



# SADDLE POST INTELLIGENCER

THE VOICE OF THE SKAGIT BICYCLE CLUB

SKAGIT VALLEY WASHINGTON



## Skagit Spring Classic Volunteers:

Volunteers are needed, any amount of time you can spare

would be appreciated.

If you have any questions or need more information please call or e-mail. 360 710-9577

cesiwill@msnm.com

Thank you Jean Sattler-Will

## It's Spring Classic Cookie Time !!!



Spring classic is a month away, on May 7th. So it is time to think of... what else...Cookies! Skagit Spring Classic is famous for its cookies. That is why the riders come in droves! Really! Sure the routes are awesome.... And the support is above all other rides.....But they come for the cookies! Each year we have tons of compliments on the sheer variety of our delicious home baked cookies. Riders especially comment on the creative ingredients and various style of spring classic cookies.

Cookies can be delivered to Skagit Bicycle Shops in Anacortes or Burlington and Arlington Velo Sport bicycle shop, during store ours, starting May 4th and should be delivered no later than Friday MAY 6th by 4:00 PM . Better yet...join other SBC volunteers and bring your cookies to the packet stuffing and pizza party on Friday, May 6, from 6-pm.! Bayview Elementary School, 15241 Josh Wilson Rd, Burlington.

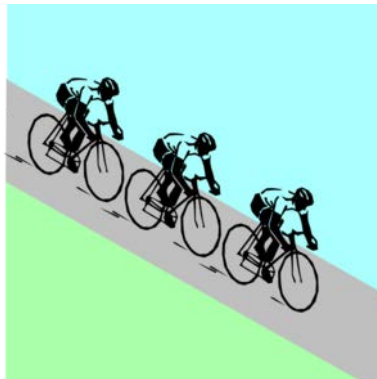
Be creative as you want, and options like non gluten or nut-free are welcome (just label your box of cookies if they are for special diet). We need you, and/or your wife,husband, mothers / fathers, aunts / uncles, kids, partner or significant other to mark your calendar to bake cookies for spring classic.

You may also contact Dian Jahn at 425-830-5381 or email: dian.jahn@gmail.com for arrangements to get your cookies. Thank you !....You have been wonderful in past years and sbc and 800+ spring classic riders will appreciate your contribution again this year!



## Special Olympics Cycling

is slated to begin March 29 at the Skagit Valley Truck Driving Track. Practices meet from 5:30-7:00pm. Volunteer coaches are needed to ride with athletes who are training for a big event--The Summer games at Joint Base Lewis-McChord on June 4 & 5. Contact Pauli Mickleson 360.416.1350 or Tim Holloran for more information.



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# Congratulations Skagit Bicycle Club !

The Skagit Bicycle Club's Wednesday night rides have been recently voted the best rides in the Northwest by the Super Domestique !

## 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 Jamie at Jamie@skagitspringclassic.org *Please keep in mind Jamie is a pretty busy guy so if you don't get a reply email the Domestique instead.*

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 dropped when they were infants.) 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 ...what's 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.

Yours Truly, Domestique  
223 lbs



# BOARD BRIEFS

General Meeting Minutes  
Tuesday March 1st, 2016

Meeting opened at 6:00 pm by President Jamie Wells In Attendance: Marshall Will, Steve Jahn, Whit Whitford, Colby Palgge, Scott Rittscher, Steve Rutz, Jean Sattler-Will, Diane Torset, Cindy McGuinness, Phil Mcloud, Marty Johnson

Secretary's Report: New member Kris Wightman. Correspondence was distributed. There were no corrections to last month's minutes. Marshall made a motion to accept the minutes, Steve seconded motion carried.

Ride Coordinator's Report: Discussed Wednesday night rides coming up: need two ride leaders for each Wednesday, one for the long route and one for the short route.. Please contact Whit if you would like to help lead a ride. Next month the Wednesday night rides leave from Mt Baker School in Mt Vernon. Jamie is turning to social media to try to increase the number of riders on Wednesday nights..

Old Business: Steve has the bike cases marked with the club name and has a sign in and out sheet in the storage locker. This for the use of the bike cases and racks by members.

New Business: Spring Classic: Marshall is waiting to hear back from WSDOT to see if the club's additional Non-owned & Hired Auto policy will suffice for the commercial insurance for the sag drivers. We will need this if we want the drivers to drive on state routes 11 and 9.

The "Square" credit/debit card reader was discussed. Marshall would like to try it at the school to see if it now works, it did not work last year due to poor reception. Coffee truck: Marshall will contact Mary Hilliard to find out if she knows who to contact so we can invite them back this year. Jamie will have the posters next week. Dan and Steve will pick up the food for the rest stops the Friday before the Spring Classic. Discussed the swag the preregistered riders will get, for sure they will get a shirt. Glasses were discussed. Marshall mentioned bags but will wait until we talk to Jane. Live music at registration will be "Crazy like a Fox.

