



OutSpoke'n

IN THIS ISSUE

Gear Up For September Tours - Pg 1
Meetings, Merchandise, & Members - Pg 2
Rough Riders - Pg 3
Monthly Rides - Pg 4
Heels, Wheels, and Spokes - Pg 7
Wanted: Editor Assistance - Pg 8
Club Info - Pg 8

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Official Newsletter of the Seattle Bicycle Club

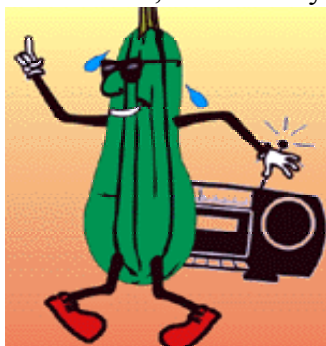
September 2005

Gear Up For September Tours

By Mary Jo Gerst

This month SBC members will have two tours to choose from. (On the other hand -- why bother choosing -- go on both!)

Our first tour will be to Centralia, September 10 and 11, where we will stay at the ever popular McMenamins Olympic Hotel. If you have never stayed at a McMenamins property you are in for a real treat. And for an especially unusual treat, on Saturday we will ride to Oakville to spend



some time and have lunch at the world famous Oakville



Zucchini Festival. This Festival features zucchini prepared in a variety of ways, and of course, the not to be missed zucchini races. Saturday evening we can play pool or see a free movie at our hotel. On Sunday we ride north and do a loop that will take us to the mysterious Mima Mounds. Reserve your room soon as the Olympic Hotel is a popular place. All rides start at Fort Borst Park and you are welcome to come and join us just for the day.

Our second tour will be the Kiwanis Wine Country Trek, September 25 and 25. We will start on Saturday morning in sunny Yakima and ride the back roads to Prosser and return on Sunday. The 60 mile route will take us past vineyards, hop fields, pear orchards and mint fields on gently rolling hills with very little traffic. On Sunday morning we will have a great view of the hot air balloons as they take off that morning as part of the Prosser Hot Air Balloon Fest. The Kiwanis put on a great event as several of us discovered when we did this tour last year. The \$75.00 registration fee includes secured overnight parking in Yakima, overnight camping in Prosser, prime rib dinner, pancake breakfast, 2 lunches and a sag wagon. Pre-registration is required through the Yakima Kiwanis **two weeks** in advance.



For more details, including sign up information, see the touring page of the SBC web site (www.seattlebicycle.com). Hope to see you out there touring!

MONTHLY MEMBERSHIP MEETING

Membership meetings are now being held at the Phinney Neighborhood Center in the Greenwood/Phinney area. We have very special guests, "The McFarlands," lined up for our kickoff this month. Bring your favorite potluck item of an appetizer, salad or main dish.

Fun at Birch Bay The Birch Bay Weekend was a great success. Beautiful sunny weather, flat, low traffic roads, great mountain and water views. Not to mention a fun group of SBC bikers. See their pictures and highlites of the tour in the Photo Gallery on the SBC web site.



Pictures are at <http://imageevent.com/seattlebicycleclub>

New Members Corner

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

Due to technical issues we were unable to list this month's new members. They will be posted on the next month's news letter.

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 Event for SBC

Look for details in our Rides calendar Perimeter Ride Of Seattle (PROS) is here. Your support in making this ride a regular event for our club is needed.



native planet
a not-for-profit organization

Rough Riders

"Violence is the last refuge of the incompetent." - Isaac Asimov-

I was in my mid fifties in 1935, and a Major in the United States Army. By today's standards that is unheard of but it was the depression and I was happy to have a steady paycheck. I was stationed in Europe working for the Judge Advocate General. It had been over twenty five years since I last experienced a tailwind and was not prepared for or expecting another.

I changed history because of that tailwind. My idiot boss got wind that a Rouge Officer in Army Intelligence analyzed the best information we had to date about an up and coming German politician who was going to be a threat to the free world and ultimately the United States. The order was given to assassinate him and leave no trail. My boss audited the paperwork and determined we had no legal authority to do that so. He immediately telegraphed the War Department and got concurrence. We were ordered to stop the snipers.

