

# Seattle Spin

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

## Spring is (almost) Here!

***Are you ready for rides and tours?***

Although the threat of snow cancelled a ride the last weekend of March, Spring is here. A recent ride through the arboretum showcased blooming Magnolias, Azaleas and robins were spotted doing their part to making spring happen (also known as the birds and bees). The Between the Nox series has resumed on Tuesdays, Mary Jo Gerst and Judy Kraemer are leading easy rides and the Wednesday Night Ride from Gasworks continues on through the rain (and sometimes hail and sleet). Pages 2 and 3 have all the details.



Mid-month is the return of the potluck SBC meeting at Phinney Neighborhood Center on April 17th. There will be two presenters to help you with nutrition and to inspire you to take a tour this summer. See page 7 for more details on this month's club meeting.

Sneaking a peek at May, Mary Jo has a tour on May 17 & 18 to the Yakima area. For those of you who don't know, Mary Jo is just as fond of wine as she is of bicycles. Early reservations are essential so go to the [Tours](#) section of the website.

### IN THIS ISSUE:

Spring.....	1
Series Rides.....	2
Daily Rides.....	3
Upcoming Rides.....	4
The Revolution.....	5
Club Meeting.....	7



Have you seen all the new SBC jerseys out there? They look really sharp and turn a lot of heads. Did you get yours? If not, there will be another order placed in July in time for [RAPSody](#) on August 23 & 24.

# RIDES

## SERIES

**Between The NOX - Tuesday Evening Series.**

**Ride Days:** Every Tuesday Evening starting March 25.

**Ride Start:** Harbor Avenue, South of Salty's Restaurant.

**Meet At:** 5:45 pm, **Start** 6:00pm sharp.

**Pace:** Brisk 16 - 18 mph, sometimes Strenuous 18-20

**Distance:** 25 - 40 Miles.

**Terrain:** Mixed / Hilly

**Leader:** Dennis Grace

**Contact Info:** 206-937-8210 home

**E-mail:**  
[coupdegrace@hotmail.com](mailto:coupdegrace@hotmail.com)

**Rain Policy:** Showers/Rain cancels.

**Ride Description:** A training ride from West Seattle, scheduled for evenings during the spring, summer and fall, 'between the vernal and autumnal equinox'. There are no cue sheets, we regroup often at major turns in the routes, so we not to leave someone behind lost in a neighborhood that they maybe unfamiliar with. We do not ride pacerines and we are not a stay together ride either, however we all do ride at a similar pace and therefore we do stay together most of the time. Most of the riders who ride know the routes and are welcome to go off the front and have as much fun as they care to. Be prepared to handle your minor mechanical problems, flat tires etc. Lights are recommended but not required. We will try to finish before dark. Bring sufficient drinks and extra food for a two to three hour ride.



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

## 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, Dan, Garry, Garth, Gary, Howard, Jimmy, Martha, Ron L, Ron T, Tom, et al.

**Rain Policy:** Heavy rain cancels

### Ride Description:

On this 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.



**DAILY RIDES and Other Events****Saturday, April 5th****NorthEnd Trail Ride****Start Location** Logboom Park, Bothell**Meet by:** 10:00 a.m.**Start at:** 10:15 a.m. sharp**Pace:** Social (12-14) and Moderate: (14-16)**Regroup:** where appropriate**Ride Distance:** 35 miles**Ride Leader:** Mary Jo Gerst [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com) Judy Kraemer, 206-546-0645**Rain Policy:** Showers/Rain cancels**Terrain:** Flat**Cue Sheet:** No**Details:** A ride to getting back into biking after skiing, snowshoeing or maybe doing neither this winter. We will meet at Log Boom and take the trail to Redmond. After lunch in Redmond and a tour around the town we will head back to Log Boom on the trail.**Sunday April 13****Myrtle Edwards to Alki Loop Ride****Ride Start:** Parking area at North end of Myrtle Edwards Park**Meet At:** 10:00 am Leave at 10:15 am**Ride Pace:** Moderate**Ride Distance:** 35-40 Miles.**Ride Terrain:** Flat with one hill**Ride Lead:** Mary Jo Gerst**Contact Info:** 206-546-0645**E-mail:** [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com)**Rain Policy:** Showers/Rain cancels.**Ride Description:** We will ride down the waterfront to Alki to the ferry dock. From there its up the hill (not too steep) with a nice downhill to the trail at Marginal Way and back to the waterfront. We will stop for lunch midway.**Sunday, April 6****Gary's Bainbridge Seabeck Bremerton Semi Loop****Start Location:** Coleman Ferry Dock, Seattle.**Meet by:** 7:30 AM to catch the ferry**Start at:** 7:55 AM Bainbridge Ferry - come to starboard forward side to sign in.**Pace:** Moderate to Brisk**Regroup:** Where it makes sense**Distance:** 54 to 56 miles**Leader:** Gary Strauss [garystrauss@gmail.com](mailto:garystrauss@gmail.com) or day (206-816-1300); 206-937-1852 (night) cell on Saturday (206) 948-9024 and Jim Stewart – [js5257694@gmail.com](mailto:js5257694@gmail.com) or cell phone 206-890-8411**Rain Policy:** Bad weather and steady rain cancels. Call Jim or Gary by early Sun am or email (by Sat) if in doubt. I will repost an email to those on this list if I know the ride is cancelled.**Terrain:** Hilly – 4000+ feet total gain.**Lunch:** Yes in Seabeck. We would like to know if you are coming so we can let the restaurant know. Please email [js5257694@gmail.com](mailto:js5257694@gmail.com) and/or [garystrauss@gmail.com](mailto:garystrauss@gmail.com) if you think you are coming.

