

Seattle Spin

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

The Sharrow/Bike Lane Controversy

from an article by Kevin Jackson, Silicon Valley Bikes

You've probably heard about a new pavement symbol that may soon be coming to a street near you, the shared-lane arrow or "sharrow". It consists of two chevrons and a bike symbol placed in the roadway where the lane width is too narrow for cyclists and motorists to safely travel side-by-side. They are intended to alert motorists of the need to share a substandard width lane, and to promote better lane positioning by cyclists. The jury is still out on whether they can actually achieve these goals, and for the time being the symbols can charitably be described as possibly better than nothing – provided that "nothing" is indeed the only other alternative

The test results available so far are not very encouraging. From the standpoint of cyclist safety, sharrows should be considered a last resort. But political and economic factors will make them extremely attractive to traffic engineers because they don't require any of the hard choices that

are necessary in order to provide shareable lane widths. The result is a powerful incentive to conclude that sharrows are "good enough" in all kinds of situations (at least by the people who make these decisions, but of course will never ride there!).



Adding to the concern is the fact that the most commonly used position for these symbols (centered eleven feet from the roadway edge) frequently places cyclists in the door zone of parked cars. Where there is no street parking, sharrows are placed too close to the roadway edge so that cyclists using them to determine their lane position will encourage unsafe passing by overtaking motorists.

Especially on the major roads that are vital for making transportation cycling feasible, sharrows will never be a substitute for shareable lane widths in convincing the vast majority of potential cyclists to overcome their fear of riding in high speed, high volume motor vehicle traffic. For those willing to ride in such conditions, the studies conducted to date have not demonstrated that sharrows have any effect in reducing harassment by motorists. Cyclists deserve better.

IN THIS ISSUE:

Sharrows.....	1
Burke-Gilman Detour....	2
Series Rides.....	3
Daily Rides.....	4
Planning Ahead.....	6
About SBC.....	7
Fix Your Flat.....	8
Calendar.....	8

October Club Meeting

Hang out and brag about your summer with your fellow SBCers while eating and drinking at the October Meeting.

Date: Monday, Oct 15

Time: 6:30 pm

Bring: your appetite!

Location: 6532 Phinney Ave N

Plenty of car and bike parking available; #5 Metro bus stops outside.

Open Board Positions

The Seattle Bicycle Club is currently seeking people to serve on their Board of Directors. If you would like to get involved with the club, however small, please let our President, Garry Kehr, know. Email:

president@seattlebike.org

Renew your membership online. Go to www.seattlebike.org and follow the links to renew with PayPal.

**Blackberry Festival, September 1-3**

Take a ride over to Bremerton for Labor Day weekend and stuff yourself with blackberries during the Blackberry Festival. Aside from the food, there will also be a bike race on Sunday, Sept 2. It makes for a nice ride to ferry from W Seattle to Southworth, ride to Port Orchard and ferry back to Bremerton, belly full of berries. For more info:

[Blackberry Festival](#)

**A Big Thanks to the RAPSody Volunteers!**

Thanks to all those who stepped up to volunteer at this year's RAPSody ride on August 25&26. Enthusiastic comments were heard from participants regarding the sag support and food stop manned by SBC members.

Be sure to check the photos page of the website: www.seattlebike.org

A Special Offer for SBC

The adventurous folks at National Geographic are offering a free 1-year subscription to Adventure Magazine for anyone who purchases a TOPO! state series product or the new Weekend Explorer outdoor recreation software. This offer is only available to non-profit outdoor advocacy and recreational groups and it expires 10/31/07. A selection of National Geographic Maps products are on sale, including Weekend Explorer, at REI during their Labor Day Sale!



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,

inspidperson@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.



North Seattle Tuesday Night Rides

Every Tuesday

Start: 23000 Lakeview Dr, Ballinger Golf Club parking lot

Meet: 6:15pm,

Start: 6:30pm

Pace: Moderate

Hills: Some Hills

Regroup: Frequent

Distance: ~20 miles

Rain Policy: Heavy rain cancels

Leaders: MaryJo Gerst, maryjo1532@hotmail.com

This is a mid-week ride for those who live or work in North Seattle. We will start the series riding on the Interurban Trail. Later on we will vary the start point and ride. There will be an optional get-together at an establishment of our choice after the ride.