I was not going to disobey an order but having worked for both Intelligence and JAG I had far more respect for the former. In a strategy session I suggested that a bicyclist in civilian clothes could blend in and would have the best chance of not being noticed by the authorities. As the most experienced cyclist in the unit the task fell to me.

By my calculations I would deliver the order in about ten hours, a full thirty minutes after the mission was complete. But due to the tailwind, an experience I only had once previously in my cycling career, I made it and carried out my orders. I could have faked a flat, I could have ridden into a tree, or I could have stopped for a cup of latte six decades before it was chic in the states...but I didn't.

Why? That is the very question I have been asking myself for seventy years. It was not because I had not read the intel reports, I knew we were after one bad Mamma Jamma. It wasn't because I thought it was the right thing to do, having worked for both organizations I knew Intelligence had a grip and JAG did not.

Orders are orders and when my attempts to fail didn't work, when a tailwind allowed me to cover one hundred fifty miles in ten hours, I did what I had to do. I saved Adolph Hitler's life.

Had I hit a headwind or even no winds at all I would have failed in my mission and that would have been fine with me, but I didn't and I saved Adolph Hitler's life.

Had I not been assigned to that mission, if I had never been born, the mission would have been carried out without me, but still, I saved Adolph Hitler's life.

In the latter half of my life I have read more, thought more, and became what our culture calls a success. I am a federal judge, a millionaire, and that alone would be enough for most people. I read and write prose and poetry -- that would endear another segment of the population. I am one hundred twenty five years old and still ride centuries -- I logged about twelve thousand miles last year, so I am still an athlete. Yet when I look in the mirror I only see the man who saved Adolph Hitler's.

Since 1935 I have not slept more than three hours a night because I saved Adolph Hitler's life.

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.

September 4th, Sunday, Bremerton Blackberry Festival

Ride Start: Myrtle Edwards Park, north end

Meet At: 9:00 AM, leave at 9:15 AM

Ride Pace: Moderate

Ride Terrain: Flat

Ride Leader: Mary Jo 206-546-0645

Ride Distance: 32 miles

Ride Description: We will bike down the waterfront to the Fauntleroy ferry and catch the ferry to Southworth. From there we will bike to Port Orchard on a route that hugs the water and has some very nice views. Then we will catch the foot ferry that will take us to Bremerton for the Blackberry Festival at the ferry dock. We will have lunch, blackberry pie and listen to some music before returning to Seattle on the Bremerton ferry.

Directions: From Elliott Ave W, take W. Galer Street (Magnolia Bridge Exit) and STAY LEFT to circle left over Elliott Avenue and train tracks (do not go over Magnolia bridge). Turn right at stop sign and follow signs to free parking lot at north end of Myrtle Edwards Park.

Monday, September 5, 2005 Labor Day **First Annual Perimeter Ride of Seattle ("PROS")**

The Seattle Bicycle Club and Native Planet are proud to present PROS, a great opportunity to ride 4 a reason (www.ride4areason.org). Under the leadership of Dan Wakefield, originator of the route, PROS is Seattle's first "Perimeter Ride" modeled after those offered in the Tours of Tucson, Phoenix and San Diego, to name a few. A Perimeter Ride covers the circumference of major geographical locations and offers a unique perspective of our community by enabling us to ride through a diversity of neighborhoods surrounding that area. As is customary on these rides, SBC seeks to use this ride to promote worthwhile public service organizations.

SBC and Native Planet invite you enjoy the company of friends as you cycle from view to breathtaking view while showing your support for traditional cultures worldwide. Seattle-based Native Planet (www.nativeplanet.org) is dedicated to protecting indigenous peoples by promoting the self-empowerment necessary to facilitate their self-preservation. As the ride is free this year, we invite everyone to consider the eye-catching custom Native Planet jersey that will be available for sale at the ride start for \$80. The proceeds from the sales of the jerseys directly support the work of Native Planet.

"VERY challenging route, but breathtakingly beautiful. This ride cannot be accomplished without falling in love with the city." - DanW.

Please note that there are two versions of this ride. The original PROS and PROS Lite.

Ride Start: 9:00AM Discovery Park. Park in the North parking lot. Go west in Magnolia on Gilman Way and then follow Government Way into the Park. Turn left into North parking lot shortly after entering Discovery Park. Because of the length and difficulty of the ride and the number of people we are anticipating, we must leave at 9:00AM sharp. Give yourself enough time to be there because we won't be able to wait for late comers.

