

# SBC Newsletter

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

Don't  
Miss  
FARTS at the April  
Meeting,  
Monday, April  
16!

## Weekends of Cycling

*Weekend Tours kick-off April 28 & 29*



This month, the start of a great season of touring begins. On April 28 & 29, MaryJo Gerst will be leading a group of cyclists for a weekend of exploring around the ridges and wine country of the Yakima Valley.

In May, Mary Jo will return to the same area to ride from a great winery to a Heritage Park, Fort Simcoe, and have lunch, enjoy the scenery and



sample some wine (do you see a pattern?) The following day will be spent cycling through the scenic Yakima Canyon without any cars to detract from your enjoyment. In June, Mary Jo presents the

challenge of riding up to the Johnston Ridge Observatory on Mt St Helens and then hiking the following day to observe re-growth of the forest and see great views of the mountain. To see more details of any of these tours please go to the SBC web page: [seattlebicycle.com/rides/touring.html](http://seattlebicycle.com/rides/touring.html)

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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](mailto:merchandise@seattlebicycle.com)

Jerseys \$55 Unisex sizing;  
Pro-fit cut

Size: XSS M L  
XL XXL

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****Special Membership Meeting on the 16th!**

A special presentation awaits at this meeting. The FARTS crew will be presenting a slide show (see page 4 for more info) on their fabulous tour of France.

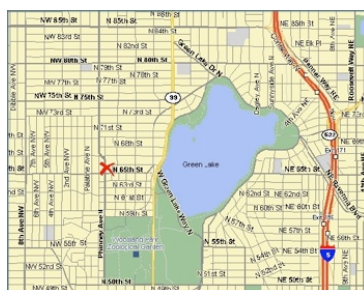
**Date:**

Monday, April 16

**Time:** 6:30pm

**Location:** [Phinney Neighborhood Center](#) 6532 Phinney Ave N

**What to bring:** A dish to share



*SBC members love to eat!*

**CLUB MEMBERS**

Please welcome the following new members:

Brian Anderson  
 Rob and Janet Bell  
 Mike McCartney  
 Francis Gan  
 Karen Sutton  
 Horst Zeeb  
 Mel Simburg  
 Jeston, Kay, and Pete Delph

And celebrate the renewal of these members:

Britt Tinglum  
 Linda Larson  
 Christine Pratt  
 Snoqualmie Valley Chamber/Tour de Peaks  
 Richard Petters

Renew your membership online. Go to [www.seattlebike.org](http://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:

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. 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 for the next few weekends:

#### Saturday, April 7

LaConner-Mt Erie

**Start:** LaConner Middle School

**Time:** 9:15

**Distance:** 50 miles

**Elevation Gain:** 3,400'

**Pace:** High Moderate/ Brisk

**Leader:** Mark Peterson

**Description:** Ride from LaConner to Anacortes and ascend Mt Erie to a viewpoint of the San Juans

#### Saturday, April 14

##### Gary's Tulip Ride

Ride from Arlington on the rolling backroads to Mt Vernon and the tulips. Ride flats and rollers back to Arlington.

**Arlington Park,** exit 208 from I-5

**Meet by:** 8:00 am

**Start:** 8:30 a.m.

**Paces:** Brisk Moderate Social

**Regroup:** Per guided group:

**Ride Distance:** About 63 miles

**Leader:** various

**Pace:** various

**Rain Policy:** Bad weather cancels

#### Saturday, April 21

##### Bremerton-Tahuya Loop

**Start Location:** Seattle Bremerton Ferry Terminal

**Meet by:** 7:10 am

**Pace:** Moderate

**Ride Distance:** About 72.5 miles

**Ride Leader:** Gary Strauss

**Rain Policy:** Bad weather cancels.

**Terrain:** Very hilly - lots of climbs!

## NEW SERIES!

### Moderate Gasworks Rides Saturday Mornings

Beginning March 31st, this series is designed for those riders new to group riding and will use routes of 20-30 miles in town and avoid the killer hills and stay strictly to a moderate pace.

There will be an opportunity to go for a post-ride meal, depending on the desires of the group.



