

Saddle Post Intelligencer

The Voice of the Skagit Bicycle Club

Skagit County Washington

SKAGIT SPRING CLASSIC 2012

June
2012

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Find us on
Facebook

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



Volunteers Needed for June 2 Bike Fest

Volunteers are needed to help with bike skills stations for the June 2 Children's Bike Fest at Bakerview Park in Mount Vernon. The rodeo runs from 10 to 12, set up is at 9 am. Contact Liz McNett Crowl at 360-428-2331 or lcrowl@skagitvalleyhospital.org





Out of The Saddle

By Jim Finch



Is that the sun I see? I hope we can get used to it! With the change in the weather, different cycling concerns pop up. Dehydration, heat exhaustion or worse yet heat stroke. We need to be aware of the symptoms and ways to prevent it from happening.

- Know the signs of heat exhaustion and heat stroke.

The signs of Heat Exhaustion include heavy sweating, exhaustion, weakness, cramps, headache, chills, nausea, vomiting, and fainting. Possible rapid and weak pulse, and rapid, shallow breathing. Heat Stroke is a medical emergency and its symptoms are similar to heat exhaustion but also include lack of sweat, hallucinations, strange behavior, confusion, unconsciousness, seizure, coma, and death. I smiled when I came on to these symptoms because I suffer from mild forms of these after hard team / club rides ☺.

Seriously, it can be difficult to tell the difference between hard workouts or heat related issues. Be conservative in the heat.

- Ride during the coolest part of the day. Ride early in the morning or later in the evening. There is a significant difference in temperature.

- Choose your route wisely. Try to ride shaded routes, lots of trees. Stay away from the flats with little or no shade.

- Start and stay hydrated. If it is hot out you will lose a lot of fluids on your ride. If you start behind, you cannot catch up. Things in our bodies don't work the same under stress. Drink water every 15 minutes an hour before your ride and drink water every 10 minutes or so during your ride; more often if you feel thirsty. If you are riding more than an hour, it is advisable to drink a sports drink. This will replace minerals you lose through sweating. If you have a sensitive

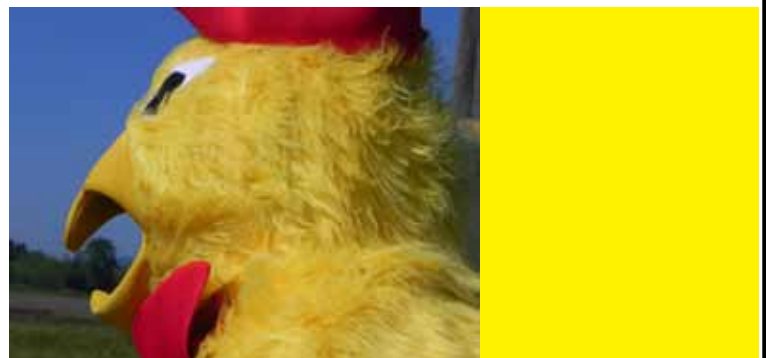
stomach, experiment with different products to find what will work for you. This is really important!

- Wear the right clothing. With high tech clothing available at a reasonable cost, there is no excuse not to own some. They are usually made of light weight synthetic materials and encourage your sweat to evaporate. This will help you stay cool.

- Listen to your body. Important! Important! Important! This is the last of my ramblings, but probably the most important. Pay attention to what your body is telling you and stop if you need to. No shame, no guilt. STOP! We have all had to bail on a ride or two in order to ride another day. Remember stay hydrated and ride safe.

Note: Remember, I am just a guy who likes to ride his bike. I am not a trained medical professional. This and many more cycling related articles can be found at CogandChain.com

Ride Safe.....Jim Finch



“Duarte -- Serialized Cycling Fiction, Part Nine

By Ken Rasmussen

“Thanks for dinner,” said Joe, as he stood to go.

“Thanks for your help,” said Duarte. “You played your part to perfection.”

Emily watched Joe leave.

“Nice fellow,” she said.

“Yes he is,” said Duarte.

“That was a fun ride!” said Emily.

“I enjoyed it immensely,” he said. “You seem to have started at the top. No one wins their first sprint.”

“You did a good job with the timing and strategy,” she said. “You managed everything to perfection.”

“Aren’t we great?” Duarte smiled. “Are you in a hurry to get home this evening? I’ve put together a private show of my work for Mr. Nyro. Would you like to see it?”

“Absolutely!”

* * *

Duarte unlocked the door of the gallery and switched on the lights.

“This way.”

