

Seattle Spin

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

Wool Club Jersey a Reality

order yours at the Holiday Party, December 5

The first Wednesday of December is the date for the Holiday Party and also the first date when you can order the all-new 2008 Merino Wool SBC Jerseys.

The party takes place at Hale's Ales, 4301 Leary Way in Seattle's Fremont neighborhood and starts at 6:30. The cost is \$10 for members and \$15 for guests which includes pizza, salad and dessert. There will also be a no-host bar for your drinking pleasure so bring bucks for your brews.

There are a couple of highlights for the evening, the first being the White Elephant Gift Exchange. Our club members are a very creative bunch! Gifts have included a "training tool" consisting of a bucket full of cement with a chain to attach to your bike, glass slippers fitted with Look cleats and a framed photo of not-so-popular politicians. You are only limited by your creativity.

Another highlight is the chance to pre-order the 2008 SBC Wool Jersey. An order will be placed once we have a



(This is a sample of the jersey without the lettering; it will read "Seattle" in block letters on white and "Bicycle Club" in script on the black)

minimum of 30 short sleeve or long sleeve jerseys. They are expected to arrive some time in February.

The short sleeves will sell for \$60 and the long sleeves for \$70.

The sizing chart follows so be sure to measure yourself or your jersey so you know what size to order. And don't forget your checkbook!

Size	Chest	Back	Sleeve
XS	31	25	28.5
S	33	26	30
M	37	27	31.5
L	40	27.5	32
XL	43	28	33.5
XXL	46.5	28.5	35

IN THIS ISSUE:

Party!.....	1
Series Rides.....	2
Daily Rides.....	3
The Revolution.....	4
About SBC.....	6
Beer!.....	7
Party!.....	7



(This star is not intended to be representative of any particular holiday)

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

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.



Did you remember to renew your membership?
Renew online!
[Click Here to renew online:](#)



DAILY RIDES and Other Events**Saturday, December 1****Logboom-Paradise Lake Loop**

Start Location Tracy Owen Logboom Park, Kenmore, off Bothell Way at 61st Ave NE

Meet by: 10:10 a.m.

Start at: 10:30 a.m. sharp

Pace: 15-18 mph

Regroup: From time to time and on top of hills

Ride Distance: 43 miles

Ride Leader: Gary Strauss garystrauss@gmail.com (prefer email contact); day of ride 206-948-9024 (cell) or 206-937-1852 (home) and 206-816-1300 (work). Volunteers welcome

Rain Policy: Steady rain, snow or very icy roads cancel. Dress appropriately and be prepared for cold and weather changes.

Terrain: Some climbing, a few steep hills

Food: Mini Mart / Espresso type stop or bring your own snacks

Cue Sheet: Yes.

Details: a scenic loop around S. Snohomish and N. King County. Ride designed for those seeking to have fun, stay more or less together, regroup reasonably frequently, and provide mutual support. Smiles very welcome.

Directions: [Maps](#)

Wednesday, December 5**SBC Holiday Party**

Meet at: Hales Brewery and Pub

Where: 4301 Leary Way NW

Start at: 6:30 pm

Pace: Social (what else?)

Food: Pizza and no host bar

Cost: SBC Members \$10.00, Guests \$15.00

Details: You don't want to miss the Annual SBC Holiday Party. See what everyone really looks like, without a helmet on. Eat pizza and drink beer at the no-host bar.

Bring a White Elephant Gift for the gift exchange and bring your checkbook to order a jersey (see page 1).

**Wednesday, December 12****Dinner Out! at Gorgeous George's in Greenwood**

Start Location: Gorgeous George's, 7721 Greenwood Ave N

Directions to Start: Exit I-5 on 85th St, go west to Greenwood, turn left to 78th Street.

Meet by: 6:15 p.m.

Start at: 6:30 p.m.

Ride Leader: Louise Kornreich email: weezy114@yahoo.com or call 206-200-1502

Ride Details: Gorgeous George has some of the best Mediterranean food in Seattle and George is a very welcoming host.

RSVP: Yes, due to the intimate size of the restaurant, the group is limited to a total of 6 diners.

Monday, December 17**First Annual West Seattle Holiday Lights Ride**

Ride Start: Statute on Alki (61st and Alki) - the Monica starting place at

http://www.cascade.org/EandR/maps/alki_61st.cfm

Meet at: 5:30 pm.

Start at: 5:45 p.m. sharp.

