



# Saddle-Post Intelligencer

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

April 2015



## Note from the Ride leader Coordinator:

It seems to be getting increasingly difficult to get people to lead rides. The start location for the May Wednesday nighters will be March Point park & ride, so Anacortes folks will be hearing from me soon. Please step up—it's what makes the club go. Thanks, Whit



The City of Mount Vernon has received a grant to place a small number of bicycle racks in our community. The purpose of this survey is to identify where you think there is a need for bicycle parking. Please think about Mount Vernon's destinations, where you frequently visit, and where you think new or additional bicycle racks should be located.

Please take 2 minutes and complete the Mount Vernon Bike Rack Community Survey <http://goo.gl/forms/irWYWL2Fw3> Feel free to distribute the survey to your friends, co-workers and family. The survey will close 5 pm April 30.

<http://goo.gl/forms/irWYWL2Fw3>

Stay in Touch! Like the BikeWalk Mount Vernon Facebook page to hear about survey results, community events, safety classes, and improvements in our community. Questions? [bikewalkmv@gmail.com](mailto:bikewalkmv@gmail.com)

## New Retro Ride Leader?

By Ken Rasmussen

I've run the Retro Ride for eight consecutive years, and I find that I've gotten stale as regards putting the event on. I think it would be good for the event to get an infusion of fresh ideas and enthusiasm. We've got people who come up from Seattle and down from Blaine and Bellingham every year, so it's not just a special ride for me--there is a nice core group that is committed to the event. My enthusiasm for participating is undiminished, and whoever takes the leadership over will have my full support and assistance.

People with an abiding interest in old equipment are admittedly in the minority, so it might be nice to look at some ways to broaden the appeal of the event. It occurs to me that creating a new category of participation for the Most Imaginative Costume (and perhaps Most Imaginative Bicycle), and adding a parade to the event might make it fun for people who aren't retro enthusiasts. Who knows? The Retro Ride and Concors d' Elegance might become the less important part of the event.

My thanks to all who have attended and helped out over the eight years of my tenure. I hope someone will come forward and continue what has become a nice tradition.



## Ride report:

March 17, Centennial Trail. Participants Jane Monroe, Jack McTaggart, Diane and Don Torset had a wonderful ride on a warm Tuesday. Spring arriving early has made many rides possible and pleasant. Hope more will join us next time. The trail is in great shape, The construction in Arlington is completed. Submitted by Jane Monroe.



Cookie Callers are needed for the Spring Classic contact Diane Jahn.

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Special Olympic turnouts are on Tuesdays 5:30 to 7:00p.m. at the truck track at Skagit Valley College.

All are welcome to come help out to Volunteer. Contact Jane Monroe or Tim Holloran.



# WORD OF THE DOMESTIQUE

The following is the opinion of the Super Domestique and is not intended to offend any religion, ethnic group, club, organization, company, gender, sexual orientation or individual. The views of the Super Domestique are his own or something he copied from someone else, and do not in any way reflect the views of the Skagit Bicycle Club. Furthermore, they do not necessarily reflect the views of the people who live in the same home, neighborhood or city. Please also note that the fact this piece is written in English is in no way meant to malign other languages nor to malign those who are illiterate visually impaired and thus are unable to read the piece. Compliments can be emailed to SuperD@skagitdomestique.com Complaints can be emailed to Colby at Colby@skagitspringclassic.org

Please keep in mind Colby is a pretty busy guy so if you don't get a reply he is probably to busy to respond to a bunch of whining mountain bikers.

## TIPS FOR THE WEDNESDAY NIGHT ~~RACE~~ RIDE

Wednesday night rides are starting this month at the Mount Baker Middle School at 5:30pm.

This is very good news for those of us who are looking to get into shape, ride in a group, or want to show off our new bikes.

For the new club members who haven't participated in what is arguably the best riding that the club has to offer here is what you need to know.

Our rides are catered to all levels, but even knowing this, it can be daunting to just show up at a group ride and not really know anyone. Here is the rundown . .

### The Routes:

There are 3 routes the Long, the medium and the Short route. Each route has a ride leader with a sign-in sheet and route maps. (The long/med routes generally have one leader orchestrating both routes) The purpose of these sheets is so at the end of the night riders can be accounted for. Your first mission upon arriving is to sign in. Look for the crowd and the clipboard. At this point you must decide whether your riding the long/med or the short route. Please feel free to ask questions.

A typical short route is about 20 miles and depends on the amount of daylight. Riders in this grouping range in speed from 10-15mph on a flat. 25 on a downhill.

