



# Saddle-Post Intelligencer

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

August 2014



## Old Bikes in Search of Love The Eighth Annual Retro Ride--New Date, New Location

by Ken Rasmussen

I was asked to change the venue of the Retro Ride this year in order to make it part of the Anacortes Street Fair. I understand that cycling is going to be a theme of the event, so it's something we all will want to check out. The new date is September 14th, at 10 o'clock, in front of the Bike Spot, 210 Commercial Street, in Anacortes. I was looking for a suitable place for lunch after the ride, and found great food, excellent beer, and a lot of enthusiasm for hosting us at Dad's Diner. I'm looking forward to the meal.

In other respects I plan to continue with what has worked in the past: We'll assemble at ten, and spend some time enjoying each other's bikes and costumes, judge the entries for Best Bike, Best Costume and Best Overall Effect, and go for a social out and back ride. The ride will be an hour and three quarter overall journey, meaning that one turns around and goes back after 53 and one-half minutes of saddle time, so that we all converge upon Dad's Diner simultaneously for that great meal I spoke of earlier.

I've noticed a trend in the last couple of years: Some of the bikes are incredibly fancy and fine, and folks have been getting a little lazy as regards the costumes. Kathea and I won last year in the costume category, and although we were nicely outfitted, I don't think we compared favorably with some of the previous winners, like Lew and Kirsten Plummer. I'd like to dress well this year and see myself badly beaten. I'd also like to see people amuse themselves with the bikes they ride, but not worry too much about competing with the high dollar entries that some folks bring. There are some great used bike and used part vendors in our area: The Hub in Bellingham, Recycled Cycles in Seattle, and Elliot Bay Bicycles, also in

Seattle. Bikes are like tinker toys: You can mix and match and do what you want. It needn't be expensive and it doesn't require a full scale shop to do. You can have fun and learn about bikes with your Retro Ride project bike. And, I'd like to thank the folks who have been ramping up the standard to the high level it's at, for the upper end entries. We've been lucky to get to see such jaw droppingly beautiful equipment. If you're not really interested in costumes or retro bikes, or unusual bikes, please come anyway. You'll still have a great ride, and we'll enjoy your energy!

Friday, August 15th, is the date of the Pickford Cinema Bicycle Beauty Pageant in Bellingham. I don't have details yet for this year's event, but in the past they've closed Bay Street, had a beer garden and a live band, a short ride--more of a parade really, a bike show, judging, awards, and an outdoor movie. It has tended to start in the late afternoon or early evening. It's a good event, and I encourage you to attend it.



### Washington Bike Law Pocket Reference: Don't Leave Home Without It!

You'll want to have several copies of this business card sized reference to share with your cycling friend who blows through stop signs or that co-worker who tells you bikes don't belong on the road. The Washington Bicycle Law Pocket Reference is a synopsis of our state's bike laws with the applicable RCWs (Revised Code of Washington) cited for further information. This handy little resource fits easily into your pocket or wallet so you can always have it on hand. The pocket reference is produced by Washington Bikes and is free for the asking. Email [info@wabikes.org](mailto:info@wabikes.org) to request copies.

### PROS Ride to Raise Funds for Statewide Bike Advocacy

Celebrate Labor Day with a bike ride! PROS: Perimeter Ride of Seattle offers great cityscapes, Puget Sound views and some lofty hills. This ride is organized by Cyclists of Greater Seattle (COGS) as a fundraiser for Washington Bikes.

Riders have two routes to choose from: a full perimeter 80+ mile route and a lite version of about 60 miles. Registration is \$35 (\$40 after August 25) and includes snack stops and lunch. Early registrants will be entered into drawings for a Washington Bikes jersey and a custom bike sketch by artist Andy Goulding. Register online: <http://wabikes.org/event-ride/pros2014>.

#### In This Issue:

The Script (Who's Next) by Dan Sandstrom	Page 2
Rides	Page 3
Freewheeling	Page 4
Ride Calendar	Page 5
Club Info & Membership Form	Page 6



# The Script

(Who's Next?)  
By Dan Sandstrom

Hello all you happy cyclists!! If you're not out having fun on your bicycle in this weather, you are missing out!! I believe when the weather is here, there is no better cycling anywhere! If you don't like the chip seal, go to Whidbey Island. We went there on the Monday ride last month with Greg Sivertsen and he lead us through some heaven-for-cycling roads, and it was great. Thanks Greg!

