

Saddle-Post Intelligencer

The Voice of the Skagit Bicycle Club -Skagit County-Washington December 2013

Annual Christmas Party
December 1st at 6:00 PM
Skagit Valley Gardens
18923 Peter Johnson Rd
Mount Vernon, WA

Potluck/If your last name starts with:

A through G bring a main dish,

H through O bring a salad,

P through Z bring a dessert

A-Z = BYOB

Plates and silverware will be provided.

To participate in the gift exchange bring a wrapped \$15.00 gift

GOOD NEWS IN BOW/EDISON FOR HUNGRY CYCLISTS!!!

We just ate at the Rhododendron Cafe in Bow WA now owned and operated by Jim and Lisa of "Farm to Market Bakery" fame. They have a new menu for breakfast, lunch, and dinner. Food was very good.

They will also reopen the RHODY 2 (next door to Rhododendron Cafe) the first quarter of 2014, as the Farm to Market Bakery. It will serve identical food we all enjoyed when in Edison.

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<http://www.facebook.com/SkagitBicycleClub>

When Our Work Succeeds, Washington Bikes. And That's Our New Name!

By Barb Chamberlain

From our earliest days as an advocacy organization focused on working all around the state we have focused on one mission: To grow bicycling. Along the way we've changed our location, we've changed our programs, and we've changed our name. In the early days we were the Northwest Bicycle Federation (NOW Bike); the Bicycle Federation of Washington joined their work to ours and we became Washington Bikes.

No matter what changes, though, our work has always had one singular, inspiring vision: A future in which Washington Bikes.

The board has looked around the nation at advocacy organizations like ours and we see a growing trend: They are choosing new names that embody the goal of the organization—the very reason it exists. Groups that were initially called a coalition or a federation or an alliance have been choosing new names—strong, active statements that inspire you with the vision of what happens when our work succeeds.

As we announced at our 21st annual auction in November, we believe a new name will both inspire people to get on board and contribute to our future growth and success. An action-oriented, goal-oriented name will invite in new partners, from individuals to businesses to entire communities, who appreciate the difference bicycling makes whether or not they ride themselves.

We're going to make a strong statement of identity for the entire state of Washington as the culmination of all our work:

Because Washington Bikes works to get kids rolling, Washington Bikes to school!
Because Washington Bikes fights for better laws, Washington Bikes more safely!
Because Washington Bikes works with local leaders, Washington Bikes everywhere in the state!
Because Washington Bikes is making the maps and spreading the word, Washington Bikes for tourism and travel!
Because Washington Bikes gets funding for bicycling connections, Washington Bikes for transportation!
Because the Bicycle Alliance has worked every day since its founding to grow bicycling statewide, Washington Bikes. That's the name you'll know us by going forward, and it's the vision that inspires us.

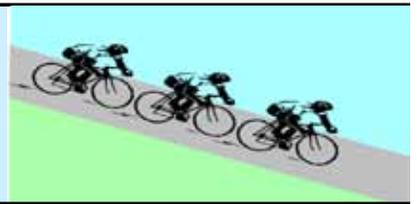
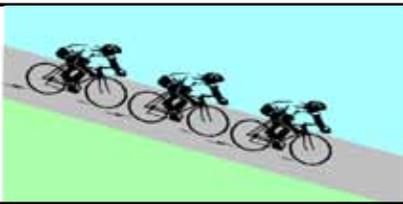
Where You'll Find Us Online

- Website: wabikes.org
- Facebook: [facebook.com/bikeWA](https://www.facebook.com/bikeWA)
- Twitter: @WAbikes, @bikeWAblogs
- Pinterest: [Pinterest.com/WAbikes](https://www.pinterest.com/WAbikes)
- YouTube: [YouTube.com/user/WAbikes](https://www.youtube.com/user/WAbikes)



The Pace Line

By Gordon Odegaard



Joanne and I took a trip to Cuba, a country I thought I would never be able to visit. Our tour was with the Grand Circle Foundation on a People to People program. We visited three areas starting with Havana then to Cienfuegos and Trinidad. All three are vastly different from one another ranging from a large city of several million to a town of over 30,000. Our group was composed of 20 participants, a US guide a Cuban guide and a bus driver. The Cuban guide, a former teacher, was fluent in English, former basketball player, and extremely intelligent. One thing about the Cuban people, they speak very fast be it in English or Spanish. Joanne and I were about the average age wise so there were no young folks in this group, but almost all were seasoned travelers. One lady had visited over 100 countries.

