



# Saddle-Post Intelligencer

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

April 2014



## *Farewell to our Friend.....*

Bill Thayer passed away Wednesday March 12, as a result of a stroke he suffered on February 13, 2014.

My friend Bill's first ride with Skagit Bicycle Club was June 30, 1993 (the Wednesday night ride where our president Jan Selvig was injured). Most new riders might have not attended again, but Bill was impressed upon arrival that Jan was the first to greet him and welcome him to the Club. A torch that he picked up and always greeted riders new and old.

So many of our events over 21 years, we just assumed that Bill (and often Helen) would be found in the kitchen, having everything under control. Most of us who visit the storage locker, drop off bins of supplies wherever we can shove them in and close the door. Next visit it would be all stacked in order and we'd know Bill had been there. He had a spot in his garage set up for fixing donated bikes for the Kiwanis so that kids would have a chance to ride and own a bike.

Gary Lorenz could probably write a book of adventure tours they enjoyed together, around Washington and nearby States. Other friends from Church, Kiwanis, Citizens Patrol, family and all of us in SBC, when planning activities, will find ourselves saying....."Bill always did that!"

Through our grief soon we'll be able to find joy, knowing he was our friend.

---Jane Monroe

## **These Are the Good Old Days by Ken Rasmussen**

Graham posted an article in the most recent newsletter. There were some suggestions that would benefit cyclists and clubs if they were adopted, but the overall tone was negative. Although this particular article was by Dominic Boyes, it was echoing the many carping articles by Maynard Hershon that suggest that modern cyclists are not as good as those in the days of yore.

Mr. Boyes suggests that we ought to ride for months each year in the small ring. Why? There is a type of training called LSD-- Long Slow Distance training. It's for the purpose of developing a base and for losing fat, but a purposeless program of only that is not the most effective way to train.

"Start with a humble bike, preferably used". Again, why? Why would one prefer to start with an ill-fitting bike with mechanical issues? Those with budget concerns might prefer to do the extra work of finding a suitable older bicycle in good condition, but until one is familiar with equipment, how can one tell what is worthwhile? (It's funny that I should say this, me, with a whole house full of old steel bikes!)

"Stand up smoothly and don't throw the bike back". That's a good suggestion, but many cyclists wouldn't realize that they stop their back wheel when they stand, much less that they might cause a following rider to collide with their wheel. If one is going to mention it at all, why not mention the cure: Pedal your way up to the standing position.

"Form an echelon". Again, why not explain what an echelon is, when it's appropriate, what the hazards are, and how to do it? Experienced racers know these things, but relatively few other riders do. (An echelon is a group of cyclists taking rotating shelter from a cross wind. In its simplest form, two cyclists, one leads from the side of the lane the wind is coming from, the other follows in the sweet spot where the wind is felt least. The wind direction that the cyclist feels is not the same as the overall wind direction. It is a combination of the passage of the cyclist through the air and the real wind direction, and is best determined by the feel of the wind upon the cyclist's face.)

The C.O.N.I. book was out of date by the time American cyclists discovered it. Italians had moved on to The Method Conconi, and other more modern training methods. During the "Golden Age" that Mr. Boyd is referring to, the best American rider, John Howard, could only place 50th in good European racing fields. At that time it was estimated that there were 500 riders in Belgium who could ride at that level. When George Mount came in sixth in the 1976 Olympics we all thought we'd gone to heaven. The fact of the matter is that American cyclists now are better in every way than American cyclists at any time in history except for the very early days of cycle racing before Americans abandoned bicycles and took to their cars.

As far as manners and behavior go, people are people, and we could all afford to learn more and behave better. I'd like to see our club riders prioritize safety more than we do, and I'd like to see more skillful and considerate pack riding than I sometimes see, but the effort to improve is being made, and I think that these are already the good old days.