Now, I'm going to talk about some amazing riders who are in the next picture. First, it was Jerry Zeigler's 75th birthday in the picture and the other rider is our last president Gordon Odegaard, and he will be 75 in December. This is what's so special about these guys and the picture, besides both of them being great guys, they are pulling a spirited Monday group at 20+ mp! We may be one of the only clubs around with two guy with 150 yrs between them that can ride like that. So when you see them give them a right-on!

Keep  
the rubber down  
And the wind on your back  
Catch You on the flip side  
Dan



## Last months mystery guests--Todd and Cathy Shaw



## Next Months Who's Next Who's Next ?

Well I joined the SBC the year before Bill Thayer, which I think was 1993. I Started out on a mountain bike with nobby tires then put some slicks on the mountain bike. I was told by a few of the older members that I would end up and on a road bike. So I think it was the Fall of that year I heard about a big bicycle sale down at some warehouse and there I bought my first road bike, a Trek 1400. So now I was hooked on road riding , went on about every ride I could , then started training for some bigger rides, Chilly Hilly , Apple Century , Tour DeLacs, and even did the Jan Selvig ride over the pass and STP in two days. One thing lead to another and sometime that next summer a new young lady came out for her first ride with her mom, who was a club member. It was time again for that brutal ride over the Pass again to Winthrop. So to my surprise that young lady was one of the Sag drivers for the ride. And now 17 years later, that young lady and I ended up married and some of you even attended our wedding. We bought a tandem and did many more rides as a tandem couple, even the dreadful Jan Selvig ride on the tandem two times. Then life changes and jobs to, our riding time started slipping away, but we are on a come back.

Who am I , I mean Who are they?



# Rides & Ride Reports



Regular scheduled rides for August.

**MONDAY RIDES- MARCH POINT PARK AND RIDE - 10:00 am**  
from March Point Park & Ride at the Western end of S. March Point Rd., Anacortes All riders welcome for this ride leaving every Monday from March Point Park and Ride..Distance of 40ish miles , MRR(15-17mph) pace. Ride leader will asses 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 normal. Fun social riding in the heart of Skagit Valley. . Social to moderate road ride, route dependent upon winds and weather. Rain cancels. Contact ride leader if questions. Dan Sandstrom 360 708 7108 or Hanspeter Gehrig 360 588 9149 or Steve Jahn 425 830 4981.

**Monday - 1:00 pm from March Point Park & Ride** at the Western end of S. March Point Rd., Anacortes. No rider left behind afternoon social ride. Is it too difficult to keep up with the &quot;hotshots&quot;? Have you just joined the club but don't know the &quot;rules of the road&quot;? Or perhaps you've resumed riding your bike again after a long hiatus? This ride is for you. we will start at March Point and go from 10 to 20 miles on either flat or hilly terrain depending on who shows up and what the group is interested in doing. The average speed will be between 10 and 14 mph and I will make sure that the slowest rider has company. There will also be optional sprint intervals during the last mile of the course. Come join us. Kathea Rasmussen.

**Tuesday - Ladies Road Ride @ 6:00 pm** from Skagit Cycle Center 1620 Commercial Ave., Anacortes. Contact - Bernie Santiago 360 588 8776

Wednesday - 6:00 pm road ride from Shaun Bridge's home 8353 Collins Rd, Sedro Woolley. For the month of August there will be a POTLUCK. Two ride leaders. One for the long and medium routes and one for the short route. Brisk to Social/Easy. Check the calendar for ride leaders and phone #'s.

**Wednesday - Social Ride @ 6:00 pm** from Skagit Cycle Center 1620 Commercial Ave., Anacortes. Contact Bernie Santiago 360 588 8776.

**Thursday - Joy Rides @ 10:00 am** from Bayview School 15241 Josh Wilson Road, Burlington. Social road ride. Rain cancels. See ride calendar for leaders. Often a lunch/coffee break is included along the way.