One of my objectives was to search out the use of bicycles in Cuba since I had read that there were used extensively for transportation. The bikes I saw were from China and very heavy. The guidebooks indicated that if you approach Cubans they are more than happy to talk to you, but to avoid those who approach you since they more than likely want a hand out. So taking this advice I did approach a cyclist about his bike that he had owned for ten years. If it was new at the time he obtained the bike I did not find out. He was very happy to talk about bikes in our limited English/Spanish exchange. During our 11-day visit I saw only 4 road bicyclists while I was in the bus and had no access to them for even a photograph. When Willie Weir spoke to us at the annual meeting he did mention he and his wife cycled in Cuba for three months. I thought of them as we ascended some rather steep hills heading toward a coffee plantation.

Our trip to Cuba far exceeded my expectations. It was very informative in several ways. We had up to four visits a day ranging from senior centers to preschools and from dance studios to organic farms. We even visited Ernest Hemingway places where he would have an occasional drink as well as his house in Havana where his boat is on display. The house is as he left it the last time. Several bottles of alcoholic beverages have been left on a table behind one of the couches in the living room.

The last event I want to share is our annual November trip to Tucson. Joanne has a cousin who winters in Tucson so the last three years I have had the opportunity to do some late autumn riding in the sunny weather. The first year I rented a bike. It was the first carbon fiber bike I had ridden. After that experience the aluminum Cannondale had to go. Shortly after returning home I bought my Specialized Roubix. We arrived in Tucson over a week before el Tour de Tucson where close to 10,000 cyclist ride one of distances ranging from 25 to over 100 miles. The year I rented a bike I was asked if I was riding the tour, if I were they would not rent it to me since so many bikes are involved in crashes.

Tucson is a great place to ride and if you have the chance I highly recommend it. However, the first day of riding I had two flats. I replaced both tires and tubes. On the fifth day had yet another flat. Be aware when cycling in such a dry climate. I thought I was drinking adequate amounts of water but I still became dehydrated and had to take a day off the bike.

This is the end of the Pace Line. It has been an enjoyable and learning experience being president of the Skagit Bicycle Club. There are a number of things I wish I had done differently and being relatively new to the club I depended on the experience of veteran members, thank goodness for them. It would be remiss of me to not mention many of those who have helped me out so I would like to mention them. Jim Finich who set me off on my tour as president, Marcia Maulden as secretary, Marshall Will as treasurer and coordinator of the Spring Classic, Janice Lisherness as ride coordinator, Steve and Dian Jahn for all their work including bridge sweep coordinator, cookie coordinator and chip seal advocates. I thank Rose Ploeg for her wonderful job as newsletter editor, all the board members, web page managers, Jamie Wells and Tom Jacobson. Bill Thayer for his continued dedication to the club and his guidance. I want to thank all those who led rides. We have an exceptional number of scheduled rides and it does take some effort to organize and lead a ride. I encourage all the members of the club to volunteer in some way to keep the club vibrant.

Dan Sandstrom will be the president of the Skagit Bicycle Club next year. Dan is an exceptional person who I have come to know over the past few years. Dan as we all know is a very strong cyclist, but also one who greatly cares about the club. Dan is very personable and has a great sense of humor. Dan will do an outstanding job as president.

See you on the road.

May all the hills be down hill and all winds be tail winds.



Rides & More!

