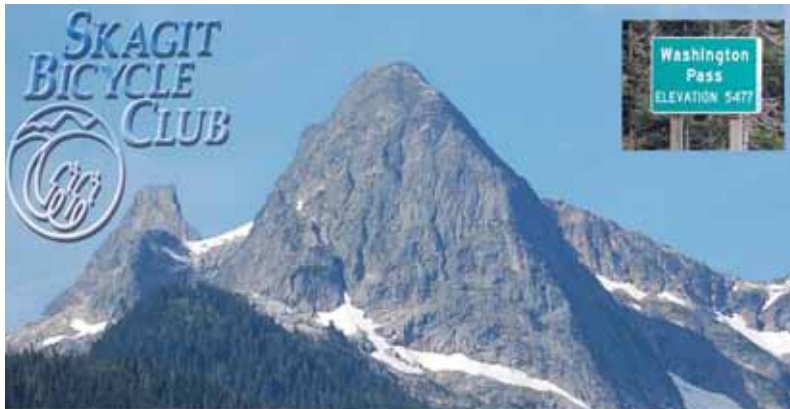


Saddle-Post Intelligencer

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

July 2013



24th annual Jan Selvig Ride

Marblemount to Mazama August 10th -11th

This Event is offered to Skagit Bicycle Club Members Only

Event Cost \$135 per person

For more information visit www.skagitbicycleclub.org or email Jamie@skagitspringclassic.org

Registration closes July 17th

Space is very limited - SAG Drivers are wanted



Long mind numbing climbs followed by intense downhill. It doesn't get any better than this...



Like us on
Facebook

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

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The 2nd BRIDGE SWEEP for 2013

is scheduled for Thursday evening, July 11 - 5:30 PM @ the parking area just east of the Berensten Bridge. This event rewards those who have volunteered with an SBC paid/free "Sweepers reward dinner"! This year, we will eat at the banquet room of the KittyHawk Cafe, located at the Skagit Regional Airport 18426 Airport Drive "B" 360-707-0348 . Dinner will be immediately after the bridge sweep and there will be **no planned ride**. Brooms, shovels, and wheelbarrows provided. Gloves advised.



Sidewalk Riding Follow-up By Liz McNett Crowl

At the May club meeting I was asked about sidewalk riding in a side conversation. I wanted to share this blog on the topic. I think it is well written. <http://blog.bikeleague.org/blog/2013/06/bike-law-university-sidewalk-riding-2/>

In Mount Vernon there are several very wide sidewalk sections that the City actually considers to be part of a multiuse trail network. Jane Monroe asked me about a section of the Kulshan Trail near downtown and wondered if the City could paint a symbol on the pavement so riders would know. I think it is a good idea and I think the City would be willing to partner with the Bike Club if anyone is interested in working on this.





The Pace Line

By Gordon Odegaard



Wind or Hills?

At the end of each of the articles of the Pace Line, I close with the phrase, "May all winds be tail winds". This is seldom the case; one is lucky to have a portion of a ride with a tail wind. There was a saying we used to have way back when, "All hills are up hill and all winds are head winds."

When I go out on a ride from my house there is a flagpole that I always check out at the corner of McLean and La Conner-Whitney to see which direction the wind is blowing. The direction of the flag usually determines where I will cycle. I do prefer riding hills than riding against the wind. One will eventually reach the top of the hill and be able to go down on the other side; wind is constant. Hills seem to require an arithmetical increase in effort while winds seems to have a geometrical increase in effort.

The Bicycle Hub blog asked the question, "What is Worse, Hills or Wind? Of the eight responses, seven thought wind was worse than hills. I asked the same question at the conclusion of a Saturday Ramble Ride and found the same response. Only one of the riders asked preferred wind to hills. Luckily this person allowed me to suck his wheel for much of the ride even when I attempted to take the lead. When riding ones wheel make sure you are in the best position to take advantage of the draft. It makes riding against the wind so much easier.

