

Saddle-Post Intelligencer

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

Linking Centennial Trail to King County Another Step Closer

Snohomish County Council has approved the purchase of 11 miles of rail corridor that can extend the Centennial Trail south from the community of Snohomish to King County line. Check out the link to the following blog:

<http://ctc-of-sc.blogspot.com/2013/12/centennial-trail-link-to-king-county.html>



Reading Around the World

By Rose Ploeg

After purchasing a Kindle a while ago I started searching bicycling titles...there are a lot of them...there are also many that are cheap and interesting. If you are so inclined here are a few titles I pick up and have read, many are in the under \$5.00 range and if you're a Prime member you can borrow them from Amazon.

Just going for a Ride by James Plumley

Two student ride from John O'Groats to Lands End in the UK. Short and interesting, it was a dollar.

Saddle Sore by Steve Briggs

A Brit rides 30 states and 7000 miles in the US, very entertaining and enjoyable read.

You've gone too far This Time, Sir!- By Danny Bent-

Teacher Danny Bent cycles 15000 km from the UK to India to raise money for a charity. Interesting and worth reading.

Good Vibrations: Crossing Europe on a Bike called Reggie by Andrew Sykes.

The author is witty and entertaining worth it read it.

Obsessive Compulsive Cycling Disorder by Dave Barter

A series of articles written by British cyclist and author over a span of ten years. One of my favorites. Entertaining.

The Valley of Heaven and Hell-Cycling in the Shadow of Marie Antoinette by Susie Kelly.

A travelogue that follows Marie Antoinette and Louis XVI's route to escape the french revolution. Different and interesting with lots of history but beware of the whining by the author...She's obviously not a cyclist.

The Enlightened Cyclist by BikeSnobNYC.

The premise is commuting which might explain why..It's negative (by a New Yorker?...Shocking! *Am I being sarcastic???*) A waste of time --I won't get the time back spend reading it.

Ride Mileage Log Sheet

There have been a few requests for the ride mileage log sheet that has been posted in the past. Unfortunately it has met it's demise via a computer crash or an ungrade, I'm not sure which. Bottom line is the template is gone. Creating this template is time consuming and mind numblinly boring, so to appease those who feel the need to have an official log sheet-- I did a quick internet search for mileage logs and there are plenty to choose from:

<http://www.pankin.com/miles.htm>

<http://www.personallogs.com/cycling-log.php>

<http://www.suburbancyclists.org/links.htm>

Scroll to near the bottom of the site there are several mileage log choices

<http://internettraininglog.com/cyclinglog.asp>

<http://www.beezodogsplace.com/mileage-chart/>

<http://www.bikejournal.com/>

You can also go to the Microsoft site to download mileage logs as well in word, excel or power point.

And speaking of mileage tracking.....

Send in your mileage for 2013 to be printed in the March newsletter.....road biking, Mt. biking, running, walking, swimming, etc.

Send to janemmonroe.com or phone 350.424.4619



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The Script

(Who's Next?)

By Dan Sandstrom

Hi Gang!

Here we go! Other than personal problems, if you're not feeling good right now, it's possible you could be suffering from one or all of these conditions. 1) You hate football, and having the NFC Champions in your face or ear every day on their way to the Super Bowl. 2) You may not like the excellent, dry bicycling weather we are having for January. Or 3) You may be sad that the holidays are over. If any or all of these conditions apply to you, then put on your lycra, get on your bike and enjoy a great 2014 bicycling season, even wear blue and green if you feel the Hawks, and remember to wear a smile!

Keep the wind in your face and the rain in the clouds. Dan ☺

Who's Next #1 Answer"

☺ Hanspeter Gehrig.



Who's Next ? #2-A

Unlike the guy in last month's Script, my biking attire is not to the 10s, although I do have a brand new retro hot pink wool jersey that makes me feel like I'm stylin'. I have never sported a kit, but if I could find a pair of bike shorts that matched my favorite jersey with the palm trees and the hibiscus that Kim Knapp gave me, I would happily wear them.

Unlike last month's Script guy, I tend to avoid Satterlee, which is a booger going up, and scary going down. I do like to climb, tho. I would rather climb Sharpe Road twice in a row than ride Satterlee in either direction.

I do not have a doll of a wife, but I do have a sweet, handsome, charming, and witty husband who is my trusty cycling companion. I have a nice little black Trek with 650 c wheels, but I am seen more often on a longer blue bike, pedaling furiously and trying to catch the guy in front of me, and the two other guys in front of him who are forever ramping up the mph.

Who's Next? #2-B "I Remember When"

Twenty plus SBC members showed up on a snowing March Saturday day for the first Bridge Sweep. The WADOT was there to document the event.

The Apple Century bike ride, gave a trophy for the Bicycle Club who brought the most members. It was discontinued after SBC won it several years in row.

The Jan Selvig Ride was out and back: from Marblemount to Washington Pass and back, A fund raiser for Senior Center.