December 8th -

Centennial trail stretch your legs ride. Start location Lake Stevens/Machias Landing. 11 AM
ANY rain cancels. 425 446 9019

Report for November 1st Brunch Ride:

November 1st was a cool dry day.. I'd like to give a big thank you to Jane Monroe for showing up for my brunch ride... We couldn't figure out why more people didn't show, as it was a dry day for November.. We headed out going the long way down to Stanwood, and had brunch at "Waynes".

It turned out to be a very good day for a ride!!! "Thanks again Jane!!



Bakery, Cafe, Pub Ride--November 16th by Ken Rasmussen

I looked out the window. I couldn't tell what the weather was so I went outside to have a better look. It was bad to the east, but the south and west looked good. The ride was going to happen! Kathea and I looked over our bikes to see what we were going to ride. Kathea has a 1953 Rudge that would have been perfect for the British theme, but it would have meant riding slower than her friends who would be on lighter bikes. She wasn't as confident about the weather as I was, so she decided to take the car and be a sag wagon. She put her titanium Merlin on the roof rack so she could park the sag wagon and ride the bits she felt like doing. My right knee has been ailing since mid-summer, so there was a temptation to use one of my bikes with a Rotor RS4X crankset because they're easier on the knees. However I'd publicized the ride as having a British theme, and I thought I had a responsibility to follow through. I grabbed my 1950 Raleigh three-speed. It would be helpful for riding a social pace with a group. It works fine, but weighs nearly 50 pounds. There's a faded decal on it that proudly proclaims, "The All Steel Bicycle", but it would look well with my tweed sportscoat and knickers.

I considered the effort of lifting the Raleigh onto the roof rack, versus the effort of cycling to Edison, and it was no contest. It would be much easier to ride the bicycle to the meeting point. Off we went, Kathea driving, and I, cycling. At Tweets in Edison we found a beautiful British Mercian leaned against the wall. We had at least one other participant. It turned out to be Rick Collier of Blaine. He's a bike collector, and was appreciative of an opportunity to use something special from his collection. He was wearing a very stylish pair of wool pants and braces with leather straps. He was well turned out, I thought.

A moment later Janice Lisherness and Phil strolled in. Karla Gulke and Kathea arrived from the Edison School

parking lot and we all sat down and had coffee. I had pie--very good pie. Karla was disappointed in me for introducing her to such a will power destroying bakery. However she controlled herself well, and made do with coffee. Precisely at 10 we threw our legs over our bikes and--waited. Kathea had gone back for the car and found Tom Jacobsen putting the finishing touches on a flat repair, so we waited for him. A bystander saw my outfit and my bike and did a triple take. "Cheerio!" he said, "You look like a proper British cyclist!" I told him that was my intent. Kathea and Karla motored off to Rexville to do some cycling while they waited for us, Phil drove away to cut a hole in the side of his barn, and the rest of us of cycled breakfast-ward. In Bayview we picked up Jim Finch. He told me that I looked dapper.

"I don't think you should say things like that," I said, "I don't say things about you." Then I explained that I was referring to a comedy skit by Gerard Hoffnung that had begun with the words, "My, Mr Hoffnung, you look very dapper today." It's worth the trouble to find the recording, or you can do your scholarly research at our place and hear it there.

A little beyond the farmhouse Jim and Tom decided to take advantage of the weather to do a longer, faster ride, so we lost them, but we picked up Kathea who had cycled from Rexville to meet us. We eventually arrived at the Rexville Grocery (just before they were going to shut down the grill), having re-gained Phil, who left his hole to share a late breakfast with us. Kathea and I pointed out the eggbeater collection to everyone. They were impressed. Joyce (of the Rexville Grocery) liked my Raleigh. "What handlebars do you prefer, anyway? You have something different every time I see you." she said.

I told her that moustache bars were my favorites, and pointed out Kathea's to her. Rick (who has about 100 bicycles already) said he needed a bike with a cockpit like Kathea's. Kathea wasn't certain what a cockpit meant relative to a bicycle, but she was pleased to think that she had a good one.