Pace: Stay-together cruise.

Distance: About 15- 20 (course still under consideration).

Terrain: Quite hilly in a few places but will regroup

Ride Leaders: Gary Strauss garystrauss@gmail.com (prefer email contact); day of ride 206-948-9024 (cell) 206-937-1852 (home) 206-816-1300 (during week)

Jim Taylor j-taylor@comcast.net; day of ride (206) 979-1941 (cell); 206-923-5273 (home)

Rain Policy: Rain, Storms, Hail, Snowstorms, Windstorms, and any one of the Ten Plagues Cancel.

Ride Details: A special new holiday ride - explore the lights of West Seattle. Feel free to let ride leader(s) know of any "super" area with a lot of homes adorned with lights or just plain wacky, as we will modify the route once the lights are put up. Rear and front bike lights required. Recommend a flashlight, at least 2 new tubes, a patch kit, and a pump or CO2 cartridges. Please check your tires before leaving home. **Post ride feed if you are up to it.**

Thursday, December 20**Gary's Annual Holiday Lights Ride**

Ride Start: Gasworks Park http://www.cascade.org/EandR/maps/gasworks_park.cfm

Meet at: 5:30 pm.

Start at: 5:45 p.m. sharp.

Pace: Moderate, 13-16 mph, regroup often.

Distance: 20-23 miles (course still under consideration - invite information about N. Seattle neighborhoods that might have street or streets of light - let us know if you are aware of any).

Terrain: Quite hilly in a few places

Ride Leaders: Gary Strauss garystrauss@gmail.com (prefer email contact); day of ride 206-948-9024 (cell) 206-937-1852 (home) 206-816-1300 (during week).

Jim Taylor j-taylor@comcast.net; day of ride (206) 979-1941 (cell); 206-923-5273 (home)

Rain Policy: Sprinkles OK. Heavy Rain, Storms, Hail, and Windstorms cancel.

Ride Details: A special holiday ride - explore the lights of North Seattle. Feel free to let ride leader(s) know of any "super" area with a lot of homes adorned with lights or just plain wacky, as we will modify the route once the lights are put up.. Stay together cruise. Regroup often, especially when we ride past the holiday lights. Rear and front bike lights required. Recommend a flashlight, at least 2 new tubes, a patch kit, and a pump or CO2 cartridges. Please check your tires before leaving home. Cue sheet provided but not likely helpful. Be sure to dress for the weather and if it changes.

The Revolution!

Join the Bikery to Find Out What Makes Your Bike Go!



Back by Popular Demand! On Saturday, December 15th, the Bikery is presenting its popular class titled, "Drive train 101". This will take place in Seattle at the Garfield Community Center, at 23rd and Cherry in the Central District, from 12-2pm. Discover what makes up the areas called "the drive train" on your bike, how they work, and how to fix them!

The Bikery is a new local organization that envisions a vibrant bicycling culture in the Seattle area where everyone has access to bicycle knowledge and resources regardless of gender, sexual orientation, race, class, or any other boundaries. Their mission is to cultivate the personal, social, and environmental benefits of bicycling through collaborative, hands-on education on bikes and biking. The Bikery has weekly bicycle maintenance workshops each Sunday, as well as other educational programs each month.

Stick around after the drive train class, because from 2-5 every Saturday, the Bikery also hosts a drop-in bike maintenance clinic. Just bring any parts you need. They'll provide the tools and show you how to use them!

More information about [The Bikery](http://thebikery.org) and their programs can be found at thebikery.org. Questions may be sent to [info](mailto:info@thebikery.org).



Cyclocross: Spectators Wanted

Get out and watch the best winter spectator sport in the Northwest. There are two cyclocross races left in this year's season: December 9th is the [SCC Series Final](#) at Kelley Creek Farm near Bonney Lake. December 30 is the [Kringle Kross](#) at Warren Magnuson Park in Seattle.

Expect fast action, crashes, mudholes, and an amazing show of bike handling skills. For more information on any of the races, see the Seattle Cyclocross [Website](http://www.seattlecyclocross.com/).
<http://www.seattlecyclocross.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 “*Seattle Spin*” 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!

2007 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

Board Meeting in December

All are invited to attend the summer SBC Board Meeting at Hale's Ales

- Get involved with your club
- Drink a beer with the Board!

Date: TBA

Time: 6:30pm

Place: Hale's Ales on Leary Way

