



OutSpoke'n

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

(Fun in the) Sun Lakes Tour September 22-24

Join SBC's Mary Jo Gerst for a bicycle tour in Eastern WA



Come spend 3 days cycling, hiking and sightseeing in one of the most interesting and spectacular areas of Eastern Washington.

Sun Lakes Resort is nestled on the shores of Park Lake in Sun Lakes State Park and protected by towering basalt cliffs and beautiful natural geologic formations. Close by is one of the most magnificent geological wonders in North America. "Dry Falls" stands 400 feet high and over three

miles wide. The weather is nice this time of year with highs around 80.

We will be staying at Sun Lakes Resort, located within the Sun Lakes-Dry Falls State Park on Highway 17, seventeen miles north of Soap Lake and seven miles south of Coulee City. It is near the center of Washington State, approximately 3.5 hours from Seattle.

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Besides great biking, there are 15 miles of hiking trails at Sun Lakes State Park to explore. The resort is on the lake and also has an outdoor heated pool. The [Grand Coulee Dam](#) is close by with tours of the dam available and there is a spectacular Laser Light Show in the evening. Bring your non-biking friends, too.

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: XS S
M L XL XXL

Chest: 34 36
38 40
42 44

The jerseys are manufactured 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**Membership Meeting in October!**

A special presentation awaits at this meeting. The Angells will be presenting a slide show (see page 7 for more info). We will also hold club elections and have special joining fees for this night only.

Date:

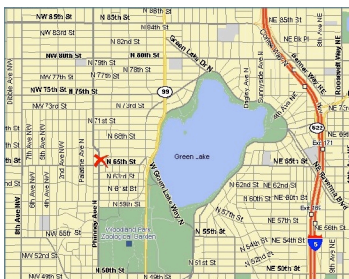
Wednesday, October 25

Time: 6:30pm

Location: [Phinney](#)

[Neighborhood Center](#) 6532
Phinney Ave N

What to bring: Your
appetite! Food will be
provided.

**CLUB MEMBERS**

Please welcome the
following new members:

[Curtis Johnson](#)

[Sylvie Aubin](#)

[Susan J. Roth](#)

And celebrate the renewal
of these members:

[Louise Kornreich](#)

[David Smith](#)

[Lynn Kuhlman](#)

[Ellie Putnam](#)

[Lang Marsh](#)

[Dan Wakefield](#)



Why did the bear cross the
road? Please see page 7 for
the answer and more
excitement!

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

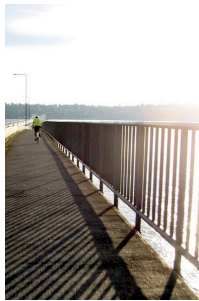
Ride Coordinator: Jennifer 206-325-0319, [insipidperson @ juno.com](mailto:insipidperson@juno.com)

Ride Leads: Arnie, Bill, Bob A, Bob B, 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.

Wednesdays, Eastside Evening Escape Series

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

Start At: 6:30pm

Ride Pace: High Moderate

Ride Distance: 18-25 Miles

Ride Terrain: Some Hills

Rain Policy: Rain cancels

Ride Lead: ChrisM, [mackayc @ exponent.com](mailto:mackayc@exponent.com) 425-922-7435, or Mark Peterson, treasurer @ seattlebicycle.org

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. Click [here](#) for a map to park.

For daily rides and tours, see page 5.



A few words from our new Rides Director, Jim Stewart:



You, too, can be a leader.

Recognizing the need to schedule more rides and a greater variety of rides for our members, the SBC Board sought the assistance of a professional, highly organized motivational Bike Ride Organizing Agency. After a lengthy talent search (details kept secret), they gave up and decided to look for a willing but naïve club member. So, after a couple of “friendly calls” from Howard, I have found myself pegged as the SBC Rides Coordinator. After a month of panic and inactivity, I am now ready to take immediate and drastic action, in the form of a cry for “HELP!!!” to all club members. Here’s the deal:

We are blessed with the contributions of a handful of club members who lead

great rides several times a month, but they take on more than their fair share. It seems all we need is a few more of us to volunteer to lead the occasional ride, and we could easily fill out our ride schedule. It would be great to have at least one ride of each pace – Social, Moderate, and Brisk, each weekend. The Wednesday night rides from Gasworks and Marymoor have been doing well, largely thanks to regular organizational help of a dedicated few (Thanks, Jennifer!), but adding some other mid-week rides for the social and moderate crowd would be great, too.

Ideally, with about 150 people in SBC, if there were 20 or so who lead rides monthly, or just every few months, then we could have all the rides we needed (how simple, huh?). To get started, I will be emailing a survey to all club members, and ask for everyone’s response. It will ask if you would be willing to lead some rides, and if so, what type. If you aren’t up for leading, then please let us know what kinds of rides you would like to see scheduled. After we get responses, I’ll tally the results and follow-up with another

newsletter article to tell you the results.

As we identify people to be regular and occasional leaders, we will also develop procedures to make and maintain the club ride schedule. Also, as a group we will figure out what we need in the way of training, incentives, and anything else needed to make the program a success (like parties). As a rough schedule, we would like to get the e-mail questionnaires back and processed in the next month, and then work through the off-season to try some things out and get organized. Then, come next March, we will be ready for spring weather with more rides that meet the needs of all our members. Also, as a last note, if anyone knows of a sponsor who will provide free custom carbon fiber bikes to all ride leaders, please speak up.

Looking forward to more rides – [Jim Stewart](#).

To email Jim, click on his name above.