The group refragmented itself, with Janice going off to admire Phil's hole, Kathea driving to The Tattered Page bookshop in Mount Vernon, and Rick and I cycling to Mount Vernon via Conway. Karla simply vanished, like the drummers in "This is Spinal Tap".

In Mount Vernon Kathea, Rick and I convened for beer and lunch at The Empire Alehouse. My knee was beginning to act up again, and there was the sag wagon that Kathea had been helpfully making available all day, so I regretfully did the prudent thing and put the bike on the roof and the knee in the car. Rick, Kathea and I had bonded from all the eating and drinking so he came with us. It was just about perfect. I don't think we could have handled much more to eat or drink, and the weather was as good as November weather gets--no rain, little wind, and only a little chilly. The distance may have been forty miles, but 1950 Raleigh bicycles don't have cycle computers, so who knows?



Sun Tadpole Recumbent Trike For Sale

The trike for sale is a Sun TAD CX (2006 model tadpole, black paint, 27 speeds, weighs 50 lbs, front wheels I disc brakes) See it and try it -- Sale price \$450 Byron (360) 299-3768.

December 2013

RR	Road Ride
MTB	Mountain Bike
TT	Time Trial
RLH	Ride Leader's Home
Ride Pace:	
E	Easy under 10mph
S	Social 10-12 mph
M	Moderate 12-16 mph
B	Brisk 16-20 mph
ST	Strenuous 20+ mph
If weather is questionable call the ride leader	

1:00 pm BRR
 RLH-1820 Walter St.
 Mount Vernon
 Dave Mazzarella
 360 840 5602

6:00 pm
 Skagit Valley
 Gardens 18923
 Peter Johnson Rd
 Mount Vernon
 Christmas Potluck
 & Party

<p>2</p> <p>11:00 am MRR March Point Park & Ride-Anacortes Dan Sandstrom 360 708 7108 Steve Jahn 425 830 4981</p>	<p>3</p> <p>6:00 pm SBC Mtg. @ Dimensional Communications 1220 Anderson Rd, Mount Vernon Gordon Odegaard 360 421 0573</p>	<p>4</p>	<p>5</p> <p>11:00 am Farmhouse Restau- rant -Hwy 20 MRR-Joy Ride rain/snow cancels Linda White 360 770 1050</p>	<p>6</p>	<p>7</p> <p>10:00 am BRR Mount Baker Middle School Mount Vernon Colby Plagge 360 540 4554</p>	<p>8</p> <p>11:00 am MRR Machias Station Lake Stevens Cen- tennial Trail Lou Rivetti 425 446 9019</p>
<p>9</p> <p>11:00 am MRR March Point Park & Ride-Anacortes Dan Sandstrom 360 708 7108 Steve Jahn 425 830 4981</p>	<p>10</p>	<p>11</p>	<p>12</p> <p>11:00 am Farmhouse Res- taurant Hwy 20 MRR-Joy Ride rain/snow cancels Jane Monroe 360 424 4619</p>	<p>13</p>	<p>14</p> <p>10:00 am Washington School West Mount Vernon BRR-Long Jim Finch 360 770 5915</p>	<p>15</p> <p>1:00 pm BRR RLH-1820 Walter St. Mount Vernon Dave Mazzarella 360 840 5602</p>
<p>16</p> <p>11:00 am MRR March Point Park & Ride-Anacortes Dan Sandstrom 360 708 7108 Steve Jahn 425 830 4981</p>	<p>17</p>	<p>18</p>	<p>19</p> <p>11:00 am Farmhouse MRR-Joy Ride Jennifer McCoy 360 336 2528</p>	<p>20</p> <p> Newsletter Deadline</p>	<p>21</p> <p>9:00 am MRR RLH-624 Bennett St Sedro Woolley Tom Jacobson 360 855 0593</p>	<p>22</p> <p>1:00 pmBRR RLH-1820 Walter St. Mount Vernon Dave Mazzarella 360 840 5602</p>
<p>23</p> <p>11:00 am MRR March Point Park & Ride-Anacortes Dan Sandstrom 360 708 7108 Steve Jahn 425 830 4981</p>	<p>24</p>	<p>25</p> <p>Christmas Day Happy Holidays</p> <p></p>	<p>26</p> <p>11:00 am Farmhouse MRR-Joy Ride Janice Lisherness 360 391 3931</p>	<p>27</p>	<p>28</p> <p>10:00 am BRR Mount Baker Middle School Colby Plagge 360 540 4554</p>	<p>29</p> <p>1:00 pm BRR RLH-1820 Walter St Mount Vernon Dave Mazzarella 360 840 5602</p>
<p>30 See ride info above</p>	<p>31</p>					