Emily followed him through the gallery, through his studio, and into a side room she’d never been in before. Several dozen paintings were displayed on the walls.

“This is a lot of my best work,” he said. “Although I’ve saved some favorites for my private collection. I don’t know how much of this Mr. Nyro will buy, but I don’t want to lose all of it, so I’m keeping some paintings elsewhere. I’ll put on a show of my work if Nyro leaves me with enough paintings. This time I won’t be so coy about it. I’ll show people how to see what these paintings are really about.”

Emily looked around in amazement. In addition to Duarte’s characteristically obscure landscape paintings there were a half dozen huge canvases depicting scenes from history or mythology. Emily moved from painting to painting, taking her time. Duarte stood to one side and enjoyed her reactions.

“How is it that you’re not famous?” she asked. “These history paintings out-Gerome Gerome.”

“You’re the first person besides myself to see the history paintings,” he said. “They would have made me too famous. I’ve kept them hidden for many years.”

Emily shook her head in amazement.

“No one has ever painted like this. I’m proud to know you, Duarte, but I don’t understand why you keep placing so many obstacles in your own way. You’re a brilliant athlete, and no one has ever painted like you; yet you potter about in your gallery, live alone, and seem to be haunted by demons. The rest of us are trying to become known so we can earn a living by means of our art, and you’re worried about becoming too famous. What is it with you, Duarte?”

“I suppose its fear, and painful emotions,” he said. “I’ll tell you a little because you’re a lot like me, and I trust you. I dedicated myself to a cause. Nowadays I suppose I’d be called a terrorist, though I never saw it that way. Something I’d planned went wrong. I had to change my identity and hide. I fled the country for many years. That is the real reason for the white hair, by the way. Fame was the last thing I wanted. I’m still a wanted criminal, although I doubt if I’m being actively sought anymore.”

“Tell me more,” Emily said.

“I can’t. Please don’t ask.”

“I promise nothing,” she said, “but these are the best paintings I’ve seen. I don’t think you realize how priceless your achievements are. You don’t value yourself enough Duarte.”

* * *

Dimitri smiled at Emily across the table of the sidewalk café. He had managed to persuade her to accompany him on a trip to Italy. He was trying to track down a painting by Caravaggio that was rumored to be for sale. He didn’t suppose it could be purchased legally, or displayed publicly, even if it could be gotten, but he knew he’d always regret it if he didn’t make the attempt. He supposed that if he could get it he might be able to improve his legal claim later.

It had proved to be surprisingly difficult to get Emily to come. She had finally given in when he agreed to take her to a famous bicycle shop beneath the Vigorelli “velodrome” in Milan, whatever that was. She’d also insisted upon paying for her own plane tickets and rooms, although she wasn’t too proud to let him pay for the meals.

He sighed. He was very taken with her. They’d been dating for a couple of months. There had been some cuddling and some kissing, but that was all. He was frustrated. There were dozens of women better looking than Emily that would have been happy to agree to anything after a couple of dates. With Emily everything had to be done her way, or she wasn’t interested. She wasn’t a prude; in fact she made him uncomfortable with her candor. Was she angling towards marriage? That wasn’t an option as far as he was concerned, though he wasn’t above leading her on if that was what it would take.

“When are you going to put on your show?” she asked.

Dimitri immediately felt better. That, at least, was going well. He couldn’t believe his good fortune in discovering Duarte before the critics had noticed him. Those history paintings were incredible! If any other collector had learned of their existence first he would never have had the opportunity to get them. To own even one painting like that was fantastic, and he had six, plus all those amazing concealed image paintings. It was a treasure trove. He couldn’t wait to exhibit it.

“I’ve got a lot to do to get ready,” he said. “It will be at least six months from now. I’m going to do it right. I’m having a catalogue printed. I’ve got several art historians working on that already. I’ve hired a firm to prepare the publicity, and I’ve given several critics a peek at some of the Duarte paintings. They’re drooling with anticipation. This is going to be the biggest thing I’ve ever done.”

“Are you going to use any of my work?” she asked.

“Of course. I just wish I could have gotten more of your stuff. That was a mistake you made when you hired Duarte to be your agent.”

“Maybe,” she said, “but he’s planning a show of my work for September, and I don’t suppose he could do much without the paintings.”

“I could represent you more effectively,” said Dimitri.

“I’m going to give Duarte his chance. He appreciated my work before anyone else did. That means a lot to me,” she said.

