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# Saddle-Post Intelligencer

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The Voice of the Skagit Bicycle Club -Skagit County-Washington January 2014

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## Board Briefs

SKAGIT BICYCLE CLUB  
GENERAL MEETING MINUTES  
December 3, 2013

Present: Gordon Odegaard, Janice Lisherness, Phil Smoots, Jamie Wells, Shaun Bridge, Jen Woyski, Colby Plagge, Steve & Dian Jahn, Dan Sandstrom, Marshall Will, Bill Thayer, and Jim Finch

Welcome to new member Dennis DeBolt from Mount Vernon.

### Ride Leader's Report:

Janice Lisherness reports that there will be Ramble Rides in January. They will be on the 2nd and 4th Saturdays, January 11th and 25th respectively. There was discussion about the route and the road conditions on Fir Island Road. We will keep the same route through 2014. Janice reports that Fir Island Road is being blacktopped so the road conditions should not be a problem.

### Old Business:

After much discussion regarding SBC's participation in Bike Expo, the Skagit Cycle Bike Sale, and the Bike Swap, the motion was made and carried that SBC will not participate in any of these three events in 2014. Steve Jahn said the booth at Bike Expo now costs \$1,000 and that doesn't include electricity. The SBC Board felt this money could be spent in other ways in 2014.

Marshall Will said the club donated a total of \$4000 last year. He suggested that we could donate \$5000 this year. After a lengthy discussion, the motion was made and carried to donate \$5000 and to allocate it as follows:

- \$2000 to Skagit BMX
- \$1500 to Skagit County Recreation
- \$800 to Medic One
- \$700 to Active Community Taskforce

The Board also discussed the fact that we are open to donating to Skagit Special Olympics as the need arise. At this point in time, they still have \$1,000 in the kitty that we donated to them last year.

### New Business:

The motion was made and carried to give Gary Lorenz a check for \$300 to cover expenses incurred at our annual Christmas party that takes place at Skagit Valley Gardens.

There was discussion of how SBC might broaden its reach into the community. Marshall talked about the races he runs: Woolley Cross; Cascade Cross; and the stand alone event at Kettles. It was suggested that information about these events be regularly included in our monthly newsletter. It was also suggested that there could be a separate calendar in the newsletter (apart from the regular rides calendar), where information about upcoming events and races could be mentioned.

The Board applauded and thanked Gordon for his dedication to the club, and for his fine leadership as our president in 2013. Gordon then adjourned the meeting at 7:08pm. The next SBC Board Meeting will be held at 6:00pm on Tuesday, January 7th at Dimensional Communications on 1220 Anderson Road, Mount Vernon.

Respectfully submitted by Jen Woyski, substituting for Marci Maulden



### January 1- New Years Day Ride

11:00 am see calendar for start place and ride leaders..

Leaving from Conway, Anacortes and Burlington... All will meet in LaConner, at the Station Restaurant.. So brush off your bike, put your cold weather gear on and interact with other club members..

Feel the love!! Questions?? Contact Jean Sattler-Will at 360.710.9577



New Ride leaders are encouraged to lead a ride in the New Year. Just pick your favorite route and give me a call to start. Janice Lisherness-Ride coordinator. 360 391-3931 or email: bikerjan1@hotmail.com Thanks, Janice



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# The Script

*(Who's Next?)*  
By Dan Sandstrom

Hello! First of all, I want you all to remember, for the next year (or an act of Impeachment), it's your fault I'm in this position. But I am honored, and I will try to do my best. That said, I'm very lucky to have a big nucleus of people in this club that do all of the work that keeps this club so strong. If you want to know who they are, read the club's letters' and you will see some of their names. If you would like to be a part of this elite group of Skagit Bike Club members, please call me and I will direct you to them. My goals for this year are to try and help the club be a warmer, more inviting club for new or old members...if that is possible, because I think this club already does a good job of that (in my eyes). So, if you have any ideas on how to do that, contact me.

My other goal is to stay out of the way and let this bike club continue to be the best it can be (which it does very well).

As for the title of my letter this year, many of you may not know that a hobby of mine, second to athletics (which now is bicycling) has always been music. Two of the many meanings of The Script is first a letter or writing, and it's also a band I'm very fond of.

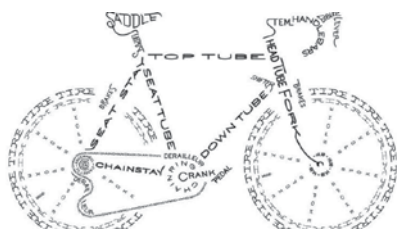
The (Who's Next) part is a great album by The Who, but also will be the biggest part of my letter and it will be a description of a club member whose name will be revealed in the next letter. It would be great and a lot better if you would send me descriptions of yourselves, or I will just write down my own which could never be as good as yours. So, please email your descriptions. We can have more than one person per letter, depending on the length of your writings.

