

Saddle-Post Intelligencer

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

January 2015



Thanking participants in this years' Salvation Army Bike Drive

Thanks to all who contributed to the 20th Annual Anacortes Christmas Bike Drive. This drive is made possible by recycling unclaimed bicycles from the Anacortes Police property unit, repairing and making them suitable for distribution to needy families for Christmas by the Salvation Army. This year's drive took place at the food bank area of the Salvation Army building on December 9th 2014. Organized by members of the Anacortes Bike/Ped Advisory Committee (the group who brought the Open Streets event to town this September), volunteers included the Noon Kiwanis bike repair crew, several members of the Skagit Bicycle Club and Transition Fidalgo. Parts were supplied by Kiwanis.

For the second year in a row, a personal donation from a member of the Anacortes Police department was received. It was leveraged by Skagit Cycle Center who supplied cable locks below cost for all the bikes. Head and taillights were donated by the Anacortes Safe Routes to Schools committee. In all, 22 bicycles were made ready for local families and individuals this year.

John Pope
Anacortes Bike/Ped Advisory Committee Co-Chair

PS for Skagit Bicycle Club: members Charlie Schultz, Kent Stelby Ken Schimke and John Pope repaired bikes, John coordinated. Note that Bill Thayer participated in the previous 8 drives; we will miss him.



Photos of the 2014 Anacortes Bike Drive:
Top left photo = Charlie Schultz
Bottom Left= Kent Stelby & Warren Tessler
Top Right = John Pope
Bottom Right = Charlie Schultz



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THANK YOU! to Gary Lorenz --owner of Skagit Valley Gardens and a long time SBC member-- from all of us for providing the setting for the SBC Christmas party at Skagit Valley Gardens again this year. You and your staff have created absolute magic in this garden and nursery - literally thousands of lights and ornaments, gorgeously detailed Christmas trees, and displays that brought the true wonder of this season bursting out in sensuous delight. It's truly a generous gift you've given this club!

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 Colby at Colby@skagitspringclassic.org

Please keep in mind Colby is a pretty busy guy so if you don't get a reply he is probably to busy to respond to a bunch of whining mountain bikers.

Happy New Year ! The Super Domestique is back and better than ever.

I would be like to be the first to welcome Colby Plagge to the president's chair of the Skagit Bicycle Club for the first of his three terms.

I can't wait for the January rides to start! Its going to be a great year. Unlike my predecessor, the late Super Domestique from the 2010 era, I'm not in race shape. To get in race shape will be my goal for this 2015 year.

Why is this a goal? Because there is nothing more fun than waiting for the Wednesday night ride to start, while quietly eating a Powerbar, followed by two gels, and a splash of juice, while sitting on your bike, leaned up on your buddies car (Don't scratch your own vehicle.) One does this knowing full well that others are watching with growing terror and anticipation. The most important part is then to dominate the pack like Lance Armstrong (The greatest tour rider ever and role model to us all.)

Riding like this will take some time, a lot of hard work, and sacrifice and perhaps some supplements, if you really want to do it like Lance. But, the key really comes down to power to weight ratio.

Losing weight is a challenge for anyone who drives a desk for a living. While my primary Domestique duties involve doing dirty deeds for King Plagge, my other duties involve supporting a BMX team.

BMX is a great sport, it's exciting, fun to watch and a great opportunity to spend time with your offspring. The downside? Lots of driving and standing around. The only open track in Washington during monsoon season is in Port Orchard. If you are fielding a team of youngsters for both Saturday and Sunday and not spending the night you are looking at 5-10 hours behind the wheel of a van. Add that to 40-50 hours a week at the office and you find that you have spent a considerable amount of time sitting on your ass, not pedaling.

The solution may seem obvious, but it isn't. Purchasing a BMX bike and adding it to the other three bikes in your stable sounds like an awesome idea. Everyone should have at least 4 bikes. BUT ... I speak from experience when I say that it is extremely difficult to drive a carload of kids home with a bruised ego and a torn rotator cuff. These tracks are dirt, but they are packed down harder than the hardest concrete. These kids are trained to make life difficult for one another or anyone else on the track.