#### Every Saturday

**Start:** Gasworks Park

**Meet:** 9:45 a.m.

**Start:** 10:00 a.m. sharp

**Pace:** Moderate

**Regroup:** Frequent

**Distance:** ~25 miles

**Rain Policy:** sprinkles ok

**Leaders:** will vary

A fun, in-city ride!

As always, please check the website for any changes or additions to any of the rides listed on this page. [www.seattlebike.org](http://www.seattlebike.org)

## DON'T MISS IT! A PRESENTATION OF THE F.A.R.T.S. TOUR DE FRANCE

April 16, 6:30pm at the [Phinney Neighborhood Center](#) at 6532 Phinney Ave N  
You read about it in the February issue, now come see the slideshow and hear about the adventure of touring in the French Alps.  
What does F.A.R.T.S. stand for, anyway?!

A small group of intrepid SBC members researched, mapped out and planned a two-week tour of the French Alps, using information gleaned from travel guidebooks and cycling route maps. They planned for days of conquering mountain passes, many of which have been ridden in the Tour de France, and for evenings of experiencing French culture: wine, food and...more wine!





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

*All of the following rides benefit the [Bicycle Alliance of Washington](http://BicycleAlliance.org)*

### **Saturday, May 5 Ride Around Clark County (RACC), Vancouver, WA**

[www.vancouverbicycleclub.com](http://www.vancouverbicycleclub.com)

Four options for beautiful and challenging riding around scenic Clark County

### **Sunday, May 6 Rhody Tour, Port Townsend**

[www.ptbikes.org](http://www.ptbikes.org)

Ride 32, 45 or 62 miles with rolling hills on rural roads in east Jefferson County.

### **Saturday, May 12 Inland Empire Century, Richland**

[www.tricitybicycleclub.org](http://www.tricitybicycleclub.org)

Ride the rivers and wheat fields of Eastern WA, including Horse Heaven Hills and the Columbia and Yakima Rivers.



### **Saturday, May 12, Skagit Spring Classic, Burlington**

[www.skagitbicycleclub.org](http://www.skagitbicycleclub.org)

Four routes, 25-100 miles, through Skagit and Whatcom counties

### **Sunday, May 20, Two County Double Metric Century, Olympia**

[www.capitalbicycleclub.org](http://www.capitalbicycleclub.org)

Choose from six different options of mileage and challenge while exploring Thurston and Lewis counties.

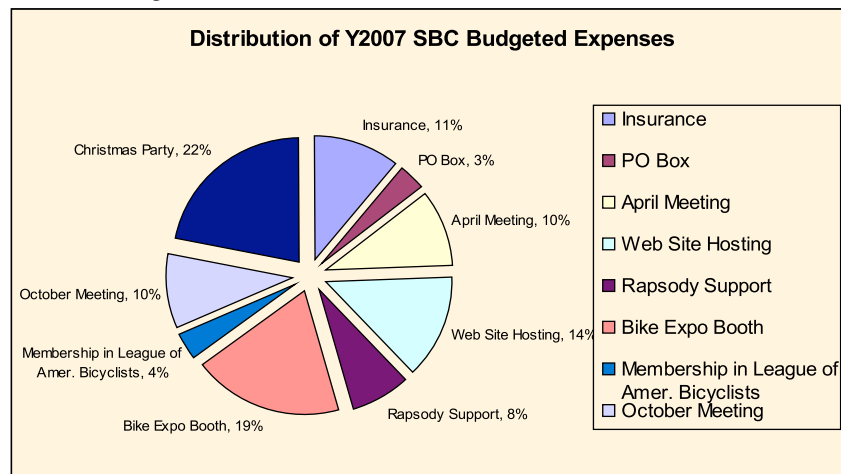
*And now, a word from the SBC Treasurer, Rick Stolz:*

### Why your SBC dues are important!

Why does the Seattle Bicycle Club have dues? And what do our dues purchase? As the new Treasure of the Seattle Bicycle Club I thought I would try and provide answers to these questions. All of us who support the club are volunteers. Joining SBC or renewing your membership helps us pay expenses that keep the club running. The only financial support for the Seattle Bicycle Club are your dues which is why it is so important to us that members join or renew each year. With out your support we couldn't provide you with the rides, tours and most of all, fun!!

