

Saddle Post Intelligence

The Voice of the Skagit Bicycle Club

Skagit County Washington

August
2012

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Find us on
Facebook

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

Openings available for Jan Selvig Ride August 4 - 5

I have 2 spots available for the Jan Selvig Ride August 4-5
Rider cost is \$135 per person and includes overnight, dinner, and SAG support. For more information please visit <http://www.skagitbicycleclub.org/Mazama.html> Or email Jamie Wells at Jamie@skagitspringclassic.org 360-941-1270

There is a new issue postage stamp that came out on June 7th. It celebrates bicycling. The 4 stamps depict a young child learning to ride a bike, a commuter cyclist, a road racer, and a BMX racer. Let's buy these stamps over the next 1-2 months. It's just one more way we can support cycling and it's at the Federal level.
Woo hoo. Jennifer McCoy

The Sixth Annual Retro Ride

By Ken Rasmussen

—the ride that I started that has affected my life so much—will be held at the Skagit County Historical Museum in La Conner (501 4th Street) at 10:00 on Sunday, August 19th. The event will be primarily social, beginning with a display of bicycles and costumes, judging of bikes and costumes, awards, a ride, and lunch. The event is free, except for lunch. The ride is co-sponsored by the Skagit Bicycle Club and the Skagit County Historical Museum. I expect this to be one of the funnest cycling events you could possibly attend, so bring your brightest smile, your most fascinating bike, and your best costume.



Out of The Saddle



By Jim Finch

March 3, 1997 I got my first road bike. At the time, I was still an avid runner. I HAD to get this bike because I had a chronic running injury that wasn't going away with rest or time. I had run since high school and my only 40 yr old body appeared to be taking a beating. I needed a fix when I could not run and cycling seemed to work. It was different and took more time, but it worked.

When I was running it was very important for me to be in the right shoes. Shoes, like bicycles, are not a one size fits all. Do you Pronate or Supinate? Heel strike or run on your toes? You need the right shoes for your style of running. Do you run mostly on trails or on the road? Different shoes are recommended for different surfaces. You would take this info into your local running store. You get the expertise of an unbiased, trained eye. They watch you walk and run, analyse your gait and recommend the best shoe for you. It really makes a difference as to whether you are fit correctly or not. Personally, I tried to rotate between at least 2 pair of shoes. Usually the same make and model. Even if I ran every day, my shoes got a break and they seemed to last a lot longer and just felt better.

I have found this to be the same in cycling. It may be even more important because of all the different aspects that affect a good bike fit. Seat height, seat position fore/aft, stem length, frame size, crankarm length, handlebar height and cleat position. Aero or upright. You have a lot of choices depending on what you are going to do with your bike. Go to a bike shop or a certified bike fitter with your bike and get fitted. They will set you up for the type of riding you want to do. It is really beneficial to be comfortable on your bike. There is nothing better than to run in the right fitting shoes or ride on a properly fitted bicycle. You only know this when you have experienced a run in the wrong type of shoe or ride on a poorly fitted bike. Ride Safe.

Ride Safe.....Jim Finch

PS Thank you Dana for my first road bike.



"75 Classic Rides: Washington"

Looking for new places to ride? You might want to check out "75 Classic Rides: Washington" (Mountain-eers Books) by Bellingham rider-writer Mike McQuaide, a regular participant of the Skagit Classic Century. The full-color guidebook contains 75 of state's best road-riding routes from epic mountain rides such as Hurricane Ridge, Mount Rainier and Mount Spokane, to mellow paved pathways such as the Centennial Trail and Wenatchee's Apple Capital Recreation Loop. Most routes in the book are between 30 and 80 miles long, with many featuring options for shortening or extending the ride. Each description includes the basic essentials to get you going: a brief overview, full-color map, elevation profile, difficulty level, round-trip distance, road conditions and turn-by-turn descriptions

and mileage logs. Narrative descriptions tell what sights to expect, best spots for food or a cup of coffee, safety info on road shoulders, bike lanes and the like.

The Skagit area is well-represented with routes that take in cycling destinations such as Samish Island, Mount Erie and La Conner. Club member Scott Rittscher contributed a photo for the 100-plus-mile Big Lake-Darrington Loop.

