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Volume 8, Issue 3

Official Newsletter of the Seattle Bicycle Club

April 2005

No Pain, No Gain

A Report on the Mt. Vernon - Anacortes - Mt. Erie - La Conner Ride By: Arnold Chin

Sunday, March 13, 2005. Ride Leader Mark Peterson guided 17 riders on this popular 55 mile loop. The route is mostly hilly with an excruciating climb up Mt. Erie at the halfway point. Nevertheless, the view from the top of Mt. Erie was spectacular! After the ride, we devoured a delicious meal at Skagit River Brewery. Two riders, Mike and Jennifer, submitted their favorite memories of the ride:



Jennifer, Bob Freeman, and Mike on a roll near Anacortes refinery

MIKE MORELAND: "Seeing all the herons and eagles along the way, Getting my picture taken by Arnie (Arnie takes the best photos), The views from the top of Mt. Erie, Kathleen's brownies (Kathleen had some really tasty snacks), The praises of people on top of Mt. Erie who were amazed that people could ride their bikes up that long steep hill, The abundance of sunshine and the beautiful country roads rolling thru the Skagit valley farmland, and The good beer, food, and company at the Skagit River Brewery after the ride. PS. I will need hypnotherapy to bring back the memories of the "climb". My doctor says my subconscious is supressing them because they might be too painful. Since the ride I have been waking from nightmares, sweaty and out of breath, begging for a 36 tooth cog??"



Jennifer near the Erie edge

JENNIFER CHANG: "Drafting behind Mighty Dan on a rolling hill to La Conner, Yelling out "Car Up" at the top of my lungs on a harrowing, hairpin descent from Mt. Erie, When Bob Nyberg and Garry Kehr climbed up to the top of Mt. Erie, Looking up and seeing about twenty or thirty bald eagle nests (blue heron nests?) on a bare branch top, Seeing Hailey run in full freedom at Edgewater Park's green field after the ride, Warm rocks, blue skies, snow-capped Olympics and Cascades and San Juan Islands jutting up from the Sound, Conversing with Bob Freeman along the waterfront riding bicycles the leisurely way, The relief of "ahhhh" when the chip seal ended and smooth pavement began again, Pretending to be mountain biking through construction zones on the way to Mt. Erie and on the unpaved trail on the way back to Mt. Vernon, and Talking to Dan about Fried Oyster Burgers on the way to Mt. Vernon.

MONTHLY MEMBERSHIP MEETING

There will not be a membership meeting in April.

Tips & Tricks

From www.jimlangley.net

CHAIN FELL OFF?

Don't stop and get all greasy putting the chain back on by hand. Instead, pedal very gently and use your shift lever to simply shift the chain back on. Because the chain is contained by the front-derailleur cage, in most cases, you can shift the chain back onto the chainring. Just do it while pedaling slowly and shifting gently. If the chain jams, you'll have to stop, but that's rare. If you're heading uphill, head the other way, finesse the chain back on by shifting and then head back up.

RIGHTY, TIGHTY; LEFTY, LOOSY

Almost all bicycle parts are tightened by turning to the right and loosened by turning to the left. One way to remember this is to recite, "Right, tighty; lefty, loosy." Don't ask me who made this up—but it works. Exceptions: The left pedal on all bikes is reverse thread meaning you must turn it clockwise to remove it. Another oddball part is the right bottom bracket cup (chainring side) on most modern bikes built in China/Taiwan/Japan/USA. This cup is also reverse thread so you must turn it clockwise to loosen.

Seattle Bicycle Club Merchandise

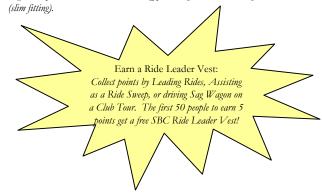
Own an SBC T-shirt or Jersey. You can purchase them at the monthly membership meetings. For more information, contact Jimmy Pelaez at merchandise@seattlebicycle.com.



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 unisexed size and Pro-Fit cut





New Members Corner

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

Lynette Benaltabe
Bill Leyrer
The Stewart Family
Bruce Alsip
Dondra Blood
Pauline Brim
Alan Burnstein
Christine & Ronald Hess
Erik Myklestad
Thomas Tanner



ESCARGOT RIDERS ALERT

Escargot rides will be starting again in April with a kick-off ride on Sunday, April 10.

We are also making plans for some new Escargot rides, such as, Escargots Take to the Road, Escargots Take a Ferry Ride, and Escargots Go On Tour. Watch the website for more details!

