



OutSpoke'n

IN THIS ISSUE

Columbia River Highway Tour - Pg 1

Weekend at Birch Bay Hostel - Pg 1

Meetings, Merchandise, & Members - Pg 2

SBC Photo Gallery - Pg 2

Time to Lead a Ride - Pg 3

Club Rides: Riding in Traffic- Pg 3

Monthly Rides - Pg 4

A Brilliant Ride - Pg 6

Wanted: Editor Assistance - Pg 8

Club Info - Pg 8

Volume 8, Issue 6

Official Newsletter of the Seattle Bicycle Club

July 2005



The Historic Columbia River Highway Tour

By: Mary Jo Gerst

July 22, 23, 24

Come experience 2 or 3 days of excellent biking in Portland and the scenic Columbia Gorge. Portland has been ranked as one the best cities for bicyclists, so we will spend our time on Friday riding the bike trails and lanes of the area. We will explore the new Springwater Corridor Bike Path that will take us from Gresham to the Portland waterfront. From there we will do a loop of the waterfront using bike lanes and bike paths.

Since there is no better way to experience the Columbia Gorge than on a bicycle, we will bike the Historic Columbia River Gorge Trail on Saturday. We will start in Troutdale and bike to the Cascade Locks and back. This route will take us past 6 waterfalls, including Bridal Veil Falls and Multnomah Falls. Also we will pass some magnificent viewpoints overlooking the Gorge, including Portland Women's Forum Scenic Viewpoint, Vista House at Crown Point and Rowena Crest. Much of this wonderful ride is on the bike trail or the lightly traveled Historic Highway. See www.odot.state.or.us/hcrh/ for the history of this historic road.



Horsetail Falls

On Sunday we will get an early start and go to Vancouver to do a ride with our friends in the Vancouver bike club and then head back to Seattle.

We will be staying at the Travelodge in Troutdale/Gresham. Booking through Travelodge the rate is \$49.99/\$59.99.

**

Weekend at the Birch Bay Hostel *By: Mary Jo Gerst*

Spend the weekend of August 5th at beautiful Birch Bay where we will ride along the bay, take the ferry to Lummi Island and visit the Peace Arch. Enjoy the sunset with a walk along the beach after dinner. The area is fairly flat and very low traffic. Maybe some of our friends from the Vancouver club will join us on our rides. Your weekend includes Friday and Saturday night lodging at Birch Bay Hostel, breakfast Saturday and Sunday, Saturday night dinner, snacks, ride maps and lots of fun for only \$50.00. Get your reservations in soon as this tour will fill up fast. See the web site for more details.

MONTHLY MEMBERSHIP MEETING

Membership meetings for June, July and August will be featuring a potluck at Green Lake. We will meet in the park across from the Green Lake Library at 6pm. Bring your favorite potluck item of an appetizer, salad or main dish. In addition bring your plate, eating utensils and a beverage.

SBC Photo Gallery

SBC Riders enjoying a Gasworks Wed Night Ride (June 8th)



Check out other pictures from your favorite rides at
<http://imageevent.com/seattlebicycleclub>

**New Members Corner**

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

Roy Oesterhaus
 Mark Kraus
 David Glickerman
 Allison Bailey
 Gary Anderson
 Debra Borchert
 Rob Schultz
 Lisa & Tom DiGiorgio

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!

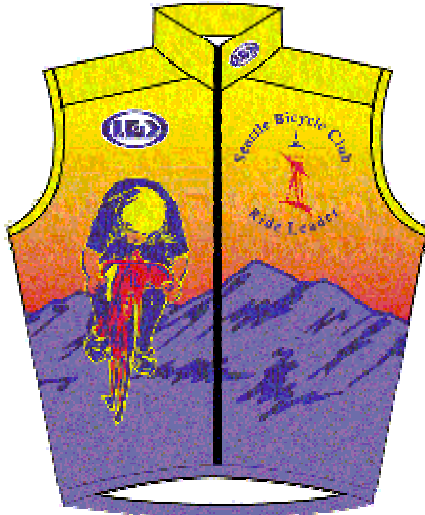
Thank you Jim!

Effective June 2005 Jim Eanes will no longer be the SBC Web Master and will take a break from leading rides. Any web page requests should be directed to rides@seattlebicycle.com until further notice.

Rides that Jim traditionally led, such as Escargot, will continue to be offered by different ride leaders so please look into our current ride calendar for the respective ride leaders. Thanks for your many years of service to Seattle Bicycle Club, Jim!

Time to Lead a Ride

By: Mary Jo Gerst



What are the advantages of being a ride leader? Well, you get to decide where to ride, what time, what day, and at what pace. Not to mention you get to ride with old friends and meet some new friends. And if you do this five times you earn for yourself a spiffy SBC ride leader vest.