The website [Http://www.exploratorium.edu/cycling/aerodynamics1.html](http://www.exploratorium.edu/cycling/aerodynamics1.html) has a very interesting table. In put your velocity(mph), wind velocity (mph), your weight (lbs) and grade (degrees). Click 'calculate' and the program will show the watts required to maintain a constant velocity or calories per minute. A number of variables have not been taken into consideration as body size and the efficiency to the human body. This calculation assumes an efficiency of the human body to be 100% when is about 20%.

But it is interesting to work with this program to compare riding against the wind and going up hill using different amounts of wind resistance and hill inclines.

Another aspect of wind is that the body is not very aerodynamic. For example, even when riding where there is no wind our body creates a vacuum behind our back pulling us back. As a result riding against a wind this vacuum would tend to be even greater. So make yourself as aerodynamic as possible. I have noticed that members of our club who winter in Yuma, Arizona have aero bars. I found out why when I joined them for a ride a couple of years ago. There was lots of wind in Yuma. Gary Minor made the statement, "The wind will either make you stronger or it will get the best of you." So I guess the moral of the story is if you want to get stronger train against the wind and get stronger. That is my goal even as a senior rider.



FAMILY FUN RIDES IN ANACORTES- JULY 6 & 27

Two different family rides have been scheduled by Anacortes Parks Dept. , supported by the Anacortes Bikes/Ped Group. These are fun events for beginners and families and we encourage to invite/bring your families and friends!

July 6 - 10am to 1pm.

Anacortes- 22nd and R Avenue on the Tommy Thompson Trail. Free bicycle safety check, free helmet for kids (while supplies last), raffle for a new youth bike.

July 27 - 9am to 11am.

Anacortes Forrest Lands- Whistle Lake parking lot. Mountain bike ride & poker run. Bicycle safety check and prizes (Easy trails and routes with support)

Contact John Lunsford- Anacortes Parks Dept 360-293-1953

July 11

5:30 PM @ east end parking area of Berensten Bridge
Bridge sweep and SBC paid "Sweepers reward dinner"
KittyHawk Cafe Skagit Regional Airport 18426 Airport
Drive "B" 360-707-0348 No planned ride. Dinner immedi-
ately after bridge sweep. Contact: Steve Jahn 4258304981

July 13

South Skagit County Foothills Loop- 9:30 AM. MRR-
Start location- downtown Arlington at the restroom/tour-
ist info center directly next to the Centennial Trail in the
middle of downtown. Parking is adjacent to trail at the
city hall parking lot. 9:30 AM 70-85 miles. Bring food-
only short break stops. Rain cancels. Call 425 446 9019
if questions

"Family Bike Ride"

On Friday, July 26 at 11am, I will be leading a "Family
Bike Ride" on the Centennial Trail. We will park and start
at the newly opened portion at the Nakashima Barn Trail-
head. It's approximately 4 miles South of Norway Park
(my cabin) on Hwy 9. There's good parking but if you
can car pool, please do. Our plan is to ride to Arlington
and back. (If that's okay with the group) Mileage should
be 10-12 miles. The trail is paved and an easy pedal.
Bring \$ for possible snack/lunch at the bakery. (If open)
Also bring a water bottle and helmets are required. This
ride will be in conjunction with residence of Norway Park.
RAIN WILL CANCEL. Any questions call Linda S. White
at 360 7701050

Ride Around Puget Sound to support bicycling

The Ride Around Puget Sound (RAPSody) bicycle event
Aug. 24-25 offers great food, scenic views and great
value to bicyclists seeking a challenge. It's our 10th
anniversary year, and the five bike clubs that host this
unique ride are adding some new twists while sticking to
the formula that has made this route a favorite of North-
west bicyclists.

July 15 is the early registration deadline for the 170-mile
ride which attracts cyclists from all over the U.S. Early
registrants get a free 10th anniversary t-shirt. Registra-
tion remains open through Aug. 16. The loop ride starts
and ends in Tacoma, with luggage transport and free
overnight indoor or outdoor camping at the half-way
mark in Shelton.

