



# Saddle-Post Intelligencer

The Voice of the Skagit Bicycle Club -Skagit County-Washington December 2014

## Rides & Ride Reports

## Board Briefs

MONDAY RIDES- MARCH POINT PARK AND RIDE - All riders welcome for this ride leaving every Monday from March Point Park and Ride. FALL/WINTER START TIME OF 11 AM. Distance of 35ish 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.. Fun social riding in the heart of Skagit Valley. RAIN AND SNOW MAY CANCEL RIDE

### GENERAL MEETING MINUTES November 4, 2014

Present: Dan Sandstrom, Shaun Bridge, Cindy McGuinness, Jane Monroe, Jamie Wells, Marshall Will, Jean Sattler-Will, Janice Lisherness, Steve Jahn, Mike Tallering, and Marci Maulden

The October 4, 2014 SBC meeting minutes and the October 8, 2014 SBC Annual Dinner Meeting minutes were approved with no corrections. Welcome to new members Shannon, Elisabeth, Mark, & Liam Jenkins from Anacortes; Kaitlynn & Thomas Conrad from Oak Harbor; Elizabeth, Michael, & Nathaniel Jenkins from Anacortes; Dennis & Barbara Asseln from Anacortes; and Mike Haverfield from Granite Falls.

Old Business:Dan Sandstrom went through the voting results for donations from the 2014 SBC Annual Dinner Meeting which came in the following order: 1st- BMX; 2nd- Special Olympics; 3rd- Skagit County Active Community Taskforce (ACT); 4th-WA Bikes; 5th- Medic One;6th-League of American Bicycles. The SBC Board voted to donate \$5000 this year with the following allocations: \$2000 to BMX; \$2000 to Special Olympics; \$500 Medic One; and \$500 to League of American Bicyclists. ACT has no financial needs at this time and WA Bikes receives a small portion of our Spring Classic registration money so these two organizations were not allocated any money.

New Business:The SBC Board approved that \$300 be given to Larry Tomovick in appreciation of his address at the Annual Dinner Meeting in October.

The SBC annual holiday party will be held at Skagit Valley Gardens on December 7 at 6:00pm. The SBC Board approved the purchase of 2 hams from Costco for the main course. Shaun Bridge and his wife will cook the hams and will also bring a potato side. Jane Monroe will take care of plates, silverware, and drinks. Desserts and salads will be brought by the remaining SBC membership with last names starting from A to M bringing desserts and last names starting from N to Z bringing salads.

Steve Jahn gave an overview of the last ACT meeting. He thanked Marshall Will for the letter Marshall wrote on behalf of SBC to Skagit County Public Works noting the great work of chipsealing in some areas of the county. Steve proposed reading the letter at the next commissioners meeting with him next commissioners meeting with himself, John Pope, and Mark Semrau representing SBC.

The next SBC Board Meeting will be held at 6:00pm on Tuesday, December 2nd at Dimensional Communications on 1220 Anderson Road, Mount Vernon.Meeting was adjourned at 7:14pm.  
Respectfully submitted by Marci Maulden



Skagit Bicycle Club

Christmas Party

Sunday, December 7

Skagit Valley Gardens, Mount Vernon, WA

See The Script for the Details-Page 2



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*The Script*  
 by Dan Sandstrom

Hello everybody, hope you are having and continue to have happy, happy, happy Holidays. Well, winter seems to be around us but don't give in, bundle up and take advantage of the dry days on the road and hit your favorite gym or garage on the snow and rain days. Oh, for the real maniac who just continues riding in any weather, my hat is off to you. Now for some fun!

The Christmas party is Sunday, December 7th @ 6pm @ Skagit Gardens. If you need directions call me (360-708-7108).

Food: If your last name starts with A through M you need to bring a dessert. If it starts with N through Z you need to bring a salad or side dish.

Fun: As always, this is a great party and we have a great time with the gift exchange so if you want to join in on that, bring a 20.00 dollarish gift and enjoy some real fun. If not, come anyway.