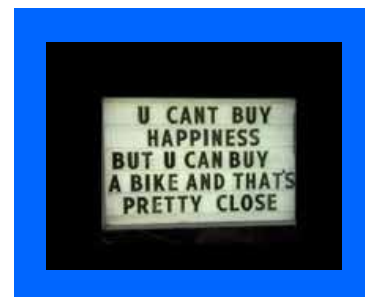
What did I learn from my experience? At a certain age people stop bouncing. For adults road racing is far safer. Crashes are not as common as in BMX, even in the Cat-5 field. When road crashes do occur, they generally involve a decent skin removing slide that does not involve an expensive hospital visit. Now this isn't to say that I haven't augured in with disastrous results at 40mph+ but for the amount of miles per accident the odds of survival are better.

So the delicate balance of life continues with the Super Domestique moderating ambitions to get the kids to EVERY race in the state against the need to get into some sort of healthy physical shape so that I can once again kick ass on Wednesday nights.

To further motivate myself I will publish my ACTUAL weight and mileage at the end of each Domestique writing. (I say actual as opposed to the weight that one uses when getting a new drivers license.)

Future Super D articles will include an archived book review as well as other fun and fascinating ramblings. If this is the most awesome article that you have read in a while or have ideas for the Super Domestique please email them to SuperD@skagitdomestique.com

0 miles 229lbs



Well, I want to start off with saying that I'm very happy for all of you for making it through and making it a very enjoyable term for me as President of our club. I still say, and believe, it's the easiest position to hold in this club because you all do all the work. For me it felt like you carried me through a dazed and confused term that was a great experience because of you. This is a great club and I am truly honored to be a member. So thank you all very much and a special thanks to my wife Valora for helping me and putting up with me this year. There you have it and have a Happy New Year! See you on the road. Make the wind your friend And keep the rubber on the road Later, Dan

Last Month's Who's Next



Who am I answer--

If you did not figure out who I am last month, I am now the rider of Bill Thayers bike that he built about a year or so before his passing. I think of Bill every time I get on the bike. The bike is fun to ride and seems much easier and faster than my other bike. Bill's bike is a lot different than my first bike.
Gordon Odegaard

**SKAGIT BICYCLE CLUB
GENERAL MEETING MINUTES
December 2, 2014**

Present: Dan Sandstrom, Shaun Bridge, Jane Monroe, Jamie Wells, Janice Lisherness, Steve & Dian Jahn, Marty Johnson, Scott Rittscher, Gordon Odegaard, Jennifer McCoy, and Marci Maulden

The November 4, 2014 SBC meeting minutes were approved with no corrections.

Welcome to new members John Dzimnowicz & family from Anacortes, and Steve & Ginger Orsini from Anacortes.

Ride Coordinators Report:

Janice Lisherness is working on the January ride calendar but this will be her last effort. Janice said the Thursday rides in January will start from Allen Playfields in Burlington. There will be a January 1st ride with three starting locations: Stanwood, Burlington, and Anacortes. The ride will start at 11:00am with LaConner Tavern as the destination. Dan Sandstrom said he would contact LaConner Tavern to let them know a group would be meeting there that day. A ride coordinator is needed. Steve Jahn suggested that the SBC Board Members take turns doing the ride calendar if no one steps up.

Old Business:The SBC Christmas Party will be on Sunday, December 7 at 6:00pm. People who want to help set-up should be there at 5:30pm. Jane Monroe said she would call Rose Ploeg to remind her to bring dice for the dice game. Jane and Dan said they would bring some dice also.

New Business: Steve announced a need for volunteers to work on used bicycles on December 9 from 9:00am – 12:00pm at the Salvation Army in Anacortes. People without mechanical skills can show up to help wash bikes. It is advised that you bring your own tools and bike stands if you have them.T

he next SBC Board Meeting will be held at 6:00pm on Tuesday, January 6th at Dimensional Communications on 1220 Anderson Road, Mount Vernon.Meeting was adjourned at 6:25pm.