### **In This Issue:**

The Script (Who's Next) by Dan Sandstrom	Page 2
Etcetera, Etcetera	Page 2
Rides & Board Briefs	Page 3
Ride Calendar	Page 4
Club Info & Membership Form	Page 5



# The Script

*(Who's Next?)*

*By Dan Sandstrom*

Hi gang, I guess we all know our favorite time of the year is near, which means we have a lot of things starting to happen. First of all, we have a hole in our club that probably can't be filled by just one or even five people. Besides our heavy hearts for the loss of our beloved friend Bill Thayer, we need to step up and fill those big shoes of responsibilities, which will take some very big efforts. Colby and Jamie are also looking for help on the Skagit Spring Classic, so it's time to step up. We also need our board members and officers to show up at the next meeting to do some voting, so please try to find time to schedule for it. As always, thanks for being such a great club! Bring on the sun, keep on top of your tires and have a great spring! Keep the pedals down, Dan

Last month's Who's Next  
Tony Pestarino



Next month's Who's Next

I am one of the founding members of Skagit Bicycle Club. I've served as President, Secretary and Board member, also received every year ride leader awards and worked on the Skagit Spring Classic. Many years I've participated in fund raising rides around the State of Washington (16 STP's) and weeklong tours around the United States. My Grandparents arrived in "Woolley" in 1889. I call myself a "Valley Girl" as I've lived in Anacortes, Sedro-Woolley, Burlington and Mount Vernon. Who am I?

Who's next #2

I like to go new places and experience them by bicycle. The Skagit Bicycle Club has been an excellent opportunity to do that. Where are we going this year? Can we do it again next year or are we on some place new? Who's planning the ride? Will we meet new people on the ride and make friends all over the nation? Are we road riding or mountain biking? How much time can I get off work? How much will it cost? Ask questions then go for it. Have a great time. Bring back pictures to show the rest of the Club at the annual meeting. Thanks for the memories!



## Etcetera



### For Sale



**Bike Friday XQL Tandem Sport Traveler**, versatile single or double, packs into two checkable travel cases. In Anacortes, call 360-588-1302. Laura Hamilton.

## Etcetera



### Ride Report

By Jennifer McCoy

We had a huge group at the March Ramble. 19 of us were out doing anywhere between about 16 and 42 miles. I learned that we stay together for 5! miles then continue on. While all together on Skagit City Road we were honked at fairly boisterously by a disgruntled goose. It let us know that while it was in the field adjacent to the road it considered the road its territory as well. Once back to Conway Red Barn many of us headed over to the Berentson Bridge Sweep. All in all an excellent way to spend a Saturday afternoon.



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





# Rides



Mondays - 11:00 am from March Point Park & Ride at Western end of S. March Point Rd. Social to Moderate road ride, route dependent upon winds & weather. Rain cancels. Contact ride leader if in doubt. See ride calendar for leaders.

Tuesdays - 8:45 am from Arlington VeloSport, (401 N. Olympic Ave, Arlington). "Spicycakes": a 2 hour brisk road ride with hills. Mark Everett: 360 629 6415

Tuesdays - 5:30 pm to 7:00 pm. Special Olympics at Skagit Valley College Truck Track off La Venture Road in Mount Vernon. Rain cancels. Come pair up with an Olympian for a ride around the track. Contact is Jane Monroe 360 424 4619

Wednesday - 5:30 pm road ride out of Mount Baker Middle School (LaVentue & Section) Mount Vernon for the month of April. Two ride leaders. One for the Long and medium routes. One for the short route. Brisk to Social/Easy. Check the calendar for leaders & phone #'s.

Thursdays - 11:00 am from Allen Play Fields on Avon Allen Road in Allen. Social road ride. Rain cancels. See ride calendar for leaders.

Saturday - April 12 & 26 at 10:00 am. Ramble Ride starting at the Red Barn in Conway. This ride is for everyone (all speeds). Ride together for the first 5 miles. Then split off into different paces. Check the calendar for leaders.

Sunday April 13 11:00 AM. Start location- Centennial Trail Arlington City Red restrooms adjacent to City Hall. These are the RED restrooms adjacent to parking lot. Easy parking right next to trail. 30 to 50 miles North Snohomish County trail and country road ride. Moderate pace. Ride distance and destination will be determined by number of people present. I will have at least 3 to 4 options. Partial trail and country roads. Rain Cancels. Call 425-446-9019 to confirm ride will take place if needed. Ride leader Lou Rivetti

Sundays - 10 am from Arlington VeloSport, social ride mostly on Centennial Trail. Rain cancels. Mark Everett 360 629 6415.