RAPSody is hosted by bicyclists for bicycling - all
proceeds support the Bicycle Alliance of Washington's
statewide advocacy and education. Learn more about
RAPSody at www.rapsodybikeride.com.

Rider comment: "This is the premier 2 day ride in the
pac NW. It beats the socks off STP and
RSVP. I don't understand why it isn't more popular,
although having a smaller
crowd is part of the charm. Super course markings!

Monday Ride on San Juan Island By Gordon Odegaard

The usual Monday Ride changed starting its point from the March
Point Park and Ride to Friday Harbor. We were met with great weath-
er, great roads, and wonderful scenery. The ride was suggested by
Marshall the previous Monday and led by Dan Sandstrom. We circled
the island in a clockwise direction experiencing lots of hills along the
way from Friday Harbor to Roche Harbor where we had a great lunch.
The ride from Roach Harbor back to Friday Harbor was relatively flat.
One could just do a out and back ride from Friday Harbor to Roach
Harbor if you did not want to do the hills, but you would miss the great
views along the west side of the island. Upon returning to Friday
Harbor several us could not resist an ice cream cone so the ride did
not result in a deficit of calories for the day.



....Board Briefs....

....Et•cet•er•a.....

SKAGIT BICYCLE CLUB
GENERAL MEETING MINUTES
June 4, 2013

Present: Chris Hanson, Marshall & Jean Sattler-Will, Dan Sandstrom, Colby Plagge, Shaun Bridge, Gordon Odegaard, Bill Thayer, and Marci Maulden

Welcome to new members Mike & Jeanne Debaradi from Stanwood and Karla Gulke from Mount Vernon.

Old Business:

A suggestion for the next Spring Classic from Gordon Odegaard was to take out the last rest stop for the 62/100 mile riders. Marshall said he could take that out and add miles elsewhere in the ride (perhaps around Lake Samish).

The Vancouver to Seattle Ride for Cancer is taking place June 15 and 16. The coordinators of the ride were looking for volunteers to help take down 1800 tents on June 16th at the Skagit Fairgrounds.

New Business:

The SBC Board approved the placement of an outdoor toilet at the Farm to Market Bakery in Edison. Marshall said he would have it placed there on Monday, June 10 by United Site Services. They service the toilet about twice a week for \$85.00 a month.

The Jan Selvig Ride is in August and Jamie Wells has made reservations. Shaun Bridge and Colby Plagge are helping with the ride. It will be \$130.00 per rider

The SBC Board nomination committee this year will consist of Marshall Will, Jim Finch, Dan Sandstrom, and Gordon Odegaard. It was noted that we will need two new board members and a new treasurer for the start of 2014.

Gordon attended a Skagit Council Government meeting which was primarily about chip seal in Skagit County. Representing Skagit Public Works was Forrest Jones, who went into detail as to how the county evaluated roads, the constrictions the county had, and the plans the county had for improving the chip seal. Gordon said he came away favorably impressed but he thought there was a disconnect between the engineers in the county and the project managers.

The acquisition of 500 stickers with the Spring Classic logo was approved by the SBC Board. Marshall will handle the purchase and they will be given out to members as they receive their yearly membership cards.

Gordon was interviewed by Choose Washington Magazine as to why Washington is a good place to bicycle. Gordon mentioned the San Juan Islands and also suggested that the magazine take a look at Mike McQuaide's book, 75 Classic Rides- Washington.

Gordon gave a tribute to Marshall for all Marshall's work and dedication to the club.

Meeting was adjourned at 7:20pm. The next SBC Board Meeting will be held at 6:00pm on Tuesday, August 6th at Dimensional Communications on 1220 Anderson Road, Mount Vernon.

