



OutSpoke'n

IN THIS ISSUE

Escargot Takes Off! - Pg 1

Meetings, Merchandise, & Members - Pg 2

Tips & Tricks - Pg 2

Rough Riders - Pg 3

Monthly Rides - Pg 4

Sharing the Road on Mercer Island - Pg 7

Club Info - Pg 8

Volume 8, Issue 4

Official Newsletter of the Seattle Bicycle Club

May 2005

Escargot Takes Off!

By: Stephanie Roche

SBC had its first Escargot ride of the season on April 10th. Escargot rides are slower paced and intended to provide support to those who are new to bicycling or who haven't ridden in a long time, or those who just wish to have a more laid-back riding experience. In other words, Escargot is riding in style!



The kick-off ride was lead by our president, Mary Jo, who reported that half the riders were new to the club! We had a nice ride on the Burke Gilman riding from Logboom Park to Redmond, ate lunch in Redmond, took a little spin on the marked bike lanes in downtown Redmond, and returned to Logboom Park. The ride leader commented that the rain held off until the ride was finished, and "everyone was happy to hear the Escargot rides were starting up again and looking forward to more."

This season we plan to assist Escargot riders who want to move on to other kinds of riding. SBC will offer, among other rides, "Escargot Takes to the Road," "Escargot HeadsNorth," "Escargot Heads South," "Escargot Rides the Ferry," and "Escargot Goes on Tour." Some of these rides will be just on bicycle trails like the Burke-Gilman. Others will be partly on bicycle trails and partly on roads. These rides will offer a blend of traditional Escargot experiences along with some adventure and some new bicycle skills.

"Escargot Goes on Tour" in May is an especially fun and exciting opportunity for Escargot riders. Come to Yakima and enjoy the camaraderie of fellow cyclists, the beautiful scenic Yakima River Canyon, and the lovely winding Yakima Bicycle Trail, which meanders along the Yakima River. Both days of flat riding are good for all levels of riders: you can go as fast or as slow as you like and you can do as much or as little as you like. This is not one to miss!! Mark your calendar for the weekend of **May 21 and 22** and keep your eye on SBC's website for details!

As part of our effort to assist Escargot riders, we are going to offer pre-Escargot ride talks and demos about bicycle skills. David Smith, who developed the "Looking Sharp! Visual Language Vehicle Driving for Bicyclists and Motorists" program, will be joining us on occasion to provide specifics related to riding on the road and riding in groups. David has done excellent research on effective ways of communicating with traffic as you navigate your way on roads. He has a high level of sensitivity to learning how to ride roads for maximum safety and enjoyment. Keep a lookout for David's talks/demos on the website with Escargot rides.

Check the website frequently for added rides!

MONTHLY MEMBERSHIP MEETING**There will not be a membership meeting in May.**

Tips & Tricks

*From www.jimlangley.net***BIKE PARKING 101**

Here's the foolproof way to park your bike against a pole: Rest the side of the seat against the pole. Then backpedal the pole-side pedal until it comes up (to about 12 o'clock) and touches the pole. Voila! The side of the seat keeps the bike from rolling forward and the pedal keeps the bike from rolling backward. So, short of an earthquake, the bike won't slide, fall over, and get all dinged and dented.

UNDER PRESSURE

Most people put too little pressure in road tires and too much pressure in off-road rubber. Road tires usually take from 95 to 125 pounds per square inch (psi). If you weigh less than 150 pounds, go toward the lower end and vice versa. For mountain tires intended for off-road use, a good range is from 35 to 45 pounds. Use the same rule for weight. With off-road rubber, you'll find that less air means a softer ride and improved control because the tire has a larger footprint on the trail.

**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!

Fast Freddie Framed!

Ride Leader Fred Norouzi is 'framed' by Ride Director Mark Peterson's gorgeous new bike, which made its debut at the SBC Pizza Party and



weight: only 16 lbs!