McQuaide has written outdoor, travel, and lifestyle stories for Adventure Cyclist, Adventures NW and Outside, and is a frequent contributor to The Seattle Times. His blog is [www. mcqview.blogspot.com](http://www.mcqview.blogspot.com)

“Duarte -- Serialized Cycling Fiction, Part Eleven

By Ken Rasmussen

Emily watched the pavement slip swiftly past as the plane accelerated down the runway. She felt the wheels clear the ground, and settled back to watch as Milan vanished beneath her. She was sad to be leaving Alberto and his family. They had looked after her luggage while she was touring on her new bicycle. She had taken the train to Trento and spent a strenuous week and a half in the Dolomites, using a credit card and cash in lieu of luggage. It had been the best cycling and the finest vacation she had ever had. Most of each day had been spent climbing, often pedaling out of the saddle up the steep grades. The views were spectacular. The descents were always over too quickly. At first she'd been daunted by the steepness, the curves, and the terrible cliffs, but as she had grown accustomed to the terrain and her new bike she found that she was able to swoop lightly down the road, letting the bike find its way with a minimum of input from her. Every night she found a new village, a new inn, and new friends. She loved the pace of Italian life. They never seemed in a hurry to finish a meal or a conversation. They seemed to live in the little details of the moment—the preparation and enjoyment of food with friends, or whatever they happened to be doing at the moment.

It would have been perfect except that she wished she'd had someone to share the adventure with. Duarte would have loved it. She owed her trip to him. She could never have afforded it if it had not been for the money she had gotten from selling his painting. She wondered how Duarte was progressing with the painting that he was making for her. She loved her new bike! It had a light, springy feel that was absent in her carbon fiber bike. If she didn't know otherwise, she'd have sworn that the steel bike was lighter. She couldn't wait to show it to Duarte!

Emily had had quite a shopping spree in Milan. She'd managed to locate some Clement Del Mondo tires, and bought the entire inventory. She'd also gotten some old stock Regina Oro freewheels and chains, so she didn't expect to have much difficulty keeping her bike properly equipped no matter how much use it got.

A pair of jerseys at the Masi shop had caught her eye. She got those so she and Duarte would match when they did the century ride. The jerseys were long sleeved wool, with bands of blue, gray and white, and would look great with Duarte's pale blue and gray tandem. She thought Duarte would get a kick out of the slogan that was embroidered onto the back of each jersey, “Bella en Selle.” “Masi” was embroidered vertically on each sleeve. She'd worn hers while touring, and Duarte had been right again: It was the best jersey she'd ever had.

Alberto had loaned her a scrapbook with pictures of Faliero, photos from races, and pictures of champions in the Masi shop. She and Alberto had measured a wall in his office, and Emily was planning to use images from the scrapbook to create a painting for the space.

It had been a wonderful trip, but Duarte had been in her thoughts more and more, and she looked forward to getting back.

anxious because he needed Emily's paintings, and he hadn't had direct communication with her since she had gone to Italy. He hoped she'd be back soon.

“Duarte, are you here?”

It sounded like Emily! He left his office and went into the studio. She was wearing shorts and jersey and gazing anxiously around. As soon as she saw him she ran and threw her arms around him.

“I've missed you so much!” she said.

Duarte shyly put his arms around her, and hugged her.

“It's good to have you back,” he said.

“Everywhere I went, I kept thinking, ‘I wish Duarte could see this,’ or ‘wouldn't Duarte love that.’ I'm doing a painting for Alberto Masi—perhaps we could deliver it together?”

“Masi? Did you visit the Masi shop in Milan? I've always wanted to go there,” said Duarte.

“Yes! And look what I got!” Emily led him over to her bicycle. “What do you think?”

Duarte gazed in admiration and trailed a fingertip delicately across one of the lugs. “This is the real deal!” he said. “How did you get this?”

Emily told him the story of her visit to the Masi shop.

Duarte shook his head. “You don't know what you have here,” he said. “You can't spend this much time making a bike and sell it at a profit. Bikes this fine are made for bike shows or for special friends. Part of the reason they didn't sell it was that they had too much invested in labor. Look how thin these lugs have been filed, and how crisp the edges are. This work takes hours. Every joint in the frame is jewelry quality. All of the components have been custom modified. Alberto did well to swap it for a painting. That was the only way to get the labor back.” He bent down. “You've got Del Mondos! This is great! Did it come with these?”

“Yes,” said Emily, “But I have a lot more for spares. If you need any I can fix you up for a nominal fee.”

“What is a nominal fee?” asked Duarte.

“A nominal fee is any amount of money that I name,” said Emily.

“It's a good thing I've got a few stashed away then,” said Duarte. “I've got a surprise for you too.”

“Just a minute,” said Emily. “I wasn't done surprising you yet.” She took a gift-wrapped parcel out of her messenger bag and handed it to him. “Open it,” she commanded.