* * *

Duarte looked critically at the painting. It was done. He felt pleased because it was a new direction. He had poured his emotions into the work. It reflected how he felt about himself, his life and about Emily. He’d never tried to put his emotions into his work, except within the concealed images in his innocuous landscapes, or in the history paintings that he had kept to himself. For too many years he’d hidden his feelings in his life and in his art. This painting seethed with passions that had been suppressed for too long. Even if you took the lovers out of the picture the painting was riveting. In many ways this was his best work.

FreeWheeling

Duarte continued from Page 3

His life seemed to revolve in cycles, counted not by years, but by paintings. Since the completion of his last work he'd met Emily and fallen in love, sold his first paintings, then, amazingly, had sold most of the rest of his paintings to Dimitri for nearly four million dollars. At present he was creating a charitable foundation. That way he could support worthwhile causes instead of giving up so much of his money to taxes. He planned to have the foundation pay him a salary. That would enable him to hire more help at the gallery, leaving most of his time free for his other interests. He looked forward to becoming politically active as well as spending more of his time painting and cycling.

It was nice to find himself with enough money to do whatever he wanted, and to discover that what he wanted to do was what he had been doing all along. He would have been content if it were not for Emily. He had a vision of a slug oozing across a flower whenever he thought of Emily traveling with Nyro. He hoped she was happy, but he doubted that Nyro had much capacity for selfless love. He feared for her.

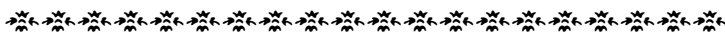
He'd gotten a postcard from Italy. She said she'd be back in plenty of time for her show and for the century ride, and that she expected to be bringing back a surprise to show him. He wondered what that would be. If she planned to show him a tattoo he hoped it would be on her butt. He smiled wryly at the thought.

High Tide Ride
June 2, 2012
Anacortes, WA

Join us for a fully supported, beautiful ride on Fidalgo Island, in Anacortes, WA, with breathtaking views of the Skagit Valley farmlands, Mount Baker, the Swinomish Channel and San Juan Islands. The start/finish at Seafarer's Way in Anacortes, WA is steps away from the heart of The Waterfront Festival! Following the ride use your food voucher to eat at one of the featured festival food vendors!

Pay the registration fee or waive your fee by fundraising (with great incentive gifts). Register at hightideride.com or contact the North Islands Young Life office (360) 840-8778.

All proceeds and additional fundraising will support North Islands Young Life
Feel free to contact me for further information. Thank you!
Liz Jenkins, Area Director



The route

Running from Saturday June 30th to Sunday July 22nd 2012, the 99th Tour de France will be made up of 1 prologue and 20 stages and will cover a total distance of 3,479 kilometres.

These stages have the following profiles:

- 9 flat stages
- 4 medium mountain stages - one with a summit finish
- 5 mountain stages - two with a summit finish
- 2 individual time-trial stages
- 1 prologue
- 2 rest days
- Distinctive aspects of the race

The 2012 Tour de France will have 25 mountain level two, level one or highest level mountain passes or summit finishes. They will be divided up geographically in the following way:

- 1 in the Vosges
- 3 in the Jura
- 4 in the Swiss Jura
- 6 in the Alps
- 11 in the Pyrenees

9 new stage towns

Abbeville, Annonay Davézieux, Bellegarde-sur-Valserine, La Planche des Belles Filles, Peyragudes, Porrentruy, Samatan, Tomblaine, Visé



Rides & more

Ride to Mt. Baker June 16.

Long route: leader Craig Langley

Meet at Samish School at 8:00am. Round trip to Glacier 76 miles, round trip to DOT 100 miles, round trip to Ski Area 116 miles, Artist Point probably not yet open.

Craig is looking for a volunteer to SAG and carry your small bag of gear, clothing, lunch to the top. I will have a sag wagon for the long route up to Mt. Baker on June 16th. Riders can bring a small cooler for lunch. The club will provide 5 gallons of water for all riders.

Call Craig at 360-939-0120 or email clangley@everettsd.org

Short route: Jane Monroe

Meet at the Welcome Store at 8:00am located 19 miles North of Samish School on Hwy 9. Choices of distances round trip to Glacier 38 miles, round trip to DOT 62 miles, round trip to ski area 78 miles. Call Jane at 360-424-4619 or e-mail janemmonroe@aol.com



Come Out for the Family Fun Ride

It's Father's Day weekend and what better way to celebrate, than to take a bicycle ride with the entire family on the Tommy Thompson Trail and around March Point. On June 16th, come on out to the Skate Park located at R Street and 23rd street between 9 am and 1 pm join the fun. At the Skate Park, there will be raffle prizes, a helmet fitting station, a bike checkout/maintenance station, and refurbished bicycles will be for sale for a very affordable cost. After you check in, take leisurely ride along the Tommy Thompson Trail out over Fidalgo Bay and if you wish out around March Point. This is one of the most beautiful rides in Skagit County. So, dust off your bicycles and come on out and enjoy the morning rides. This is the first of three bike rides. The second ride will be an easy trail ride near Whistle Lake on June 30th and a third around Washington Park on August 11th.