This ride is usually flat. Stopping the bike to look at an eagle in a tree or to drink water are acceptable practices. This is not a fast group, but they are a lot of fun to ride with.

The long route generally consists of a 35-40+ mile route with a cutoff that makes up the medium route.

The biggest difference between this group and the short group is speed, hills and sometimes a group sprint at the end. Fluids are consumed while on the bike and unless Jim Finch is in the group there aren't many pit stops. The members of this group can climb well and will go on the attack, particularly if they have been watching the Giro or the Tour.

### The Riders:

There are 3 groups of riders who show up on the Wednesday night ride.

**The slow:** These riders are perfect for the short course.

Camaraderie over speed is the motto for this group but don't let them fool you. As nice as they are they are also as tough as an Armadillo tire. Quite literally they can ride all day. If your new to

cycling this is a great place to start riding with the club. Unless of course you think your fast . .

**The fast:** This is a great group of people.. .but be warned. If you look fast and are riding a Pinarello with Zipps you are the equivalent of fish frisky dinner for this crew. Much like cats the members of this group are a curious lot and are going to find out if you're for real. The trouble lies in that these are not house cats. More like cheetahs. They'll set a fast pace early and if your not ready they'll blow up your legs, lungs and finally your spirit leaving you off the back to begin making up the next group on the road.

### The group that wants to be fast but isn't fast enough....

**yet:** This group is pretty self explanatory, a hill or acceleration and despite your best efforts there is a gap between you and the group. . and its growing. This usually happens early in the ride so you have the medium route as an option. Don't be discouraged and don't take it personally. Getting dropped isn't so bad. At one point or another everyone gets dropped. (I'm reasonably certain that some of our members were even been dropped when they were babies.) I consider getting dropped the happy scenario. A scenario far worse involves resigning yourself to solitude only to come around a corner and find that the group has stopped for a Mr. Finch nature break and are ready to torture you all over again.

If your dropped ...whats important is that you look at your map and stay the course. Your choice, medium or long but stay on the course. On the night when you have repaired your 2nd flat tire and are looking at a third you do not want to be off the designated route. ---- Nobody will find you except the coyotes.

Regardless what course you choose to ride there will be a great group of riders gathering on Wednesday nights. Keep an eye on the ride calendar. And please give our ride coordinator Whit Whitford (nx7q@frontier.com) 360-757-1357 a call if you would like to lead a ride. If you need help with a map email me, I have a collection.

**One last note:** Always ride within your comfort zone and skill level. If your a tri-athlete or new to cycling and not comfortable in a tight pack its best to let people know.

312 miles biked - 68 miles walking 223lbs:)



# Rides & Ride Reports

# Board Briefs

## Note from the Ride Coordinator:

It seems to be getting increasingly difficult to get people to lead rides. The start location for the May Wednesday nighters will be March Pt park & ride, so Anacortes folks will be hearing from me soon. Please step up—it's what makes the club go. Thanks, Whit

## Monday Rides- March Point Park And Ride

All riders welcome for this ride leaving every Monday from March Point Park and Ride. Fall/winter start time of 11 AM. Distance of 35ish miles, MRR(15-17mph) pace. Ride leader will assess the group and determine if a second slightly slower group leader is desired. No maps, riders stick together with leader(s), and a stop for a light lunch at or toward end of the ride.. Fun social riding in the heart of Skagit Valley. Rain And Snow May Cancel Ride

## Tuesday SWEETCAKES RIDE

Viking Village Stanwood 0600pm  
Rod McDonald & Dolf Scheltinga 425 359 6710

## Saturday April 25...

Spring Classic Preview Ride: Bayview Elementary School:  
Riders will leave promptly at 8:00 am. There will be a 25, 45, 62 and 100 miles routes. Jean 360 710 9577

## WEDNESDAY APRIL 8TH 6-9 PM ANACORTES

### Ladies' Bike Basics Maintenance Class

Flat repair, Safety check, Drivetrain cleaning, Chain lubrication  
Reserve your spot today! 12-15 Ladies MAX  
Cost: \$10 in advance (Preferred)  
Call 360.588.8776 or email shelly@skagitcyclecenter.com with questions.



SATURDAY, APRIL 11, 2015 8:00 a.m.