If you haven't been to this party before you are in for a real treat with some over the top decorations at the Gardens! Hope to see many new and old faces this year!!!!

Keep the wind in your favor And the rubber on the road  
 Later, Dan

*Last Month's Who's Next*



*A great guy! Gary Minor*

*Who's Next?*

*Who am I? (I wish I knew!)*

Like most of us, we started riding bikes at a young age. I happened to be one of the youngest in our neighborhood which was both good and bad. One of the benefits was that a neighbor had a really small bike that I learned to ride. Another benefit was there were older kids that would run behind me keeping from falling over as I was learning to ride. My siblings were older than I. My brother was a great mechanic, first with bicycles then outboard motors and finally cars. During his bicycle mechanical stage, our basement looked like a bike shop. He would collect old bikes from all over town. That was great for me since I received my first two bikes from him. Later, I also received my first outboard motor from him. When I was about two years of age he would give me rides on his bike. A story relayed on to me is that if he left without me, I would sit on the porch and cry until he returned to pick me up to go for a ride. So I guess my love of riding on a bike

started early. The second bike my brother built up for me ended in disaster. I had a collision with a car. If I had been a fraction of a second earlier the car would have gone directly over me. As a result of the collision, the bike was destroyed and I injured my left knee.

The first bike I bought from money earned from mowing lawns was a Hawthorne with New Departure brakes. I was going to buy a JC Higgins from Sears but I was told the Hawthorne had better breaks so I canceled the Sears order and bought the Hawthorne from Montgomery Wards. That was my last bike purchase for many years. One of the extras I put on that bike beside a basket was a horn that my brother had picked up. It was an air horn that could have been used on a very early model car. The horn was really loud and was an attraction to other kids. If I rode to school with the horn on the bike I could hear the horn most of the day. Needless to say I did not leave that horn on the bike very long.

Most likely bike riding was a big thing for all of us growing up. I guess it was a way of starting our independence. It was common that we would just go bike riding, sometimes just in circles which did improve out riding skills. One of the best things about having a bike is that we could ride to the swimming hole in the summer. It was really a hole of muddy water. The hole was three miles from town so it was called 3 mile. We would ride out in the morning, stay most of the day and ride home later in the afternoon. Riding home was a challenge since there was a hill just we left 3 mile. After riding to the swimming hole, swimming all day, riding up that hill was a long process. One did not want to be seen pushing their bike. Another obstacle along the route was two rather large dogs that did seem to dislike cyclists. These dogs would chase use whenever they had a chance. Riding a one speed with balloon tires made it difficult to escape these vicious dogs. It did provide an opportunity for speed work.



By middle and high school bicycling went by the wayside since summer work and basketball took most of my time and teen agers did not ride bikes in those days. I might add, I bought my first car three days after my sixteenth birthday. The basketball continued for some time. Like cycling, I wish I could play basketball as well as I thought I could. It was not until well into my working career that cycling reentered my life. My wife wanted a bike so we bought a three speed Sears. I rode it to work one day. It was just a mile ride with a slight incline. My legs hurt so much doing that short ride even if I was in good condition since I was running 20 to 30 miles a week. I did finally buy a 10 speed Schwinn Varsity, all 45 pounds of it. It was soon stolen so another bike had to replace the Schwinn. Soon the entire family had road bikes which took us on many adventures.

I am passionate about bicycling, but I do miss running. I was never very fast and never placed in any of the road runs. It was an activity where I could put on my shoes go out the door and run. Now, getting the right clothes for the weather conditions, preparing the bike takes time. To get the aerobic points from bicycling take longer than running. I did run with Jim Finch once for about 50 yards and he dropped me. Some things never change. However, I did ride with Jim and kept up going down Reservation Road!

Now I am looking with envy at all the new equipment in biking.

Wouldn't it be fun to ride one of these super light bikes with all the best components? As I always say, One more bike".

