

# Saddle-Post Intelligencer

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

March 2013



Mark Semrau presents the \$2,500 donation from Skagit Bicycle Club to Skagit County ACT for "Barney Lake – Centennial Trail" development.

## Skagit Cycle Center Spring Sale

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## Promotion Of Skagit Spring Classic

March 1,2,& 3, 2013

Skagit Cycle Center, Burlington will have their annual SPRING SALE on March 1,2,and 3. SBC will have a spot at the sale to promote the Skagit Spring Classic and seek new members.

*We need one (1) volunteer to man a booth for SUNDAY, MARCH 3, 1-5 PM. (all other time slots are filled) Sunday- 1-5 PM.*

THIS WILL BE A NEW AND FUN OPPORTUNITY TO MEET LOCAL BICYCLISTS AND PROMOTE OUR CLUB AND SKAGIT SPRING CLASSIC.

Please contact Steve Jahn 425-830-4981 [stevedianjahn@gmail.com](mailto:stevedianjahn@gmail.com)

## Seattle Bike Expo 2013 SBC Volunteers Needed!

Skagit Bicycle Club will participate in SEATTLE BIKE EXPO 2013, March 9 & 10 at Smith Terminal in Seattle.

*2 volunteers for Sunday, March 10, Noon to 2 PM (all other time slots are filled)*

Volunteers receive free entrance (parking is \$5) and can visit Bike Expo before or after your shift.

THIS IS A GREAT OPPORTUNITY TO SUPPORT SKAGIT BICYCLE CLUB AND ENJOY THE WONDERFUL SEATTLE BIKE EXPO EVENTS AND EXHIBITS.

Please contact Steve Jahn- 425.830.4981 [stevedianjahn@gmail.com](mailto:stevedianjahn@gmail.com) to select a daytime.

Reference to Seattle Bike Expo - <https://shop.cascade.org/content/events/expo>



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

## Skagit Spring Classic



*A Skagit Bicycle Club Event*

*May 11th 2013*

For More Information Visit  
[SkagitSpringClassic.org](http://SkagitSpringClassic.org)

*Use your Head. Always wear a helmet*

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# *The Pace Line*

*By Gordon Odegaard*



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## **One More Pair of Skies**

During the winter months many of us find it difficult to go ride on the wet and windy conditions. I consider myself a fair weather rider. But as an alternative I do enjoy cross country skiing. Having been born and raised in Southeastern Alaska we had plenty of snow during the winter months. To cross country ski all we had to do was go across the street put on our skies and go. I don't remember the first time I was skiing. It was probably at a very young age just as I saw in Winthrop last week where a child who looked about two years old with a pair of skies.

So now begins the saga of one more pair of skies. I do remember the one pair of skies made of wood with a leather strap for bindings. That followed by using a thick rubber strap we would place around our toes and heel to give a bit more stability. So the equipment was really primitive. This was used until I received a pair of downhill skies for Christmas with actual bindings. The problem was by the time I received those skies I was playing basketball and the coach did not allow skiing for fear one would be injured. So skiing was put on hold until many years later after we had moved to Mount Vernon. We decided to buy a package at Cascade Sports in Mount Vernon that included rental skies and lessons. Joanne agreed to the lessons only if I would not laugh at her skiing. There were no groomed trails in the area so we just went up river until we reached snow and really some back country skiing. One of the first maneuvers we practiced was to step over a fence. Joanne had a really bad time and I could not keep my promise not to laugh. Three other lessons followed the last being up near Mount Baker where I came as close to hypothermia as I have ever been. But we survived the ordeal.

We picked up the sport again with friends going to Leavenworth on some really fun long weekends and winter breaks. I finally bought a pair of cross country skies. I did not know much about skies at the time and ended up with a pair of skies better designed for back country or telemarking. They felt like logs on my feet. The next pair were designed for classical skiing with the fish scales on the bottom or nonwax skies. These skies are very forgiving but also very slow. So I bought a pair of wax skies but have used them just once since I did not

have the correct wax on them. Finally I bought a better pair of waxless skies but found that the area of the fish scales are too short and I keep slipping backwards when I push off. So I spoke with the manager of the ski shop at Sun Mountain Lodge and he suggested one more pair of skies. I have resisted this purchase with a bit of help from my wife and I only go skiing at the most ten days a year.

When I was a young kid I had a book about a young person in Norway using a pair of skies that looked just like a pair of boards while holding a stick as a ski pole. While



looking around the ski shop at Sun Mountain Lodge low and behold the latest thing they were renting were these things they called Hok which were just like the skies I saw in the book I had as a kid. Talk about retro!