Respectfully submitted by Marci Maulden



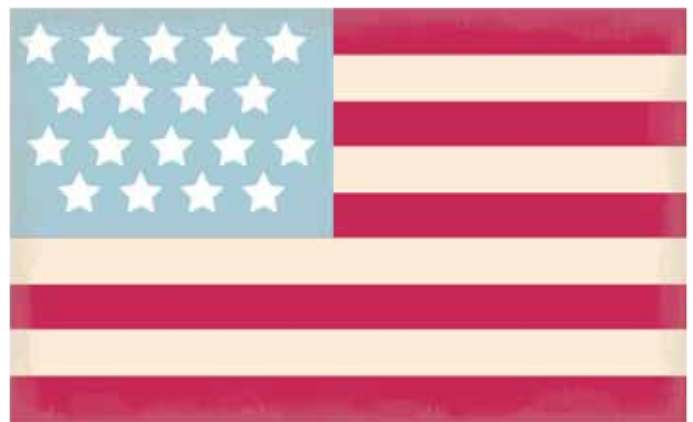
JULY 4th PARADE-ANACORTES



Has your FAMILY ever wanted to be IN a July 4th Parade??!! Well, this may be your chance. The Anacortes Bike/Ped Group is advertising the two Anacortes JULY FAMILY FUN RIDES (see separate articles in this newsletter) at the ANACORTES JULY 4TH PARADE, with families/kids in costume and/or decorated bikes in the parade. Here are details:

- 1) Arrive with decorated bikes and attire on July 4th, by 10/10:30 AM at Bikespot 210 Commercial Ave Anacortes, WA 98221 (360) 588-1676 GIVE YOURSELF TIME FOR CROWDS AND PARKING. We encourage decorating your bike before and testing it to avoid "parade breakdowns" Decorated bikes and attire are encouraged! PARADE IS 11AM TO NOON.
- 2) A decorating party will be the night before, July 3rd, 6 PM @ Bikespot. There will be some decorations to supplement what you may bring.
- 3) There will be some decorations at Bikespot for decorating bikes from the morning of the parade @ 9:30 AM-10:30 AM. Parade "Que-up" will be around 10:30 AM. Parade start will be 11 AM and last for about an hour.
- 4) Parents can ride in the parade with kids OR walk "along-side" to assist and carry signs advertising the JULY FAMILY FUN RIDES. These signs will be provided.
- 5) If you want to throw candy/bling to the crowd along the parade route (a tradition), please bring your supply.

HOPE YOU JOIN FOR THE FUN IN BOTH THE PARADE AND JULY FAMILY FUN RIDES!!!