(Who's Next?) #1

This guy was the first bike club member I met on my bike. I was going down Satterlee hill and he was going up. I turned around and it took me about 4 miles hard riding to catch him, and another 1/2 mile before I could talk! He was very nice to me and had lots of knowledge about bicycling. His biking attire is to the 10s, and he has a very nice bike. He's very active in the club. He has a doll of a wife. He could be called things like "Mr. Clean", Best Dressed, a guy to listen to when it comes to biking. Do you know his name? Big Clue – He rides strong, dresses like a Pro, and he's the one who started the March's Point Monday Ride. I love to ride with him.

May our bike club always be Happy, Happy Happy!

Dan Sandstrom  
Dan.sandstrom@comcast.net  
360.708.9041



## Rides & More!

Conway Red Barn Ramble Come join the fun!  
Saturday, January 11th & 25th.

Purpose: To encourage riders of ALL road cycling abilities to: Meet new ride buddies--Flat, social speed for the first 4/5 miles. No one dropped. Work a cycling pace line at moderate 15 mph speed mile 4 to 13. Stop (optional) in La Conner for riders who choose to break for coffee. Sprint Sneeoosh--mile 13 to mile 21. Ride at your own pace. Regroup at Reservation Rd/Hwy 20 for pace line work back to Conway--Mile 21 to 42.

Ride leaders for January are Gordon Odegaard and Scott Rittscher (see calendar).

January Thursday Joy Rides for all you retirees or not. Rides will start at the Conway Red Barn at 11:00 am. This is a Social Ride. Rain/Snow cancels (see calendar)



### Tips from the League of American Bicyclists:

#### In Cold Weather

##### Wear Layers

- 🚲 Gloves and ear warmers are particularly helpful

##### Rain

- 🚲 Wear bright colors and reflective gear
- 🚲 Waterproof jacket and pants

##### Night

- 🚲 Wear bright colors and reflective gear

##### Long Rides

- 🚲 Jerseys help pull moisture away from your skin and have pockets on the back for food, tools, and money
- 🚲 Cycling shorts offer cushioning
- 🚲 Bike gloves help distribute pressure across your palms



<i>Monday</i>		<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>																						
<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		<p><b>New Years Day</b> 11:00 am MRR Conway-Red Barn Jean Sattler-Will 360 710 9577</p>	<p>Higgins/Ovenell Parking Lot Burlington Jane Monroe 360 424 4619</p> <p>March Point Park &amp; Ride-Anacortes Dan Sandstrom 360 708 7108 The Jahns 425 830 4981</p>	<p>11:00 am MRR Red Barn-Conway Linda White 360 770 1050</p>	<p>10:00 am BRR-Long Washington School West Mount Vernon Jim Finch 360 770 5915</p>	<p>10:00 am BRR RLH-624 Bennett St, Sedro Woolley Tom Jacobson 360 855 0593</p>		
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# Skagit Bicycle Club Membership Form

# Club Information

Use PayPal to join or renew your membership online at [www.skagitbicycleclub.org](http://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



## Skagit Bicycle Club Officers & Board

President  
Dan Sandstrom  
[dan.sandstrom@comcast.net](mailto:dan.sandstrom@comcast.net)  
Vice President  
Colby Plagge  
[Colbyp@demensional.net](mailto:Colbyp@demensional.net)  
Secretary  
Marci Maulden  
[mauldenm@earthlink.net](mailto:mauldenm@earthlink.net)  
Treasurer  
Shaun Bridge  
[sbridge007@gmail.com](mailto:sbridge007@gmail.com)  
Past President  
Gordon Ogedaard  
[jgode@wavecable.com](mailto:jgode@wavecable.com)

## Board Members

Jennifer McCoy  
[jlmccoy@ncia.com](mailto:jlmccoy@ncia.com)  
Cindy McGuinness  
[mcguinnesscc@gmail.com](mailto:mcguinnesscc@gmail.com)  
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Jamie Wells  
[Jamie@skagitspringclassic.org](mailto:Jamie@skagitspringclassic.org)

## Volunteer Positions

Ride Coordinator  
Janice Lisherness  
360 391 3931 /360 466 3030  
[bikerjan1@hotmail.com](mailto:bikerjan1@hotmail.com)  
Spring Classic Co-Coordinators:  
Marshall Will/Jill Langely  
Bridge Sweep Coordinator:  
Steve Jahn  
Membership List  
Marshall Will  
[cesiwill@msn.com](mailto:cesiwill@msn.com)

## Website:

[www.skagitbicycleclub.org](http://www.skagitbicycleclub.org)  
Web masters:  
Jamie Wells  
[Jamie@skagitspringclassic.org](mailto:Jamie@skagitspringclassic.org)  
Tom Jacobson  
[Tomandlori@comcast.net](mailto:Tomandlori@comcast.net)

## Mailing Address

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

## Saddle-Post Intelligencer

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The Skagit Bicycle Club  
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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

**Membership benefits include 10% off at these local businesses.**  
Please remember to show your membership card to receive your discount.

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](http://www.stanwoodvelosport.com)



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

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](mailto:cesiwill@msn.com). Copies of the newsletter will be mailed upon request.

**Skagit Bicycle Club**  
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