



OutSpoke'n

IN THIS ISSUE

Yakima Wine Country Trek - Pg 1
Meetings, Merchandise, & Members - Pg 2
Rough Riders - Pg 3
Monthly Rides - Pg 4
First PROS Event A Success - Pg 5
Help Keep 3 rd Avenue Open - Pg 6
Wanted: Editor Assistance - Pg 8
Club Info - Pg 8

Volume 8, Issue 9

Official Newsletter of the Seattle Bicycle Club

October 2005

Yakima Wine Country Trek

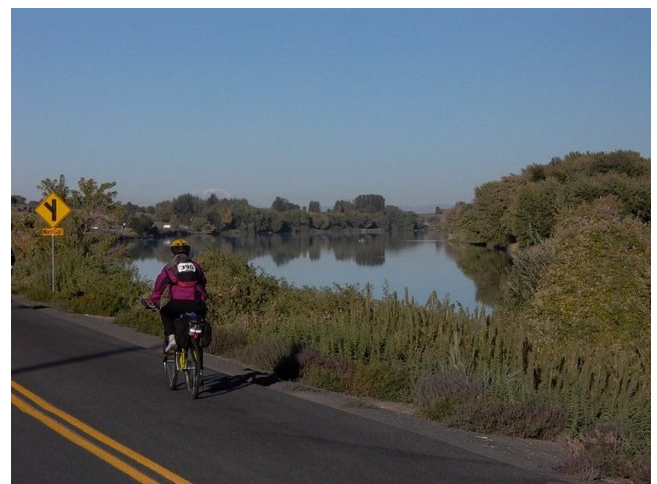
By Mary Jo Gerst



Who would have thought that this year's Wine Country Trek could be better than last year's? Well, it was! Mornings were a bit chilly but the days soon turned warm and sunny with clear views of Mt Adams and Rainier. The route was on scenic back roads through the wine country with very little traffic. We cycled through vineyards, hop and mint fields, and apple and pear orchards. Some of us even took the time to stop at the wineries along the route for a little wine tasting and purchasing.

The support was superb and at last count the support mechanic changed over 50 flats with tubes donated by the Yakima Valley Cycle Shop. The food was tasty and plentiful. Saturday dinner not only featured prime rib but wine and salmon. Also, a nice addition this year was having showers available at the end of the ride on Sunday.

The Kiwanis did a great job again this year and there were 110 very happy bikers, including 10 SBC members, at the end of the weekend. If you missed it this year mark your calendar for the last weekend in September for next year's Wine Country Trek.



MONTHLY MEMBERSHIP MEETING

Membership meetings are now being held at the Phinney Neighborhood Center in the Greenwood/Phinney area. It's especially important for all members to attend this month's meeting as our annual Election of Officers will take place! (See Page 3)

PICTURE OF THE MONTH

Riders on the North Snohomish Loop 9/18/05



See more pictures at <http://imageevent.com/seattlebicycleclub>

**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.



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:

Sue Innes	Christine Pratt
Ginnie Miller	Emma Zook
Shan Perera	Heather Frandsen
Susan Camicia	Allison Bailey
Damon Keener	Mike Poth
Michelle Flick	Kathryn Harper
Kelly White	Jean-Philippe Soule
Dale & Carmel Creager	

Mark Your Calendars for the SBC Holiday Meeting – Dec 20th

Once again SBC will be hosting its annual holiday meeting at Camp Long in West Seattle. As is our traditional custom, there will be a potluck and a white elephant gift exchange.

Check the SBC website for details next month!

Rough Riders

The Tale of Terry and Chris

This is great, I thought I would never convince Terry we actually needed a tandem. At twenty six hundred dollars we had to make some serious concessions on the quality of the components but you have to start somewhere, getting Terry into the sport is the important thing. Over the next couple of years we can slowly upgrade the components and before you know it we will both want the titanium tandem of my dreams. A couple of hours a night and some moderate club rides on the weekend and my love will take off those extra pounds in no time. Life is good.

This is great, Chris is so happy. I think I could really get into this bicycle built for two thing. Twenty six hundred dollars was a ridiculous amount of money but it is something we will have the rest of our lives. Chris has always been into bicycling and now I will be on the back so keeping up will not be a problem. Our relationship has been growing more and more distant and this will bring us together, a couple of hours a week together meandering down the country back roads and smelling the flowers. I will finally be able to lose those pounds I have been wanting to take off for the past several years. Life is good.

Perhaps, I was a little bit unrealistic. Terry has not been involved in bicycling the way I have been. Maybe I should have offered a massage before we went to bed. Cycling has turned other people into athletes and if I can only offer encouragement it will happen for Terry too. Before you know it we will be taking that cross continental ride. I just need to be a little bit more patient.

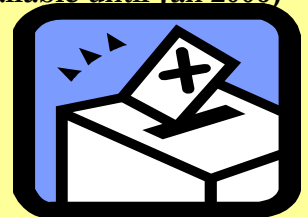
Perhaps, I was a little bit unrealistic. Chris has been involved in bicycling for many years and such enthusiasm for the sport is only natural. I really do love Chris but let's face it my honey is a bit out there. Looney tunes. But the pain in my legs will not last forever. Before you know it we will be taking those forty or fifty mile club rides together. I just need to be a little bit more patient.