Monthly Rides Continued:

Ride Pace: 14-18 mph (moderate to brisk). This is sort of a "stay together" ride, so plan on being part of the group.

Update: As of 8/27 A shorter route is now available. Pros Lite! Less elevation gain and miles than the very challenging PROS but still a beautiful and challenging ride.

Ride Distance: 80 miles. A shorter route is going to be available now called Pros Lite. Check back for the mileage. The PROS ride is between 4400-5000 feet of elevation with countless climbs - some "very steep". PROS Lite will diverge at several places but primarily at UW.

Ride Terrain: Varies from place to place but has an approximate cumulative 4380 feet of elevation gain, so expect a few steep climbs-as well as some flat roads.

Cue Sheet and Map: Available at the starting point.

Food Stops: Food, water and bathrooms are available along most of the route and we are planning a lunch stop.

Rain Policy: Pouring rain cancels.

Regroup: At designated spots and especially after climbs.

Ride Leaders: Dan Wakefield and Gary Strauss. Please use our emails, Dan: akbiker@peoplepc.com and Gary: gstrauss@gsblaw.com, to contact us. Additional ride leaders, MarkR, JimmyP, Shan, BobN., MollyJ, RonT, HeatherF, ArnieC.

Ride Details: PROS will attempt to conform to Perimeter Bicycling Association Of America (PBAA) criteria. See [pbaa](#). Circumnavigating the Seattle city limits, PROS offers a unique bicycling perspective on our beautiful city. There are nonstop mountain, city, sound and lake views, and we'll visit or pass fifteen parks! PBAA forms will be available for those wishing to have their ride accomplishment recorded. The following are perimeter routes that have been established by PBAA members: Lowest U.S. Point, California - A ride through Death Valley; Lake Tahoe California/Nevada; San Francisco Peaks, Arizona; Bear Lake Utah/Idaho; Glass Mountain, California Hot Springs; Oahu, Hawaii; Mt Graham Arizona; and Cheyenne, Wyoming

RSVP: Please respond via email to help us plan effectively. However, this is not required. All are welcome to join us in this unique panoramic ride.

September 10th and 11th, Saturday and Sunday [Lewis County/Centralia Tour](#)

September 18th, Sunday [Mt. Vernon to La Conner](#)

Ride Start: Edgewater Park, Mt. Vernon.

Meet At: 9:45 AM, leave at 10:00 AM

Ride Pace: Moderate

Ride Terrain: Flat

Ride Leader: Mary Jo 206-546-0645

Ride Distance: 35 miles

Ride Description: We will wander through farmland with minimal traffic and practically no hills. We will start in Mt Vernon and go to La Conner where we will have lunch. There we can also spend some time viewing the Vintage Boat and Antique Car Show or wander around town and enjoy the Outdoor Sculpture Exhibit. There is a 3.00 charge for the boat and car show.

Directions: From I-5 take Exit 226. Proceed through Mt. Vernon on SR 536. After crossing the Skagit River, turn left on Ball or Baker Street, 0.2 mile to Edgewater Park. Mount Vernon is approximately 62 miles north of Seattle.

Monthly Rides, Cont...

September 24th and 25th Yakima Wine Country Ride to Prosser and Back

A Kiwanis sponsored ride. Several of us did this last year and are going to do it again. This is such a lovely time of the year for bicycling in Eastern Washington. Please register soon, at least two weeks prior to the weekend. Make reservations if you want to stay over Friday night or drive over on Saturday morning. Check the tours page for more details.

September, Wednesday, Eastside Evening Escape Series –

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

Start At: 6:30pm.

Ride Pace: Moderate.

Ride Distance: 18-25 Miles.

Ride Terrain: Some Hills.

Rain Policy: Rain cancels.

Ride Lead: ChrisM, mackayc @ exponent.com 425-922-7435.

September, Wednesday, Gasworks Wednesday Ride: Training Series –

Ride Days: Wednesday Evenings.

Ride Start: Gasworks Park, Seattle.

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

Ride Pace: High Moderate/Brisk.

Ride Distance: 2-35 Miles.

Ride Terrain: Mixed / Hilly.

Ride Coordinator: Jennifer 206-325-0319,

insipidperson @juno.com.