As always, please check the website for any changes or additions to any of the rides listed on this page. www.seattlebike.org



Did you remember to renew your membership?

Renew online!

[Click Here to renew online:](#)

DAILY RIDES

Saturday– September 1

Issaquah Sawyer Maple Valley Loop

Start Location: Tibbetts Valley Park, 12th NW & Newport Way

Meet by: 8:40 am

Start at: 9:00 a.m. sharp

Pace: 15-18 mph

Regroup: From time to time

Ride Distance: About 66 miles

Ride Leader: Gary Strauss - prefer email contact at

garystrauss@gmail.com (day of ride cell 206-948-9024; day phone during week 206-816-1300; home 206-937-1852)

Rain Policy: Bad weather cancels. If we are able to start, we will, but the leader reserves the right to change the course and return

Terrain: Some hilly climbs

Cue Sheet: Yes.

Ride Details: A beautiful ride that covers some new roads (for some of us) for a marvelous ride in East King County to get ready for PROS on Labor Day. Bring at least 2 new tubes, tire levers, a patch kit, and a pump or CO2 cartridges. Have plenty of water. Snack stop only. Please check your tires and bike condition before leaving home. This ride will proceed at a low to high brisk pace. Not really a good ride for beginners. If you are pressed for time, please consider other rides, as we will regroup as needed.

Take Exit 15 heading east off I 90, turn right onto SR 900, then left on Newport and a final turn R on 12th. This is the Parking Lot on the east side of the park. Park near the baseball fields. Arrive no later than 8:40 a.m. and be ready to start on time.

DAILY RIDES, cont'd**Monday, September 3,
2007 PERIMETER RIDE OF
SEATTLE - PROS 3**

Start Location: Discovery
Park North Parking Lot
<http://www.cityofseattle.net/parks/environment/Trails/images/discoverypark.pdf>

Meet by: 7:30 a.m.

Start at: 8:00 a.m. sharp

Pace: Moderate 16 - 18 MPH
or so. Climb at own pace and
regroup on top of hills.

Regroup: From time to time
and on top of hills

Ride Distance: about 80 miles

Ride Leaders: Dan Wakefield
and Gary Strauss - prefer
email contact at

akbiker@peoplepc.com Dan
or gstrauss@gmail.com Gary
Dan's - cell (206) 795-0585
Gary's - day of ride cell 206-
948-9024; day phone during
week 206-816-1300; home
206-937-1852

Rain Policy: Bad weather
cancels.

Terrain: Lots of climbing!

Cue Sheet: Yes



Ride Details: PROS is Seattle's "Perimeter Ride," modeled after those offered in the Tours of Tucson and Phoenix to name a few. A Perimeter

Ride covers the circumference of major geographical location. This unique ride will start in Discovery Park. It proceeds through Magnolia, Downtown, W. Seattle, S. Seattle, Lake Washington, N. Seattle, Shoreline, Blue Ridge and the Locks.



A very challenging, hilly and beautiful ride. Be prepared for weather changes and to do a lot of climbing. This ride is not being offered for beginner riders or those who feel a club ride is a race. You are welcome to pick up a cue sheet and do the ride on your own. However, if you join the group, you are agreeing to stay more or less with the group. If you do not arrive within about 5-10 minutes of the leader at regrouping spots, you will be dropped. Bring at least 2-3 new tubes, tire levers, a patch kit, and a pump or CO2 cartridges. Have plenty of food

with you, as most places are closed on Labor Day. Please check your tires and bike condition before leaving home.



This ride will take most of the day, depending upon conditions, group size, length of breaks, etc., so please do not join us if you are under a lot of time pressure. If we get volunteers to help lead, we may be able to break into 2 or more groups, one faster than the other. However, the shorter, more moderate course will not be offered.



**Saturday, September 22,
Shoreline Trail Celebration****Start Location:** Myrtle Edwards Park (North Parking Lot)**Meet by:** 9:15 am**Start at:** 9:30 am**Distance:** 35 miles.**Pace:** Moderate 14-16 mph**Terrain:** Some hills**Leader:** Mary Jo at maryjo1532@hotmail.com.**Details:** We will ride mostly trails and back roads from Myrtle Edwards to Magnolia, Ballard Locks, Sunset Hill Park, then on to the new Shoreline trail. There will be music and festivities celebrating the completion of the trail at N 175 St. that we will stop and enjoy. We will return via Greenlake and be back to Myrtle Edwards by 2:00pm.**Friday thru Sunday,
September 28-30
Walla Walla Weekend & The Gran Fondo**

Come and spend 3 days in scenic Walla Walla. Enjoy biking some of the quaint country backroads, visit one of the 35 wineries in the area and walk around the beautifully restored historic downtown.