The other thing I discovered during our trip to Winthrop were fat tire mountain bikes that could be used on some ski trails. The tires had to be at least three inches with no more than ten pounds of pressure. Mike McQuaide has an article about these bikes in the February 3rd issue of the Seattle Times. While visiting the Methow Cycle and Sport Shop just west of Winthrop three members of the Tacoma Bicycle Club returned from a ride with great reviews of their experience.



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# Freewheeling

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## 2012 Mileage

|                   |                 |             |
|-------------------|-----------------|-------------|
| Robert Whitford   | 4431 bike miles |             |
| Jane Monroe       | 2839 bike miles | 305 walking |
| Janice Lisherness | 2135 bike miles |             |
| Phil Smoots       | 272 bike miles  |             |
| Kathy Thornburgh  | 2318 bike miles |             |
| Gordon Odegaard   | 3850 bike miles |             |
| Shaun Bridge      | 3027 bike miles |             |
| Cheryl Minor      | 4780 bike miles |             |
| Gary Minor        | 8840 bike miles | 452 hiking  |
| Marshall Will     | 5160 bike miles | 548 hiking  |
| Jennifer McCoy    | 2120 bike miles |             |

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## For Sale

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One new pair of Ksyrium SL "SSC" road wheels with Vredstein Fortezza 700x23 (max 175psi) tires - \$600. They are too stiff for the type of riding I am doing these days. 18 spoke radial-laced in front and 20spoke 2-cross non-drive and radial-laced drive side with Ultegra 10speed hub in back, they have less than 100mi . Jerry Ziegler (253) 906-7975.

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## Rides, Ride Reports & More!

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### MONDAY RIDES

Every Monday in March , March Point Park & Ride; WINTER START TIME!!- 11 AM, Moderate Pace. Bad weather cancels. Question-Contact Dan Sandstrom dan.sandstrom@comcast.net 360.708.7108 or Steve Jahn stevedianjahn@gmail.com 425.830.4981



The Tour de Whidbey is a bicycle event benefiting the Whidbey General Hospital Foundation, rural community hospital on Whidbey Island, Washington State's Puget Sound. The event's 2013 fundraising goal is to make the purchase of a Breast MRI Scan System possible.

The Tour de Whidbey is a community event. Over 150 volunteers support riders with a pancake breakfast at the Greenbank Farm, well-supported rest stops every 15-20 miles, and an after-ride chili feed at the Greenbank and Coupeville starting/ending sites. The Island County Amateur Radio Club and the local Island Wings motorcycle group provide roving route support and ongoing radio communication. The experienced bicyclists of the Whidbey Island Bicycle Club mark Tour routes to ensure clear navigation for riders. Other community volunteers place signs along all the routes advising motorists that bicyclists will be out in unusually high numbers so motorists will pay particular attention to bicyclists this day.

The event attracts approximately 500 riders annually. One third of the participants are from Whidbey Island, 60% from Western Washington and the rest from all over the US and Canada. Riders have their choice of 10, 30, 40, 50 and 100 mile routes. The routes have been selected to showcase the beauty and varied terrain of Whidbey Island, with routes passing through all of the communities on the island from Oak Harbor to Langley. The 100 mile Century ride is considered one of the most challenging in the State. The shorter 30-50 mile routes are perfect for intermediate riders, offering the same incredibly scenic Whidbey Island vistas with less elevation change. The 10 mile ride is virtually flat, moving along country roads across Ebey's Prairie with views of Admiralty Inlet, the Keystone ferry landing, working farms and the Olympic Mountains. This route is an ideal ride for beginners and families with children.

The Tour de Whidbey also sponsors two community service activities the day of the ride. These are free and open to all.

- Bicycle/Sports Helmet Check: EMTs will be at both Tour de Whidbey start sites evaluating the safety and fit of riders' bicycle helmets. Any youth helmets that are found to be unsafe will be replaced with a new helmet for free, funded by the Foundation.
  - Adaptive Bike Demonstration: Hospital rehabilitation therapists will assist anyone experiencing mobility limitations in exploring how an adaptive bike could get them moving again. A fleet of adaptive cycles provided by the Outdoors For All organization will be at the Coupeville start site.
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# ....Board Briefs....

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# ....Et•cet•er•a.....

## SKAGIT BICYCLE CLUB GENERAL MEETING MINUTES February 5, 2013

Present: Chris Hanson, Mike Tallering, Marshall Will, Dan Sandstrom, Colby Plagge, Shaun Bridge, Gordon Odegaard, John Pope, Jane Monroe, Justin Dahl, and Marci Maulden

The January 8, 2013 SBC meeting minutes were approved with no corrections.

