

SADDLE POST INTELLIGENCER

THE VOICE OF THE SKAGIT BICYCLE CLUB

SKAGIT VALLEY WASHINGTON

*The Skagit Bicycle Club presents the
Ninth Annual Concours D'elegance Classic Bike Show*

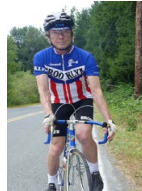


*Sunday August 28 11:00 Am To 3 PM
4th St & Commercial Ave Anacortes*

This year we have the privilege of presenting Bob Freeman and Jeff Groman in a Classic Bicycle Forum. They are bringing a sample of their vast collection of Classic Bikes, and speak on the history of bikes and bike racing in both Europe and the States.



Jeff Groman



Bob Freeman

The Classic Bicycle Show will be part of the Open Streets event in Anacortes. This is an opportunity for classic bike collectors to show their bikes and participate in this event. There will be a "Peoples Choice" award for the most popular classic bike on display which includes a gift certificate to Compass Wines in Anacortes. We have limited seating for the Classic Bicycle Forum, and those participants that have reserved a spot in the show will have priority seating. You may contact the event coordinators to obtain a registration form or to reserve your spot at the show and get more detailed information:

Jerry Ziegler jerry.ziegler@hotmail.com 253-906-7975
Steve Jahnstvedianjahn@gmail.com 425-830-4981

Schedule Of Events:

1-2 pm

Special collector's forum

Special guest collectors:

Bob Freeman ; Jeff Groman

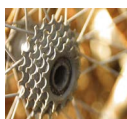
Special collection- Erickson Cycles

2 - 3 pm.

*All collectors open discussion with wine tasting
and hors d'oeuvres.*

3pm

Crowd favorite award



Find us on
Facebook

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

Volunteers needed for Open Streets Event

Here is an opportunity to enjoy the 2016 Anacortes Open Streets event, and help Skagit Bicycle Club. The event is Sunday, August 28, 11-3 pm, in Old Town Anacortes.

Skagit Bicycle Club needs a variety of volunteers for 1-2 hours total, for before (set-up)....Or during (help at booth/event)...or after (take down).

Skagit Bicycle Club will sponsor these exhibit

- SBC booth- info and new members
- Special Olympics -booth and athletes.
- Safe Routes To School Safety Course- bike riding safety course to earn a certificate for kids riding to school
- Classic Bike Show- classic bike displays from local collectors plus special collector displays and collector forums

Volunteer and enjoy the afternoon with your friends...all welcome.....See you there!



Discounts for local Rides

This year Skagit Bicycle Club teamed up with Mt Baker Bicycle Club and Whidbey Island Bicycle Club to promote our three local rides together, sort of a "triple crown" affair. It includes a \$10 discount for members of each club off each of our events: Spring Classic and the upcoming Tour de Whidbey (August 20th) and Chuckanut Bike Tour (August 28th). We hope that by encouraging participation in each others' rides it will promote a stronger regional cycling presence and camaraderie. For more info and to signup, please see mtbakerbikeclub.org and whidbeyhealth.org.



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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.*

An interesting topic has been brought up this month and one that has landed me "Relegated to the back of the pack" on several occasions.

Lets start with basics. At the top of the ride calendar you will find a key breaking down the jargon of our club. Its pretty straight forward and a good guide to what rides are appropriate for various individuals.



RR=Road Ride
MTB= Mtn Bike Ride
TT=Time Trial
RLH=Ride Leaders Home
Pace: mph
E=Easy, under 10
S=Social 10-12
M=Moderate 12-15
B=Brisk 16-20

For the individuals that find this confusing lets break it down.

RR=Road ride:

Pretty self explanatory. Cross bikes are welcome as well if you have the horsepower to meet the speed guideline.

MTB=Mountain Bike:

Again, self explanatory. Cross bikes are welcome as well provided you have the horsepower.