**Thursday - 5:30 pm** from Arlington Velo Sport 401 N Olympic Ave., Arlington. For riders of all levels. Leader - Noel Easton 360 547 2261

**Saturday - August 9th & 23rd 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 and lengths. Check the calendar for leaders. Total miles for the full route is 44 miles. Sunday - 10:00 am

from Arlington Velo Sport 401 N Olympic Ave., Arlington

**Aug 3 Ride to Lopez.** Remember the boat sails at 09:35 and bicycles load first, so get to the ferry in plenty of time to get tickets and load. 360.757.1357 whit

Monday Afternoon March Point Rides 1:00 by Kathea  
We usually ride about 20 miles on flat to rolling terrain--depending on what the group wants. We ride at a moderate pace (around 12 average) and although we don't necessarily ride together, we regroup periodically to let the slower riders catch up. If you'd like to ride at a relaxed pace, come join us.

**Big Lake bike, swim and BBQ.** Sunday August 17th. 23605 Glen Allen, Mt Vernon, off W. Big Lake Blvd. Bring a dish to share and your favorite beverage. Pulled pork sandwiches will be provided.

Gary Minor 360-755-9848 Cheryl 360-424-4836

**Saturday, August 30 Port Townsend to Fort Flagler**  
Join me for a great ride on the Olympic Peninsula on Saturday, August 30. We will take the 8:45 AM Coupeville (formerly Keystone) Ferry (but be there by 8:15 to park and get your ferry ticket) from Whidbey Island over to Port Townsend. We will ride the beautiful 53 mile loop that goes over to Fort Flagler by cycling through scenic Fort Worden, Cape George, and Irondale. Our return brings us back to Port Townsend where we can celebrate the adventure with burgers and beverages at the Port Townsend Pub before catching an afternoon ferry back. I have a shorter route of about 30 miles but each route has hills. This is the 12th Annual Vlasak Classic and everyone tells me that it is a great ride! Any questions just give me a call at 360-632-7596 or send me an email to GVlasak@aol.com. Greg Vlasak

## Ride Coordinator Report By Janice Lisherness

POINTS!!! for leading 10 rides during October 2013 thru September 2014 is ending soon. If you need more points make sure you let me know so we can get you a ride or rides in September to complete your 10. Ten points get you a ride leader award which are arm warmers matching our red, black, & white new club jersey and a travel mug. You must turn your signed Safety Affirmation and Release forms back to SBC, PO Box 363, Burlington, WA 98233 or me to get credit. Janice Lisherness

Free access days at State Parks in September will be September 27th "National Public Lands Day". If you would like to lead a ride from a Washington State Park this would be the time as it is free for parking.

# Freewheeling

ANACORTES OPEN STREETS EVENT-  
SEPTEMBER 14, SUNDAY - 10 TO 3 PM

The Anacortes Bicycle and Pedestrian Advisory Committee in conjunction with the City of Anacortes are the sponsors of this "DAY OF NO CARS IN DOWNTOWN ANACORTES". The core of Anacortes (10 blocks on Commercial & "O" Streets) will open only to "non-motorized" transportation and will host an event opening the city's largest public space - its streets - to walk, bike, stroll, and discover active transportation while fostering civic pride, vitality, livability, and diversity in our cities (Anacortes). It will include participants of ALL "non-motorized" interest to use the streets during the event. Music, food, and exhibits promoting "non-motorized interests" will provide a fun atmosphere for this special day!!

Skagit Bicycle Club will participate...AND ALL MEMBERS AND THEIR FAMILIES ARE INVITED!!. More news will follow, but put this on your calendar now!

DATE- SUNDAY, SEPTEMBER 14, 2014  
TIME- 11 AM TO 3 PM (Retro -ride starts 10 AM)  
WHERE- COMMERCIAL BETWEEN 1ST TO 4TH STREET FOR GATHERING

SBC IS ENCOURAGING ALL MEMBERS AND THEIR FAMILIES TO ATTEND AND ENJOY THE AFTERNOON CLUB JERSEYS ENCOURAGED. Ride with fun and safety, the closed "carless" streets and ride in the RETRO-RIDE. (All riders welcome...those with special bikes and i"costumes" encouraged!)  
(see Ken Rasmussen's description on Page 1)



## San Juan Island Ride by Whit Whitford

The day was overcast for most of the time but temps were decent—65 to 72 or so and calm. Jackets were shed very quickly. We started out going to Roche Harbor for lunch (maybe best fish tacos ever) then down the west side with a stop at the lavender farm and back in to FH via Pear Pt for 38ish miles. Others rode slightly less but all had a good ride. The ice cream back at the dock was great. Thanks to all 11 who turned out including my friend John from FH. Sorry I somehow cut Jack and Jane off in the picture. See what you all missed. whit