Photo and caption by Arnold Chin

New Members Corner

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

David Smith
Stacey Van Norman
Bob Edmiston
Shelly Fields
Judy Kraemer
Ron Lindsay
Lawrence McAllister

Ride Leaders Meeting. Fred is hoisting (or is Fred heisting?) the Spanish-built, carbon bicycle to test its

Rough Riders

By: Cliff Jarrett

"We are drowning in information and starving for knowledge"
- Rutherford D. Rogers-

I did it and I admit it. I stole the prosthetic leg of an amputee. Before you judge me hear me out. Dubie and I have known each other for more than a decade and have been good friends for the last two years. We were team mates on Race Across America. We snuck across the Mexican boarder twice, the Canadian border three times, the Finnish boarder once, and back into the good old USA five times that I have a clear and independent recollection of. He introduced me to my fiancée. So keep all that in mind — I might not be quite the ogre it would appear at first sight.

I needed answers and he deserved an ass kicking. He lured me down to a tropical paradise, made me relax on the beach for two days, then said we were going mountain biking. We rode onto an active volcano up the "back way" because the park service closed the mountain and was patrolling the roads and the main trails. After we completed seven hours of climbing on bikes loaded with at least a hundred pounds of supplies, overcame mosquitoes the size of golf balls and tremors due to the volcanic activity, he told me his cousin Yurgi and my old high school buddy Sebastian were performing surveillance on the trail leading to the cave with the treasure. Then he bolted down the trail. Since Sebastian and Yurgi are undoubtedly the two most stubborn and patient cusses God ever created, a better surveillance pair could not be assembled.

I was tired of playing and I was thirsty and hungry. I could not out-ride him or out-run him. I was sick of chasing him. I ate two cheese sandwiches then took a nap. As a matter of policy I don't wear a watch when I am on vacation so I had no idea how long I slept. But I figured since Dubie only got four hours of sleep last night he would probably nod off too when he stopped.

The shadows told me it was afternoon when I awoke and there was no indication of a setting sun. On a more or less level trail I covered a respectable seven miles in about an hour before I found Dubie sleeping beside a pond. He'd unstrapped his prosthetic leg and was out cold. Dubie could out-bike me and out-run me but, with a fifty pound advantage I could probably out-wrestle him. I didn't like the word probably so I snuck up to him, pulled the prosthesis away from him, flung it into the pond then dived on top him. With my hands efficiently around his throat I said "OK you dirty dog, HUF what in the ever loving HUF name of God is going on?" He was a scrappy son of a gun and I was surprised how much pressure I had to apply to his airways before he submitted.

"I was mountain biking a few miles from here and I found a cave," he said. "I was tired, hot and curious so I grabbed a flashlight from my bag and went in there to check it for bats then take a nap. There were no bats but there were dusty chests loaded with jewels. My mind went into overdrive and I concluded I probably stumbled across a drug dealers cache and his patrols would be there on some schedule. I stuffed as much as I could in my pockets and high tailed it out of there."

Continued on Page 6...



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

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 looking for more rides for May and June 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.

May 4th, 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 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.

May 4th, 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.

Thursday, May 5th, Escargot Ride Series, Thursday Night Specials

Ride Start: Gasworks Park, Seattle.

Ride Pace: Leisure

Ride Terrain: Flat.

Rain Policy: Rain cancels, sprinkle o.k.

Ride Description: Meet at Gasworks Thursday evenings for a casual, wind-down evening ride on the Burke Gilman Trail. Leave at 6:00 p.m. and return by 8:00 p.m. Distance traveled will be determined by group.

Meet At: 5:45pm, start 6:00pm sharp.

Ride Distance: TBD.

Ride Coordinator: Dan Wakefield 206-283-1993

Sunday, May 8th, Escargot Ride Series, Mothers' Day Peddle

Ride Start: Gasworks Park, Seattle

Pre-Ride Talk/Demo: 9:15-9:45am, David Smith.

Ride Pace: Leisure.

Ride Coordinator: Bob Goldberg 206-361-6267

Ride Description: Ride the Burke Gilman Trail from Gasworks to Lake Forest Park and stop for a nice latte and social break before heading back. Join David Smith before the ride for a 30 minute talk/demo about bicycle riding and communication skills. David will help fill in those gaps so you become a better and happier rider.

Ride Terrain: Flat.