I wanted to go to the "Tour de Lac" Ride in Spokane. I didn't know many club members; Jan Wiggers a SBC member line me up with a car pool and hotel rooms for the two days of the ride. If I remember right I think it only costs me about \$12.00.

Looking forward every April for the Wednesday night rides to start not only for the ride but I missed my friends. Every early Spring Janice Lisherness Lake Cavanaugh Ride, Jane Monroe Mount Baker, ride to get us in shape for the Seattle to Portland ride, The Wednesday night rides and potlucks at Bayview State Park. You just knew these rides were going to happen every year.

Dan Sandstrom

Dan.sandstrom@comcast.net

360.708.9041



January 1st ride report!

By Jean Sattler-Will

The weather cooperated this day... Could not have asked for a nicer day on the 1st day of the New Year! Would like to thank all the riders who gathered together.. We even had some new faces in our midsts... It was wonderful visiting with everyone!! Maybe the weather is an omen of things to come for 2014.. Let the sun shine!!



At the Station House in LaConner



Board Briefs

SKAGIT BICYCLE CLUB
GENERAL MEETING MINUTES
January 7, 2014

Present: Gordon Odegaard, Bill Thayer, Scott Rittscher, Janice Lisherness, Jamie Wells, Shaun Bridge, Colby Plagge, Steve & Dian Jahn, Dan Sandstrom, Marshall Will, Jane Monroe, Marci Maulden, and Cindy McGuinness.

Ride Leader's Report:

Janice Lisherness reports that there will be two Ramble Rides in February. They will be on the 2nd and 4th Saturdays, February 8th and 22nd respectively.

Old Business:

The SBC Board approved a motion to remove Marshall Will and Jim Finch, and add Dan Sandstrom and Shaun Bridge, as signatories on the club's bank accounts. Marcia Maulden will continue to be a signatory.

A discussion of how SBC might broaden its reach into the community was continued from the December 2013 board meeting. It was suggested that information about special events our club members are involved in to be regularly included in our monthly newsletter. Steve Jahn mentioned that SBC might have a booth at a bike event Anacortes is planning on having in September of this year and Janice Lisherness suggested that we place the ramble rides in the Skagit Herald under "things to do" section.

Janice also brought up the fact that the Sweetcakes Ride from Arlington and the rides being run from Bikespot have been on the ride calendar in the past but the ride leader sheets are not forthcoming. For this reason, Janice suggested that the rides be mentioned in the newsletter, but not be placed on the ride calendar.

It was also noted that our insurance limits how many rides a non-SBC member can ride with the club. To advertise this, it was decided to have this information included on the Safety Affirmation & Release Form, otherwise known as the Ride Leader's Form. Marshall Will will find the appropriate language to add to the form and Jamie Wells will ensure it gets on the website. It was also suggested that ride leaders have membership forms ready at the rides for non-members to sign-up.

New Business:

Dan wants to re-instate the July Wednesday night rides at Bayview State Park. He will try to negotiate a deal for the use of the park for one month with park officials. As a back-up plan, we can try the Padilla Bay Interpretive Center which is close by and has a large parking lot.

Gordon Odegaard brought up the possibility of using a sweeper on ramble rides and other large rides. No decisions in the discussion which ensued, but a suggestion was made to add license plate numbers to the Ride Leader Form so a ride leader could see who was not back at the end of a ride. This brought up the responsibilities of ride leaders and the suggestion by Cindy McGuinness to review the rider survey SBC conducted in 2012.

The meeting was adjourned at 7:20pm The next SBC Board meeting will be held at 6:00pm on Tuesday, February 4 at Dimensional Communication on 1220 Anderson Road, Mount Vernon.

Respectfully submitted by Marci Maulden

Etcetera

2014 Mussels in the Kettles Saturday – March 8th 2014
<http://www.musselsinthekettles.net>
Sign up at : www.active.com or www.whidbeybicycleclub.org

Thursday, Joy Rides

Farmhouse on Hwy 20 11:00 am

This is a social ride for all you retirees or not. Rain or snow cancels Bring \$\$ for coffee and snack. Cell phones come in handy also.

Saturday, Ramble Rides 10th & 22nd.

Conway Red Barn 10:00 am

This ride is for everyone. The first 4/5 miles is stay together. Everyone rides as fast as the slowest rider. Then the speed is picked up for those that want to ride in a faster pace line for a few miles. Then the fast group can take off. It's a good opportunity to say hi and visit with club members. Enjoy...

WOMEN ON WHEELS (and friends) RIDES

Kyp Bisagna of Bike Mount Vernon and Mount Vernon downtown Association are actively making Mount Vernon a more bicycle friendly community. They have initiated a ride series based on the expressed interest of women to improve their riding skills for fun and fitness, and connect with other bicyclists.

These are social rides, meant for all levels, to encourage the joy of riding while exploring the beauty of this valley (and some of its hills), and perhaps with the added goal of preparing to ride the Skagit Bike Club Spring Classic on May 10. The idea is a series of regular Saturday morning rides from downtown (DT), starting between 10-12 miles, and increasing in length and difficulty. As we expand the rides, we can include destinations and activities, such as breakfast at a café, art shows, swans and snowgeese, hills just for the sake of hills, and, as the weather gets more inviting, we can add special interest rides such as touring the valley's historic barns.