SBC SUPPORTED EVENTS:

-SBC BOOTH- Promote SBC , cycling and club activities  
-RETRO BIKE RIDE AND CONCOURS D'ELEGANCE Bike show with riders in costume! Awards for:  
the Most Wonderful Bicycle, the Most Wonderful Costume, and the Best Overall Effect - . See Newsletter article by Ken Rasmussen.  
This is a very special and fun event!!!  
-SKAGIT BMX DEMONSTRATION & RIDE  
-SPECIAL OLYMPICS RIDERS AND THEIR BIKES  
-USED BIKE AND PARTS SELL & SWAP EVENT - Bring your bikes and "stuff" to sell/swap. (Some tables available)  
-MOUNTAIN BIKE RIDERS  
SEE YOU THERE !!!! Contact Steve Jahn for more info 425-830-4981 stevedianjahn@gmail.com  
NOTE- DO YOU KNOW OF OR HAVE A GROUP WHO WOULD WANT TO BE PARTICIPANTS ! ??....Contact Steve Jahn

.....formerly the Pickford Show and Shine...  
briefly renamed the Bicycle Beauty Pageant.....  
Now Known As .....tum tiddy tum tum!.....  
....The Bells and Whistles Bicycle Show.....  
Melanie Swanson

Bells and Whistles Bicycle Show

Come and shamelessly flaunt your favorite bike and win great prizes including a Pickford year long membership, free movie passes, and much, much more!

The date will be Friday, August 15th at 7:30 on the top floor of the Bellingham Parkade. The Pickford Theater website will have additional information--eventually. There will be a movie (Breaking Away) after the bike show.

Prize categories are as follows:

Vintage/Classic: From Penny Farthings to beautiful Bassos, pull out your shiniest bike that you never ride, lest it get a scratch. Anything prior to 1980.

Commuter/Cargo: Your most practical, innovative, and sophisticated load carrying machine.

Handmade/Unique/Freak: Swing bikes, tall bikes, garage welded bikes, and everything in between. The only stipulation is that it be rideable.

