

Seattle Spin

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

Wool Jerseys

not just for grouchy old retro guys (and gals)

Up until a few years ago, wearers of wool cycling jerseys fell into one or more of the following categories:

- retro folks who aren't interested in synthetics
- seasoned cyclists who have been riding since before synthetics were invented
- those wishing to pay homage to the riders of yesteryear

Things have been changing, both the ideas people have of what makes a good fabric and the fabric itself. There are companies that are making wool jerseys, casual wear and other outdoor gear out of wool, like Ibex (www.ibex.com). They use finely spun merino wool from sheep in New Zealand and form the fabric into modern clothing that is machine washable. Smartwool (www.smartwool.com) is very well known for their wool-blend socks that don't itch but they also make apparel and outerwear.

This past September, Allison Bailey participated in the



Paris-Brest-Paris randonneuring event in France, wearing a wool jersey from [Portland Cyclewear](http://PortlandCyclewear.com). It poured rain for a lot of the event but Allison stayed comfortable in her long sleeves in the 65-degree weather, noting that wool was the "perfect garment" and it was "not too hot, not too cold, just right!"

Temperature regulation is one of the great properties of wool. A wool jersey can keep you warm in the winter, cool in the summer and comfortable even in a rainstorm. And their good looks stay in fashion for years.



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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**Saturday, November 3****Machias-Arlington - Silvana - Lk Stevens Loop****Start Location** Machias Station, Snohomish**Meet by:** 9:40 a.m.**Start at:** 10:00 a.m. sharp**Pace:** 14-17 mph**Regroup:** From time to time and on top of hills**Ride Distance:** 53 miles**Ride Leader:** Bob Nyberg**Rain Policy:** Bad weather will shorten ride**Terrain:** Varied, with some hills**Food:** Mini Mart / Espresso type stop or bring you own snacks**Cue Sheet:** Yes.**Directions:** From Snohomish, head North on Maple about 4 miles to the T and make a right turn, then a left turn on Division St and a left turn into the parking lot.**Machias-Arlington-Machias****Start Location:** Machias Station**Start Time:** 10:00am**Pace:** 12-15mph**Distance:** 37 miles**Leader:** Pam Hallanger pam_hallanger@hotmail.com**Details:** For those wanting a shorter, more social paced ride, join Pam's group. They will follow Burn Rd to Arlington, but leave out the Silvana section and return via the Centennial trail.**Sunday, November 4****Jimmy Pelaez is Back! (well, at least he's getting on his bike)****Start Location:** Jack Block Park, West Seattle**Meet:** 10:15am**Start:** 10:30am**Pace:** Slow to Moderate, 13-15mph or whatever Jimmy feels like doing**Distance:** 20-25 or until Jimmy falls off his bike**Terrain:** fairly flat unless Jimmy is feeling feisty**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)**Rain Policy:** sprinkles ok, heavy rain cancels. If weather is iffy, we will alter the route so Jimmy doesn't get too wet.**Details:** This ride is suitable for everyone who either knew, used to know, or would like to know Jimmy Pelaez and who don't mind a ride in which the sole goal is to make sure Jimmy can get back to Jack Block Park still breathing. If you get dropped on this ride, you probably are just learning how to ride or have not ridden more than 12 mph in your life. But the hope is that, with

medical checks along the way (volunteers?), who will continually monitor Jimmy's vital signs, heart rate and blood pressure to make sure they stay within guidelines of the Washington State Medical Society for workaholics, we will restore Jimmy back to his petrol-burning, pollution-emitting transport safely and soundly. Come prepared with at least 2 new tubes, a patch kit, and a pump or CO2 cartridges. Please check your tires before leaving home as there is no way Jimmy can change them for you, having forgotten what a bike tube is for. No cue sheets. Snack along the way is possible but bring food. For those of you seeing any one of those medical shows, we do have a current letter from Dr. Yougottobekidding that the probability of a medical emergency affecting Jimmy is not greater than normal, but, if any of you have medical training and are willing to update Jimmy's vital signs while he deftly tries to remember which side of the bike to mount, that will be great.