TT=Time trial:

This is a Marshall Will special. If you like to kick ass, and want a spreadsheet documenting your efforts, this is the ride for you. Expect a social to moderate pace before and after.

Here we also note that we are racing American style MPH. Not Km/H, although telling someone that you hit 80 on a downhill never gets old.

E=Easy under 10:

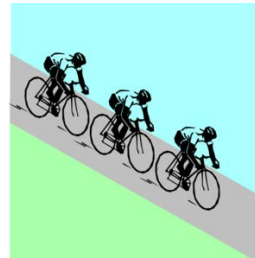
What? This exists? There wasn't a single one of these on last months Calendar. This makes us look bad. Mt. Baker club is laughing at us when they read it. I make a motion that this classification should just be eliminated.

S=Social 10-12

A perfectly acceptable speed. But easily confused with the next class. .

M=Moderate 12-15

This is where most of us ride. A mile eating pace.



B=Brisk 16-20

Haha . . "Brisk" . . Well, that's like describing a Porcupine as cuddly. On this ride anything goes. While standard etiquette dictates that after an attack, the attacker is somewhat obligated to survey the damage done to the peleton. That doesn't necessarily mean that the group is

stopping to collect all of its members. Speeds in excess of 20 are the norm. Brisk should be rated 16-30+

As a club we encourage all riders to show up to any ride. That is never going to change nor should it. Bottom line we need more ride leaders.

Back to the point of this article. Below are some rules when a "Brisk" category rider leads a ride classified as "Social"

Rule 1. Keep it between 10-12 no matter how painful this might be. If there is an attack from the "Social" peleton, the attacker must go unpunished. A brisk rider is simply too powerful to be the punisher in this situation. Like using a shotgun to kill a fly. . . in the house. . . while people are sleeping. The correct measure is to slow the pace further and leave the attacker off the front to be battered by head winds and ridiculed by those in the back of the pack. They will learn their lesson and the pace will be maintained.

Rule 2. No hills! 10-12mph is the actual speed of the ride and shouldn't be looked at as the average ride speed. So if the average on your computer shows 13.2 do not drop the average by sending the crew up Waugh or any other categorized climb in the Valley.

Why not? Because hills suck. And I can guaranty that people that like to travel at the blistering pace of 10-12mph do not like to climb. Especially up a cliff.

Rule 3. Most importantly, have fun. Riding with the "Brisk" crew can be nerve racking and painful. A "Social" ride is intended to be pain free with no worry of attack. Take this opportunity to meet your fellow club riders. Encourage them to join the "Brisk" ride on Wednesday so that you can destroy them at leisure and without consequence. Because after all a shark will always be a shark.

Yours Truly, Domestique
220 lbs





BOARD BRIEFS



There are no Board Brief this month, there was not a meeting in July. Check back next month.

Ride Report - Joy Ride Thursday July 7

By Phil McCloud

Six hardy souls showed up in the rain for what at first glance didn't look like it would be a very joyful ride. Gary Minor wheeled into the Bayview Elementary School parking lot already soaking wet after riding his bike from home. He admitted it wasn't raining when he left home but he was already wet and didn't want his efforts to go to waste. Then Scott Terrell, a photographer from the Skagit Valley Herald, showed up to take a few pictures for an article that was planned for the weekend. Now we were truly caught between our pride and a wet spot.

We stood around and talked with Scott while he took a few pictures. Gary squeezed the water out of his jacket, the cold drizzle let up and we decided maybe a ride was possible after all. Everyone mounted up and Scott headed down the road to get a few action shots as we headed out Josh Wilson Road on our little adventure.

We originally planned to head north towards Samish Island but decided that discretion was the better part of valor and headed towards parting clouds to the south. We hadn't gone very far when the rain stopped, the roads were dry and Gary announced that he would buy ice cream for everyone at his brother Gerry's produce stand. Despite being the 7th of July it seemed a little chilly for ice cream but no one seemed to object to free ice cream. We pulled into Faithland Growers and Julie Minor served up everyone a small cone of ice cream before we continued into Mount Vernon.