Board Briefs

SKAGIT BICYCLE CLUB
GENERAL MEETING MINUTES
November 5, 2013

Present: Dan Sandstrom, Janice Lisherness, Colby Plagge, Jamie Wells, Jim Finch, Chris Hanson, Steve & Dian Jahn, and Marci Maulden.

Welcome to new members Joan & Keith Magee from Anacortes and Larry & Kristi Blanchard from Ferndale.

Ride Leader's Report:

Janice Lisherness asked for help on rider leader awards for next year and Steve and Dian Jahn volunteered to steer that effort. Dan Sandstrom said that the Anacortes Bike Shop was going to put on a women's bike workshop on Tuesdays in March of next year and we should get that on our calendar. In addition, there was another Thursday evening ride from Anacortes Bike Shop that runs in the summer that we should get on our calendar.

Old Business:

We went through the election results and discussed the voting results for donations which came out in the following order: 1st- BMX; 2nd- Special Olympics; 3rd- Skagit Recreation; 4th- Medic One; 5th- Skagit County Active Community Taskforce. Discussion for which organizations to contribute to and how much to contribute was tabled for future board meetings when the Treasurer and President could be in attendance.

New Business:

Steve reported on Skagit County's one mile chip seal effort in Edison and it was approved by the board that Steve would draft a letter on behalf of SBC stating our approval and encouragement of this effort.

Steve also related that Skagit County has offered to map our rides and place them on a county website where they can be printed off. Jamie Wells said he had some maps he could give Steve to start the county off with. Once the maps get established, the SBC website could create a link to the county website for the rides.

Steve received a telephone call from Cascade Bicycle Club asking if SBC will do Bike Expo this coming year. Steve's recommendation was that we do not do Bike Expo and spend the money we save using other venues to promote our Spring Classic Ride.

The meeting was adjourned at 7:05 pm. The next SBC Board Meeting will be held at 6:00pm on Tuesday, December 3rd at Dimensional Communications on 1220 Anderson Road, Mount Vernon.

Respectfully submitted by Marci Maulden

Etcetera...

ACTIVE COMMUNITY TASK FORCE (ACT) Meeting of November 5, 2013

Note: Skagit Bicycle Club (SBC) supports ACT activities to improve bicycling in Skagit County. This SBC Newsletter brief is to keep SBC members informed of such activities. You may direct inquiries to: Steve Jahn- stevedianjahn@gmail.com 425-830-4981

SBC Members Present: Liz McNett Crowl – Facilitator, Healthy Communities; John Pope – BAW; r; Mark Semrau- Consultant.

ACT says "THANK YOU" to the members of SBC for awarding them a 2014 contribution. ACT intends to review its activities with SBC, to better determine which activities would be most valued to club members. An easel board of the 2014 Skagit County Non-Motorized Plan will be displayed at the SBC Christmas Party and Liz will be in attendance for "social discussion". ACT will be glad to help members who desire to be involved in cycling development activities in Skagit County.

CHIP SEAL UPDATE: Good News!. The 1 mile test section on Bow Hill Rd. (Edison to Chuckanut Drive) facilitated by ACT and supported by SBC members, was completed. In preparation for the test, Skagit County Public Works Engineer Forrest Jones and road crew Supervisors, visited San Juan County to witness their road process, hosted by San Juan County Engineer Rachel Dietzman. Note: San Juan County are the preferred roads ACT referenced in the its Chip Seal report to the Public Works. The chip seal was applied in September, using a cleaner and finer rock from Whatcom County, improved oil distribution, and a final "fog coat" seal. The results are much improved.