Ride dates are:

January 18 & 25

February 1; 8, 15, 22

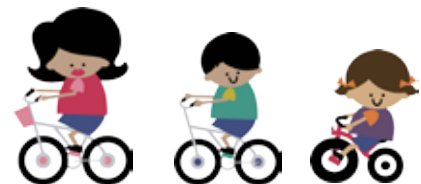
March 1,8,15,22,

April,May, and summer rides in planning stage

Contact Kyp Bisagna: kbisagna@hotmail.com.

Ellen Gamson atedmvd@gmail.com.

NOTE: Helmets are a must, along with proper cold-weather and water resistant clothing, including gloves with fingers and some kind of covering for your feet (rain booties, or toe covers for your shoes). Also, you should carry an extra tube for your bike in case of a flat, and a bike pump. Front and rear lights, even in daylight, help visibility.



Monday Tuesday Wednesday Thursday Friday Saturday Sunday



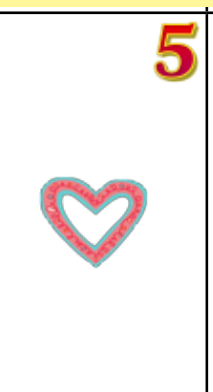
February 2014

1
 10:00 am BRR-Long Washington School West Mount Vernon Jim Finch 360 770 5915

2
 10:00 am BRR RLH-624 Bennett St, Sedro Woolley Tom Jacobson 360 855 0593

3
 11:00 am MRR March Point Park & Ride-Anacortes Dan Sandstrom 360 708 7108 Steve Jahn 425 830 4981

4
 6:00 pm SBC Mtg. @ Dimensional Communications 1220 Anderson Rd Mount Vernon Dan Sandstrom 360 708 7108



6
 11:00 am MRR-Joy Ride rain/snow cancels Farm House Rest. Hwy 20/Laconner Whitney Rd Dan Sandstrom 360 708 7108

7

8
 10:00 am Ramble Ride All riding levels Conway-Red Barn Marshall Will 360 929 5003

9
 1:30 am SRR RLH-17534 Fir Island Rd (Conway)MV Jeannette Folkertsma 360 445 5924

10
 11:00 am MRR March Point Park & Ride-Anacortes Dan Sandstrom 360 708 7108 Steve Jahn 425 830 4981

11

12

13
 11:00 am MRR-Joy Ride rain/snow cancels Farm House Rest. Hwy 20/Laconner Whitney Rd Whit Whitford 360 757 1357

14
 11:00 am MRR Brunch Ride Red Barn-Conway Jean Sattler-Will 360 710 9577

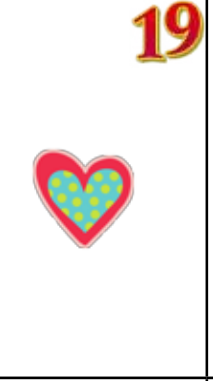
15
 10:00 am BRR Mount Baker School-Mount Vernon Colby Plagge 360 540 4554

16
 1:00 pm MRR RLH-1025 E Washington Ave Burlington Rose Ploeg 360 202 1716

17
 11:00 am MRR March Point Park & Ride-Anacortes Dan Sandstrom 360 708 7108 Steve Jahn 425 830 4981

President's Day

18



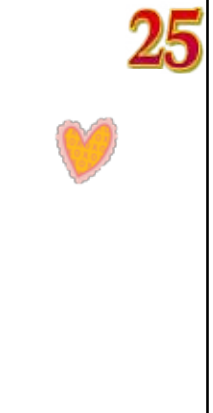
20
 11:00 am MRR-Joy Ride rain/snow cancels Farm House Rest. Hwy 20/Laconner Whitney Rd Jane Monroe 360 391 9062



22
 10:00 am Ramble Ride All riding levels Conway-Red Barn Jennifer McCoy 360 336 2528

23
 1:30 pm SRR RLH-17534 Fir Island Rd. (Conway) MV Jeannette Folkertsma 360 445 5924

24
 11:00 am MRR March Point Park & Ride-Anacortes Dan Sandstrom 360 708 7108 Steve Jahn 425 830 4981



26

27
 11:00 am MRR-Joy Ride Farm House Rest. Hwy 20/Laconner Whitney Rd Jerry Ziegler 253 906 7975

28

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	



Skagit Bicycle Club Membership Form

Use PayPal to join or renew your membership online at 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

Name
Address
City State Postal Code
Phones
Email:

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
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mauldenm@earthlink.net

Treasurer
Shaun Bridge
sbridge007@gmail.com

Past President
Gordon Ogedaard
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Cindy McGuinness
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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
Web masters:
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Saddle-Post Intelligencer

Published by
The Skagit Bicycle Club
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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 Bill Thayer 360 757 2679 or 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

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>



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