What should you do if you want to lead a ride and meet new friends? It's easy. Write up a description of your ride following the outline on the web site and email it to rides@seattlebicycle.com. If you are new at leading rides and need some experience, come on a few SBC rides and help by acting as an assistant ride leader or being the sweep. Help is always appreciated by the ride leader.

For all ride leaders remember that the SBC ride sign in sheet is on the website for easy access and printing. Bring one on every ride for the cyclists to sign. Riders under 18 must be accompanied by an adult.

Ride leader duties don't end when everyone returns safely to the start point. Make sure you send in the sign-in sheet to the ride coordinator at our PO Box or bring them to our next meeting. If you have a cue sheet please include it so we can add it to our ride cue sheet library. Also, our newsletter editor will be glad to receive a ride review or pictures from your latest excursion to put in the newsletter (articles@seattlebicycle.com).



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

Club Rides: Safety, Rules, & Etiquette

Written By: Mike Moreland

Research By: Garry Kehr

This is the second part of a two-part article that covers safety, rules, and etiquette for cyclists on club rides with respect to the group and traffic. Part one was featured last month and focused on riding etiquette and safety. This month's article concerns riding in traffic.

II. Riding in Traffic

Riding in traffic can be done safely if you know some basic rules of the road. Perhaps most importantly, be alert to your environment and signal your intentions to traffic around you. State law requires you to give "stopping" and "left" and "right" turn signals in traffic. In addition to these basic hand signals, cyclist at the rear of a line should be attentive for approaching traffic and signal a "car back". Pass the "car back" signal thru to the front of the line and then ride single file as far right as is safely possible to allow the motorist to pass.

An important item of safety equipment for riding in traffic as well as in groups is a mirror. The mirror gives you an essential awareness of traffic behind you and can help you safely track traffic and other riders in your group. But even with a mirror, it is important for you to look behind you for traffic when making lane changes and other maneuvers. Make eye contact if possible with the motorist behind you before pulling out in front of them.

Continued on Page 5...

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 always looking for more rides 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.

July 6th, 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.

July 6th, 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.

July 7th, Thursday, Escargot Ride Series, Thursday Night Specials

Ride Start: Gasworks Park, Seattle.

Ride Pace: Leisure.

Ride Terrain: Flat.

Ride Coordinator: DanW 206-283-1993.

Ride Details: Meet at Gasworks Thursday evenings for a casual evening ride on the Burke Gilman Trail. Leave at 6:30pm and return by 8:30pm. Distance traveled will be determined by group. 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.

Meet At: 6:15pm, start 6:30pm. **Note Time Change**

Ride Distance: TBD.

Rain Policy: Rain cancels, sprinkle OK.

July 9th, Saturday, Clinton to Langley, Langley Arts Festival

Ride Start: Mukilteo ferry dock

Ride Pace: Social, Moderate

Ride Terrain: Some hills

Ride Leads: Social, Judy 206-526-5255 and Sue at 206-440-8809 Moderate, Mary Jo, 206-546-0645, maryjo1532@hotmail.com

Ride Description: Join Sue Schultz and Judy Kraemer for a social 15.4 mile bike ride on Whidbey Island from Clinton to Langley. The rating is "moderate" with some hills. Meet at 9:10 am in Mukilteo to take the 9:30 am Mukilteo Ferry to Clinton. Pay attention to parking restrictions in the nearby parking lot. This weekend features the annual **Langley Arts**

Festival-Choochokam Street Fair. Bring snacks, lunch can be purchased in Langley. Remember helmet and water. Any questions contact Judy at 206-526-5255 or Sue at 206-440-8809. For a longer, moderately paced ride, join Mary Jo for 35 miles from the same starting point and starting time.

Meet At: 9:10 am

Ride Distance: 16 or 35 miles

July 12th, Tuesday, North End Tuesday Ride Series

Ride Start: Richmond Beach Rd and NW 8th St. parking lot of the QFC by Starbucks

Meet At: 6:15 pm, start 6:30 pm sharp.

Ride Distance: 18-20 Miles.

Ride Info: Mary Jo 206-546-0645 maryjo1532 @ hotmail.com

Rain Policy: Heavy rain cancels.

Ride Description: For those of us who live or work in the North End. We will do varied loops around the area on lightly traffic roads, enjoying water and mountain views. Starting place may vary during the summer. No ride the third Tuesday of the month. There will be an optional get-together at the establishment of our choice after the ride.

Ride Pace: Moderate.

Ride Terrain: Mostly flat, some hills.

