traffic to attend a mid-week ride in Seattle. We will always meet at Marymoor Park but will vary the route each week. There will always be a post-ride get-together in Redmond.

**Start At:** 6:30pm.

**Ride Distance:** 18-25 Miles.

**Ride Terrain:** Some Hills.

### August 4th, Thursday, Escargot Ride Series, Thursday Night Specials

**Ride Start:** Gasworks Park, Seattle.

**Ride Pace:** Leisure.

**Ride Terrain:** Flat.

**Ride Coordinator:** DanW 206-283-1993.

**Ride Details:** Meet at Gasworks Thursday evenings for a casual evening ride on the Burke Gilman Trail. Leave at 6:30pm and return by 8:30pm. Distance traveled will be determined by group. Join David Smith before the ride for a 30 minute talk/demo about bicycle riding and communication skills. David will help fill in those gaps so you become a better and happier rider.

**Meet At:** 6:15pm, start 6:30pm. Note Time Change

**Ride Distance:** TBD.

**Rain Policy:** Rain cancels, sprinkle OK.

## OLYMPIC PENINSULA TRAVELER ALERT—CLOSURES PLANNED FOR HOOD CANAL BRIDGE

*If you're planning to do a bike ride in August that crosses the Hood Canal Bridge, be aware that the bridge will be closed for two three-day periods during August. The first closure will begin at 8:00 PM on Thursday, August 11. The bridge will re-open at 4:00 AM on Monday, August 15. The second closure is scheduled to begin at 8:00 PM on Sunday, August 21. The bridge will reopen at 4:00 AM on Thursday, August 25. Visit [www.hoodcanalbridge.com](http://www.hoodcanalbridge.com) for more information.*



## Monthly Rides Continued:

### August 5, 6, 7 Weekend at the Birch Bay Hostel

Spend the weekend at beautiful Birch Bay and enjoy riding along the bay, take the ferry to Lummi Island or visit the Peace Arch. Enjoy the sunset with a walk along the beach after dinner. The area is fairly flat and very low traffic. For the more ambitious there is always Chuckanut Drive. Also, we are hoping the Vancouver club can join us on some of our rides. Your weekend includes Friday and Saturday night lodging at Birch Bay Hostel, breakfast Saturday and Sunday, Saturday night dinner, snacks, ride maps and lots of fun for only \$50.00. Send your reservation to SBC Treasurer, Mark Peterson, c/o SBC, P.O. Box 31423, Seattle, WA 98103-1423. You will receive a confirmation by email of your reservation. Remember you must be a member to participate in SBC tour weekends.

**Bring:** Sleeping bag, towel & beverage for Saturday night dinner. **You will need to bring \$5.00 cash for a refundable cleaning deposit. This is a new hostel policy for groups.** We have reserved 25 spaces at the hostel.

**Contact:** Mary Jo *president @ seattlebicycle.com* for more details and to sign up for carpool.

**Meet:** Those arriving on Friday evening can join us for dinner at Stephani's By the Bay, 7878 Birch Bay Drive, around 7pm. If arriving on Saturday morning plan on being there by 9am for 9:30am ride start.

**Friday Ride Start:** Pioneer Park in Ferndale, Exit 262

**Meet At:** 9:45am leave 10:00 am

**Ride Pace:** Moderate.

**Ride Distance:** 40 miles.

**Ride Terrain:** Mostly flat with a few hills

**Ride Description:** Meet in Ferndale and ride to Lynden for Lunch. Nice rural ride to the Dutch town of Lynden. Hostel does not open until 5pm.

**Saturday Ride Start:** Birch Bay Hostel

**Meet At:** 9:00 leave 9:30am

**Ride Pace:** Moderate.

**Ride Distance:** 50 miles.

**Ride Terrain:** Mostly flat with a few hills

**Ride Description:** We will ride south and take the ferry to Lummi Island for lunch. The more ambitious can do some extra miles on the Island. We will make a stop at Hovander Homestead park on the return.