Meet At: 9:45am, start 10:00am sharp.

Ride Distance: 25 miles.

Rain Policy: Rain cancels, sprinkle o.k.

Thursday, May 12th, Escargot Ride Series, Thursday Night Specials – See May 5th Ride Description for details.

May 14th, Saturday, Landsberg - Enumclaw

Ride Start: Cedar Grove Parking Lot.

Ride Pace: Social, Moderate, Brisk.

Ride Terrain: Rolling Terrain.

Ride Leads: Moderate, Val. Social, TBD. Brisk, Self-Led.

Contact Information: 425-641-6978, *vlycette @ aol.com*, day of ride 425-765-7391.

Ride Description: Beautiful, rural ride through SE King County. We'll have views of Mt. Rainier and cross the Green River Gorge. Bring a snack for a rest break in Enumclaw. Lunch at the Black Diamond Bakery, around mile 40. Cue sheets will be provided. **Directions to Start:** From I-90, take Front Street exit in Issaquah. Continue south onto Issaquah-Hobart Road. Go under Hwy 18 and continue another 3-4 miles to gravel parking lot on your right.

Meet At: 9:45am, leave 10am sharp.

Ride Distance: 49 miles.

Rain Policy: Rain cancels but light sprinkle OK.

Monthly Rides Continued:

May 14th, Saturday, Gasworks to Issaquah via Cougar Mtn

Ride Start: Gasworks Park.

Distance: 25-50 miles.

Terrain: One long half hour climb.

Ride Leader: Victor, rakiklaus@seanet.com, 206-547-6020.

Ride Details: Starting from Gasworks Park will take the standard route to Mercer Island before crossing to the eastside, climbing to the top of Cougar Mountain and then coasting down to Issaquah. Mountain Bike recommended because there will be about a mile of gravel at Cougar Mountain Park on top. Otherwise you can walk. Will have a leisurely lunch at Cougar Mountain Park followed by a snack in Issaquah. Route back is more or less a flat two hour roll home from Issaquah on bike trail. If you are in a hurry, you can bus from Issaquah back into Seattle.

Meet: 9:15am, leave 9:30 sharp.

Pace: High Social.

Rain Policy: Rain cancels, sprinkle OK.

May 14th, Saturday, Ramrod Training: Hurricane Ridge I

Ramrod Training Schedule: Check out the SBC website to view 2005 Schedule.

Ramrod Training Series E-mail List: A weekly e-mail list has been created to provide information about training, recruit assistance and disseminate last minute weather-dependent schedule changes. If you would like to receive these e-mails, please contact Jennifer at insipidperson@juno.com.

Ride Start: Sequim High School.

Ride Pace: High Mod-Strenuous 16-25mph.

Elevation Gain: 6,000ft.

Rain Policy: Rain or shine. No cancellations.

Ride Lead: MarkP, mapmap7@comcast.net, 206-261-0685.

Ride Details: For this week's ride we will meet at the Sequim High School parking lot on N Sequim Ave, across from the City Library. Take the first exit with an off-ramp, (not the first exit) on 101 for Sequim. The off-ramp leads to N Sequim Ave. Take a right to the North and go to the school.

Meet At: 8:30am for 9am Start.

Ride Distance: ~75 Miles.

Ride Terrain: Hilly.

Ride Coordinator: Jennifer, insipidperson@juno.com, 206-325-0319.

The ride will go from Sequim to Port Angeles to the top of Hurricane Ridge and back. BRING A TAIL LIGHT for your bike. There are several tunnels, mostly short. However, one is long and dark. The views along the way promise to be spectacular, depending of course on the weather. **This training series** will prepare riders for RAMROD and other endurance rides. The rides will increase gradually in distance, elevation gain and difficulty. Ride start times and locations will vary from week to week and may change to accommodate current weather conditions, **so please check the website before each ride for confirmation.** Participants should bear in mind that, while there may be re-group points along the way, **the ride is unsupported. Each rider must be capable of meeting the physical demands of planned routes.** Cue sheets will be provided. For more info on Ramrod see the the Redmond Cycling Club website website.