Welcome to new members Brian Collins from Camano Island and Russ & Vicki Borneman from Anacortes.

Marshall Will announced that the \$500 donation approved by the SBC Board in November, 2012 was made to the Skagit County Medic One Helmet Program.

### Ride Coordinator's Report:

Jane Monroe presented for Janice Lisherness in Janice's absence. The Red Barn Ramble held Saturday, February 2nd, was well attended and the goal is to get more Saturday and Sunday rides on the calendar so more people can participate. A list of possible starting locations for the Wednesday evening rides starting in April was distributed for review with decisions to be made in March.

### Old Business:

Dan Sandstrom will be representing SBC at the Bike Swap being held in Seattle on February 10 from 9:00am-2:00pm. He will be able to take registrations for the Spring Classic and new memberships with the use of Square (a debit/credit card reader that can be used on web-enabled phones or ipads).

John Pope went through the Skagit County planned USBR 10 route and alternative routes and had SBC Officers sign a resolution of support which endorses the nomination of the USBR 10 route in Skagit County. John will take this to the Skagit Regional Transportation Planning Organization.

Marshall gave an update on the 2013 Spring Classic. Rest stop chair persons are as follows: Jean Sattler-Will at Donovan Park; Jim Finch at Samish School; Dan Sandstrom at Edison Church; and Marci Maulden at Chuckanut. Jill Langley is in charge of advertising, Jane Monroe will do day-of registration, and Janice Lisherness will be in charge of parking. All permits have gone out and the routes are being changed to run clockwise.

We enjoyed meeting in the conference room at Dimensional Communications so well, it was decided that we would continue to meet there. Colby Plagge will schedule the meetings for the room for the rest of the year and Marci Maulden will write a letter of thank you to Washington Federal Savings for the use of their conference room over the last years.

The next SBC Board Meeting will be held at 6:00pm on Tuesday, March 5th at Dimensional Communications on 1220 Anderson Road, Mount Vernon.

Meeting was adjourned at 7:30pm.

Respectfully submitted by Marci Maulden

## ACTIVE COMMUNITY TASK FORCE (ACT) Meeting of February 5, 2012

Note: Skagit Bicycle Club (SBC) supports ACT activities to improve bicycling i/non-motorized resources 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

SBC Members Present: Liz McNett Crowl – Facilitator, Healthy Communities; John Pope – BAW, RTPO; Linda Tallman–Meeting Recorder; Mark Semrau – Semrau Engineering ; Marie Erbstoeszler – Health Consultant;

Non-Motorized Plan Update – Gabe:

Project list review: Gabe reviewed the project list for the projects master list which jurisdictions had reviewed. G The goal is to develop priorities and rankings.

Survey results: Using Community Transformation suggestions re our regional NM plan a Survey Monkey was used to determine what to do with the information. The survey results showed great homogeneity; respondents generally liked all the suggestions.

Transportation Alternative Funding – Gabe/Liz: Last week Gabe sent draft application form for ACT review. Unanimous agreement ACT would like to be part of the process and be able to make a recommendation.

Update – Liz: Chip Seal – Jefferson, San Juan and Whatcom counties were contacted by Steve to review their processes. Many of them have been through a similar process. Recommendation: Follow up review with grading; comparison with neighbors, and extrapolated cost projected as the other processes make the chip seal last must longer. This will be going forward to Henry Hash once the reports are revised.

US Bike Route 10 in Washington – John:

John has been working with various jurisdictions. Anacortes approves their section of the plan. Margaret Fleek has approved trail through Burlington. Sedro-Woolley (SW) has suggested changes that were accepted. SW is putting bike camping in their park. The Bike Club also gave input. The bike route generally goes point to point to pass through towns so that riders have access to services. John is in communication with Google and their bike engineering group.

Resolution of support: ACT endorsed the nomination of the USBR 10 in Skagit County as described by John and shown to us.