**Sunday Ride Start:** Birch Bay Hostel

**Meet At:** 9:00 leave 9:30am

**Ride Pace:** Moderate.

**Ride Distance:** 40 miles.

**Ride Terrain:** Mostly flat with a few hills

**Ride Description:** we will bike along the shore of Birch Bay heading north to the Peace Arch. We will stop there to enjoy the flowers and the Sculpture Garden. You can have lunch in the park or at a nearby restaurant. The return ride will take us on a tour of the country side.

August 9th, Tuesday, Northend Tuesday Series – See Aug 2nd ride for details

August 10th, Wednesday, Eastside Evening Escape Series – See Aug 3rd ride for details

August 10th, Wednesday, Gasworks Wednesday Ride: Training Series – See Aug 3rd ride for details

August 11th, Thursday, Escargot Ride Series, Thursday Night Specials – See Aug 4th ride for details

August 13th, Saturday Whidbey Island

**Meet At:** 9:00AM for ferry sailing

**Ride Start:** Mukilteo Ferry dock

**Ride Pace:** Moderate

**Ride Distance:** About 50 miles

**Terrain:** Hilly terrain with some difficult climbs

**Leader:** JeanH. 206-325-4082

**Bring lunch or buy in Greenbank. This is a joint ride with the Mountaineers**

August 14th, Sunday An Urban Seattle Bike Ride

**Ride Start:** Gasworks Park

**Meet:** 9:15 AM.

**Start:** 9:30 AM

**Ride Distance:** ~30 Miles.

**Ride Pace:** Social/Low Moderate

**Terrain:** Mixed, some hills.

**Ride Leader:** Bob N., 206-795-1363, bobnyberg@msn.com

**Ride Description:** A bike ride through Seattle, we will visit some parks and view points. Mid ride break at a Cottage on Capitol Hill for coffeecake, fresh fruit and shade-grown coffee. A special thanks to our hostess, Julie Stohlman, who offered this coffee break up for the Silent Auction at the Bicycle Alliance of Washington 12th Annual Auction. This ride will be limited to the first 10 SBC members who RSVP.

## Monthly Rides, Cont...

### August 17th, Wednesday, Eastside Evening Escape Series –

See Aug 3rd ride for details

### August 17th, Wednesday, Gasworks Wednesday Ride: Training Series –

See Aug 3rd ride for details

### August 18th, Thursday, Escargot Ride Series, Thursday Night Specials –

See Aug 4th ride for details

### August 20th, Saturday An Island Excursion

**Destination:** An as yet undecided Island bicycle ride. Possibilities are Vashon, Lopez, or San Juan Island.

**Ride Pace:** Social, Moderate and High Moderate

**Ride Leader:** MarkR 206-323-5277 mreib @ earthlink.net

### August 23rd, Tuesday, Northend Tuesday Series –

See Aug 2nd ride for details

### August 24th, Wednesday, Eastside Evening Escape Series –

See Aug 3<sup>rd</sup> ride for details

### August 24th, Wednesday, Gasworks Wednesday Ride: Training Series –

See Aug 3rd ride for details

### August 25th, Thursday, Escargot Ride Series, Thursday Night Specials –

See Aug 4th ride for details

### August 30th, Tuesday, Northend Tuesday Series –

See Aug 2nd ride for details

### August 31st, Wednesday, Eastside Evening Escape Series –

See Aug 3<sup>rd</sup> ride for details

### August 31st, Wednesday, Gasworks Wednesday Ride: Training Series –

See Aug 3rd ride for details

### September 1st, Thursday, Escargot Ride Series, Thursday Night Specials

See Aug 4th ride for details

## Take Time to Smell....and Weed!...the Flowers!

Do you ever wonder what other activities your fellow SBC members do in their spare time? Two of our members, Sue Carrel and Leo Gorenstein, have an interesting hobby that they'd like to share with you – volunteering for the Washington Park Arboretum. Many of us have biked through



the Arboretum and enjoyed the beauty of this local park, and now you can have a chance to give back and help a worthy cause. Volunteer gardeners work from 12:30 until 3:30 every Tuesday afternoon and their duties include: weeding, mulching, planting and pruning. If you'd like to join Sue and Leo and help out, contact David Zuckerman, Ground Supervisor at 206-616-4050. Hand tools and work gloves are provided.