Saturday, May 14th, Escargot Ride Series, Escargot Travels North

Ride Start: Centennial Trailhead, Snohomish.

Pre-Ride Talk/Demo: 8:45-9:15am, David Smith.

Ride Pace: Leisure.

Ride Terrain: Flat.

Rain Policy: Rain cancels, sprinkle o.k. Call if you're not sure.

Ride Description: Venture north with us as we enjoy the beautiful Centennial Trail out of Snohomish. We'll have a leisurely, fun ride north to the Machias area; trail is flat and wide – perfect for anyone new to riding and/or new to riding with a group.

There are restrooms and benches along the trail, so this can be a shorter ride for anyone who needs to rest and wait for the group to turnaround. We'll stay together but anyone can just turn around at their own halfway point. Option for a post-ride stop at the Snohomish Pie Company – yummmmm! **Directions to Start:** Snohomish-Wenatchee exit off I-5 onto US2 in Everett. Take the third exit off US2 to Snohomish. Southern end begins in Snohomish at the intersection of Maple Street and Pine Avenue. Take Maple out of downtown Snohomish and trailhead is at intersection with Pine. Park on street and we'll gather alongside the trail, being careful not to block trail. Link below has additional information and map of Centennial Trail.

Meet At: 9:15am, start 9:30am sharp.

Ride Distance: About 25 miles.

Ride Coordinator: Mary Harding 206-915-1411 and Stephanie Roche 206-789-1929

Thursday, May 19th, Escargot Ride Series, Thursday Night Specials – See May 5th Ride Description for details.

Sat-Sun, May 21-22, Escargot Ride Series, ESCARGOT GOES ON TOUR
SEE TOURING CALENDAR FOR DETAILS.

Thursday, May 26th, Escargot Ride Series, Thursday Night Specials – See May 5th Ride Description for details.

Touring Information:

May 14 & 15, Cycling Scenic Lewis County Country Roads.

On Saturday we will do the 22nd Annual Lewis County Historic Bike Ride starting at Stan Hedwall Park in Centralia. Ride distance options are 20, 46, 72, and 100. On Sunday we will do a 50 mile social paced ride around the back roads of Chehalis. We will be staying at McMenamins Olympic Hotel in Centralia. See website for more details, or contact Mary Jo at *president@seattlebicycle.com* for more details and to sign up for carpool and roommate.

May 21 & 22, A Sunny Yakima Weekend

Saturday we have the choice of the Tour De Wellness, or an SBC led ride. The Tour De Wellness is a scenic and challenging Century or ½ Century ride through the beautiful Upper Yakima Valley. The SBC led ride will be a moderate ride that will include the Yakima Greenway, a paved bike path in Yakima. On Sunday we will do the Your Canyon for a Day Bicycle Ride. This is a 35-mile ride through the Yakima River Canyon, with a gentle grade and few hills. We will be staying at the Motel 6 in Yakima. See website for more details, or contact Mary Jo at *president@seattlebicycle.com* for more details and to sign up for carpool and roommate.

Future Tours you will want to put on your calendar:

June 3, 4 & 5 **Sun Lakes and Soap Lake Area.**

July 22, 23, & 24 **Historic Columbia River Highway State Trail**

August 13 & 14 **Weekend at the Birch Bay Hostel**

Sept 3, 4 & 5 **Trail of the Coeur d'Alenes in Spokane area.**

Sept 24 & 25 **Yakima Wine Country Ride to Prosser and Back.**

Rough Riders continued from Page 3...

I fed-exed the jewels to our friend Judge Horace Realman and three weeks later I got a call from him. He told me to open an account and send him the number so he could wire me my money. It took a bit of doing to accomplish on the paycheck and tips of a bartender but I did it. The next day fifteen thousand dollars appeared in the account. It took the first twelve thousand to bail Yurgi out, get him a new passport and fly him here. I used the rest of the money to fly Sebastian down here last month, supply them, and fly you down here."

Wow, now my mind was spinning. "How long have Yurgi and Sebastian been watching the cave?"

"Three weeks".

"What have they observed?"

"As far as I know nothing. There are no cell towers around here and the last time I saw them was ten days ago. There were a few hikers but none of them came within fifty meters of the cave."