Ride Leads: Mary Jo, Mark, et al.

Monthly Rides Continued:

July 13th, Wednesday, Eastside Evening Escape Series – See July 6th ride for details

July 13th, Wednesday, Gasworks Wednesday Ride: Training Series – See July 6th ride for details

July 14th, Wednesday, Escargot Ride Series, Thursday Night Specials – See July 7th ride for details

July 16th, Saturday, Escargot Goes to Redmond Market

Ride Start: Log Boom Park Entrance, Kenmore

Meet At: 9:15, leave at 9:30

Ride Pace: Leisurely

Ride Distance: 30 miles

Ride Terrain: Flat-we will be on the trail

Ride Leads: Mary Jo 206-546-0645

Ride Description: We will take the trail to Redmond and from there cycle in the bike lanes in Redmond to Redmond Town Center. There we will spend some time browsing at the Redmond Saturday Market and have lunch. The Market features fresh produce, plants, crafts and music. Bring your panniers if you want to take something home with you.

July 20th, Wednesday, Eastside Evening Escape Series – See July 6th ride for details

July 20th, Wednesday, Gasworks Wednesday Ride: Training Series – See July 6th ride for details

July 21st, Wednesday, Escargot Ride Series, Thursday Night Specials – See July 7th ride for details

July 27th, Wednesday, Eastside Evening Escape Series – See July 6th ride for details

July 27th, Wednesday, Gasworks Wednesday Ride: Training Series – See July 6th ride for details

July 28th, Wednesday, Escargot Ride Series, Thursday Night Specials – See July 7th ride for details

Club Rides Continued from Page 3

On narrow roads or areas with limited visibility such as winding roads break up into smaller groups and leave a sufficient gap to allow cars to pass in shorter intervals around each group. It is illegal to delay a group of 5 or more vehicles. Also, when riding in heavy traffic areas ride slower and more cautiously. Save the higher pace for lower traffic roads. Finally, remember to stop for pedestrians in crosswalks. Proceed only after the pedestrian has cleared a lane beyond the half of the roadway in which you are riding.

a.) Intersections

Come to a complete stop at all intersections with a stop sign or red light. Failure to yield at intersections is the #2 cause of cycling fatalities, and can even be a reason to get a ticket from the police. Be alert for motorists who fail to stop since this is a very common accident scenario.

When stopping at an intersection do not block lanes for which you are not traveling thru, such as left or right turn lanes if you are going straight. Try to regroup a ½ block or more from the intersection and off the road to avoid impeding traffic flow or causing unnecessary confusion.

When approaching an intersection in a bike lane or on a shoulder it is best to slow down so that you are not overtaking motorists just before the intersection. Don't assume that motorists turning right will use a turn signal. This is a very common collision scenario.

If you have a green light when approaching an intersection, continue thru in a single line. If the group is together form a single 2x pack in the lane when approaching a red light. If the group is spread out then form smaller packs in the lane behind motorists already at the intersection. Do not ride by motorists to join a pack ahead of you. It is inconsiderate for cyclists to keep streaming to the front of the line ahead of motorists. This typically creates much ill will. A pack should move together thru the intersection and form back into a single line after passing thru.

Continued on Page 7

A Brilliant Ride

by Rich Littleton

When Mother Nature steps in on your side, it's not hard to look brilliant. That's what happened to Judy Kraemer and me when we led the 4-ferry ride on Memorial Day weekend. While we did make an effort to lay some plans, things just fell into place as if ordered. The weather was sunny and bright; the temperature warmish, but not oppressive; the route was its usual, magical (and low-traffic) self; and the riders congenial and pleasant.

Judy and I had both been interested in this ride from the Seattle Waterfront to Bremerton, by way of the Fauntleroy ferry and Port Orchard, so we teamed up as ride co-leaders. It's a ride that conforms to the ideal three "P"s: perfectly doable, perfectly beautiful, and perfectly (almost) flat. Judy had us start at Pier 55 and we climbed aboard the summer water taxi which whisked us off to West Seattle. That was "Ferry Number One."

Because of the notice in the Seattle Bicycle Club newsletter, because of word of mouth, and because of a notice in the weekend happenings in the Seattle Post Intelligencer, the group was 17 riders strong. We were all pleasantly surprised. We had a couple from Portland and woman who was from Crew in England. (\$2.00 coffee coupon to the Cafe Appassionato to the first one who sends in to the editor [articles@seattlebicycle.com] the limerick about an epicure at Crew.)