Duarte pulled off the wrapping revealing a long sleeved wool jersey. “It's beautiful,” he said. “Bella en Selle, Does that mean ‘Good in the saddle?’ he asked impishly.

“I knew you'd interpret it that way,” she said, “but how would anyone ever know whether you were good in the saddle or not, Duarte? I haven't even had a kiss out of you yet. Don't you think its time?”

Duarte hesitated a moment, then slowly, he put his arms around her and bent forward. Their lips touched gently at first, then fiercely. After a moment Duarte stepped back, looking dazed.

“That changes things,” he said.

“Good,” said Emily.

* * *

Duarte studied a list in order to organize his priorities for the coming week. There wasn't much time left before his “New Faces in Contemporary Realism” show. He was feeling

Rides & More

FAMILY FUN RIDE:

Washington Park Loop Ride (Washington Park, Anacortes) - August 11 from 9am to 1 pm

Take a ride along the loop road in Washington Park- one of the most beautiful locations on Fidalgo Island. The loop road will be closed to car traffic till 1 pm, so take a relaxing bike ride and enjoy the scenery. There will be booths where you can get your bike checked out by a mechanic. Need a bike helmet or get yours fitted properly, go to the helmet fitting station. Go to the registration table to sign up for a chance to win a raffle prize. Top prize is \$150 gift certificate towards the purchase of a new bicycle. ANACORTES PARKS DEPT 360-293-1918

August 11

65-80 mile road ride to Lake Whatcom area. Ride goes North to Sedro to Wickersham into the Alger area and back. 9:30 AM. Start Mount Vernon at Lions Park (restrooms). Parking is limited at Lions park. Park your vehicle and meet at Mount Vernon Downtown PARK AND RIDE .2 miles south of park. Limited stops. Moderate pace. Rain cancels. Lou Rivetti/Janette Mathis 425-446-9019

August 12

Ride to LaConner
Meet at 2:00 pm at RLH for approx. 20 mile bike ride from Fir Island to La Conner. Ride from home for more miles.
Jeannette Folkertsma
360-445-5924

August 18

Farmer's Market Ride
Meet at 8:30 a.m. at the River Revetment parking area in MV between Pine & Myrtle streets. Enjoy an approx. 26 mile ride and then have breakfast/lunch at the Farmer's Market.
Jeannette Folkertsma
360-445-5924

August 25

Port Townsend to Fort Flagler

Join me for a great ride on the Olympic Peninsula on Saturday, August 25th. We will take the 8:45 AM Coupeville (formerly called Keystone) Ferry (but be there by 8:15 to park and get your ferry ticket) from Whidbey Island over to Port Townsend. These ferries have reserved parking stalls just for bicyclists. We will ride the beautiful but hilly 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 Public House before catching an afternoon ferry back. I have a shorter route of about 30 miles but this route also has hills. Any questions, just give me a call at 360-632-7596 or send me an email to GVlasak@aol.com Greg Vlasak

August 26

1:00 PM ride, Potluck BBQ 4:00
Big Lake Ride, Swim and BBQ.
Burger & Dogs provided, BYOB, chair & swimwear.
23605 Glenn Allen Pl.
1/8 mile west of public boat launch.
360-755-9848 Gary
360-424-4836 Cheryl

August 30 Joy Ride

and then August 31 and Sept 1.
I'll be doing a series of 50's.
August 30 is the Joy Ride and there will be a 50 miler as well as a shorter ride probably to Bellingham and back.
Then August 31 there will be a ride to Concrete starting at Burlington Regional Park just north of B-E High School.
Then September 1 we'll do another 50 miler from the Conway Red Barn to Arlington incorporating the Centennial Trail. 150 miles in 3 days - great job!
Jennifer McCoy, 336-2528.

Free Wheeling

RETRO ANYONE?

By Ken Rasmussen

Six and a half years ago it occurred to me that it would be a lot of fun to have a bunch of us get old bikes and have a costume ride in period attire. We did it. It was a lot of fun, and we've done it every year since. During that time retro cycling has become increasingly popular all over the world. In the United Kingdom the Veteran Cycle Club has a large membership of cyclists interested in old bicycles and the history of cycling. In Japan business tycoons vie with each other to establish the best vintage bicycle collections. Huge "Tweed Rides" of fashionably attired cyclists on traditional British bikes have tied up traffic in London and many other urban centers. In Seattle a magazine called "Bicycle Quarterly" (formerly "Vintage Bicycle Quarterly") has become very influential in promoting an interest in traditional steel bicycles. Elliot Bay Bicycles and other builders and restorers of fine steel bicycles have seen a big upsurge in business.

