

Seattle Spin

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

Serie(ou)s Rides

Rides for nearly every day of the week



The Wednesday Night Gasworks Rides have been a mainstay in the club for a few years now. They ride in all seasons and all kinds of weather, by bikelight or sunshine, up and down hills in every corner of the city, starting at Gasworks at 6:15pm. But now that it's light until almost 9pm, a few other series rides have cropped up that should be noted. If you live in Seattle's Northend, you can join MaryJo Gerst at Lake Ballinger Golf Club on Tuesday evenings at 6pm for a 20-mile moderate paced ride. She will start out the series with rides on the Interurban Trail and other quiet places

and wind down with a post-ride treat.

On Thursday evenings, you will find Dennis Grace at Jack Block Park, ready to ride at 5:45pm at a brisk pace. He will take you on a hilly, fast-paced trip through West Seattle and he says people can "have as much fun as they care to". A great reason to join Dennis next Thursday.

Whether or not you "won" the lottery into RAMROD, you are still welcome to challenge yourself nearly every Saturday with a RAMROD Training Ride. The rides will take you



from the dry canyons of Eastern Washington to the snow-covered mountains of the Cascades. And the scenery can't be beat!

For more information on any of the series rides mentioned here or for an up-to-date rides listing, please go to the [SBC Ride Calendar Webpage](http://www.seattlebike.org) or see page 3

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New Name for Newsletter

You may have noticed that the newsletter now has a name, Seattle Spin. It was inspired by the old SPIN magazine while I was riding a subway in NYC. Let me know if you love it, hate it or didn't even notice. I appreciate your feedback.

Email: editor@seattlebike.org

Open Board Positions

The Seattle Bicycle Club is currently seeking people to serve on their Board of Directors. If you would like to get involved with the club, however small, please let our President, Garry Kehr, know. Email:

president@seattlebike.org

Bicycle Alliance has new Executive Director

The Bicycle Alliance of Washington is pleased to announce the selection of Gordon Black as their new Executive Director.

Gordon has a long association with the Bicycle Alliance. He has been a strong advocate for improving bike access on the Washington State Ferries and was a co-founder of Squeaky Wheels, the successful bike advocacy group on Bainbridge Island.

Gordon is very excited about being selected as the new ED and considers it his dream job.

Please join the Bike Alliance Board and Staff in welcoming Gordon to our fold!

Cycling on Mercer Island

The SBC Board was recently notified by the Police Sergeant of Mercer Island of some upcoming procedural changes to help improve the relationship between bicycles and cars on the island.

Sergeant Davenport will be issuing a press release regarding a planned increase in contacts, education and enforcement of traffic laws as they pertain to bicycles, as well as how cars interact with bicycles. The most common violations they see on Mercer Island are bicycles not stopping for stop signs and vehicles passing bicycles unsafely.

Mercer Island is a great place to ride, but please keep in mind that, though the scenery is great and the hills and curves are fun, you still need to ride with respect for the laws of the road. Similarly, if you experience any excessively obnoxious behavior from cars, feel free to report it to the police.

New Activities Website

(from email received)

We want to help you promote your rides! So just this week

we launched a new community based website called NWActivities.com.

What makes this site so unique is first it's totally free to post an event, browse for events or subscribe to be notified via email when an event is posted. Most "activity calendars" give you a laundry list of activities over a huge geographic area and you have to sort through what you like AND what is close enough. With our site, you can browse by county or by activity type which narrows the results down significantly. If you really want to get spoon-fed you can subscribe for free to get a notification of just the activities you want in the only the counties you want. Now that is a useful email we think everyone would welcome!

FYI...later will be adding a feature for "recurring activities" e.g. Wednesday Night Bike Ride. So for now you need to enter those types of events one at a time. We suggest entering them through June.

Renew your membership online. Go to www.seattlebike.org and follow the links 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, [inspidperson @juno.com](mailto:inspidperson@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.



RAMROD/RAPSody Training Series

The RAMROD/RAPSody training series has begun, with rides on most Saturdays. Start times and locations vary each week but here's what's coming up:

Saturday, June 2 3Cs and an S

Start: Turnoff for Crystal Mtn Ski

Time: 8:30

Distance: 55-60 miles

Elevation Gain: lots, these are mountain passes!