I didn't like the shade of purple that had elevated to Dubie's eyes. I released my grip and he roundhouse kicked me behind my ear. Ouch that hurt! But I knew I deserved it. There was that familiar rumble below our feet, I panicked and Dubie laughed again. We had to get to wherever our advance team was and form a plan before this mountain blew.

To be continued...

Ride on Dudes

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.

Sharing the Road on Mercer Island

By: Mike Moreland

The Mercer Island Public Safety Committee presented their recommendations to the City Council on Monday April 18th on proposals for "Vehicles, Bicycles, and Pedestrians". These proposals, resulting from strained relations between motorists and cyclists, include: require single-file riding for groups, require permits for large groups, restrict vehicle parking in certain areas, limit speed or ban cyclists from the I-90 path.

The Committee studied the issues for several months and was not in favor of the proposals, but recommended increasing awareness, education and continuing with enforcement efforts targeting both motorists and cyclists. While there is still much anger on both sides, many feel this is a reasonable approach. Ultimately everyone has to give a little and learn to share. The Council will review the Committee's progress in the Fall.

The Council directed the Committee to move forward within given budgets during this "cool down" period to include:

- Education.
- Continued enforcement and emphasis patrols.
- Removing some of the "turtles" so cyclist can move onto and off of the shoulder more easily.
- Step up the frequency of sweeping shoulders to remove debris.
- Trim back vegetation and restrict parking in limited visibility areas.

Here are some guidelines for riding on the island.

- Ride clockwise around the island since the shoulder is better on the inside.
- Ride no more than 2 abreast and pull into a single line when cars approach from behind to allow them to pass. Watch for traffic approaching from behind (a mirror is recommended) and sound off a "car back". Move as far right as safely possible. It is illegal to delay a group of 5 or more vehicles.
- Watch for pedestrians. Many people enjoy walking on the roads. In areas of limited visibility be alert and prepare to yield to pedestrians.
- Break large groups down into groups of 6 or less and maintain a sufficient gap to make it easier for cars to pass.
- Avoid riding on the I-90 path across the north end of the island particularly if you're leading a group. If you do ride on the path do so cautiously for the safety of pedestrians. You must ride single file on the path. Keep your speed down.
- Make eye contact with drivers, signal your intentions, and be courteous. Motorists will appreciate your awareness and effort to keep traffic moving smoothly and safely.
- Come to a complete stop at intersections. The interpretation of stop requires you to put a foot down. Move through the intersection together in groups of 6 or less.

Next month we will bring you an article concerning Group Riding Safety & Etiquette. Ride safe.

Tuesday Night North-end Rides Starting!

For those of us in the north end, Mary Jo, Mark Buettner and others will be leading rides on Tuesdays at 6:30, meeting at Ballinger Park. We will bike the Interurban Trail and explore other areas in the northend. Moderate pace and social afterwards. Starts May 3rd!

Congratulations to May Cheng!

Last month our very own May Cheng successfully completed her first Boston Marathon! May finished 314th in her Division, placed 1,604th among all women, and ranked 7,339th out of 20,000 runners. Way to go May!





Monthly Meeting Potlucks are back!

In June, July and August SBC will be combining its monthly meetings with a potluck picnic. We will be meeting at Green Lake across from the Green Lake Library on the third Tuesday of the month. Board members will arrive early and save some tables for us. Watch for details on the web and in the June newsletter.

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

Community Relations: Richard Petters

Membership: Victor Odlivak

Newsletter: Karin Bulova

Web Site Manager: Cory Bear

Merchandise: Jimmy Pelaez

Activities Director: Yvonne Lasso

Business: Chris Mackay

Ride Director: Mark Peterson

Town Crier: Adrienne Dorf

Bike Commuting: Urania/Jonathan Freedman

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info@seattlebicycle.com

Membership Renewal:

If you receive OutSpoke'n through the mail, please check the mailing label on this issue of OutSpoke'n to see when your annual membership expires. Membership expires at the end of the month indicated. Otherwise, you will be sent a separate renewal notice prior to your membership expiration date. 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!