Meanwhile our house has filled up with interesting old bikes. At first there was just an old 1950 Raleigh Lenton Grand Prix that had belonged to my Uncle Dick. Next year that was joined by a 1950 Raleigh Sport three speed that I bought for my mother many years ago, which had rotated through my family until I rescued it from the rafters of my brother's barn in battered, bent, and incomplete condition. A 1973 Schwinn Paramount Track bike made it's appearance the following year, eventually followed by my repainted and re-equipped Strawberry that I made when I worked as a framebuilder in Portland. I recently acquired a 1960 Bauer racing bike, made in Germany, a 1936 BSA (British) tandem that was used on a historic trip from Seattle to Central America in 1946, and a 1939 Claud Butler racing bike. I'm building a replica of a Michael Pedersen turn-of-the-century bicycle frame with a suspended hammock saddle. My wife has a beautiful 1953 Rudge British three speed. The house is bursting at the

seams, and I have more projects than I can finish. I think I'll have to let the Bauer go, and finish the other projects before I can even consider what is next.

The Sixth Annual Retro Ride—the ride that I started that has affected my life so much—will be held at the Skagit County Historical Museum in La Conner (501 4th Street) at 10:00 on Sunday, August 19th. The event will be primarily social, beginning with a display of bicycles and costumes, judging of bikes and costumes, awards, a ride, and lunch. The event is free, except for lunch. The ride is co-sponsored by the Skagit Bicycle Club and the Skagit County Historical Museum. I expect this to be one of the funnest cycling events you could possibly attend, so bring your brightest smile, your most fascinating bike, and your best costume.

An unplanned fortuitous circumstance is the Pickford Film Center's choice of Friday, August 17th for their 4th Annual Bike-In and Show and Shine. The Bike-In will have a bike show with awards and prizes for bicycles in several categories, a drawing, live music, a beer garden, and, after dark, a free outdoor showing of the film "Stop Making Sense" with the Talking Heads. Attend both events for the total Retro weekend!

Last year I attended the Bike-In and the Retro Ride, and was impressed by how different the two events were. The two events attracted different bikes and different types of cyclists, but they were both a lot of fun. The only cloud on my horizon was that Kathea's three speed Rudge beat my '76 Schwinn track bike in the judging. Drat! Drat! Drat! But good for her!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																				
		1 6:00 pm RR March Point Park & Ride Anacortes Long/Med Routes Marshall Will 360 969 5003 Short Route Jean Sattler-Will 360 710 9577	2 10:00am Joyride M/RR Farmhouse Rest Hwy 20 LaConner Tony Pestarino 360 420 3052 6:00 PM RLH B/RR Craig Langley 360 939 0120	3	4 6:00 am Food Pavillion Sedro Woolley Jan Selvig Ride Jamie Wells 360 424 9287	5 Jan Selvig Ride Jamie Wells 360 424 9287																				
		6 10:00am MRR March Point Park & Ride Steve Jahns 360 293 1340 6:00 pm MTB Arlington Velo Marcus 360 629 6415	7 Board Meeting Jim Finch 360 770 5915 WA FED Bank Burlington 6:00 pm S/RR Sweet Cakes Velo Sports Arlington Marcus 360 629 5811	8 6:00 pm March Point Park & Ride Anacortes Long/Med Routes Jamie Wells 360 424 9287 Short Route Kathea Rasmussen 360 766 8720	9 10:00am Joyride S/RR Farmhouse Rest Hwy 20 LaConner Dian Jahn 360 293 1340 6:00 PM RLH B/RR Craig Langley 360 939 0120	10	11 8:00AM Big Lake School BRR Jamie Wells 360 424 9287 9:30 AM Mount Vernon Lions Park MRR See Description in NL Lou Rivetti 425 446 9019	12 2:00PM RLH M/RR LaConner Ice Cream Jeanette Folkertma 360 445 5924																		
13 10:00am MRR March Point Park & Ride Steve Jahns 360 293 1340 6:00 pm MTB Arlington Velo Marcus 360 629 6415	14 6:00 pm S/RR Sweet Cakes Velo Sports Arlington Marcus 360 629 5811	15 6:00 pm March Point Park & Ride Anacortes Long/Med Routes Gary Minor 360 424 3567 Short Route Kathea Rasmussen 360 766 8720	16 10:00am Joyride S/RR Farmhouse Rest Hwy 20 LaConner Linda White 360 399 1999 6:00 PM RLH BRR Craig Langley 360 939 0120	17	18 8:30 AM Farmer Market M/RR Jeanette Folkertmas 360 445 5924	19 10:00 AM LaConner Retro Ride Ken Rasmussen 360 766 8720																				
20 10:00am MRR March Point Park & Ride Steve Jahns 360 293 1340 6:00 pm MTB Arlington Velo Marcus 360 629 6415	21 6:00 pm S/RR Sweet Cakes Velo Sports Arlington Marcus 360 629 5811	22 6:00 pm March Point Park & Ride Anacortes Long/Med Routes Bill Thayer 360757 2679 Short Route Jane Monroe 360 424 4619	23 10:00am Joyride S/RR Farmhouse Rest Hwy 20 LaConner Gordon Odegaard 360 421 0573 6:00pm RLH B/RR Craig Langley 360 939 0120	24 9:00 AM RLH Breakfast ride Bill Thayer 360 757 2679 	25 8:45 AM MRR Port Townsend Ferry Terminal See Description in NL Greg Vlasak 360 632 7592 10:00 AM BRR Washington School Jim Finch 360 424 8511	26 1:00 Ride MRR 4:00 BBQ Gary & Cheryl Minor 360 755 9848 360 424 4836 See Description in NL																				
27 10:00am MRR March Point Park & Ride Steve Jahns 360 293 1340 6:00 pm MTB Arlington Velo Marcus 360 629 6415	28 6:00 pm S/RR Sweet Cakes Velo Sports Arlington Marcus 360 629 5811	29 6:00 pm March Point Park & Ride Anacortes Long/Med Routes Steve Jahns 360 293 1340 Short Route Dian Jahns 360 293 1340	30 10:00am Joyride S/RR Farmhouse Rest Hwy 20 LaConner Jennifer Mc Coy 360 336 2528 6:00 pm RLH B/RR Criag Langley 360 939 0120 6:00pm Time Trial-Little Mtn Big Lake School Marshall Will 360 929 5003	31 9:00 AM Burlington Regional Park M/RR to Concrete Jennifer Mc Coy 360 336 2528	September 1 10:00 AM Conway Red Barn M/RR to Centennial Trail Jennifer Mc Coy 360 336 2528	<table border="0"> <tr><td>RR</td><td>Road Ride</td></tr> <tr><td>MB</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> </table> If weather is questionable call the ride leader	RR	Road Ride	MB	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
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Club Information