Pace: Moderate

Leader: Gary Strauss

Description: Start by climbing Cayuse Pass, then Chinook, descend to Sunrise turnoff and climb to over 6,000'. Beautiful views with lots of climbing. Option to climb Crystal Mtn (12 more miles).

Rain Policy: Rain or fog cancels



Saturday, June 9

Chelan Century

Ride Start: Chelan, WA

Meet at: 8:00 am.

Distance: 100 Miles.

Pace: Moderate.

Terrain: Hilly, up to 7,000' of gain

Cue Sheet: Yes

Ride Leader: Jennifer Chang
inspidperson@juno.com

Description: A very challenging century with most of the elevation gain in the last 20 miles and 12-15% grades.



Saturday, June 16 Flying Wheels

Ride Start: Marymoor County Park, Redmond

Meet At: 9am

Distance: 100 miles

Pace: Moderate to Brisk

Terrain: Hilly 3,000' gain

Rain Policy: Bad weather cancels

Cue Sheet: Yes

Leader: TBD, see website for more details

Saturday, June 23 Native Planet Classic

Time: TBD

Meet at: Winthrop, consult [web-page](#) for more details

Pace: High Moderate/Brisk

Regroup: Several regroupings with bathrooms and water, and at tops of climbs.

Distance: 127 miles, 10,400ft. elevation gain

Ride Leader: Bill Leyrer

bill@westlakeassociates.com

Rain Policy: Light rain or showers OK, heavy rain cancels

Ride Details: Climb Washington and Rainy passes and descend to sparkling Ross Lake and return to Winthrop. This is an SBC-led group that is within an organized ride put on by Native Planet. There are 2 other ride options.

**TWO NEW SERIES!****North Seattle Tuesday Night Rides****Every Tuesday**

Start: 23000 Lakeview Dr, Ballinger Golf Club parking lot

Meet: 6:15pm,

Start: 6:30pm

Pace: Moderate

Hills: Some Hills

Regroup: Frequent

Distance: ~20 miles

Rain Policy: Heavy rain cancels

Leaders: MaryJo Gerst,

maryjo1532@hotmail.com

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 start point and ride. There will be an optional get-together at an 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

**Between the Nox Every Thursday**

Ride Days: Every Thursday Evening starting March 29 unless otherwise noted.

Ride Start: Jack Block Park, West Seattle. On 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 MPH.

Distance: 25 - 40 Miles.

Terrain: Mixed / Hilly

Leader: Dennis Grace

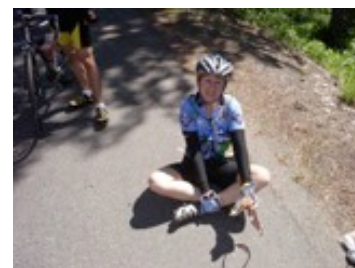
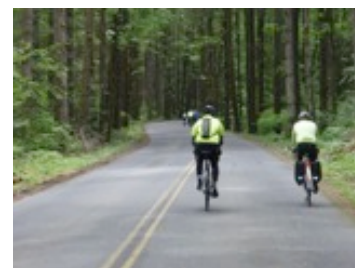
Rain Policy: Showers/rain cancels

Phone: 206-937-8210 home

E-mail:

coupdegrace@hotmail.com

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 not to leave someone behind, lost in a neighborhood that they may be unfamiliar with. We do not ride pacelines 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 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.



DAILY RIDES**Saturday, June 2****Cayuse- Chinook- Sunrise Ride****Start Location:** base of Crystal Mtn Blvd, just off SR410.**Directions to Start:** Total from Seattle +/-80 miles. follow SR 410 from Enumclaw to Crystal Mtn Blvd. Turn left and then immediately right into parking area**Meet by:** 8:30a.m.**Start at:** 9:00 a.m. sharp**Pace:** Moderate—terrain will dampen pace for some. Rabbits welcome to have at it.**Regroup:** None will be designated. Climb at your own pace.**Ride Distance:** About 55-60 very hilly miles (you can add 12 more miles or so if you want to climb to the top of Crystal).**Ride Leader:** Gary Strauss - prefer email contact at garystrauss@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 - including showers and fog.**Terrain:** Lots of climbing**Ride Details:** We will start climbing to Cayuse Pass at 9 a.m. and then turn uphill to climb to Chinook. Once you have fully exhausted all of the breathtaking views, we will descend back to Chinook and then to the cutoff for Sunrise. Sunrise is closed to cars. So, you go around or over the gate and begin the long climb to Sunrise. There is nothing open on top of Sunrise. However, you are welcome to explore the area. We then do the great descent back to Crystal. The climb up to the Crystal Mtn ski area is 6 miles long, and you are on your own.**Sunday, June 3****Wallingford Garden Tour****Start:** Gasworks Park**Meet:** 9:45am**Pace:** Social-Leisurely**Distance:** about 15 miles**Leader:** Judy Kraemer, jakraemer@juno.com**Bring:** \$15 for tour, helmet, snacks and water**Description:** Bicycle tour of gardens in Wallingford and, afterwards, bike to the Locks and enjoy a free concert on the lawn.