Seattle Bicycle Club______April 2005 OutSpoke'n

Rough Riders By: Cliff Jarrett

"The friendship that can cease has never been real."
- Saint Jerome-

Five o'clock came way too soon, A mere four hours earlier I was hanging out in the lounge as Dubie tended bar. As I wiped the sleep from my eyes he snuck down to the kitchen and lifted an enormous quantity of food. By the time I showered and dressed he was getting nervous, "we are burning daylight."

With all the supplies lashed on the bikes they didn't handle very well at all. The first two miles were paved roads, the next eight dirt roads, then the fun began. Dubie explained because of the recent volcanic activity on the mountain the park service had closed it down and were patrolling the roads and the main trails, so we had go in the back way.

Steep climbs, loose sandy soil, a bike that weighed nearly a ton and handled like an eighteen wheeler and the temperature and humidity racing each other to 100 all took a back seat to the mosquitoes. They were the size of golf balls and swarming so thick there were times I could not see my partner six feet away. I wanted to stop but knew if we did it was certain death. I cussed at Dubie and he laughed at me.

On a particularly steep climb it got lighter, then there were no mosquitoes at all. We were able to stop. When I caught my breath I realized it was cooler and less humid too. Dubie said things change on this island when you get above five thousand feet. I guess so but never expected the change could be so dramatic. I was once again comfortable and my urge to kill Dubie was fading. He took an unlabeled bottle of clear liquid out of his front pannier and squirted a drop on each of his mosquitoe bites, then tossed me the bottle. I did the same and watched the welts all but disappear as the itching ceased. I started to ask what this concoction was but then thought better of it. I really did not want to know.

After I finished the third water bottle I was able to speak in more than grunts. "What the bloody hell is wrong with you? Riding on a closed trail on an active volcano through a flock of......" The earth shook. Dubie said "Just a little tremor, we've been getting them for months. Come on you wimp we have to get these supplies to Yurgi and Sebastion." With that he was off.

I tried to catch him but couldn't avoid losing ground. The last I heard, Dubie's cousin Yurgi had been deported back to Croatia and was working as a commercial fisherman on the Adriatic Sea. My high school buddy Sebastian was living in a small rural community in the Laurel Highlands of western Pennsylvania where he sold insurance. As I tried to piece together what was going on Dubie pulled further and further ahead of me. I hammered but couldn't even see him anymore. I longed to travel back in time to then end of last season and trade those beers I drank for time in the gym.

Continued on Page 5...



Newsletter Articles

Seattle Bicycle Club______April 2005 Out*Spoke*'n

Monthly Rides: (Check website for updates during the month!)

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.

April 2nd, Saturday, Skagit Flats

Ride Start: Edgewater Park, Mt. Vernon. Meet At: 9:45am, leave 10am sharp.

Ride Pace: Moderate. Ride Distance: 33 miles.

Ride Terrain: Very flat. Rain Policy: Rain cancels but light sprinkle OK.

Ride Coordinator: MarkP, mapmap7 @ comcast.net. Contact Phone: 206-261-0685.

Ride Description: Very flat, good "back in the saddle" ride. Optional water/latte stop in LaConner, late lunch after ride in Mt.

Vernon for those interested.

Saturday, April 2nd, Eastside Challenge 1

Ride Start: Park and Ride-Newport Hills Meet At: 9:15 a.m, leave 9:30 a.m. sharp.

Ride Pace: Moderate 14-17 mph. We will regroup on the top or bottom of hills. We will try to stay together when we are on the flats. This is not a beginner's ride, so I do not recommend doing this ride if you are just starting out.

Ride Distance: 57 Miles.

Ride Terrain: Very hilly - challenging climbs including Cougar Mtn, the Highlands, Tolt Hill, Ames Lake and several climbs on the Plateau. We will wait for riders on the top of these climbs. Please do not come if you are not able to do this.

Rain Policy: Heavy Rain will cancel but will go if light rain (possible course change however).

Ride Coordinator: Gary Strauss 206-948-9024 (cell) 206-937-1852 (home) day of ride GStrauss @ gsblaw.com.

Ride Description: A very hilly challenging ride from Newport Hills to Cougar Mtn to Issaquah to Carnation to the Plateau and return to Newport Hills. Lot of terrain variation. Will stop for coffee/snack in Carnation. Ride will regroup often, often on the top or bottom of hills. This is a fun ride - only for those who enjoy riding together. This is not a ride for those who want to do it alone or stay in front. Great training experience for those who plan to ride the mountains this summer. We will take our time as appropriate this early in the season.