April 17 - Ladies "Bike Basics" Repair Class from 6:00 pm to 8:00 pm at (Anacortes) Skagit Cycle Center 1620 Commercial Ave., Anacortes. Bernie Santiago 360 588 8776

## **Local non-club rides & Events:**

April 19 --Movie night at the Lincoln Theater in Mount Vernon. For more information, visit [www.lincoltheatre.org/node/858](http://www.lincoltheatre.org/node/858). Life Cycles and Follow Me will be shown, and tickets are \$10. Team Pilchuck and the Pilchuck Mountain Bikers Club are fundraising in collaboration with the Lincoln Theater to raise money for team expenses, insurance for trail users and trail building equipment. For more information, contact Klippert at [www.arlington@washingtonleague.org](mailto:www.arlington@washingtonleague.org) or Arlington Velo Sport at 360-629-6415

April 26 - 11th Annual Tour De Lopez. Non-competitive bicycle tour of Lopez Island by the Lopez Island Chamber of Commerce. Four routes of 5, 12, 17 & 31 miles with 3 rest stops. [www.lopezisl.com](http://www.lopezisl.com)



# Board Briefs



SKAGIT BICYCLE CLUB  
GENERAL MEETING MINUTES  
March 4, 2014

Present: Jamie Wells, Shaun Bridge, Dan Sandstrom, Marshall Will, Jim Finch, Colby Plagge, Janice Lisherness, Phil Smoots, Liz McNett-Crowl, and Marci Maulden.

The February 4, 2014 meeting minutes were approved with no corrections.

## Ride Leader's Report:

The following is the schedule for Wednesday night rides from April to September:

April- Mt. Baker Middle School  
June- Skagit Valley Gardens  
May- March Point  
July- Bayview  
Aug- Shaun Bridge's house  
Sep- Maiben Park, Burlington

## New Business:

Liz McNett Crowl was present to announce that the Skagit County Bike Map for 2014 was almost done and distribution will begin in May. She was looking for a donation from SBC for the printing of 30,000 maps. The SBC Board already approved \$700 at an earlier meeting and Treasurer Shaun Bridge presented Liz with a check. Any additional forthcoming monies was tabled for later discussion.

At last month's meeting, it was decided that a month end report for all expenditures would be prepared by the treasurer. Shaun asked if the monthly bank statement would be sufficient for this report as it lists out all checks and provides a photocopy of them. It was agreed that this was sufficient.

Vince Richardson from Skagit Valley Herald contacted Dan Sandstrom to do an interview with Dan. Upon confirmation from the SBC Board, Dan agreed that he would talk with Vince as an article in the newspaper would be a good way to promote the club.

There will be two Spring Classic pre-rides this year: April 19 and May 3 both starting at 8:00am. There will also be a packet stuffing party for Spring Classic on May 9th.

The meeting was adjourned at 6:50pm The next SBC Board meeting will be held at 6:00pm on Tuesday, April 1 at Dimensional Communication on 1220 Anderson Road, Mount Vernon.