DAILY RIDES

Sunday September 3rd

Three Ferries to Bremerton Blackberry Fest

Ride start: Parking area at North end of Myrtle Edwards Park

Meet: 8:45 am leave 9:00

Ride Pace: Moderate

Ride Distance: 32 Miles.

Ride Terrain: Fairly flat with a few short hills

Ride Leaders: Mary Jo, maryjo1532@hotmail.com

Ride Description: We will be going to the Bremerton Blackberry Festival to enjoy music, lunch and Blackberry Pie and ice cream. We will ride along the waterfront and catch the 10:45 Fauntleroy Ferry to Southworth. Then on to Port Orchard and take the foot ferry to Bremerton for the Blackberry Fest at the Bremerton Ferry dock. Bring a snack as lunch will be around 1pm in Bremerton. The Bremerton ferry will then take us back to the Seattle waterfront.



Directions to Parking area: Going north on Elliott Ave., turn right to "Terminal 90/91" (also for Magnolia Bridge, but DO NOT go over Magnolia Bridge). After turning right, get into and stay in left lane and follow sign for "Amgen Court". At STOP sign, turn right. Then parking area is on your left.

Going south on Elliott Ave., get in left lane for "Terminal (or pier) 90/91". After turning left, stay in the left lane and follow signs for "Amgen Court". DO NOT go over Magnolia Bridge. Turn right at STOP sign and left into parking area.

TOURS

Friday-Sunday, Sept 22-24

Sun Lakes Tour

Come spend 3 days cycling, hiking and sightseeing in one of the most interesting and spectacular areas of Eastern Washington.

Sun Lakes Resort is nestled on the shores of Park Lake in Sun Lakes State Park and protected by towering basalt cliffs and beautiful natural geologic formations. Close by is one of the most magnificent geological wonders in North America. "Dry Falls" stands 400 feet high and over three miles wide.



Weather is nice this time of year with highs around 80.

Lodging:

We will be staying in the mobile homes at the

Resort. The mobile homes sleep 3 people comfortably and are completely furnished including linens and kitchen utensils. The cost is only \$96.00/night or \$32.00/person/night plus tax. Let the tour coordinator know by August 15 (preferably before then) if you

are interested in coming on the tour so we know how many mobile homes to reserve.

Sun Lakes Resort is located within the Sun Lakes-Dry Falls State Park on Highway 17, seventeen miles North of Soap Lake and seven miles South of Coulee City. It is near the center of Washington State, approximately 3.5 hours from Seattle. See their web site: www.sunlakesparkresort.com/index.php

Friday Ride

Time: 9:30

Meet: Sun Lakes Resort

Distance: 48 miles

Pace: Moderate

Ride Terrain: Mostly flat with a few hills

Ride Description: We will do a loop and ride along the shores of 3 lakes in area. Cue



sheet
and maps provided.

Saturday Ride:

Time: 9:00

Meet: Sun Lakes Resort

Distance: 77 miles with shorter ride available

Pace: Moderate

Ride Terrain: Mostly flat with a few hills

Ride Description: We will ride along Banks Lake to the Dam. We may drive cars to the park in Coulee City for a shorter ride. Cue sheet and map provided.

Sunday Ride

Ride, Hike, Tour the Dam or just relax by the lake before returning to Seattle.

Lots of Other Things to do: Besides great biking there are 15 miles of hiking trails at Sun Lakes State Park to explore. The resort is on the lake and also has an outdoor



heated pool. The Grand Coulee Dam is close by with tours of the dam available and there is spectacular Laser Light show in the evening.

Other details:

Daytime highs are around 80 but the nights will be chilly. Bring hiking boots if you want to hike on

Sunday and don't forget your swimsuit. There are grocery stores in the area and we can plan communal a Bar-B-Q.

Tour Coordinator: Email Mary Jo at maryjo1532@hotmail.com 206-546-0645

For more daily rides, check the website, www.seattlebike.org

DON'T MISS IT! A SPECIAL MEMBER MEETING WEDNESDAY, OCTOBER 25

Annual Membership Meeting at [Phinney Neighborhood Center](#) at 6532 Phinney Ave N
The Seattle Bicycle Club annual membership meeting has three important segments:

1. SBC board update and elections for 2007
2. Membership drive special for new and current members:
 - a. Special price: \$12 for single membership and \$16 for family membership
 - b. Available only during the October 25th Membership meeting
3. Food provided by Seattle Bicycle Club (no potluck!)
4. A thrilling presentation by Randall and Barb Angel:

AK 2 FL - "It's All Down Hill from Here"

Riding their tandem from Alaska to Florida in 2004, Randall & Barb Angell of Bothell, WA completed their long time dream of cycling across North America. Crossing the Continental Divide 15 times, their 165 day, 7,100 mile journey took them through diverse terrain, cultures and



weather. Why would two automotive engineers quit their jobs and sell their house in Michigan to capture 16,000 photos of touring bliss? The answer lies in their well-documented half-hour slide show that makes you feel like you were along for the ride. This is an epic adventure you won't want to miss! To check out the Angell's story and photos, visit www.TEAMANGELL.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, 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: [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

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.

Save The Date!**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: \$60 per person until October 1st then \$75.00.

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

Calendar**Sunday, September 3**

Blackberry Ride

Wednesday, Sept 6

Gasworks Ride

Eastside Ride

Wednesday, Sept 13

Gasworks Ride

Eastside Ride

Saturday, Sept 16

Insert your ride here!

Wednesday, Sept 20

Gasworks Ride

Eastside Ride

Friday-Sunday, Sept 22-24

Sun Lakes Tour

Wednesday, Sept 27

Gasworks Ride

Saturday, Sept 30

Insert your ride here!

Looking Ahead:

Saturday, November 4

Bicycle Alliance Auction