We are so fortunate to have our bike club thanks to all the dedicated members that make it go. We have several weekly scheduled rides allowing us to ride most days of the week. Riding in a group improves our effort, our skill and we can enjoy the camaraderie of the fellow riders.

| Monday  | Tuesday  | Wednesday        | Thursday   | Friday   | Saturday  | Sunday  |    |           |            |  |     |               |   |                  |    |            |   |                  |     |                    |   |                    |   |                 |   |  |  |  |
|---|--|------------------|--|--|---|---|----|-----------|------------|--|-----|---------------|---|------------------|----|------------|---|------------------|-----|--------------------|---|--------------------|---|-----------------|---|--|--|--|
| <p><b>1</b></p> <p>11:00 am MRR<br/>March Point<br/>Park &amp; Ride<br/>Dan Sandstrom<br/>360708 7108<br/>Hanspeter Gehrig<br/>360 588 9149<br/>Steve Jahn<br/>425 830 4981</p> | <p><b>2</b></p> <p>6:00 pm<br/>SBC Board Meeting<br/>Dimensional<br/>Communications<br/>1220 Anderson Rd<br/>Mount Vernon<br/>Dan Sandstrom<br/>360 708 7108</p> | <p><b>3</b></p>  | <p><b>4</b></p> <p>11:00 am<br/>SRR Joy Ride<br/>Conway<br/>Red Barn<br/>Linda White<br/>360 770 1050</p>  | <p><b>5</b></p>  | <p><b>6</b></p> <p>8:00 am MRR<br/>No Drop<br/>Rain Cancels<br/>Skagit Cycle Center<br/>Anacortes<br/>Liz Jenkins<br/>360 588 8776</p> <p>10:00 am BRR<br/>Washington School<br/>Westside-Mount<br/>Vernon<br/>Jim Finch<br/>360 770 5915</p> | <p><b>7</b></p> <p>10:00 am MRR<br/>Arlington Velo Sport<br/>401 N Olympic Ave<br/>Mark Everett<br/>360 840 7457</p> <p>1:30 pm SRR<br/>RLH 17534 Fir Island Rd.<br/>Jeannette Folkertsma<br/>360 445 5924</p> <p>6:00 pm SBC Annual<br/>Christmas Party<br/>Potluck see newsletter<br/>Skagit Valley Gardens<br/>18923 Peter Johnson<br/>RdMount Vernon<br/>Dan Sandstrom<br/>360 708 7108</p> |    |           |            |  |     |               |   |                  |    |            |   |                  |     |                    |   |                    |   |                 |   |  |  |  |
| <p><b>8</b></p> <p>11:00 am MRR<br/>March Point Park &amp;<br/>Ride-Anacortes<br/>Marshall Will<br/>360 929 5003</p>  | <p><b>9</b></p>  | <p><b>10</b></p> | <p><b>11</b></p> <p>11:00 am<br/>SRR Joy Ride<br/>Conway<br/>Red Barn<br/>Jean Sattler-Will<br/>360 710 9577</p>   | <p><b>12</b></p>   | <p><b>13</b></p> <p>8:00 am MRR<br/>No Drop<br/>Rain Cancels<br/>Skagit Cycle Center<br/>Anacortes<br/>Liz Jenkins<br/>360 588 8776</p> <p>Conway Red Barn<br/>Ramble Ride<br/>All riding levels<br/>Janice Lisherness<br/>360 391 3931</p>   | <p><b>14</b></p> <p>10:00 am MRR<br/>Arlington Velo Sport<br/>401 N Olympic Ave<br/>Mark Everett<br/>360 840 7457</p>   |    |           |            |  |     |               |   |                  |    |            |   |                  |     |                    |   |                    |   |                 |   |  |  |  |