Downtown Stanwood: 271st street just before the train depot  
Stanwood, Washington

### Distance options

Powerman Distance 10K run, 60k bike, 10k  
Sprint Distance 5K run, 30k bike, 5k  
2 Person Relay for either Distance

### DISCOUNT CODE: PMWA50

\$50 off of registration until 3/15/15  
<https://register.chronotrack.com/r/9987>

EXPLORE Stanwood Washington nestle perfectly on Puget Sound!  
EXPLORE your physical capabilities and push the limits!  
EXPLORE new experiences!  
EXPLORE the Du!

WORLD CLASS DUATHLON IS BACK

March 3, 2015 Meeting

Present: Colby Plagge, Shaun Bridge, Marty Johnson, Jane Monroe, Dan Sandstrom, Marshall Will, Cindy McGuiness.

President Colby Plagge opened the board meeting at 6:15 p.m. at Dimensional Communications, 1220 Anderson Road, Mount Vernon.

The February 3, 2015 SBC meeting minutes were approved with no corrections.

WELCOME new members Patty Wasson and Bob Shelly of Anacortes.

## Treasurer's Report:

Shaun asked Marshall to contact Fort Ebey State Park regarding an unreconciled check for \$100 issued to them one year ago.

## Ride Coordinator Report:

Whit Whitford was absent. No report.

## Old Business:

Spring Classic Update: Marty Johnson offered to coordinate the Chuckanut Rest Stop and will talk with Marci Maulden for details on food, set up and break-down times, etc. It is anticipated that last year's Chuckanut RS volunteers will help again. Spring Classic posters are printed and will be distributed in appropriate locations in Skagit and counties to the north and south.

**Skagit Cycle Annual Sale:** Will be held March 20-22nd at the Burlington store. Volunteers are needed to help promote SBC and the Skagit Spring Classic event in May. Colby said he could help for a few hours on Saturday, the 21st.

**Save On Storage Unit:** Jane and Steve cleaned and sorted the contents. Steve took responsibility for all the rest stop containers and will replenish first aid items, plastic gloves, hand cleaner, paper products and miscellaneous supplies. A new combination lock was installed. The question was discussed how to securely handle access to the outside gate and to the unit when a request has been made to borrow an item. Between the six SBC members with that access, there should always be a responsible person present to open the gate and the storage unit to check items in and out. Dan is keeping the BOB trailer at his house.

## New Business:

25th Annual Spring Classic Update: Steve will handle the food order with United. Colby will pick up water from Culligan and also arrange for the delivery and the correct location of the port-a-potties. Jane will contact Tim Holloran and request tents from Special Olympics for the Church RS. Colby said all the details are coming together.

**NW Tandem Rally 2015:** In an email to SBC members, Marshall requested volunteer help for the July 4th weekend Rally to be held in Bellingham which he helps organize and participates in.

If you would like to volunteer, please contact Marshall or refer to his email dated February 24th.

**Ride Leader Responsibilities:** There needs to be some clarification and guidelines since questions have come up recently about the ride leader's responsibilities. After some discussion, Marshall agreed to provide a "write-up" for our review during the next board meeting in April.

The next SBC Board Meeting will be held April 7th, 2015 at 6 p.m., Dimensional Communications  
Meeting was adjourned at 6:55 p.m.