Ultimately we didn't ride very far (we did a couple of laps around the school parking lot to make 20 miles) or very fast but it was a fun ride with some of the nicest folks you'll ever met. Thursday's ride is called "The Joy Ride" for a reason. There's usually a lunch stop and we generally have riders with a variety of fitness levels so everyone can find someone to ride with. Jane Monroe did a particularly good job as ride leader on the 14th by planning a ride that included short, medium and long routes to accommodate everyone's needs. So, if you're looking for a nice ride as an introduction to riding with the Club, consider Thursday's Joy Ride.

By the way, the Skagit Valley Herald published a nice article for the Sunday July 10 edition about bike riding and bike safety that included the pictures from our ride on the 7th. I hope everyone got to see it.

Sunday, July 31, 2016- Whidbey Island Sea, Trees, & Pie Bike Ride

10 am – 1 pm

Starting line is open 9:30-10:00 am

Greenbank Farm, Barn C 765 Wonn Road, Greenbank

We're excited to announce our first Whidbey Island Sea, Trees, & Pie Bike Ride, to be held on July 31, 2016!

Join us for this fun, non-competitive bike ride. We have two routes to Whidbey Camano Land Trust properties:

- Smuggler's Cove Out & Back: 10+ miles, gentle hills
- Admiralty View Loop: 25+ miles, steep hills, some highway riding

Helmets are required for all riders. No child riders under age 10. No riders under 16 without a parent or guardian.

A slice of pie will be waiting at the finish line for all registered riders! Please register in advance – \$30 per adult, and \$15 per child (10-16 years old). Registration closes July 25th. Register online at: <http://www.wclt.org/bikeride/>

www.wclt.org/bikeride/

Rides & Ride Reports

Saturday August 6 Port Townsend to Fort Flagler

Join on a great ride on the Olympic Peninsula on Saturday August 6. We will take the 8:45 AM Coupeville (formerly called Keystone) ferry over from Whidbey Island to Port Townsend. I recommend that you arrive around 8:15 to find parking and buy your ferry ticket. 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 to a pub in Port Townsend where we can celebrate the adventure with burgers and beverages before catching an afternoon ferry back. I have a shorter route of about 38 miles. But each route has hills so be prepared for some climbing. This will be the 15th Annual Vlasak Classic which usually has great weather in the Olympic Mountain Rain Shadow. Any questions please call me at 360-632-7596 or send email to GVlasak@aol.com. Thanks, Greg Vlasak

Monday Rides- March Point Park And Ride All riders welcome for this ride leaving every Monday from March Point Park and Ride. . MRR March Point Park & Ride . Dis-tance of 35ish miles , MRR(15-17mph) pace & MRR "LIGHT" 14-15mph) No maps, riders stick together with leader(s), and a stop for a light lunch/coffee at or toward end of the ride.. Note: Ride leader will asses the group and determine if a second more moderate pace & distance group & leader is desired. Note-If the pace MRR pace has discouraged your participation, we welcome you back to ride with the MRR "LIGHT" group. NEW RIDERS (Men & Women) WELCOME. Fun social riding in the heart of Skagit Valley. . Rain / Wind may Cancel Ride.

Ride, Swim and Barbecue on Sunday August 21st

Let's do a bike ride of some 25 to 40 miles (there will be options) on Sunday, August 21st and then enjoy a swim in the indoor pool followed by a barbecue later that afternoon. Meet at my home at 2710 Firwood Lane, Unit 203, Mount Vernon at 11:30 AM. Bring your bathing suit and towel if you want to use the pool. We will have burgers and hot dogs on the grill. If you can RSVP me and let me know if you prefer a hot dog, veggie, salmon, or beef burger I will be sure to have yours available. If you don't RSVP me, then you are still welcome and hopefully you will find something that you like. Bringing a side dish or your favorite beverage would also be great! Parking is available on the street or in the lot near the pool and clubhouse. Any questions please give me a call at 360-632-7596 or send me an email at GVlasak@aol.com. RSVP if you can but be sure to join on the day! Greg Vlasak

August 28 Tommy Thompson Trail Bike & Trike Ride

By Barbara Kline

Come on your bicycle August 28th to the Tommy Thompson Trail Bike & Trike Ride.