We rode around Alki Peninsula and past Lincoln Park to the Fauntleroy ferry, and that was "Ferry Number Two." We took the ferry to Southworth and then rode north through a charming route along the water and through a rural residential area leading up to the very small community of Manchester. We continued north until the road arced back south down to Port Orchard. We then spread out to different eateries for lunch. After lunch, most of the group took the foot ferry from Port Orchard to Bremerton, and then caught the 3:00 p.m. ferry back to Seattle. (More on that in a bit.) Those were "Ferries Number Three and Four." We promise ferries, and we deliver.

One of the "majorly" brilliant things we did was to not set a fast pace. We realized that it is bad form to have our riders drop from heat exhaustion. In addition, on this, one of the best rides on the planet, we wanted to allow people enough time to observe and absorb. Judy took point, and I was the sweep.

Continued on Page 7

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.*

Club Rides Continued from Page 5

Keep in mind that cyclists negotiating an intersection can create confusion for many motorists. If you sense that people are confused take the initiative to wave people thru who have the right-of-way. If the motorists still appear to be deadlocked then signal that you (the pack) are proceeding thru. Make eye contact and signal. Motorists will appreciate your efforts to help keep traffic flowing thru the intersection.

b.) Left Turn

When approaching a left turn watch for traffic behind you. Move over toward the turn lane only after signaling and seeing that it is clear or there is an appropriate "gap" between you and an approaching vehicle. The appropriate gap depends on your speed and the speed of the approaching vehicle. If in doubt let them pass. A common mistake on club rides is cyclists moving over into a lane and then looking over their shoulder to see a surprised and angry driver stomping on the brakes to avoid running over them. Allow for a larger gap at higher traffic speeds. Also realize that most of the time motorists will be going faster than the posted speed limit.

Watch for and yield to oncoming traffic when making a left turn. Don't just follow the wheel in front of you thru the turn. If you see oncoming traffic, signal a "car up" and "stopping".

These are just a few simple rules to help increase your comfort and safety while riding in traffic. A good source for more information on riding in traffic can be found at <http://www.bikexpert.com/streetsmarts/usa/index.htm>.

A Brilliant Ride Continued from Page 6

Another brilliant thing we did was to bring along a couple of hand-held radios ("walkie talkies"). Judy had one and I had one. This allowed us to update each other, locate the head of the ride, or adjust plans. (Did I use the word "brilliant" yet?) I strongly recommend the practice for SBC rides. I would even suggest that other riders bring along such radios, to be part of the official and sightseeing conversations.

Judy was also clever enough to get help from the riders. Different people would station themselves at turning points where a later rider might miss seeing which route the group took. These energetic good Samaritans would stand and indicate the correct turn, then leap on their bikes and scoot on to re-join the other riders. Very helpful.

There was a twist at the end from which only I benefited. Everyone else except me decided to take the 3:00 p.m. ferry back to Seattle. I, being even more brilliant than the others in this case, chose to stay longer and take the 4:15 p.m. ferry because THE SEATTLE INTERNATIONAL FILM FESTIVAL HAD A SHOWING ON THAT FERRY BOAT. So I did a bit of sightseeing in Port Orchard, bought a two-scoop ice cream cone, and finally went to catch the foot ferry over to Bremerton. As I was pulling up to the aforementioned foot ferry, who should swing into sight but Mary Jo Gerst and a rag-tag bunch of SBCers. It turned out that these clever folks had chosen -- on their own -- to ride the same route, but they were about two hours behind us. When I informed them that there would be a film on the next ferry, they were all atwitter (almost as much as I), and we piled onto the foot ferry.

This group of SBCers were even more delightful than the very delightful first batch of (17) cyclists. We chatted like magpies on the foot ferry over, put our bikes at the gate of the ferry entrance, "examined" the facilities at the terminal, and zipped on board asap when they announced boarding. I went up to the passenger cabin to the film site and saved seats for the group. We got free juice and nibbles as part of the showing. The film was only 20 minutes, entitled "Hello" and was about the risks one takes by introducing oneself to a stranger.

As I said, things just seemed to fall into place on this ride.

Good people, good pace, and good place – I guess those are the three other "P"s. ***

Directions to Monthly Meeting Potluck Location



Check out
www.seattlebicycle.com for
 details about the next SBC
 Executive Board Meeting.

2005 Board Members**President:** Mary Jo Gerst**Vice-President:** Jimmy Pelacz**Secretary:** Tom Potter**Treasurer:** Mark Peterson**Past President:** Stephanie Roche**Contact any board member
for more information****Non-board volunteers****Membership:** Tom Potter**Newsletter:** Karin Bulova**Merchandise:** Jimmy Pelacz**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**WANTED: OUTSPOKEN EDITOR ASSISTANCE**

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! Karin Bulova

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!