Respectfully submitted by Marci Maulden

Rides & Ride Reports

- Annual New Years Day Ride-- SRR
- 11:00 am Conway Red Barn Jean Sattler-Will 360 710 9577
- 11:00 am Stanwood Haggens Marshall Will 360 929 5003
- 11:00 am North Side of Mabien Park Burlington Rose Ploeg 360 202 1716
- 11:15am Anacortes March Point Park & Ride Steve Jahn 425 830 4981
- Approx: 12:30 La Conner Tavern Lunch & socializing
- Heavy rain/snow cancels

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			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Annual New Years Day Ride-- SRR 11:00 am Conway Red Barn Jean Sattler-Will 360 710 9577 11:00 am Stanwood Haggens Marshall Will 360 929 5003	 Annual New Years Day Ride-- SRR 11:00 am Burlington -- North Side of Mabien Park Rose Ploeg 360 202 1716 11:15 am Anacortes March Point Park & Ride Steve Jahn 425 830 4981	 No Ride Annual New Years Day Ride-- SRR Approx: 12:30 La Conner Tavern Lunch & socializing Heavy rain/snow cancels January 1 con't	 8:00 am MRR No Drop Rain Cancels Skagit Cycle Center Anacortes Liz Jenkins 360 588 8776 Rain Cancels	 10:00 am MRR Arlington Velo Sport 401 N Olympic Ave Mark Everett 360 840 7457 10:00 am MRR RLH 624 Bennett St Sedro Woolley Tom Jacobson 360 855 0593
 11:00 am MRR March Point Park & Ride Dan Sandstrom 360708 7108 Hanspeter Gehrig 360 588 9149 Steve Jahn 425 830 4981	 6:00 pm SBC Board Meeting Dimensional Communications 1220 Anderson Rd Mount Vernon Colby Plagge 360 540 4554		 11:00 am SRR-Joy Ride Edgewater Park West Mount Vernon Janice Lisherness 360 391 3931		 10:00 am All riding levels Ramble Ride Red Barn Conway Jennifer McCoy 360 336 2528	 10:00 am MRR Arlington Velo Sport 401 N Olympic Ave Mark Everett 360 840 7457
 11:00 am MRR March Point Park & Ride Dan Sandstrom 360708 7108 Hanspeter Gehrig 360 588 9149 Steve Jahn 425 830 4981			 11:00 am SRR Joy Ride Edgewater Park West Mount Vernon Jerry Ziegler 253 906 7975		 8:00 am MRR Skagit Cycle Center Anacortes No Drop Liz Jenkins 360 588 8776 10:00 am BRR Washington School West Mount Vernon Jim Finch 360 770 5915	 10:00 am MRR Arlington Velo Sport 401 N Olympic Ave Mark Everett 360 840 7457
 11:00 am MRR March Point Park & Ride Dan Sandstrom 360708 7108 Hanspeter Gehrig 360 588 9149 Steve Jahn 425 830 4981			 11:00 am SRR Edgewater Park West Mount Vernon Jane Monroe 360 391 9062	  Newsletter Deadline	 8:00 am MRR Skagit Cycle Center Anacortes No Drop Liz Jenkins 360 588 8776 10:00 am All levels Conway Red Barn Ramble Ride Scott Rittscher 360 652 7668	 10:00 am MRR Arlington Velo Sport 401 N Olympic Ave Mark Everett 360 840 7457
 11:00 am MRR March Point Park & Ride Dan Sandstrom 360708 7108 Hanspeter Gehrig 360 588 9149 Steve Jahn 425 830 4981			 11:00 am SRR Edgewater Park West Mount Vernon Gordon Odegaard 360 421 0573		 8:00 am MRR Skagit Cycle Center Anacortes No Drop Liz Jenkins 360 588 8776	

Skagit Bicycle Club Membership Form

Use Pay Pal 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
Colby Plagge
Colbyp@demensional.net
Vice President
Mike Tallering
mike.tallering@siemens.com
Secretary
Cheryl Calhoun
Calhoun@fidalgo.net
Treasurer
Shaun Bridge
sbridge007@gmail.com
Past President
Dan Sandstrom
dan.sandstrom@comcast.net

Board Members

Steve Jahn
SteveDianJahn@gmail.com
Marty Johnson
A_Mjohnson@comcast.net
Cindy McGuinness
mcguinesscc@gmail.com
Jane Monroe
janemmonroe@aol.com
Scott Rittscher
seaking@wavecable.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:
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Web masters:
Jamie Wells
Jamie@skagitspringclassic.org
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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 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

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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