Adult Sized Recumbent Trikes will be available after an individualized fitting to test ride on this 4 mile route. Park at the NW Educational Service District 189 west parking lot, 1601 R Avenue in Anacortes, adjacent to Seafarers Park. All riders are required to wear a helmet for this ride, so bring a helmet. (A few helmets can be provided).

Register by August 19th, email: bnkline@yahoo.com

We'll see you on the trail!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 10:00 am MRR March Point Park&Ride Steve Jahn 425.830.4981 Hanspeter Gehrig 360.588.9149 Dan Sandstrom 360.708.7108 6pm MTB 20-25m Arlington VeloSport Mark Everett 360.629.6415	 6pm Board Meeting Dimensional Communications 1225 Anderson Rd MV Jamie Wells 360.941.1270 6pm/MRR Ladies Ride Skagit Cycle Anacortes Liz Jenkins 360.588.8776 6 PM/SRR Arlington Velo/ Centennial Trail Mark Everett 360.929.6413	 6pm BayView School Short-SRR Janice Lisherness 360.391.3931 Med/Long-MRR/BRR Gary Minor 360.424.4836 6pm SRR Skagit Cycle Ctr Anacortes Bernie Santiago 360.588.8776	 10am MRR/SRR Edison Elementary School Jack McTaggart 360.420.1857	 8:45 am SRR Vlasic Classic 8:45am Ferry to Pt Townsend & FT Flagler Greg Vlasic 360.632.7596 9am MTB RLH 624 Bennett S-W Gravel Grinder Tom Jacobson 360.856.0836	 9:30am SRR MRR RLH 1037 E Hazel Burl Jerry Wade 360.941.4021 3:30pm MRR 20-25mi Arlington VeloSport Mark Everett 360.629.6415	 9:30am SRR MRR RLH 1037 E Hazel Burl Jerry Wade 360.941.4021 3:30pm MRR 20-25mi Arlington VeloSport Mark Everett 360.629.6415
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Aug 12-14 RSVP Cascade.org						
 10:00 am MRR March Point Park&Ride Steve Jahn 425.830.4981 Hanspeter Gehrig 360.588.9149 Dan Sandstrom 360.708.7108 6pm MTB 20-25m Arlington VeloSport Mark Everett 360.629.6415	 Snoqualmie Valley Trail- Gravel Call for details--Jerry Wade 360.941.4021 6pm/MRR Ladies Ride Skagit Cycle Anacortes Liz Jenkins 360.588.8776 6 PM/SRR Arlington Velo/ Centennial Trail Mark Everett 360.929.6413	 6pm BayView School Short-SRR Cheryl Minor 360.424.4836 Med/Long-MRR/BRR Phil McCloud 336.392.0641 6pm SRR Skagit Cycle Ctr Anacortes Bernie Santiago 360.588.8776	 10amm MRR/SRR Edison Elementary School Phil McCloud 336.392.0641	  Newsletter Deadline	 11:30 am pace of your choice Ride, swim, BBQ RLH 2710 Firwood Ln MV Greg Vlasic 360.632.7596 3:30pm MRR 20-25m Arlington VeloSport Mark Everett 360.629.6415	 11:30 am pace of your choice Ride, swim, BBQ RLH 2710 Firwood Ln MV Greg Vlasic 360.632.7596 3:30pm MRR 20-25m Arlington VeloSport Mark Everett 360.629.6415
Tour de Lentil PullmanLentilfest.com						
 10:00 am MRR March Point Park&Ride Steve Jahn 425.830.4981 Hanspeter Gehrig 360.588.9149 Dan Sandstrom 360.708.7108 6pm MTB 20-25m Arlington VeloSport Mark Everett 360.629.6415	 9am SRR Centennial Trail Snohomish or less Nakashima Barn Jane Monroe 360.391.9062 6pm/MRR Ladies Ride Skagit Cycle Anacortes Liz Jenkins 360.588.8776 6pm SRR Centennial Trail Arlington VeloSport Mark Everett 360.929.6415	 6pm BayView School Burlington Short-SRR Jane Monroe 360.391.9062 Med/Long-MRR/BRR On your own 6pm SRR Skagit Cycle Ctr Anacortes Bernie Santiago 360.588.8776	 10am SRR Edison Elementary School Whit 360.202.9283	 10am MTB Meet 37th & A Anacortes Marty Johnson 425.478.8486	 9:30am SRR MRR RLH 1037 E Hazel Burl Jerry Wade 360.941.4021 All day Open Streets Anacortes Steve Jahn 425.830.4981 Antique Bike Show Anacortes Jerry Ziegler 253.906.7975 10-2pm SRR Trike Expo near Seafarer's Park Anacortes Barb Kline 360.421.4669 3:30pm SRR Arlington VeloSport Mark Everett 360.629.6415	 9:30am SRR MRR RLH 1037 E Hazel Burl Jerry Wade 360.941.4021 All day Open Streets Anacortes Steve Jahn 425.830.4981 Antique Bike Show Anacortes Jerry Ziegler 253.906.7975 10-2pm SRR Trike Expo near Seafarer's Park Anacortes Barb Kline 360.421.4669 3:30pm SRR Arlington VeloSport Mark Everett 360.629.6415
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Mailing Address