Continued on Page 7...

DON'T MISS The Seattle Bicycle Club *Annual Meeting* on October 18, 2005

AGENDA:

1. Report from the President on major activities and accomplishments of 2005
2. Financial Report
3. Expenses and income for 2005 (a final accounting for 2005 will not be available until Jan 2006)
4. Election of Officers for 2005. Nominees are as follows:
 - President -- Jimmy Pelaez
 - Vice President -- Gary Kehr
 - Treasurer -- Mark Peterson
 - Secretary -- Tom Potter
5. Solicitation of interest for volunteer positions
 - Newsletter, Membership, Ride Leaders



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.

October 4th, 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.

October 5th, 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](mailto:jennifer@206-409-1686) 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.

October 5th, 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.

October 11th, Tuesday, North End Tuesday Ride Series – See October 4th ride for details

October 12th, Wednesday, Gasworks Wednesday Ride Series – See October 5th ride for details

October 12th, Wednesday, Eastside Evening Escape Series – See October 5th ride for details

October 15, Saturday, 10 a.m. start, **Gasworks-Edmonds:** moderate pace, some hills, approx. 40 mi. Saddle up for a riding along shorelines and in and out of the woods. Check to see if the Gingko tree in Innis Arden is turning yellow yet. Bring extra snacks for fuel out of the Edmonds "bowl", up the hills, and into the bakery (and other eateries) at Lake Forest Park. The trail ride back to the park will seem like dessert. Joint ride with the Mountaineers. jeanh@netos.com

October 19th, Wednesday, Gasworks Wednesday Ride Series – See October 5th ride for details

October 19th, Wednesday, Eastside Evening Escape Series – See October 5th ride for details

October 25th, Tuesday, North End Tuesday Ride Series – See October 4th ride for details

October 26th, Wednesday, Gasworks Wednesday Ride Series – See October 5th ride for details

October 26th, Wednesday, Eastside Evening Escape Series – See October 5th ride for details

First Perimeter Ride of Seattle (PROS) Event A Success!



On September 5th the Seattle Bicycle Club hosted the first ever Perimeter Ride of Seattle. Thanks to volunteers, including Dan Wakefield, Gary Strauss, Arnold Chin, Jean-Philippe Soule, Yumi Soule, Mark Reibman, Molly Johnson, Jimmy Pelaez, David Glickerman, Mitchele Glickerman, Ron Tazuma, Shan Perera, Heather Frandsen, Garry Kehr, Bob Nyberg, and Lowell Bethel, the event was a great success.

The PROS ride is an extension of a ride series from The Perimeter Bicycling Association of America (PBAA), which has raised over 14 million dollars for charity with their unique “round about” rides. Riders participated as part of the Native Plant “Ride 4 A Reason” cycling team. Seattle-based Native Planet is dedicated to protecting threatened indigenous cultures worldwide by promoting the self-empowerment necessary for them to facilitate their own self-preservation. PROS was a special chance for cyclists to enjoy the richness of their own land and lifestyle, while helping traditional cultures everywhere to do the same!



Garry commented "I cannot say enough thanks to all of you and to JP's friends who so generously helped support PROS. I heard so many compliments from many during and after the ride about ride organization from check in to the surprising lunch to the wonderful ending. I heard many promise to come back next year. JP, Yumi, Michelle and David's contribution of the rest stop gifts was very special. I heard so many expressions of awe at the ride course and the detail with which it was carefully planned. Nor can I tell you how wowed most everyone was by the

views, the road markings, the route choices and the friendliness of the riders and leaders. Except for what 9-10 flats, and minor complaints about the frequency of stops, I heard virtually nothing but praise. I would like to say to each of you that your hard work, thorough dedication, commitment and patience made this ride an outstanding event."

If you missed PROS this year, we hope to see you next year for this fun-filled and worthy event! See <http://www.ride4areason.org/pros/pros.shtml> for more details.

Help Keep 3rd Avenue Open

Calling all bicyclists!

We need your help keeping 3rd Ave open to bicyclists during peak commuting hours (6 - 9 a.m. and 3 - 7 p.m., M-F). With nearly 100 additional buses per hour re-routed onto 3rd Ave during the downtown tunnel closure, the Seattle Department of Transportation (SDOT), the Seattle Police Department (SPD), and King County Metro are concerned about potential conflicts between bikes and buses on 3rd Ave. Cars have been excluded from through travel, but bikes are allowed - **for now**. If SDOT and SPD observe unsafe conditions or behavior, they may ban bikes on 3rd Avenue during peak commuting hours.

How can you help?

1. Obey all traffic laws
2. Ride safely

It's that simple. Your personal act of riding legally and safely on 3rd Avenue will ensure that Seattle's other downtown bike commuters may continue to use this corridor. Please use extra care on all downtown streets, as detoured automobiles and re-routed bus routes increase traffic volumes on other streets as well. If as a cyclist you experience unsafe driving by a bus, please contact the appropriate transit agency, noting the route number, bus ID number, time, and location.