April 3rd, Sunday, Spring Forward to Fall City

Ride Start: Redhook Brewery, Woodinville, WA. Meet At: 9:15am, start 9:30am. Don't forget time change.

Ride Pace: Moderate. Ride Distance: 68 Miles.

Ride Terrain: Hilly. Rain Policy: Sprinkle OK, rain cancels.

Ride Leader: RayR, piano.player @ verizon.net 425-355-9790.

Ride Description: Celebrate the first day of Daylight Savings Time. Lunch in Fall City somewhere beyond the halfway point.

April 6th, Wednesday, Gasworks Wednesday Ride: Winter Series

Ride Days: Wednesday Evenings.

Meet At: 6 pm, start 6:15 pm.

Ride Distance: ~20 Miles.

Ride Coordinator: Jennifer 206-409-1686. Rio Rain Policy: Showers and wind okay. Only heavy rain & snow cancels.

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.

Ride Start: Gasworks Park, Seattle.

Ride Description: Get geared up for Winter Rides! We will be singing in the rain and splashing through puddles. Get lights and rain gear, and we will ride into the night. Ride leaders will rotate and take the group to their favorite haunts. We will look for glimmering city lights and full moon on trails. Afterwards, we will slurp down hot soups and huddle close for warmth and conversation at an establishment of our choice.

April 6th, Wednesday, Eastside Evening Escape Series

Ride Start: Marymoor Parking Lot K. (\$1 Parking Fee.) Start At: 6:30pm.

Ride Pace: Moderate.

Ride Distance: 18-25 Miles.

Ride Lead: Chris M, mackaye @ exponent.com 425-922-7435.

Ride Terrain: Some Hills.

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.

Seattle Bicycle Club April 2005 Out*Spoke*'n

Monthly Rides Continued:

April 9th, Saturday, Annual Mount Vernon Tulip Ride

Ride Start: Food Pavilion, Arlington. Meet in the grocery store parking lot (146 E. Haller Ave). Park on street or in Haller Park.

Meet At: 8:15am, leave 8:30am sharp.

Ride Pace 1: Steady/Social 12-14 mph - led by Don Swisher. Ride Pace 2: Moderate 14-16 mph - led by Mike, Gary or Dan. Ride Pace 3: Brisk 16-18 mph - led by Dan - if enough riders.

Ride Distance: ~60 miles. Ride Terrain: Variable with some roller and one hill. Ride Coordinator: GaryS, GStrauss @, gsblaw.com.

Rain Policy: Rain cancels but light sprinkle has potential so call.

Contact Phone: 206-937-1852 (hm) 206-948-9024 (cell).

Ride Description: Gentle to steep rollers except one "major climb" until we get to Mt Vernon - then flat - more gentle and steep rollers after leaving the tulip fields on return to Arlington. Bring snacks - only one stop at Mt Vernon coffee shop.

April 10 Sunday, Escargot Series Kickoff Ride

Ride Start: Tracey Owen/Log Boom Park. **Meet At:** 9:45am, start 10:00am. Ride Pace: Social. Ride Distance: ~25 Miles.

Ride Terrain: Flat. Ride Lead: Mary Jo, 206-546-0645.

Rain Policy: Rain will cancel but light sprinkle has potential so call to make sure.

Ride Description: Come celebrate Day Light Savings Time and ride the Lake Sammamish Trail. We will take our time and

regroup as needed. We will go to Redmond and stop at a Starbucks and/or QFC for food and socializing.

April 13th 20th, and 27th, Wed, Gasworks Wednesday Ride: Winter Series - See April 6th Ride for Details. April 13th, 20th, and 27th, Wed, Marymoor: Eastside Evening Escape - See April 6th Ride 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; traffic is sparse and no big hill climbs. 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, where we can play pool or enjoy a free movie in the evening. If you have never stayed at the hotel you are in for a real treat. Rates start at \$40. Sign up on their web site at McMenamins.com. Sign up for the Lewis County Historic ride in advance by emailing slick@localaccess.com and requesting a registration form. Cost is \$15 in advance or \$20 day of. Stan Hedwall Park is West of I-5, exit 76. 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. To sign up in advance email bhughes@cwcmh.org. Cost is \$40 and includes a post ride barbeque and free t-shirt if registered by April 21. 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. It is sponsored by Yakima County Crime Stoppers and highway is closed to through traffic. You can sign up in advance at www.co.yakima.wa.us/biketour05. Advance sign up by May 6 includes free T-shirt. Cost of ride is \$20. We will be staying at the Motel 6 in Yakima for \$30 for a single, 36 double, when booked on their web site. Camping is available at Trailer Inns RV Park for \$18. Contact Mary Jo at president @ seattlebicycle.com for more details and to sign up for carpool and roommate. P.S. This is an ideal tour weekend for Escargot Riders since the Saturday ride is on a bike path and Canyon ride is supported.