Jerry Ziegler had a meeting at Shelter Bay on cycling. There were about 20 people there and new members were recruited. Anacortes Open Streets: This event will be held on the last Sunday in August.

Skagit Bicycle Club has been invited to attend. This has been growing every year, this year the goal is 2000. There will be more about this event later in the year. I hear it's a fun!

Meeting adjourned at 6:55 pm Next meeting Tuesday April 5th at Dimensional Communications 1120 Anderson Rd, Mt Vernon

Respectfully Submitted Jean Sattler-Will; Secretary

# RIDES

Monday Rides- March Point Park And Ride All riders welcome for this ride leaving every Monday from March Point Park and Ride. SPRING RIDE START TIMES ARE NOW 10:00 am . MRR March Point Park & Ride . Distance of 35ish miles , MRR(15-17mph) pace.. No maps, riders stick together with leader(s), and a stop for a light lunch/ coffee at or toward end of the ride.. Fun social riding in the heart of Skagit Valley. . Rain / Wind / Ice May Cancel Ride. Note: Ride leader will assess the group and determine if a second more moderate pace group & leader is desired.

## April 23rd 13th annual Tour de Lopez

Event sponsored by Lopez Island Chamber of Commerce. Registration & ride starts at Lopez Center from 11:00am to 3:00pm. Multiple length rides, riders limited. For more info or to register, see [www.lopezisland.com](http://www.lopezisland.com). Will have BBQ lunch, beer garden & raffle at finish.

# FREEWHEELING

## For Sale

































Saris Bike Porter  
4 Bike Rack, 2 "hitch, tilting and locking  
Hanging rack, steel, frame mount, anti-sway, tilt away and fold up rack. Used only once. Asking \$150 or best offer.