Metro Transit transit.metrokc.gov/cs/metro-feedback.html
 Sound Transit www.soundtransit.org/about/contact/feedback.asp
 CommunityTransit <http://www.communitytransit.org/?mc=comtrans&subcat=5&inc=2>

Shared bike-bus corridors are a successful and safe component of many other cities around the world. Thanks for helping us demonstrate that bikes and buses can share the road to keep downtown Seattle moving.

Seattle Bicycle Advisory Board

Be Careful in the Fall

... or you might. It's fun looking at the changing colors during autumn rides, but keep your eyes on the leaves under you, too. They can be slippery when you're cornering. When they're also wet you can slide down like on ice. Leaves can hide potholes and other road hazards, too. If possible, ride around suspicious piles. There's an additional hazard as the temperature drops: A layer of leaves that looks dry might have frost underneath, adding to their slipperiness. Beware in shaded corners!

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.*

Rough Riders continued from Page 3

If Terry would only be a little bit more realistic about this whole training thing it would go a lot faster. I am riding alone two nights a week and on Sundays, I need the mileage. There are only so many virtually flat routes in the area. We are bound to come across a little hill every now and then. Pain in my legs tells me I did something right that day, I hope that never ends. This may take longer than I thought.

If Chris would only be a little more realistic about this whole training thing it would go a lot faster. I have been doing a lot of reading and work rest cycles are important, especially as you get older. Muscles rebuild only during the rest cycles. Chris is steering the stupid thing and it seems all we are doing is climbing hills all the time. Being apart two nights a week and Sundays seems to really be helping us both physically and emotionally. This may take longer than I thought.

Terry wants us to go see a head shrinker, a head shrinker for christ's sake. I talked to Kim who leads those Thursday night rides but there was something about a conflict of interest since we ride together. Terry found someone but I dunno we will be talking to someone who does not bicycle about training and that is the crux of our problem. What kind of sense does that make?

Chris has agreed to go see a family councilor. This is something we have needed for a long time. I hope it will really open the lines of communications. Chris was all hung up on working with someone in that damned bicycle club. Fortunately, Kim is a true professional and would not take the case because of our social relationship. We will be talking to a neutral third party who has nothing to do with that bicycle club or bicycles at all for that matter. If Chris will only keep an open mind we will work this through.

Going to that shrink was the biggest crock you could imagine. Seventy five bucks down the drain and all I heard was and how does that make you feel, how does that make you feel? I'll tell you exactly how it made me feel. It made me feel like getting on a bicycle, doing some hills and clearing my head. I should have said that and put all this nonsense to an end once and for all; but I was the good spouse and suffered through it. All that got me was another appointment with the shrink and another seventy five bucks flushed down the toilet.

I was really impressed with the way counseling went. Our therapist, Pat, was so good at getting Chris to talk about feelings. That is so unlike the old Chris, I kept expecting to see more of the same old withdrawal and denial. I guess with maturity comes wisdom. The best part is we have another appointment set up for a week from Wednesday and if it goes as well as this last one did I think we will be well on our way to exploring the Genesis of problems and developing meaningful, mutually respectful solutions.

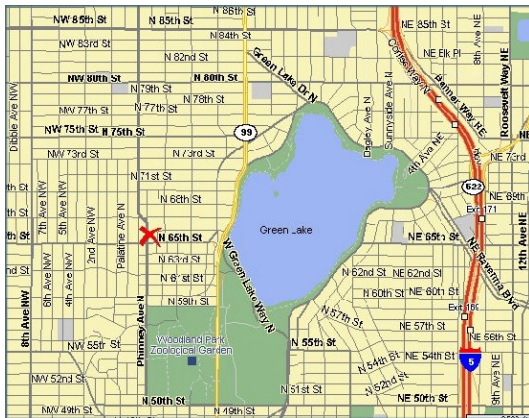
Maybe it was the stress, maybe it was that shrink Pat prattling on and on about being true to yourself and following your dreams but I flipped out. I told them that if that was what they wanted they got it. I am doing the Lung Association ride from Washington to Washington. I always wanted to do a cross country ride and I have the vacation time so I am doing it. It shocked the hell out of both Terry and Pat. For now I will be staying down at the Comfort Inn.

So much for maturity and wisdom. I don't know what went wrong. It all seemed to be going so well, we were talking about a taking a trip to Hawaii and following our dreams then for no reason at all Chris started talking about doing some colossal bicycle ride from coast to coast. It will cost a fortune and we never discussed that, I certainly never agreed to anything like that. Well if that is the way it is going to be that is cool with me. I will just go to Hawaii alone. Do you know anyone who wants to buy a bicycle built for two?

**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 20th of the month. Send your submissions to articles@seattlebicycle.com

Directions to Monthly Meeting Potluck Location



Check out
www.seattlebicycle.com for
 details about the next SBC
 Executive Board Meeting.

2005 Board Members**President:** Mary Jo Gerst**Vice-President:** Jimmy Pelaez**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 Pelaez**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**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 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. 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).

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!