



SBC Newsletter

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

Under Construction!

SBC to roll out revamped newsletter name and logo for 2007



At the last Board Meeting, it was decided that Seattle Bicycle Club needs a new look for 2007. The logo of the Space Needle doesn't represent the club's mission as a friendly bicycle club and the newsletter title needs a change.

This is where we'd like your participation. Do you have an idea for the title and/or logo of the SBC newsletter? We'd love to know about it. If we use your idea, we may even give you something to reward your creativity but, more importantly, your idea will be immortalized every month for all to see.



Please send all your great ideas (you can send the not-so-great ones too, we could use a laugh) to:
president@seattlebike.org

**Don't
miss the party
December 13
at Hale's
Ales!**

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CLUB MERCHANDISE**Seattle Bicycle Club Jerseys & T-shirts**

There are still some jerseys and t-shirts remaining for purchase. You can buy them at the Monthly Meetings or by emailing: merchandise@seattlebicycle.com



Jerseys \$55 Unisex sizing;
Pro-fit cut

Size: XSS M L
XL XXL

Chest: 34 36
 38 40
 42 44

The jerseys are made by Louis Garneau in a Micro-Airdry fabric. They have 3 back pockets and a 15" invisible zipper.

T-Shirts:

Short sleeved \$13 S-XL, \$14 XXL

Long sleeved \$16 S-XL, \$17 XXL

CLUB MEETINGS**Holiday Party December 15!**

Come celebrate the holidays and cycling with your SBC friends. We are at a new venue this year, Hale's Ales, adjacent to the Burke Gilman trail in the Ballard-Fremont neighborhood of Seattle.

Date: Wed, December 13

Time: 6:30pm

Location: [Hale's Ales](#), 4301 Leary Way NW

Cost: \$10 per person to cover the food plus cash for beers at the no-host bar.

Bring: A White Elephant gift if you wish to participate in the gift exchange.

**CLUB MEMBERS**

Please welcome the following new members:

[Jarold Morgan](#)

[Cory Whalen](#)

And celebrate the renewal of these members:

[Ed Schramko](#)

[Myrna Aavedal](#)

[Michele Morgan](#)

Renew your membership online. Go to: www.seattlebike.org and follow the link to renew with PayPal.

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, Martha, Ron L,
Ron T, Stacey, Tom, et al.

Rain Policy: Heavy rain 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 neighbor

hoods, 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.

There will be an optional get-together at the establishment of our choice after the ride.

For daily rides, see page 4.



DAILY RIDES

Sunday, November 5

Snoqualmie Valley-Lake Joy

Ride Start: Fall City, parking along the river

Meet at: 10:15 am, Start at 10:30 am.

Distance: 40 Miles

Pace: Moderate

Terrain: Rolling Hills

Rain Policy: If it rains, bring your fenders and we can choose a shorter route.

Cue Sheet: Yes

Ride Leader: Louise Kornreich, 206-200-1502 or louisek@jtnews.net

Ride Description: A later start for those recovering from last night's BAW Auction

(either financially or physically). We will ride mostly quiet roads in the Snoqualmie River Valley, stopping for a coffee or treat en route.



Directions to start: Take the Preston exit, #22, from I-90 and turn left over the freeway, then right toward Preston and Fall City. After 2.5 miles, at stop sign in Fall City, turn left to SR-202. Park on the right, across from grocery store.

From the Eastside: Take 202 East to Fall City. Park

near the grocery store in town, across from the river.

Sunday, November 12

West Seattle to Three Tree Point

Ride Start: 61st and Alki – Meet at the statue

Meet at: 10:15 am, Start at 10:30 am.

Distance: 30 to 32 Miles.

Pace: Moderate.

Terrain: Some Hills

Rain Policy: Rain or Snow Cancels

Cue Sheet: Yes

Ride Leader: Monica Zaborac
206-226-8514 (cell) and Paul
Fleming (206) 244-0963 (w)

Ride Description: A scenic loop from West Seattle to Three Point through the backroads of West Seattle to Burien. Lunch stop after the ride at Pegasus Pizza. Come prepared with at least 2 new tubes, a patch kit, and a pump or CO2 cartridges.



Directions to start: Take the West Seattle exit off of I-5. Then take the Harbor Ave exit and go right. Follow Harbor Avenue as it becomes Alki Ave. Ride starts at 61st and Alki. Parking is available on the street and on side streets. This is a joint ride with Cascade Bicycle Club.

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

2006 Board Members

President: [Garry Kehr](#)

Vice President: [Howard Strickler](#)

Secretary: [Judy Kraemer](#)

Treasurer: [Mark Peterson](#)

Past President: [Mary Jo Gerst](#)

Contact any board member for more information

Non-board Volunteers:

Membership: Open

Newsletter: [Louise Kornreich](#)

Merchandise: [Jimmy Pelaez](#)

Ride Director: [Jim Stewart](#)

Seattle Bicycle Club, Inc

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<http://www.seattlebicycle.org>

info@seattlebicycle.org

and all minor children), which gets you monthly issues of the newsletter 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!



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.

Save The Date!

Event nearly sold out!

Saturday, November 4th

The 14th Annual Bicycle Alliance Auction will be held at the Seattle Center Exhibition Hall, off Mercer at 3rd Ave North. Seattle Bike Club will have a table at this year's Auction. [Dan Wakefield](#) will be the table sponsor. If you are interested in sitting with your fellow club members, let Dan know when you sign up so he can save you a place. You can email him at: akbiker@peoplepc.com.

Tickets: \$75 per person

To purchase tickets contact: [Louise McGrody](#) at louisemc@bicyclealliance.org

Calendar**Wednesday, Nov 1**

Gasworks Ride

Saturday, Nov 4

Bicycle Alliance Auction

Sunday, Nov 5

Snoqualmie Valley

Wednesday, Nov 8

Gasworks Ride

Sunday, Nov 12

West Seattle to 3 Tree Point

Wednesday, Nov 15

Gasworks Ride

Sunday, Nov 19

Lead a ride!

Wednesday, Nov 22

Gasworks Ride

Thursday, Nov 23

Happy Thanksgiving!

Saturday, Nov 25

Lead a turkey-burn ride!