Ride Leads: Presenting... Arnie, Bill, Dan, Garry, Garth,

Gary, Howard, Jimmy, Louise, 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.

Headlights & taillights required for safety.

September, Thursday, Escargot Ride Series, Thursday Night Specials

Ride Start: Gasworks Park, Seattle.

Note Time Change:

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

Ride Pace: Leisure.

Ride Distance: TBD.

Ride Terrain: Flat.

Rain Policy: Rain cancels, sprinkle OK.

Ride Coordinator: DanW 206-283-1993.

Ride Details:

Meet at Gasworks Thursday evenings for a casual, wind-down evening ride on the Burke Gilman Trail. Leave at 6:30pm and return by 8:30pm. Distance traveled will be determined by group.

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.

Heels, Wheels and Spokes - Working Together for Safety

By Ron Elsoe, Mercer Island Director of Public Safety

Since the first of the year, City Staff from several departments have been working together to study the interactions between pedestrians, bicycles, and cars. We've found that although the frustration and number of conflicts between these groups seem to be increasing, the number of actual reported accidents remains fairly steady through the years.

Although Mercer Island continues to have a low rate of vehicle accidents compared to other similar cities, there are many opportunities to improve the safe shared use of our roadways.

We've met with bike groups, citizens, and researched other cities to gather input on how to improve interactions between these three groups on area roadways and between cyclists and pedestrians on shared-use pathways. After analyzing this data and studying the situation on Mercer Island, several presentations were made to the City Council. With Council input, we have identified things we can do to further our effort to make Mercer Island a safer city for all users of our roadway system.

These recommendations are focused in a balanced effort to share the roads and trails by all three user groups. The recommendations accepted by the Council fall into three areas. They are: increased awareness and public education, increased and equal enforcement of current laws, and some minor changes in signage, and roadway and shoulder maintenance.

In the area of awareness and education, efforts will be made to reach all users through the local media, new signage, informational displays at City sponsored events, continuation with bike rodeos and bike education classes, and an ongoing dialogue with bike clubs. A safety campaign will also take place throughout the month of July, focusing resources and information on this issue. We believe that a real understanding of the applicable laws and safety issues is a very important component in having safe roads.

Enforcement of existing laws will be done in several areas. These include targeting speeding vehicles and vehicles that fail to yield to pedestrians and share the road as required with bicyclists. Enforcement will also focus on bike users who do not follow the rules of the road or use the required bicycle and safety equipment. Pedestrians will also be reminded to use crosswalks and share the I-90 shared-use path with bikes.

The Mercer Ways will be swept more often to keep the shoulders cleaner for bike riders and we will do more vegetation trimming to assist with sight lines. The City will also identify and implement some bike pull-over areas on the Mercer Ways to allow bikes to pull off the roadway onto the shoulder without having to deal with the roadway buttons that currently mark the outside of the driving lane. The I-90 shared-use path will also receive some striping and signage to encourage all users to share the path and give some needed protocols on proper path usage.

Whether our roads and trails are being used for vehicle transportation to work, riding a bike around or across the Island for health and enjoyment purposes, or simply wanting to cross our streets in a crosswalk, all citizens should be able to enjoy themselves and feel safe. We need your cooperation to make this happen. Please have patience while traveling our roadways, know and obey the rules of the road, and respect the rights of everyone to use our roads safely.

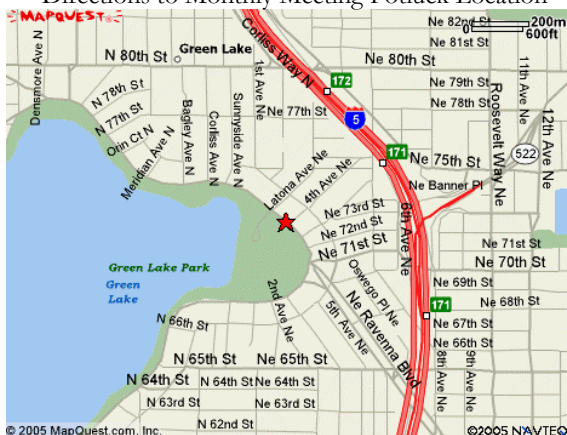
To learn more about sharing the road on Mercer Island, please visit: www.ci.mercer-island.wa.us/sharetheroad



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.

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.

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**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!