Volunteers from the Club are needed for these events, especially the first fun ride along the Tommy Thompson/March Point loop. We need help with setup, rovers to ride along the route to monitor and help out, and help with clean up afterwards. If you can help, please contact Eric Shen, sydst2@wavecable.com, (360) 299-8553

Eric Shen
14786 Entner Ln Anacortes, Wa 98221 360-299-8553

SCRAM 2012

(Skagit Club Ride Around Mountain)

Thursday/July 12, 2012

RAMROD route! Come and join us as we ride over 152 miles and climb 10,000 feet. You will not have to go through the lottery process as this is a club ride for cyclists seeking a challenge. If you would like to join us, please send me an email stating if you would like to be a cyclist or a sag driver. We will need 4 vehicles again this year. We will follow the official RAMROD 2012 course. I need to know if you will be participating by July 1st to get everything finalized. I will email out the details after the sign-up deadline. There isn't a registration fee, just a \$10-15 fee to get into the park.

I am limiting this event to 18 riders with 4 sag vehicles this year.

Hotel Reservations- Park Hotel







www.parkcenterhotelenumclaw.com

360.825.4490

SCRAM 2012 (Skagit Club Ride Around Mountain)

We are in need of SAG drivers! If you would be willing to give up July 12 (Thursday) to support cyclists as they make their way around Mount Rainier, please email Craig Langley by June 1st or call 425-760-9126 for more details. This is a challenging 152 mile course with 10,000 feet of climbing. We need four sag drivers in order to fully support this event. clangley@everettsd.org



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																				
				<p>1</p> <p>9:00am RLH M-S RR Breakfast Ride Rose Ploeg 360 202 1716</p>	<p>2</p> <p>9:00 am MRR March Point Bill Woyski 360 293 9520</p>	<p>3</p> 																				
<p>4</p> <p>10:00am MRR March Point Park & Ride Dan Sandstrom 360 708 7108 6:00 pm Viking Village Stnwd Recovery Ride Jill Langley 360 631 9117 6:00 pm MTB Arlington Velo Marcus 360 629 6415</p>	<p>5</p> <p>6:00pm Board Meeting Wa Fed Savings Burlington Jim Finch 360 770 5915</p> <p>6:00 pm S/RR Sweet Cakes Velo Sports Arlington Marcus 360 629 6415</p>	<p>6</p> <p>6:00 pm Skagit Valley Gardens 18923 Peter Johnson Road Mount Vernon Long/Med Routes Jim Finch 360 770 5915 Short Route Jane Monroe 360 424 4619</p>	<p>7</p> <p>10:00am Joyride S/RR Edgewater Park MtVernon Tony Pestarnio 360 402 0120</p>	<p>8</p> <p>9:00am RLH M-S RR Breakfast Ride Rose Ploeg 360 202 1716</p>	<p>9</p> <p>10:00 am M/S RR Red Barn Ramble Conway Jim Finch 360 770 5915</p>	<p>10</p> 																				
<p>11</p> <p>10:00am MRR March Point Park & Ride Dan Sandstrom 360 708 7108</p> <p>6:00 pm MTB Arlington Velo Marcus 360 629 6415</p>	<p>12</p> <p>6:00 pm S/RR Sweet Cakes Velo Sports Arlington Marcus 360 629 6415</p>	<p>13</p> <p>6:00 pm Skagit Valley Gardens Long/Med Routes Jamie Wells 360 941 1270 Short Route Kathea Rasmussen 360 766 8720</p>	<p>14</p> <p>10:00am Joyride S/RR Edgewater Park MtVernon Gordon Odegaard 360 421 0573</p>	<p>15</p> <p>9:00am MRR Breakfast Ride Conway Red Barn Jean Sattler 360 710 9577</p>	<p>16</p> <p>Annual Mt. Baker Ride</p> <p>8:00 am Samish School Craig Langley 360 939 0120</p> <p>8:00 am Welcome Jane Monroe 360 424 4619</p>	<p>17</p>  <p>FATHER'S DAY</p>																				
<p>18</p> <p>10:00am MRR March Point Park & Ride Dan Sandstrom 360 708 7108</p> <p>6:00 pm MTB Arlington Velo Marcus 360 629 6415</p>	<p>19</p> <p>6:00 pm S/RR Sweet Cakes Velo Sports Arlington Marcus 360 629 6415</p>	<p>20</p> <p>6:00 pm Skagit Valley Gardens Long/Med Routes Bill Thayer 360 757 2679 Short Route Barb Kline 360 421 4669</p>	<p>21</p> <p>10:00am Joyride S/RR Edgewater Park MtVernon Linda White 360 399 1999</p> <p>6:00 pm Church on Fir Island Time Trial Marshall Will 360 929 5003</p>	<p>22</p>  <p>NEWSLETTER DEADLINE</p>	<p>23</p> <p>10:00 am M/S RR Red Barn Ramble Conway Gordon Odegaard 360 421 0573</p>	<p>24</p> <p>10:00 am MRR Conway Ball Field 60-70 miles Lou Rivetti 360 668 3318</p>																				
<p>25</p> <p>10:00am MRR March Point Park & Ride Dan Sandstrom 360 708 7108</p> <p>6:00 pm MTB Arlington Velo Marcus 360 629 6415</p>	<p>26</p> <p>6:00 pm S/RR Sweet Cakes Velo Sports Arlington Marcus 360 629 6415</p>	<p>27</p> <p>6:00 pm Skagit Valley Gardens Long/Med Routes Shaun Bridge 360 854 7926 Short Route Jenifer McCoy 360 336 2528</p>	<p>28</p> <p>10:00am Joyride S/RR Edgewater Park MtVernon Cindy McGuinness 360 428 1816</p>	<p>29</p> 	<p>30</p> <p>9:00 am RLH Brisk RR Jamie Wells 360 941 1270</p>	<table border="1"> <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> <p>If weather is questionable call the ride leader</p>	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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Board Briefs