Contact Steve & Dian Jahn for questions: 425-830-4981/425-830-5381 stevedianjahn@gmail.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																						
<p>1</p> <p>10:00 am MRR March Point Park & Ride Dan Sandstrom 360.708.7108</p> <p>6:00 pm MTB-intermediate Call Mark Everett 360.629.6415 for start location</p>	<p>2</p> <p>NO Board Meeting</p> <p>6:00 pm SRR- Sweet Cakes Mark Everett 360.629.6415 6:15 pm E Bikespot -Anacortes 360.588.1676</p>	<p>3</p> <p>8:00am BRR Spicy Cakes Arlington Velo Sport Mark Everett 360.629.6415 6:00pm RR-All Levels Shawn Bridge's House on Collins RD Med/Long: Jim Finch 360.424.8511 Short Whit 360 757 1357 Potluck after Ride</p>	<p>4</p>  <p>Independence Day</p>	<p>5</p>	<p>6</p> <p>10:00am RR-all levels Ramble Ride Conway Red Barn Jean Sattler-Will 360 710 9577</p> <p>10:00am Family Fun Ride 22nd & R Ave on Thompson Trail John Lunsford 360 299 1953</p>	<p>7</p> <p>12:00pm MTBR / RLH Cascade Trail To Birdsvie Brewery Shaun Bridge 360 384 7926</p>																						
<p>8</p> <p>10:00 am MRR March Point Park & Ride Gordon Odegaard 360 421 0753</p> <p>6:00 pm MTB-intermediate Call Mark Everett 360.629.6415 for start location</p>	<p>9</p> <p>6:00 pm SRR Sweet Cakes M.Everett 360.629.6415 6:15 pm E Bikespot -Anacortes N.Stowe 360 588 1676</p>	<p>10</p> <p>8:00am BRR Spicy Cakes Arlington Velo Sport Mark Everett 360.629.6415 6:00pm RR-All Levels Shawn Bridge's House on Collins RD Med/Long Marshall Will 360 929 5003 Short Kathea Rasmussen 360 766 8720 Potluck after Ride</p>	<p>11</p> <p>10:00 am MRR Joy Ride Edison ElemSchool Bill Thayer 360 757 2679</p> <p>5:30 PM- Bridge Sweep & Dinner Berensten Bridge- East End 7PM- KittyHawk Cafe- skagit regional Airport No ride--Steve Jahn 425 830 4981</p>	<p>12</p> <p>9:00 am MRR Breakfast Ride Conway Red Barn Jean Sattler-Will 360.710.9577</p>	<p>13</p> <p>10:00 am BRR Washington Elem. School Mt Vernon Jim Finch 360.424.8511</p>	<p>14</p> <p>9:00am MRR Bryant- Darington Loop Marshall Will 360 929 5003</p>																						
<p>15</p> <p>10:00 AM MRR March Point Dan Sandstrom 360 708 7108</p> <p>6:00 pm MTB-intermediate Call Mark Everett 360.629.6415 for start location</p>	<p>16</p> <p>6:00 pm SRR Sweet Cakes M.Everett 360.629.6415 6:15 pm E Bikespot -Anacortes N.Stowe 360 588 1676</p>	<p>17</p> <p>8:00am BRR Spicy Cakes Arlington Velo Sport Mark Everett 360.629.6415 6:00pm RR-All Levels Shawn Bridge's House on Collins RD Long /Med Gary Minor 360 424 4836 Short Cheryl Minor 360 424 4836 Potluck after Ride</p>	<p>18</p> <p>10:00 am MRR Joy Ride Edison Elem School Jennifer McCoy 360 336 2528</p>	<p>19</p>  <p>Newsletter Deadline</p>	<p>20</p> <p>9:30am MRR Lower Skagit Loop Arlington Restrooms at tourist Center Lou Rivetti 425 446 9019</p>	<p>21</p> <table border="1"> <tr><td>RR</td><td>Road Ride</td></tr> <tr><td>MTB</td><td>Mountain Bike</td></tr> <tr><td>TT</td><td>Time Trial</td></tr> <tr><td>RLH</td><td>Ride Leader's Home</td></tr> <tr><td colspan="2">Ride Pace:</td></tr> <tr><td>E</td><td>Easy under 10mph</td></tr> <tr><td>S</td><td>Social 10-12 mph</td></tr> <tr><td>M</td><td>Moderate 12-16 mph</td></tr> <tr><td>B</td><td>Brisk 16-20 mph</td></tr> <tr><td>ST</td><td>Strenuous 20+ mph</td></tr> <tr><td colspan="2">If weather is questionable call the ride leader</td></tr> </table>	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	
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Skagit Bicycle Club Membership Form

Club Information

Annual Dues: Individual \$15.00 Family \$20.00

Check One: New Membership
 Renewal

MAIL TO:
Skagit Bicycle Club
P.O. Box 363 Burlington WA 98233
OR

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

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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Vice President
Dan Sandstrom
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Secretary
Marci Maulden
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Marshall Will
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Jim Finch
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Mike Tallering
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Janice Lisherness
360 391 3931 /360 466 3030
bikerjan1@hotmail.com
Spring Classic Co-Coordinators:
Marshall Will/Jill Langely
Bridge Sweep Coordinator:
Steve Jahn
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Marshall Will
cesiwill@msn.com

Website:
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Web masters:
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George Haigh
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Saddle-Post Intelligencer
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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.