Planning Ahead...upcoming out-of-town rides

Saturday, July 7 Oregon Ultimate Road Ride, Sisters, OR

www.hutchsbicycles.com

With 210 miles and three major climbs with lots of rollers in between, this is one of the toughest road rides in Oregon. Limited to 50 riders.

July 14 & 15, Bicycle the Bloom, Bainbridge Island

www.gardentour.info/bicycle.html

Tour gardens by bicycle on Bainbridge Island. Discounted admission and secure bicycle parking.

July 21 & 22 Seattle Night and Day Challenge, Seattle

www.nightanddaychallenge.com

It's like orienteering on a bicycle for 3, 7 or 16 hours. Solo and teams welcome.

Sunday, July 22 The Humid Hundred, Klamath Falls, OR

www.hutchsbicycles.com

They promise more hills and more thrills and strawberries, of course.



Saturday, July 28, Pedal the Pinchot, Cougar, WA

www.pedaltheinchot.com

Road and MTB rides through mountains and forest south of Mt St Helens. Includes rest stops and lunch on 4 different routes, from 30 to 88 miles.

Sunday, July 29, Tour de Kitsap, Silverdale, WA

www.westsoundcycling.com

Our sister club, West Sound Cycling, presents their annual ride in scenic Kitsap County, with routes of 12, 30, 65 and 100 miles, with rest stops and SAG support.

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 “OutSpoke’n” 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!

2006 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](#)

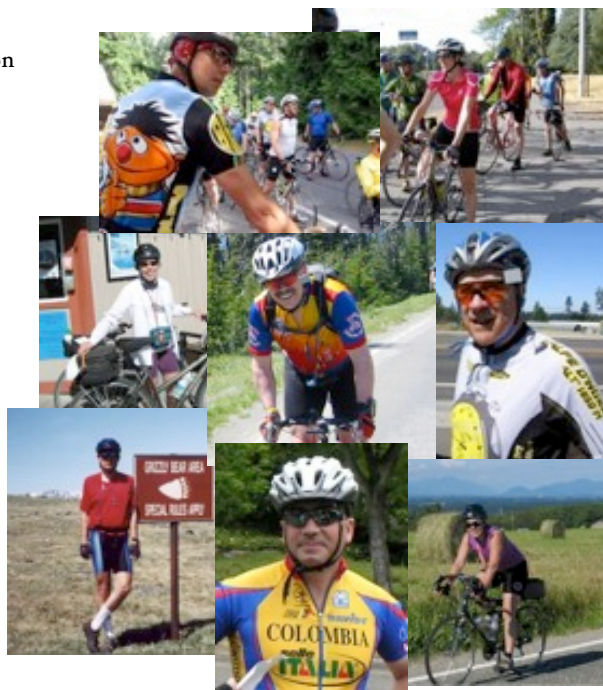
Seattle Bicycle Club, Inc

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

Calendar**Saturday, June 2**

Cayuse/Chinook/Sunrise Ride

Sunday, June 3

Wallingford Garden Tour

Tuesday, June 5

Northend Ride

Wednesday, June 6

Gasworks Evening Ride

Thursday, June 7

Between the Nox

Saturday, June 9

Chelan Challenge

Tuesday, June 12

Northend Ride

Wednesday, June 13

Gasworks Evening Ride

Thursday, June 14

Between the Nox

Saturday, June 16

Flying Wheels Century

Tuesday, June 19

Northend Ride

Wednesday, June 20

Gasworks Evening Ride

Thursday, June 21

Between the Nox

Saturday, June 23

Native Planet Classic

Tuesday, June 26

Northend Ride

Wednesday, June 27

Gasworks Evening Ride

Thursday, June 28

Between the Nox