And! Special kids competition: Best Decorated!!! for kids ages 12 and under.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h1>August 2014</h1>			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	<b>1</b> 	<b>2</b> 9:00 am All riding levels Park & Ride Hickox Rd. Mount Vernon Gary Minor 360 755 9848	<b>3</b> Ferry leaves at 9:35 am SRR Anacortes Ferry to Lopez Whit Whitford 360 202 9283 10:00 am SRR Centennial Trail Arlington VeloSport Mark Everett 360 629 6415
			<b>4</b> 10:00 am MRR March point Park & Ride Anacortes Dan Sandstrom 360 708 7108 1:00 pm S/MRR March Point Park & Ride Anacortes Kathea Rasmussen 360 766 8720	<b>5</b> 6:00 pm SBC Board Meeting Dimensional Communications 1220 Anderson Rd Mount Vernon Dan Sandstrom 360 708 7108 6:00 pm Ladies Road Ride Skagit Cycle Center 1620 Commercial Ave Anacortes Bernie Santiago 360 588 8776	<b>6</b> 6:00 pm Shaun Bridge's 8353 Collins Rd. Sedro Woolley Med/Long Jim Finch 360 424 8511 Short Janice Lisherness 360 391 3931 POTLUCK After Ride 6:00 pm SRR Skagit Cycle Center 1620 Commercial Ave Anacortes Bernie Santiago 360 588 8776	<b>7</b> 10:00 am SRR-Joy Ride Bayview School Josh Wilson Rd Burlington Tony Pestarino 360 420 3062 5:30 pm All Ride levels Arlington Velo Sport Noel Easton 360 547 2261
<b>11</b> 10:00 am MRR March Point Park & Ride Gordon Odegaard 360 421 0573 1:00 pm S/MRR March Point Park & Ride- Anacortes Kathea Rasmussen 360 766 8720	<b>12</b> 6:00 pm Ladies RR Skagit Cycle Center Anacortes Bernie Santiago 360 588 8776	<b>13</b> 6:00 pm Shaun Bridge's 8353 Collins Rd Sedro Woolley Med/Long Tom Jacobson 360 855 0593 Short Mike Rathvon 360 708 9284 POTLUCK After Ride 6:00 pm SRR Skagit Cycle Center 1620 Commercial Ave Anacortes Bernie Santiago 360 588 8776	<b>14</b> 10:00 am SRR Joy Ride Bayview School Josh Wilson Rd Burlington Jane Monroe 360 424 4619 5:30 pm All riders levels Arlington Velo Sport Noel Easton 360 547 2261	<b>15</b> 7:30 pm Bells & Whistles Bicycle Show Bellingham Parkade Ken Rasmussen 360 766 8720 (sterlingbikeworks.org)	<b>16</b> 9:00 am MRR Baker Lake Rd RLH - 1820 Walter St Mount Vernon Dave Mazzarella 360 336 3982	<b>17</b> 1:00 pm S/MRR Bike & Swim & BBQ RLH-Big Lake Gary & Cheryl Minor 360 424 4836 360 755 9848 10:00 am SRR Centennial Tail Arlington VeloSport Mark Everett 360 629 6415
<b>18</b> 10:00 am MRR March Point Park & Ride- Anacortes Hanspeter Gehrig 360 588 9149 1:00 pm S/MRR March Point Park & Ride- Anacortes Kathea Rasmussen 360 766 8720	<b>19</b> 6:00 pm Ladies RR Skagit Cycle Center Anacortes Bernie Santiago 360 588 8776	<b>20</b> 6:00 pm Shaun Bridge's 8353 Collins Rd Sedro Woolley Med/Long Gary Minor 360 755 9848 Short Cheryl Minor 360 424 4836 POTLUCK After the Ride 6:00 pm SRR Skagit Cycle Center Anacortes Bernie Santiago 360 588 8776	<b>21</b> 10:00 am MRR-Joy Ride Bayview School Linda White-Canfield 360 770 1050 5:30 pm All levels Arlington Velo Sport Noel Easton 360 547 2261 6-8 pm Ladies Basic Repair Class Skagit Cycle Center 1620 Commercial Ave Anacortes Bernie Santiago 306 588 8776	<b>22</b> Newsletter Deadline 	<b>23</b> 10:00 am Ramble Ride All riding levels Conway Red Barn Jennifer McCoy 360 336 2528 Gigantic Bicycle Festival Centennial Fields Park Snoqualmie Pamela Hathaway Pamela@ giganticbicycle festival.org www.gigan-ticbicycle festival.org	<b>24</b> 10:00 am SRR Centennial Trail Arlington Velo Sport Mark Everett 360 629 6415 12:00 pm M/SRR RLH-1025 E Washington Burlington Rose Ploeg 360 2021716
<b>25</b> 10:00 am MRR March Point Park & Ride Anacortes Steve Jahn 425 830 4981 1:00 pm S/MRR March Point Park & Ride Anacortes Kathea Rasmussen 360 766 8720	<b>26</b> 6:00 pm Ladies RR Skagit Cycle Center Anacortes Bernie Santiago 360 588 8776	<b>27</b> 6:00 pm Shaun Bridge's 8353 Collins Rd Sedro Woolley POTLUCK Med/Long Marshall Wil 360 929 5003 Short Jean Sattler-Wil POTLUCK After the Ride 6:00 pm SRR Skagit Cycle Center Anacortes Bernie Santiago 360 588 8776	<b>28</b> 10:00 am SRR Joy Ride Bayview School Josh Wilson Rd Burlington Jerry Ziegler 253 906 7975 5:30 pm All levels Arlington Velo Sport Noel Easton 360 547 2261	<b>29</b> 	<b>30</b> 8:15 am MRR Coupeville Ferry Greg Vlasak 360 632 7596	<b>31</b> 10:00 am SRR Centennial Trail Arlington Velo Sport Mark Everett 360 629 6415

# 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 Odegaard**  
 jgode@wavecable.com

### Board Members

**Jennifer McCoy**  
 jlmccoy@ncia.com  
**Cindy McGuinness**  
 mcguinesscc@gmail.com  
**Jane Monroe**  
 janemmonroe@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 Jah**  
 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**  
 Published by  
 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.

Skagit Cycle Center  
 1704 S Burlington Blvd Burlington  
 360 757 7910  
 1620 Commercial Ave. Anacortes  
 360 588 8776  
[skagitcyclecenter.com](http://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.



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





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