Jmatheson @wavecable.com

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



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY  |
|--|--|--|--|---|---|---|
|  <p><i>Rain Cancels unless otherwise noted</i></p>   |  |  |  |    |    |  <p>10am<br/>Gravel Ginder<br/>624 Bennett S-W<br/>Tom Jacobson<br/>360.710.2834</p> <p>3:30pm<br/>Arlington VeloSport<br/>Mark Everett<br/>360.629.6415</p>                           |
|  <p>10:00 am MRR<br/>March Point<br/>Park&amp;Ride<br/>Steve Jahn<br/>425.830.4981<br/>Hanspeter Gehrig<br/>206.890.2361<br/>Dan Sandstrom<br/>360.708.7108</p>   |  <p>6:00 PM<br/><b>BOARD MEETING</b><br/><b>DIMENSIONAL</b><br/><b>COMMUNICATIONS</b><br/><b>JAMIE WELLS</b><br/><b>360.941.1270</b></p> <p>5:30pm <i>Special Olympics</i><br/><i>SVC Truck Track</i></p> |  <p>5:30pm<br/>Mt Baker School<br/>LaVenture &amp; Section<br/>Mount Vernon<br/>SRR<br/>Jean Sattler-Will<br/>360.710.9577<br/>M/BRR<br/>Marshall Will<br/>360.929.5003</p>   |  <p>10am SRR<br/>Allen Playfields<br/>Avon-Allen &amp;<br/>AllenWest Rds<br/>Shannon Good<br/>360.336.3700</p>                                  |    |  <p>10am BRR<br/>Washington School MtV<br/>Jim Finch<br/>360.770.5915</p>                            |  <p>3:30pm<br/>MRR 20-25m<br/>Arlington VeloSport<br/>Mark Everett<br/>360.629.6415</p>  |
|  <p>11:00 am MRR<br/>March Point<br/>Park&amp;Ride<br/>Steve Jahn<br/>425.830.4981<br/>Hanspeter Gehrig<br/>206.890.2361<br/>Dan Sandstrom<br/>360.708.7108</p>   |  <p>6pm MRR<br/>Ladies Ride<br/>Skagit Cycle Anacortes<br/>Liz Jenkins<br/>360.588.8776</p> <p>5:30pm <i>Special Olympics</i><br/><i>SVC Truck Track</i></p>  |  <p>5:30pm<br/>Mt Baker School<br/>LaVenture &amp; Section<br/>Mount Vernon<br/>SRR Jane Monroe<br/>360.361.9062<br/>M/BRR<br/>Jack McTaggart<br/>360.420.1857</p> <p>6pm SRR Skagit Cycle<br/>Anacortes<br/>Liz Jenkins<br/>360.588.8776</p> |  <p>10am SRR<br/>Allen Playfields<br/>Avon-Allen &amp;<br/>AllenWest Rds<br/>Whit<br/>360.202.9283</p> <p>Sea Otter Classic<br/>Monterey CA</p> |    |  <p>10:30am MRR<br/>Park on Main St across<br/>from Tav. Conway<br/>Lou Rivetti<br/>425.446.9019</p> |  <p>3:30pm<br/>MRR 20-25m<br/>Arlington VeloSport<br/>Mark Everett<br/>360.629.6415</p>  |
|  <p>10:00 am MRR<br/>March Point<br/>Park&amp;Ride<br/>Steve Jahn<br/>425.830.4981<br/>Hanspeter Gehrig<br/>206.890.2361<br/>Dan Sandstrom<br/>360.708.7108</p> |  <p>6pm MRR<br/>Ladies Ride<br/>Skagit Cycle Anacortes<br/>Liz Jenkins<br/>360.588.8776</p> <p>5:30pm <i>Special Olympics</i><br/><i>SVC Truck Track</i></p>  |  <p>5:30pm<br/>Mt Baker School<br/>LaVenture &amp; Section<br/>Mount Vernon<br/>SRR Dian Jahn<br/>425.830.5381<br/>M/BRR<br/>Steve Jahn<br/>425.830.4981</p> <p>6pm SRR Skagit<br/>Cycle Anacortes<br/>Liz Jenkins<br/>360.588.8776</p>     |  <p>10am SRR<br/>Allen Playfields<br/>Avon-Allen &amp;<br/>AllenWest Rds<br/>Phil McCloud<br/>336.392.0641</p>                                |  <p><br/><b>NEWSLETTER</b><br/><b>PEAPLINE</b></p> |  <p>Tour de Lopez<br/>Active.com</p>   |  <p>3:30pm<br/>MRR 20-25m<br/>Arlington VeloSport<br/>Mark Everett<br/>360.629.6415</p>  |
|  <p>10:00 am MRR<br/>March Point<br/>Park&amp;Ride<br/>Steve Jahn<br/>425.830.4981<br/>Hanspeter Gehrig<br/>206.890.2361<br/>Dan Sandstrom<br/>360.708.7108</p> |  <p>6pm MRR<br/>Ladies Ride<br/>Skagit Cycle Anacortes<br/>Liz Jenkins<br/>360.588.8776</p> <p>5:30pm <i>Special Olympics</i><br/><i>SVC Truck Track</i></p>  |  <p>5:30pm<br/>Mt Baker School<br/>LaVenture &amp; Section<br/>Mount Vernon<br/>SRR<br/>Shannon Good<br/>360.336.3700<br/>M/BRR<br/>Whit<br/>360.202.9283</p> <p>6pm SRR Skagit<br/>Cycle Anacortes<br/>Liz Jenkins<br/>360.588.8776</p>    |  <p>10am SRR<br/>Allen Playfields<br/>Avon-Allen &amp;<br/>AllenWest Rds<br/>Jane Monroe<br/>360.361.9062</p>                                 |    |    | <p><b>Key:</b><br/>RR=Road Ride<br/>MTB= Mtn Bike Ride<br/>TT=Time Trial<br/>RLH-Ride Leaders<br/>Home<br/>Pace: mph<br/>E=Easy, under 10 h<br/>S=Social 10-12<br/>M=Moderate 12-15<br/>B=Brisk 16-20</p> <p>If weather is<br/>questionable call the<br/>ride leader.</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

|                               |
|-------------------------------|
| <b>Name</b>                   |
| <b>Address</b>                |
| <b>City State Postal Code</b> |
| <b>Phones</b>                 |
| <b>Email:</b>                 |

# CLUB INFORMATION

## Skagit Bicycle Club

### Officers & Board

President  
**Jamie Wells**  
Jamie@skagitspringclassic.org

Vice President  
**Phil McLoud**  
Phil.McLoud@gmail.com

Secretary  
**Jean Sattler-Will**  
cesiwill@msn.com

Treasurer  
**Marshall Will**  
cesiwill@msn.com

Past President  
**Colby Plagge**  
Colbyp@demensional.net

### Board Members

**Steve Jahn**  
SteveDianJahn@gmail.com

**Marty Johnson**  
A\_Mjohnson@comcast.net

**Cindy McGuinness**  
mcguinesscc@gmail.com

**Scott Rittscher**  
seaking@wavecable.com

**Steve Rutz**  
steven.rutz@edwardjones.com

**Diane Torsett**  
ddtorset@comcast.net

### 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.

Goody's Rack Shop  
1817 Bouslog Rd  
Burlington WA 9823  
360.899.9903  
GoodyRacks@gmail.com

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

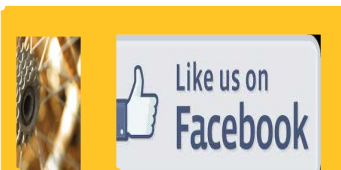
If you are having issues with the email edition of the Newsletter please contact us through the website or call or email Marshall Will at 360 929 5003 or cesiwill@msn.com. Copies of the newsletter will be mailed upon request.

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