## Upcoming Out-of-Town Rides

*rides and other events of note*

### Sunday, April 10

#### Cherry of a Bike Ride, The Dalles, OR

Ride one of five scenic loops with spectacular Gorge views. Meander through blossoming cherry orchards and green wheatfields and ride the Mosier Tunnels. The post-ride goodie bag is full of dried cherries, blueberries and other local treats.

website: [www.stmarysacademythedalles.org](http://www.stmarysacademythedalles.org)

### Saturday, April 26

#### Alefest Bike Ride, Leavenworth, WA

The goal of Alefest Bike Ride is to raise money for cancer research and local charities. The ride will donate \$10 of every entry to a cancer research lab that studies angiogenesis. There are 2 courses to choose from: 25 miles and 50 miles (the 75-miler has been cancelled due to snow). See [www.alefestbikeride.com](http://www.alefestbikeride.com) for more info.



### Sunday, April 27

#### Lilac Century Surprise, Spokane, WA

The route for the Lilac Century Surprise ride is beautiful and varied - it gives you a taste of the rivers, lakes, pines, basalt rock, small towns, and quiet roads of Eastern Washington. Route options include 50, 70 and 100 miles. Enjoy a potato feed and live music at the finish.

[www.northdivision.com/lilac](http://www.northdivision.com/lilac)

### Sunday, April 27

#### Monster Cookie Ride, Salem, OR

It just sounds good, doesn't it? Both routes (30 and 62 miles) will take riders over backroads to Champoeg State Park and back to Salem. It is generally flat with a few short hills. Snacks, fruit, refreshments, and facilities will be available at rest stops and at Champoeg State Park.

See the website for maps and elevation profile: [www.salembicycleclub.org](http://www.salembicycleclub.org)



## The Revolution!



### Get a Job at the Bicycle Alliance...Bicycle Commuter Specialist

Washington's leading bicycle advocacy organization is looking for a highly organized and outgoing individual to promote bicycle commuting and manage programs that support bike commuters. As the **Bicycle Commuter Specialist**, you'll make presentations, attend transportation fairs and promote the role of bicycling in a balanced transportation system. Day-to-day, you'll manage two contracts and will be part of a small, dynamic team that works tirelessly to make Washington's roads and streets safe and welcoming for bicyclists.

Full Time (40hrs), based in Pioneer Square. Health benefits, 2 weeks paid vacation first year, employer-contributed IRA, salary range \$30-\$32K.

More details and how to apply in the printable [Bicycle Commuter Specialist Job Description](#) pdf.



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**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 comraderie.

**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](http://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!

**2008 Board Members**

President: [Dan Wakefield](#)

Vice President: [Michele Morgan](#)

Secretary: [Judy Kraemer](#)

Treasurer: [Rick Stolz](#)

Past President: [Garry Kehr](#)

Contact any board member for more information

**Non-board Volunteers:**

Membership: [Mark Peterson](#)

Newsletter: [Louise Kornreich](#)

RAPSody: [Bob Nyberg](#)

Rides Director: [Jim Stewart](#)

**Seattle Bicycle Club, Inc**

PO Box 34123

Seattle, WA 98103-4123

<http://www.seattlebicycle.org>

[info@seattlebicycle.org](mailto: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](mailto:scott@recycledcycles.com)

To secure a spot, send your:

Full name

Contact Phone #

Email address

[www.recycledcycles.com](http://www.recycledcycles.com)

**Club Meeting in April**

Join us for socializing, eating and presentations from:

- Tom Tanner: Tour of the Pyreess
- Victoria: Nutrition, Training and Fitness

**Date:** Tuesday, April 17

**Time:** 5:30pm

**Bring:** a potluck dish to share

**Place:** [Phinney Neighborhood Center](#), 6532 Phinney Ave N, Seattle