### **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.*

*"Midsummer Nightmare" Continued from Page 3*

We met some great people. The volunteers were great – they waited for us two laggards (okay, Arnie could have dropped me in a beat, but he stuck with me till we crossed the finishline) and fed us, chatted with us, and fed us again. My favorite was tiny cinnamon twists with sweet, sticky walnut center baked to crisp perfection. There were brine-soaked chicken thighs roasted in the oven that tingled and nourished all the tastebuds in your mouth, and home-made soup that hit just the right spot when your body was craving something salty and flavorful toward the end of the ride.

Then there was The Saint -- The Guardian Angel -- by the name of Paul Eichin--a bicycle world tourist, who trailed us in his SUV during last 5 to 10 miles when it got dark, providing the headlight, so we could finish the course at 10:30 pm! He went beyond the call of duty to give us the opportunity to finish the course--because he himself was a cyclist who had done this ride four times and understood our desire to finish the course.

Of course, there were some mishaps along the way, too. In the morning rush, Arnie and I forgot to fill our water bottles. Running low on hydration, we snuck into someone's lawn at 7 am, unhooked the sprinkler system and stole some water from the garden hose. At second to the last food stop, Dan Henry's disappeared amidst the dirt of road construction zone. We were lost in that...hm, radius of few blocks..., cycling back and forth, retracing our routes, reading cue sheets and trying to make heads-and-tails out of the maps. We met some friendly people, too, including a man who was hard of hearing, who yelled us directions to the best of his ability. One hour and fifteen minutes later, however, when we realized we were still at the same spot we started out from, just circling the perimeter of two or three block radius, we decided to hop back on track by taking the main highway for few miles. This solution, which was originally suggested by our Guardian Angel Paul at the rest stop, stopped our circular meandering and put us right back on track.

Another mishap is that I strained the tendon at the back of my left knee. I had just gotten my bike tuned and when the seat was put back on, the tape I'd placed on it was missing, and the seat height adjustment was just a wee off. But, by 100 mile point at which I finally adjusted the seat height, the damage was done.

Through all the travails, I have to say it was a tough but a great ride. The food was great, the support marvelous and the scenery beyond expectation. I expected a difficult ride and I got one. I never expected all the bonus factors, and they rolled in in double and triple portions. And they kept coming!

I want to keep the ride just the way it was--small and unknown—for selfish reasons. But, I know these volunteers work hard for a ride that they raise hardly ANY money, and for their sake, I want to let the world know about this ride. This gem of ride that bursts with moments of grandeur and beauty, and that's challenging for the most hardy. Did I say that I LOVED this ride? Next to Ramrod, of all the organized rides I've done so far here in Northwest, this one tops them all--for scenery and challenge. I recommend it highly and this is another one of those rides I would put on my list to do again and again--if only I can be in shape to complete it.

I really wanted to finish the ride and, though we were the last ones to roll in, we got to finish the ride, and I am so, so, SO happy for it.

## Directions to Monthly Meeting Potluck Location



Check out  
[www.seattlebicycle.com](http://www.seattlebicycle.com) for  
 details about the next SBC  
 Executive Board Meeting.

**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****Membership:** Tom Potter**Newsletter:** Karin Bulova**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](mailto:info@seattlebicycle.com)**WANTED: OUTSPOKEN EDITOR ASSISTANCE**

Would you like to try your hand at being a reporter for the SBC newsletter? Would you be interested in helping to develop newsletter content and assisting with newsletter layout and production? If so, I'd love to hear from you. I've been the newsletter editor for the past year and a half and am currently in need of someone to help out. The amount of time it will take each month depends on what kind of support you'd like to provide and how much you would like to take on. Options could include any combination of: Reporter, Content Coordinator, Layout/Editing, and Production & Distribution. Being involved in the newsletter is a great way to support your club and keep up to date on the latest news. Please send an email to [articles@seattlebicycle.com](mailto:articles@seattlebicycle.com) if you would like to help out. Thanks! Karin Bulova

**Membership Renewal:**

*If you've recently received a renewal notice from us? If so, 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](mailto: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](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!