SKAGIT BICYCLE CLUB GENERAL MEETING MINUTES MAY 1, 2012

Present: Jim Finch, Jamie Wells, Bill Thayer, Chris Hanson, Craig and Jill Langley, Marshall & Jean Will, Steve & Dian Jahn, Gordon Ogedgaard, and Marci Maulden

Welcome to new members Michael Burr from Bow, Jannette Mathis & Lou Rivetti from Snohomish, Lance Munselle from Anacortes, Nathan & Jenny Schwarck from Anacortes, Rodger See & Jennifer Leon-Guerrero from Arlington, and David & Joanne Witiak from Anacortes,

The April 3, 2012 meeting minutes were approved with no corrections.

Ride Leader's Report:

Bill said he appreciated the help in keeping the ride calendar full. He recommended that new rides start from a school or a park as rides starting from a ride leader's home might be too intimidating for new riders.

Old Business:

Jamie reported that he made a request for cookies on the Skagit Bicycle Club (SBC) website with drop-off locations and dates. In general, things are moving along with the 2012 Spring Classic. Marshall reported that water had been ordered; Craig said he had plenty of rest-stop volunteers; mechanics will be available during the ride; glasses will arrive on May 10th; and food totes will be divided up during the stuffing party on May 11. The SBC Board approved a purchase of one dozen directional signs to be placed at critical points of the route. Marshall will make the purchase and put the signs up. We have 800 maps of the short route and 400 maps of the long route. There have been approximately 150 pre-registrations as of May 1.

New Business:

Liz McNett Crowl was on hand to be interviewed by KS-VR's Dave McConnell on Speak Up! Speak Out! about work being done by Mount Vernon to be designated as a Bicycle Friendly Community. Jim invited Liz to write an article for the SBC Newsletter in June. It was noted that Anacortes has already submitted their application to receive a Bicycle Friendly Community designation.

Respectfully submitted by Marci Maulden

Club Information

Skagit Bicycle Club Officers & Board

President
Jim Finch
JimF@waulb.com
Vice President
Steve Jahn
stevedianjahn@gmail.com
Secretary
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Treasurer
Marshall Will
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Past President
Jean Sattler-Will
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Chris Hanson
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Dian Jahn
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Craig Langley
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Gordon Ogedgaard
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Dan Sandstrom
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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
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Web masters:
George Haigh
george@zappo.org
Tom Jacobson Tomandlori@comcast.net

Website:
www.skagitbicycleclub.org

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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 pickup 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