Thursday, November 15**Dinner Out! at Szmania's in Magnolia****Start Location:** Szmania's, 3321 W. McGraw St**Directions to Start:** Go east on Dravus St, turn left on 28th Ave W, turn right on McGraw St**Meet by:** 6:15 p.m.**Start at:** 6:30 p.m.**Pace:** slow and steady**Regroup:** constantly**Ride Distance:** appetizer through dessert**Ride Leader:** Louise Kornreich email: weezy114@yahoo.com or call 206-200-1502**Rain Policy:** we'll watch the rain from the warmth of the restaurant**Terrain:** new and interesting**Cue Sheet:** provided by restaurant**Ride Details:** Szmania's is part of the Dine Around Seattle promotion and a 3-course meal costs \$30 (without beverage, tax or tip). Let's take advantage of this great offer, a week before Thanksgiving. See their website for menu options: www.szmanias.com**RSVP:** Yes

The Revolution!

It's Bike Rack Season in Seattle

The beginning of the rainy season marks the end of summer paving projects, and our friends at the Seattle Department of Transportation tell us that with the paint back on up the shelves, now is an excellent time to request bicycle racks to be installed in front of your favorite destinations. To request a bicycle rack for a business or residential building in the City of Seattle, send an email to walkandbike@seattle.gov with:

- a description of the establishment,
- a detailed location,
- and, if possible, the name and phone number of the proprietor or property owner/manager.



Check [SDOT's website](http://www.sdot.org) to learn more about bike rack types and rack location criteria

Who says Kickstands Aren't Cool?

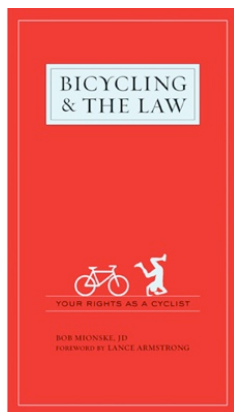
Click-Stand, the "world's only folding portable bicycle stand", means no more laying your bike down on gravel or blacktop. Pick up one of these small, lightweight units (see the Mini-6) and you can quickly and fashionably stand your bike up just about anywhere. Check it out here: www.click-stand.com



Taos or Bust - A New 1,000 Mile Race in 2008

Over time, RAAM has added pieces to the race which enable more racers to experience the journey that is RAAM. In 2008, they are introducing a new event: a 1000 mile race starting in Oceanside, CA and finishing in Taos, NM. The 1000 mile event fills the void for riders who will find the commitment to race 1,000 miles a much less overwhelming proposition than a full RAAM. There are few races in the world of this distance and this will be the first in the US.

Secure your spot in the new RAAM 1000 (or any of their events) today by placing a deposit at the [RAAM Store](#). Register prior to November 10 for a special discount!



Bicycling & the Law: Your Rights as a Cyclist

This is the book to have when confronted with confusing questions about traffic law, cyclist harassment, product liability, theft, and insurance contracts. *Bicycling and the Law*, a book by Bob Mionske, is designed to be the primary resource for cyclists to consult when faced with a legal question. It provides readers with the knowledge to avoid many legal problems in the first place, and informs them of their rights, their responsibilities, and what steps they can take if they do encounter a legal problem.

Bob Mionske makes the law both entertaining and understandable to the non-lawyer, while presenting an accurate and thorough explanation of the laws governing bicycling and the activity of bicycling. *Bicycling and the Law* will be a definitive resource answering legal questions and the only book of its kind on the market. See www.velogear.com for ordering info.

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 November

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: Monday, November 19

Time: 6:30pm

Place: Hale's Ales on Leary Way



Holiday Party, December 5

Food, soda and a no-host bar, all for \$10 for members and \$15 for guests.

Bring a gift to participate in the White Elephant Gift Exchange!

Date: Wednesday, Dec 5

Time: 6:30

Place: Hale's Ales Brewery (see map above), 4301 Leary Way