Submitted by Cindy McGuiness in Cheryl's absence.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		 <p>5:30PM Mt. Baker Middle School @ LaVenture&amp;Section Mt. Vernon Short: SRR, Jane Monroe 360.391.9062 Med/long: MRR, Marshall Will, 360.929.5003</p>	 <p>5:30 pm BRR/TT Conway Lutheran Church Fir Island Marshall Will 360.929.5003</p>			 <p>3:30pm MRR Arlington VeloSport Mark Everett 360.629.6415</p>
		 <p>10:00 am MRR March Point Park &amp; Ride Dan Sandstrom 360708 7108 Steve Jahn 425 830 4981 Hanspeter Gehrig 360.588.9149</p>	 <p>6:00 pm SBC Board Meeting Dimensional Communications 1220 Anderson Rd Mount Vernon Colby Plagge 360.540.4554</p> <p>6PM Sweetcakes Ride see below:</p>	 <p>5:30PM Mt. Baker Middle School @ LaVenture&amp;Section Mt. Vernon Short: SRR Janice Lisherness 360.391.3931 Med/long, MRR Jim Finch 360.424.8511</p> <p>Ladies Basic Maintenance Class See Newsletter</p>	 <p>10:00 am Joy Ride, SRR, March Pt Park &amp; Ride, Jerry Ziegler, 253.906.7975</p>	 <p>9:00 am SRR Breakfast Ride Conway Jean Sattler-Will 360.710.9577</p>
 <p>10:00 am MRR March Point Park &amp; Ride Dan Sandstrom 360708 7108 Steve Jahn 425 830 4981 Hanspeter Gehrig 360.588.9149</p>	 <p>6:00pm SWEETCAKES RIDE Viking Village Stanwood Rod McDonald Dolf Scheltinga 425.359.6710</p>	 <p>5:30PM Mt. Baker Middle School @ LaVenture&amp;Section Mt. Vernon Short: SRR Whit 360.757.1357 Med/long, MRR Jack McTaggart 360.420.1857</p> <p>Ladies Basic Maintenance Class See Newsletter</p>	 <p>10:00 am SRR Joy Ride March Pt Park &amp; Ride Marty Johnson 360.982.2513</p>	  <p><b>Newsletter Deadline</b></p>	 <p>8:30am SRR Skagit Cycle Anacortes Liz Jenkins 360.840.8778</p> <p>10:00 am MRRto- BRR Red Barn Ramble Conway Marshall Will 360.929.5003</p>	 <p>3:30pm MRR Arlington VeloSport Mark Everett 360.629.6415 10:00 am MRR Lions Park MtV park in P&amp;R lot on Division (north of CO-OP) Lou Rivetti 425.446.9019 Rain Cancels</p>
 <p>10:00 am MRR March Point Park &amp; Ride Dan Sandstrom 360708 7108 Steve Jahn 425 830 4981 Hanspeter Gehrig 360.588.9149</p>	 <p>6:00pm SWEETCAKES RIDE Viking Village Stanwood Rod McDonald Dolf Scheltinga 425.359.6710</p>	 <p>5:30PM Mt. Baker Middle School @ LaVenture&amp;Section Mt. Vernon Short: SRR Dian Jahn 425.830.5381 Med/long: MRR Steve Jahn 425.830.4981</p> <p>Ladies Basic Maintenance Class See Newsletter</p>			 <p>8:00 am Spring Classic Preview BayView School Jean Sattler-Will 360.710.9577 8:30am SRR Skagit Cycle Anacortes Liz Jenkins 360.840.8778</p>	 <p>3:30pm MRR Arlington VeloSport Mark Everett 360.629.6415</p>
 <p>10:00 am MRR March Point Park &amp; Ride Dan Sandstrom 360708 7108 Steve Jahn 425 830 4981 Hanspeter Gehrig 360.588.9149</p>	 <p>6:00pm SWEETCAKES RIDE Viking Village Stanwood Rod McDonald Dolf Scheltinga 425 359 6710</p>	 <p>5:30PM Mt. Baker Middle School @ LaVenture&amp;Section Mt. Vernon Short: SRR Whit 360.757.1357 Med/long MRR Colby Plagge 360.540.4554</p> <p>Ladies Basic Maintenance Class See Newsletter</p>	 			

# Skagit Bicycle Club Membership Form

Use Pay Pal 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



# Club Information

## Skagit Bicycle Club Officers & Board

President  
**Colby Plagge**  
Colbyp@demensional.net  
Vice President  
**Mike Tallering**  
mike.tallering@siemens.com  
Secretary  
**Cheryl Calhoun**  
Calhoun@fidalgo.net  
Treasurer  
**Shaun Bridge**  
sbridge007@gmail.com  
Past President  
**Dan Sandstrom**  
dan.sandstrom@comcast.net

## Board Members

**Steve Jahn**  
SteveDianJahn@gmail.com  
**Marty Johnson**  
A\_Mjohnson@comcast.net  
**Cindy McGuinness**  
mcguinesscc@gmail.com  
**Jane Monroe**  
janemmonroe@aol.com  
**Scott Rittscher**  
seaking@wavecable.com  
**Jamie Wells**  
Jamie@skagitspringclassic.org

## Volunteer Positions

Ride Coordinator  
Whit Whitford  
nx7q@frontier.com  
360 757 1357  
Spring Classic Coordinator:  
**Colby Plagge**  
Bridge Sweep Coordinators:  
**Steve & Dian Jahn**  
Membership List  
**Marshall Will**  
cesiwill@msn.com

## Website:

[www.skagitbicycleclub.org](http://www.skagitbicycleclub.org)  
Web masters:  
**Jamie Wells**  
Jamie@skagitspringclassic.org  
**Tom Jacobson**  
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  
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 Jane Monroe 360 391 9062 or Colby Plagge 360 540 4554

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

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

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

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



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

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