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Officers & Board

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Jamie@skagitspringclassic.org

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mcguinesscc@gmail.com
Scott Rittscher
seaking@wavecable.com
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Diane Torsett
ddtorset@comcast.net

Volunteer Positions

Ride Coordinator
Whit Whitford
nx7q@frontier.com
360 757 1357
Remember to send in your ride sheets to get credit for your rides!

Spring Classic Coordinator:
Open

Bridge Sweep Coordinators:
Steve & Dian Jahn

Membership List

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cesiwill@msn.com

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www.skagitbicycleclub.org

Web masters:

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Tom Jacobson Tomandlori@comcast.net

Membership Benefits:

Newsletter:

Saddle-Post Intelligencer

Published by
The Skagit Bicycle Club
Editor Rose Ploeg dutchpedaler@yahoo.com

Newsletter Deadline date is posted on the ride calendar.

Your Contributions Are Welcome!

Got an inspiring story or some great photos? We welcome submissions! If you wish to contribute an article to a future issue, contact Editor Rose Ploeg as early as possible. Articles and photographic submissions are due on or before the deadline date posted, and will be considered on a space-available basis. All submissions are subject to editing for content and space. Send submissions in Word or InDesign and Photos in JPEG.

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.

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 waterproof 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 also 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

GoodysRacks@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.facebook.com/SkagitBicycleClub>

SKAGIT BICYCLE CLUB
P.O. BOX 363
BURLINGTON WA 98233



SKAGIT BICYCLE CLUB MEMBERSHIP FORM

Annual Dues: Individual \$15.00 Family \$20.00
Check One: _____New Member _____Renewal

Payment: Use **Pay Pal** to join or renew your membership online at www.skagitbicycleclub.org

Mail this form to: Skagit Bicycle Club P.O. Box 363 Burlington WA 98233

You will receive your Newsletter via Email in full glorious color.

To receive the Newsletter in the paper version (not in color) via US Postal Service.....CHECK HERE _____

Name: _____ Email _____

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