Respectfully submitted by Marci Maulden



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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<b>RR</b> Road Ride <b>MTB</b> Mountain Bike <b>TT</b> Time Trial <b>RLH</b> Ride Leader's Home Ride Pace: <b>E</b> Easy under 10mph <b>S</b> Social 10-12 mph <b>M</b> Moderate 12-16 mph <b>B</b> Brisk 16-20 mph <b>ST</b> Strenuous 20+ mph If weather is questionable call the ride leader	<b>1</b> 8:45 am BRR Arlington VeloSport Mark Everett 360 629 6415 5:30 pm Special Olympics Skagit Valley College Truck Track Jane Monroe 360 424 4619 6:00 pm SBC Mtg. @ Dimensional Communications 1220 Anderson Rd MV Dan Sandstrom 360 708 7108	<b>2</b> 5:30 pm Mount Baker Middle School Section/LaVenture Mount Vernon Med/Long Route Jamie Wells 360 941 1270 Short Route Jennifer McCoy 360 336 2528	<b>3</b> 11:00 am MRR-Joy Ride Allen Playfields off Hwy 11 & Avon Allen Rd Cindy McGuiness 360 428 1816 rain/snow cancels	<b>4</b> 10:00 am BRR Dimensional Communications 1220 Anderson Rd Mount Vernon Colby Plagge 360 540 4554	<b>5</b> 9:00 am MTN Bike Gravel RLH- 624 Bennett Sedro Woolley Tom Jacobson 360 855 0593
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<b>7</b> 11:00 am MRR March Point Park & Ride-Anacortes Dan Sandstrom 360 708 7108 Steve Jahn 425 830 4981	<b>8</b> 8:45am BRR Arlington VeloSport Mark Everett 360 629 6415 5:30 pm Special Olympics Skagit Valley College Truck Track Jane Monroe 360 424 4619	<b>9</b> 5:30 pm Mount Baker Middle School Mount Vernon Med/Long Route Jim Finch 360 770 5915 Short Route Kathea Rasmussen 360 766 8720	<b>10</b> 11:00 am MRR-Joy Ride Allen Playfields Whit Whitford 360 757 1357 rain/snow cancels	<b>11</b> 10:00 am Ramble Ride All riding levels Conway-Red Barn Jennifer McCoy 360 336 2528	<b>12</b> 10:00 am SRR Centennial Trail Arlington VeloSport Mark Everett 360 629 6415 11:00 am MRR Centennial Trail Arlington City Red Restrooms Lou Rivetti 425 446 9019 Rain Cancels
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<b>14</b> 11:00 am MRR March Point Park & Ride-Anacortes Dan Sandstrom 360 708 7108 Steve Jahn 425 830 4981	<b>15</b> 8:45am BRR Arlington VeloSport Mark Everett 360 629 6415 5:30 pm Special Olympics Skagit Valley College Truck Track Jane Monroe 360 424 4619	<b>16</b> 5:30 pm Mount Baker Middle School MV Med/Long Route Colby Plagge 360 540 4554 Short Route Jane Monroe 360 391 9062	<b>17</b> 11:00 am MRR-Joy Ride Allen Play Fields Jennifer McCoy 360 336 2528 6:00-8:00 pm Ladies "Basics" repair class Skagit Cycle Center 1620 Commercial Ave. Anacortes Bernie Santiago 360 588 8776	<b>18</b> Newsletter Deadline 	<b>19</b> 8:00 am Spring Classic Pre Ride (all routes) Bayview School Burlington Marshall Will 360 929 5003	<b>20</b> 10:00 am SRR Centennial Trail Arlington VeloSport Mark Everett 360 629 6415
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<b>21</b> 11:00 am MRR March Point Park & Ride-Anacortes Dan Sandstrom 360 708 7108 Steve Jahn 425 830 4981	<b>22</b> 8:45am BRR Arlington VeloSport Mark Everett 360 629 6415 5:30 pm Special Olympics Skagit Valley College Truck Track Jane Monroe 360 424 4619	<b>23</b> 5:30 pm Mount Baker Middle School MV Med/Long Route Shawn Bridge 360 854 7926 Short Route Jean Sattler-Will 360 710 9577	<b>24</b> 11:00 am MRR-Joy Ride Allen Play Fields Linda White 360 770 1050	<b>25</b> 10:00 am Ramble Ride All riding levels Conway Red Barn Brigitte Rittscher 360 652 7668	<b>26</b> 10:00 am SRR Centennial Trail Arlington VeloSport Mark Everett 360 629 6415 1:30 PM MRR RLH-1025 E Washington Ave Burlington Rose Ploeg 360 202 1716
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<b>28</b> 11:00 am MRR March Point Park & Ride Anacortes Jerry Ziegler 253 906 7975	<b>29</b> 8:45am BRR Arlington VeloSport Mark Everett 360 629 6415 5:30 pm Special Olympics Skagit Valley College Truck Track Jane Monroe 360 424 4619	<b>30</b> 5:30 pm Mount Baker Middle School Med/Long Route Shawn Bridge 360 854 7926 Short Route Jennifer McCoy 360 336 2528	<b>2014</b> <b>APRIL</b> 		
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# Skagit Bicycle Club Membership Form

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

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

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

### Board Members

**Jennifer McCoy**  
jlmccoy@ncia.com  
**Cindy McGuinness**  
mcguinesscc@gmail.com  
**Jane Monroe**  
janemonroe@aol.com  
**Scott Rittscher**  
seaking@wavecable.com  
**Mike Tallering**  
mike.tallering@siemens.com  
**Jamie Wells**  
Jamie@skagitspringclassic.org

### Volunteer Positions

Ride Coordinator  
**Janice Lisherness**  
360 391 3931 /360 466 3030  
bikerjan1@hotmail.com  
Spring Classic Coordinator:  
**Colby Plagge**  
Bridge Sweep Coordinator:  
**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 360 424 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  
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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