SBC has written a letter to Skagit County Commissioners and new Public Works Director, Dan Berenston, to determine the next steps. YOU ARE ENCOURAGED TO INSPECT AND COMMENT!! Contact Steve Jahn for questions. Here is our suggestion to direct your comments:

EMAIL:

DIRECT COMMUNICATIONS TO:

SEND CC TO:

Skagit County Commissioners

Ron Wessen- District 1

Ken Dahlstedt- District 2

Sharon Dillon- District 3

County Commissioners:

1800 Continental Place, Suite 100

Mount Vernon, WA 98273

(360) 336 - 9300

email: commissioners@co.skagit.wa.us

County Administrator: Tim Holloran

1800 Continental Place, Suite 100

Mount Vernon, WA 98273

(360) 336-9300

email: admsrvcs@co.skagit.wa.us

Public Works Director: Dan Berentson

County Engineer: Forrest Jones

email: pw@co.skagit.wa.us

1800 Continental Place

Mount Vernon, WA 98273

Phone: 360-336-9400

Fax: (360) 336-9478

email: pw@co.skagit.wa.us

CONSIDER SENDING TO:

SKAGIT HERALD

Submit Letter button on goskagit.com under the Opinion tab.

https://goskagit-dot-com.bloxcms.com/site/forms/online_services/letter/

Or send email to: letters@skagitpublishing.com

NOTE- 300 word max.

PLEASE: BCC to:

Steve Jahn stevedianjahn@gmail.com

Liz McNett Crowl

LCrowl@skagitvalleyhospital.org

Skagit Bicycle Club Membership Form

Club Information

Use PayPal to join or renew your membership online at www.skagitbicycleclub.org

Annual Dues: Individual \$15.00 Family \$20.00

Check One: New Member Renewal

Mail this form to:
Skagit Bicycle Club
P.O. Box 363 Burlington WA 98233

Name

Address

City State Postal Code

Phones

Email:

You will receive your Newsletter via Email
...Unless you CHECK HERE
to receive the paper version (not in color)
via US Postal Service



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bikerjan1@hotmail.com
Spring Classic Co-Coordinator:
Marshall Will/Jill Langely
Bridge Sweep Coordinator:
Steve Jahn
Membership List
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cesiwill@msn.com

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Web masters:
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Saddle-Post Intelligencer
Published by
The Skagit Bicycle Club
Editor Rose Ploeg
dutchpedaler@yahoo.com
See Ride Calendar for Deadline

Bike Travel Cases: Deposit is \$100 and is refundable upon the return of the case. The borrower is responsible for the pickup and drop off of the case.

Bike Travel Trailer: "BOB" bike trailer with a water proof duffel Club Bike Racks: Four Yakima bike carriers attach to a roof rack 1 inch round bars front and rear. fork mount/ mounts for the front wheel. Currently kept in the Storage Unit in Mount Vernon. To check out and arrange a pick up of any of the above items contact Bill Thayer 360 757 2679 or Jane Monroe 360 424 4619

If you are having issues with the email edition of the Newsletter please contact us through the website or via Marshall Will at 360 929 5003 or cesiwill@msn.com. Copies of the newsletter will be mailed upon request.

Membership benefits include 10% off at the following businesses:

Bicycles NW
31531 SR 20
Oak Harbor 360 279 8919

Skagit Cycle Center
1704 S Burlington Blvd
Burlington 360 757 7910
1620 Commercial Ave.
Anacortes 360 588 8776

Arlington Velo Sport
Bicycle Shop
401 N Olympic Ave
Arlington, WA 98223
360-629-6415
www.stanwoodvelosport.com

Club Members:
Please remember to show your membership card to receive your discount at the above businesses.



Skagit Bicycle Club
P.O. Box 363
Burlington WA 98233