| <p><b>15</b></p> <p>11:00 am MRR<br/>March Point Park &amp; Ride<br/>Dan Sandstrom<br/>360708 7108<br/>Hanspeter Gehrig<br/>360 588 9149<br/>Steve Jahn<br/>425 830 4981</p>    | <p><b>16</b></p>   | <p><b>17</b></p> | <p><b>18</b></p> <p>11:00 am<br/>MRR-Joy Ride<br/>Conway Red Barn<br/>Jane Monroe<br/>360 424 4619</p>   | <p><b>19</b></p> <p></p> <p>Newsletter<br/>Deadline</p> | <p><b>20</b></p> <p>8:00 am<br/>Skagit Cycle Center<br/>Anacortes<br/>MRR No Drop<br/>Liz Jenkins<br/>360 588 8776</p> <p>10:00 am BRR<br/>Washington School<br/>West Mount Vernon<br/>Jim Finch<br/>360 770 5915</p>                         | <p><b>21</b></p> <p>9:00 am BRR<br/>RLH 624 Bennett St.<br/>Sedro Woolley<br/>Tom Jacobson<br/>360 710 2834</p> <p>10:00 am MRR<br/>Arlington Velo Sport<br/>401 N Olympic Ave<br/>Mark Everett<br/>360 840 7457</p>  |    |           |            |  |     |               |   |                  |    |            |   |                  |     |                    |   |                    |   |                 |   |  |  |  |
| <p><b>22</b></p> <p>11:00 am MRR<br/>March Point Park &amp; Ride<br/>Dan Sandstrom<br/>360708 7108<br/>Hanspeter Gehrig<br/>360 588 9149<br/>Steve Jahn<br/>425 830 4981</p>    | <p><b>23</b></p>   | <p><b>24</b></p> | <p><b>25</b></p> <p></p> <p>Christmas</p>   | <p><b>26</b></p>   | <p><b>27</b></p> <p>8:00 am<br/>Skagit Cycle Center<br/>Anacortes<br/>MRR No Drop<br/>Liz Jenkins<br/>360 588 8776</p> <p>10:00 am<br/>Conway Red Barn<br/>Ramble Ride<br/>All levels<br/>Marshall Will<br/>360 929 5003</p>                  | <p><b>28</b></p> <p>10:00 am MRR<br/>Arlington Velo Sport<br/>401 N Olympic Ave<br/>Mark Everett<br/>360 840 7457</p> <p>1:30 pm SRR<br/>RLH 17534<br/>Fir Island Rd<br/>Mount Vernon<br/>Jeannette Folkertsma<br/>360 445 5924</p>   |    |           |            |  |     |               |   |                  |    |            |   |                  |     |                    |   |                    |   |                 |   |  |  |  |
| <p><b>29</b></p> <p>11:00 am MRR<br/>March Point Park &amp; Ride<br/>Dan Sandstrom<br/>360708 7108<br/>Hanspeter Gehrig<br/>360 588 9149<br/>Steve Jahn<br/>425 830 4981</p>    | <p><b>30</b></p>   | <p><b>31</b></p> | <p><b>D e c e m b e r</b></p> <p><b>2014</b></p> <table border="1"> <thead> <tr> <th>RR</th> <th>Road Ride</th> <th colspan="2">Ride Pace:</th> </tr> </thead> <tbody> <tr> <td>MTB</td> <td>Mountain Bike</td> <td>E</td> <td>Easy under 10mph</td> </tr> <tr> <td>TT</td> <td>Time Trial</td> <td>S</td> <td>Social 10-12 mph</td> </tr> <tr> <td rowspan="2">RLH</td> <td rowspan="2">Ride Leader's Home</td> <td>M</td> <td>Moderate 12-16 mph</td> </tr> <tr> <td>B</td> <td>Brisk 16-20 mph</td> </tr> <tr> <td colspan="4">if weather is questionable call the ride leader</td> </tr> </tbody> </table> |  |   |   | 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 |  |  |  |
| 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   |  |                  |  |  |   |   |    |           |            |  |     |               |   |                  |    |            |   |                  |     |                    |   |                    |   |                 |   |  |  |  |



# 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>                 |

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@dimensional.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 McGuiness**  
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 360 391 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.

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.



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