The Bicycle Alliance of Washington has hired Barb Chamberlain of Spokane as their new Executive Director.

Chamberlain currently serves as the Director of Communications and Public Affairs for the Washington State University-Spokane campus, where she has built the communications staff from one person to a team of six. She is also a founding board member of the Empire Health Foundation, led a successful Spokane public school levy campaign, and served on the North Idaho College board of trustees. Chamberlain will take the reins as Executive Director in August. Outgoing director Barbara Culp announced her retirement earlier this year and will assist with the transition

Skagit Bicycle Club

Officers & Board

President

Jim Finch

JimF@wabulb.com

Vice President

Steve Jahn

stevedianjahn@gmail.com

Secretary

Marci Maulden

mauldenm@earthlink.net

Treasurer

Marshall Will

cesiwill@msn.com

Past President

Jean Sattler-Will

cesiwill@msn.com

Board Members

Justin Dahl

justin661@gmail.com

Chris Hanson

cahanson94@comcast.net

Dian Jahn

stevedianjahn@gmail.com

Craig Langley

clangley@everettsd.org

Gordon Ogedaard

jgode@wavecable.com

Dan Sandstrom

dan.sandstrom@comcast.net

Volunteer Positions

Ride Coordinator

Bill Thayer

BhThayer@frontier.com

Spring Classic Co-Coordinators:

Jamie Wells/Jill Langley

Bridge Sweep Coordinator:

Bill Woyski

Membership List

Marshall Will

cesiwill@msn.com

Web masters:

George Haigh

george@zappo.org

Tom Jacobson Tomandlori@

comcast.net

Website:

www.skagitbicycleclub.org

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Saddle-Post Intelligencer

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The Skagit Bicycle Club

Editor Rose Ploeg

dutchpedaler@yahoo.com

See Ride Calendar for Deadlines

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

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. Copies of the newsletter will be mailed upon request.

Membership benefits include 10% off at the following businesses:

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 7910

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

Club Members:

Please remember to show your membership card to receive your discount at the above businesses.



Find us on
Facebook

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

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

Skagit Bicycle Club Membership Form

Check One: New Renewal

Annual Dues: Individual \$ 15.00 Family \$ 20.00

Name
Address
City State Postal Code
Phones
Email:

MAIL TO:

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

You will receive your Newsletter via Email ...Unless you CHECK HERE to receive the paper version (not in color) via US Postal Service