On Saturday we will be riding in The Gran Fondo. Taken from the Italian tradition of The Gran Fondo, "The Great Ride," this event has a choice of mileage, Oktoberfest food and fun on the Walla Walla Community College campus. This event offers a wine tour

in downtown Walla Walla. One hundred percent of net proceeds benefit cancer care and support programs at the St. Mary Regional Cancer Center.

Registration fee of \$40 registration includes one lunch and one beverage. Upon completion, you will receive a complimentary Gran Fondo wine glass.

**Friday:** ride around the area
Time: 9:30am**Meet:** City Center Motel**Distance:** 35-40 miles**Pace:** Moderate**Saturday:** The Grand Fondo**Ride Start:** Walla Walla Community College**Ride Distance:** Choice of 22, 40, or 60 miles**Ride Details:** We have the choice of a 22 mile ride, The Crush, led by Dr. Michael Breland through the wine country with optional winery stops that starts at 9am.

The Midi Fondo is a 40 mile ride looping through Waitsburg, departing at 8am, with a refreshment and restroom stop at Waitsburg Park. Or the Gran Fondo which is a 60 mile ride through Prescott, departing at 8am and includes a refreshment and restroom stop at Tuxedo Bar and Grill in Prescott.

See The Grand Fondo web site for registration and more details.

<http://www.smmc.com/The-Gran-Fondo.granfondo.0.html>**Sunday Ride:** Ride with local bike club, the Wheatland Wheelers**Lodging:** We will be staying at the City Center Motel at 627 W Main St in downtown Walla Walla. For Reservations call 800-453-3160. Rooms are 58.50/single or 68.50/double. Rooms have refrigerators and some have microwaves. Book soon, lodging that weekend will be scarce. Camping is available in the area. Use the SBC members list if you need a roommate or want to car pool.**Tour Coordinator:** Email Mary Jo at maryjo1532@hotmail.com to let her know you are coming.

Planning Ahead...upcoming out-of-town rides

Friday - Sunday, October 5-7 Methow Valley Fall Bike Festival, Winthrop

www.mvsta.com

Three days of bicycling bliss throughout the Methow Valley plus music, beer and prizes. There are road rides, mountain rides, a bike rodeo and events for kids, too.

Saturday, October 6, CASA's Ride Through Paradise, Klamath Falls, OR

www.kfcasa.org

A fundraising ride for children, this ride has it all: beautiful scenery, gourmet barbeque and even free camping at the start.

Saturday, October 6, Manastash Metric Century, Ellensburg

www.drier-ride.org/

A challenging 50k and 104k ride through some of central Washington's most scenic cycling country. Benefits the Bicycle Alliance of WA.

Sunday, October 7, Harvest Century, St Paul, OR

www.harvestcentury.org/

Celebrate the coming of fall with rolling hills and turning leaves in the Oregon countryside. Ride includes support, a ferry ride, microbrews and a bluegrass concert at the finish festival.



Sunday, October 7, Kitsap Color Classic, Edmonds

www.cascade.org

Multiple loops around the Kitsap Peninsula, from 14 to 64, presented by Cascade Bike Club.

**SEATTLE BICYCLE CLUB
IS A PROUD MEMBER OF**

**THE LEAGUE OF AMERI-
CAN 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

Calendar

Saturday, September 1
Southend Gary Ride

Monday, September 3
PROS Ride

Wednesday, September 5
Gasworks Evening Ride

Tuesday, September 10
Northend Ride

Wednesday, September 11
Gasworks Evening Ride

Tuesday, September 17
Northend Ride

Wednesday, September 18
Gasworks Evening Ride

Saturday, September 22
Shoreline Trail Celebration

Tuesday, September 25
Northend Ride

Wednesday, September 26
Gasworks Evening Ride

Friday, September 28
Walla Walla Tour

Saturday, September 29
The Gran Fondo

Sunday, September 30
Walla Walla Tour