The chart below shows what the distribution of the Seattle Bicycle Club 2007 budgeted expenses. All these expenses are in place for the general purposes of:

- **Supporting the operations of the club and securing its future**
- **Attracting new members**
- **Having fun!!**



There are some expenses we cannot ignore such as liability insurance. To operate as an incorporated nonprofit club in the state of Washington, we must carry liability insurance. So this becomes a necessary expense each year.

Some of the other expenses are necessary for SBC to be visible to the public. Having a booth at the Bike Expo and supporting the RAPSody ride each year enable us to attract new members and be involved in the Seattle bicycle community. Hosting the SBC web site allows us to put a "face" on the Seattle Bicycle Club and communicate with you about our rides, tours and other activities.

The April and October meetings allow us to gather together and share what is going on in the club as well as to socialize and enjoy each others company. And, of course we can't forget the exciting part! The annual Christmas party! Having fun is the main reason we all support the club and work so hard to provide a great ride program, interesting tours and a chance to meet others in our community who enjoy bicycling. This is what SBC is really about.

Please feel free to contact us if you are thinking of joining SBC. If you have not renewed your membership but enjoy our activities, remember, we only operate with your help! Thanks for supporting SBC!

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**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](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!

**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](#)

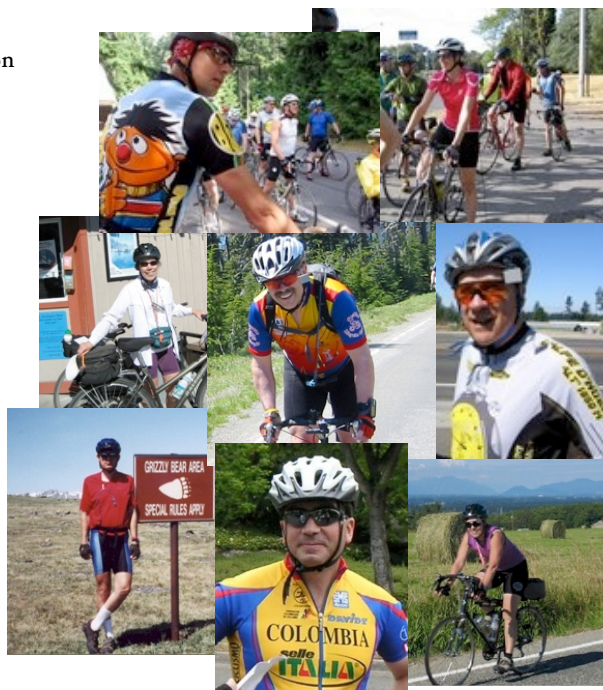
**Seattle Bicycle Club, Inc**

PO Box 34123

Seattle, WA 98103-4123

<http://www.seattlebicycle.org>

[info@seattlebicycle.org](mailto: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.

**HELP WANTED****Executive Director****Bicycle Alliance of Washington****Applications due April 20th**

The Bicycle Alliance is currently seeking a new Executive Director to oversee the Seattle office. If you are interested in leading the Bicycle Alliance, a statewide advocacy organization, please see the full listing on their website:

[www.bicyclealliance.org](http://www.bicyclealliance.org)

**Calendar****Wednesday, April 4**

*Gasworks Ride*

**Saturday, April 7**

*Gasworks Ride*

*LaConner - Mt Erie*

**Wednesday, April 11**

*Gasworks Ride*

**Saturday, April 14**

*Gasworks Ride*

*Tulip Ride*

**Wednesday, April 18**

*Gasworks Ride*

**Saturday, April 21**

*Gasworks Ride*

**Sunday, April 22**

*Daffodil Classic*

**Wednesday, April 25**

*Gasworks Ride*

**Saturday, April 28**

*Gasworks Ride*

*Yakima Ridges Ride*

*Yakima Weekend Tour*

**Sunday, April 29**

*Bremerton - Tahuya*