Future Tours you will want to put on your calendar. Details will be on the web site as plans are finalized.

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.

TIPTOE THROUGH THE TULIPS WITH SBC!

Gary Strauss is the Ride Coordinator/ Primary Ride Leader for SBC's April 9th, Saturday, Annual Mount Vernon **Tulip Ride.** This is 60 mile ride with three pace levels to choose from. Come out and tiptoe through the Tulips with SBC! More details available in the Monthly Rides section on page 5. Photo by Arnold Chin.



Rough Riders continued from Page 3...

The trail got better, less sand and more solid earth. The vegetation was too thick to tell if we were near the top but if felt level. It took me an hour to catch Dubie and when I did he was resting in a clearing, not a drop of sweat on his face or a trace of helmet hair. I was out of breath, my legs wobbly and my blood boiling. "What are Yurgi and Sebastian doing here?"

- "Surveillance."
- "Surveillance? Surveillance on what?"
- "The trail."
- "What trail?"
- "The trail going to the cave."
- "What cave?"

"The cave with the treasure." With that he hopped on his bike and was off again. This time I decided not to try to catch him. I broke out the gatorade and some sandwiches. I wouldn't know what was going on until he told me and that was going to take all day.

To be continued next month...

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.

Two Volunteer Opportunities at SBC!

Wanted: New Membership/Postal Services Director

By: Victor Odilvak



I have been the membership director for the last 3 years and the director of postal services for the last 6 years. I would like to pass on these two responsibilities to

someone else so I can participate in the club in other ways. Ideally a person would take on both these positions. This means that you check the mail at the Wallingford Postal Box at 47th St. and Interlaken Ave. N. once or twice a week. You then would process all the membership applications. I input the application information into an Excel spreadsheet with a very nice programming interface for updating, adding, and renewing members. In half an hour, I can train you and you will have the program mastered. Please send an email to victor@converttolinux.com if you are interested in taking on this valuable volunteer role. You also get to go to the Board meetings and become a very important part of the Club!

Wanted: Newsletter Editor AssistanceBy: Karin Bulova



Would you like to try your hand at being a reporter for the SBC newsletter? Would you be interested in helping to develop newsletter content and assisting

with newsletter layout and production? If so, I'd love to hear from you. I've been the newsletter editor for the past year and a half and am currently in need of someone to help out. The amount of time it will take each month depends on what kind of support you'd like to provide and how much you would like to take on. Options could include any combination of: Reporter, Content Coordinator, Layout/Editing, and Production & Distribution. Being involved in the newsletter is a great way to support your club and keep up to date on the latest news. Please send an email to articles@seattlebicycle.com if you would like to help out. Thanks!



Snohomish County Centennial Trail "You're Welcome" Ribbon Cutting

Snohomish County Parks & Recreation and the Snohomish-Arlington Trail Coalition invite you to join County Executive Aaron Reardon, County Councilman John Koster and your neighbors and friends of the Centennial Trail for the official ribbon cutting of the next ten miles of the Snohomish County Centennial Trail.

Saturday - 11:00am - 2:00pm April 2, 2005 20th St. NE & N. Machias Road, Lake Stevens

Complimentary Food and hot beverages at the Buzz Inn Steakhouse Food Tent.

Park at Pilchuck Elementary School or downtown Lake Stevens and shuttle vans will pick you up.

A silent auction and raffle will be conducted, during the event, by the Snohomish-Arlington Trail Coalition to benefit the

A shent auction and raffie with be conducted, during the event, by the Snohomish-Artington Trail Coalition to benefit the Snohomish County Centennial Trail. For more information, contact Snohomish County Parks at 425-388-6600.

SBC Meeting Directions:

See map at right for location of Hearthstone Nursing Home.



SBC MONTHLY
MEETINGS ARE
BEING HELD AT THE
HEARTHSTONE AT
6720 E GREEN LAKE
WAY NORTH

The next SBC Executive Board Meeting is at 6 pm on April 19, 2005 at the Hearthstone.

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

Seattle Bicycle Club, Inc.

P.O. Box 31423 Seattle, WA 98103-1423 http://www.seattlebicycle.org 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, W.A. 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 "Out*Spoke*'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!