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
|--------|---------|-----------|----------|--------|----------|--------|

# March 2013

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|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                   |                                                                                                                                                                  |           |                                                                                                                                           | <b>1</b>                                                                                                                                                                                                                                 | <b>2</b><br>10:00AM MRR<br>Mount Baker<br>Middle School MV<br>Colby Plagge<br>360.540.4554                                                                                                                                                                                     | <b>3</b>                                                                                                                                                                                        |
| <b>4</b><br>11:00 AM MRR<br>March Point<br>Park & Ride<br>Steve Jahn<br>425.830.4981<br>*Rain/Snow Cancels        | <b>5</b><br>Board Meeting<br>6:00PM<br><b>New Location!</b><br>Dimensional<br>Communications<br>1220 Anderson Rd<br>Mt.Vernon<br>Gordon Odegaard<br>360.421.0573 | <b>6</b>  | <b>7</b><br>11:00AM MRR<br>Farmhouse Rest.<br>LaConner Whitney Rd<br>& Hwy 20<br>Janice Lisherness<br>360.391.3931<br>Rain/Snow Cancels   | <b>8</b>                                                                                                                                                                                                                                 | <b>9</b><br>Sat. 9-6<br>Bicycle Expo-Seattle@Smith Terminal<br>Steve Jahn 424.830.4981                                                                                                                                                                                         | <b>10</b><br>Sun. 10-4                                                                                                                                                                          |
| <b>11</b><br>11:00 AM MRR<br>March Point<br>Dan Sandstrom<br>360.708.7108<br>*Rain/Snow Cancels                   | <b>12</b>                                                                                                                                                        | <b>13</b> | <b>14</b><br>11:00AM MRR<br>Farmhouse Rest.<br>LaConner Whitney Rd<br>& Hwy 20<br>Jane Monroe<br>360.424.4619<br>Rain/Snow Cancels        | <b>15</b>                                                                                                                                                                                                                                | <b>16</b><br>10:00am<br>Red Barn Ramble Ride<br>Red Barn Conway<br>All speeds the first 4<br>miles E to ST<br>Jean Sattler-Will<br>360.710.9577                                                                                                                                | <b>17</b><br>12:00PM<br>MRR RLH-<br>1025 E Washington<br>Ave, Burlington<br>Rose Ploeg<br>360.202.1716<br> |
| <b>18</b><br>11:00 AM MRR<br>March Point<br>Park & Ride<br>Dan Sandstrom<br>360.708.7108<br>*Rain/Snow<br>Cancels | <b>19</b>                                                                                                                                                        | <b>20</b> | <b>21</b><br>11:00AM MRR<br>Farmhouse Rest.<br>LaConner Whitney Rd<br>& Hwy 20<br>Whit Whitford<br>360.757.1357<br>Rain/Snow Can-<br>cels | <b>22</b><br>9:00 am<br><b>Conway Red Barn<br/>MRR-Breakfast<br/>Ride</b><br>Jean Sattler-Will<br>360.710.9577<br><b>Newsletter<br/>Deadline</b><br> | <b>23</b><br>11:00am<br><b>Ramble Ride Red<br/>Barn Conway</b><br>All speeds for the<br>first 4 miles E to ST<br>Lou Rivetti<br>425.466.9019                                                                                                                                   | <b>24</b><br>2:00pm<br>MRR RLH-17534<br>Fir Island Rd.<br>M.V.<br>Jeannette<br>Folkertsma<br>360.445.5924                                                                                       |
| <b>25</b><br>11:00 AM MRR<br>March Point<br>Steve Jahn<br>425.830.4981<br>*Rain/Snow<br>Cancels                   | <b>26</b>                                                                                                                                                        | <b>27</b> | <b>28</b><br>11:00AM MRR<br>Farmhouse Rest.<br>LaConner Whitney Rd<br>& Hwy 20<br><b>Lou Rivetti</b><br>425.466.9019<br>Rain/Snow Cancels | <b>29</b>                                                                                                                                                                                                                                | <b>30</b><br>RR Road Ride<br>MTB Mountain Bike<br>TT Time Trial<br>RLH Ride Leader's Home<br>Ride Pace:<br>E Easy under 10mph<br>S Social 10-12 mph<br>M Moderate 12-16 mph<br>B Brisk 16-20 mph<br>ST Strenuous 20+ mph<br>If weather is questionable call<br>the ride leader | <b>31</b><br>                                                                                              |

# 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](http://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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Dan Sandstrom  
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Volunteer Positions  
Ride Coordinator  
Janice Lisherness  
360 391 3931 /360 466 3030  
bikerjan1@hotmail.com  
Spring Classic Co-Coordinators:  
Marshall Will/Jill Langely  
Bridge Sweep Coordinator:  
Steve Jahn  
Membership List  
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The Skagit Bicycle Club  
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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 7910

Arlington Velo Sport  
Bicycle Shop  
401 N Olympic Ave  
Arlington, WA 98223  
360-629-6415  
[www.stanwoodvelosport.com](http://www.stanwoodvelosport.com)

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



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

**Skagit Bicycle Club**  
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