

# Saddle-Post Intelligencer

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

March 2014

## Berentson Bridge Sweep Dates Announced

Skagit Bicycle Club plans to sweep the Berentson Bridge in the months of March, June and September 2014. The first date will be Saturday March 22 at 2 pm after the Red Barn Ramble Ride & Lunch. The sweep should take about one and a half hours.

Meet at the East end of the Berentson Bridge on the North side off ramp into the Twin Bridges Marina. The club will provide the brooms, shovels, wheel barrows and sweeper. However you are welcome to bring your own favorite shovel. Gloves are suggested.

This is always a fun social work event and a special treat for those participating will be supplied. MARK YOUR CALENDARS...and see you there.

Questions???? Contact Steve Jahn at 425-830-4981 [stevedianjahn@gmail.com](mailto:stevedianjahn@gmail.com)

## A CALL FOR HIGH QUALITY PHOTOS FOR 2014 SKAGIT COUNTY BIKE MAP

Do you have any local bike pictures you think are particularly good!...If so, please send them ASAP to Liz McNett Crowl of ACT, who is finalizing the new 2014 SKAGIT COUNTY BIKE MAP. Thank You !



Liz McNett Crowl  
Phone: 360 428 2331  
Email: [LCrowl@skagitvalleyhospital.org](mailto:LCrowl@skagitvalleyhospital.org)



## BubbaFest

By Jennifer McCoy

It was getting colder, now November 2013 and I still wanted to ride. So I headed to Florida for BubbaFest. Bubba has a sag service for many rides around the US – Cycle North Carolina, BRAG (Georgia), BRAT(Tennessee), Michigander, etc. Bubba's Pampered Pedalers also does at least 3 rides sponsored himself including San Diego, CA to St. Augustine, FL, BubbaFest, and the Katy Trail in Missouri. BubbaFest is an excellent planned trip through the Florida Keys. It starts in Key Largo, goes to Marathon with a day off, then on to Key West, with 2 days off, then back to Key Largo in 2 days. It's the flattest riding 50 miles each day spaced throughout the week. The trip is a well planned party (with good behavior) on wheels. The weather was wonderful, the scenery great, the planned festivities a real kick and the history nicely educational. I went snorkeling, there were options for kayaking, visited a Butterfly Conservancy, visited Ernest Hemingway's Key West home, and toured the Truman Whitehouse where he vacationed in Key West during his presidency. You can tent camp with Bubba's staff doing all the work or you can stay in motels with baggage pickup. The food is well catered. All in all a very nice ride at a time when we up here in the NW are thinking of next year's multiday rides. If you want more info, google BubbaFest or talk to me.

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# The Script

*(Who's Next?)*

*By Dan Sandstrom*

Hello cyclists, spring is in the air, just not in the weather. It is that time of the year when we get busy with up and coming events that require volunteers. Please contact Marshall, Jim, Colby, Jamie, Jane, or even me because someone will need your help. I know its tough with our heavy hearts concerning Bill Thayer but we all know Bill wants us stay on top of things to do just like he does. So, lets do what he would and get ur done as we keep Bill in our hearts and prayers for a speedy recovery. Have a great day...Dan.

## **Last Month's Guess Who's**

Guess Who -2 A

Jennifer Wyoski

No Picture Available

Guess Who - 2 B



Bill Thayer

## **March - Who's Next?**

My Years with the SBC

We first visited Anacortes to do some sailing at the invitation of friends in the summer of 1997 while living in the Lone Star State. The Skagit Valley definitely showed retirement possibilities so we returned in 1998 to check it out for a period of about five months. I was a pretty avid biker at that time so I brought my road bike that trip, having figured out the cycling possibilities the year before.

Phil Stevens, who suddenly passed away later that year, was my first SBC member contact at a ride he led from the Farmhouse Restaurant. It was his ride and I was the only person to show up that cloudy morning so I had him all to myself. He was in his 60's, a seasoned bike tourist and enthusiastically educated me on the workings of the club during a 25 mile ride that included one coffee stop and then a lunch stop and took four hours. Phil was a fascinating, immediately likeable guy who liked socializing as much as biking. In case you have never noticed, the SBC donated the bike rack at the Farmhouse inscribed with his name in his honor. The Farmhouse was one of his favorite hangouts. I regret that most of you never got a chance to know him.

After that initial ride, I joined the SBC immediately and, within a month, began to meet some of the stalwarts of the club. Cindy McGuinness led a ride from Acme up some killer hill on fearsome-sounding Mosquito Lake Road. Charlie Schultz was on that ride and was nice enough to do loops back to let the rest of us catch up. Jane Monroe was about to put on her annual Mt. Baker ride in preparation for STP, which several members were training for. Cheryl Calhoun and John Lodemeirer (now deceased) were burning up the roads on John's tandem as were tandem buddies Marshall Will and the former Jean LaBossiere (now, Jean Will). I skipped all of these rides as I had never ridden more than an occasional century at that point, but my appetite was rapidly getting sharpened for longer rides.

One of my most enjoyable rides that year was Rose Ploeg's annual mile ride to Dutch Mother's Restaurant in Lynden. I discovered what a "pannenkoeken" was and how good it tasted in the middle of an 80 mile ride. I found that Rose, Jane Monroe and I all rode at about the same speed so we had several hours to get acquainted. Rose was Editor of the SBC Newsletter then as she still is now. I'm

talking about 16 years ago, members and readers. We all owe Rose an enormous debt of gratitude for her unwavering devotion to the SBC. Give her a big "Thank You" when you see her and, Rose, don't you dare edit this out!

Other impressive mainstays that I met on some of those first rides included "Ironman" Tom Jacobson, Janice Lisherness, Linda White, Jennifer McCoy, Gary and Cheryl Minor, Ken and Kathea Rasmussen, Peggy Raterman, Tandem riders Lisa and Mike Rathvon and Neal and Marsha Rothenbuhler (Marsha is Lisa's Mom), Bill Thayer, Whit Whitford and Greg Vlasak.

I recall riding more and more in between my business trips that year. I couldn't believe how easy it was to hop on a ferry and be cycling in the serenity and beauty of the San Juan Islands. That season culminated for me with a group of us SBC members taking on the now defunct Tour d' Lacs, a circuitous, hilly, 125 mile, 2-day ride from Spokane to Coeur d'Alene, Idaho and back. It was a great ride and whet my appetite for longer rides in future years.

Upon returning to Anacortes in June of 1999, I was ready to give the 2 day STP a shot. After completing Jane Monroe's 130 mile Mt. Baker ride in late June, Jane convinced me that if I could do her whole ride, I could do STP in one day like she always did.. How was a "macho guy" (in those days) like me going to get out of that one? I asked Jane if I could ride STP with her so she could help pace me. We left the UW starting line at 4:45 am that Saturday and rolled into Portland about 7:45pm that evening. I remember having some leg cramps at about 150 miles and telling Jane to go on as I had to rest a few minutes. She refused to leave me and we were back on our way in about 10 minutes with no further problems. I vividly remember our conversation a few minutes after finishing in which I told her that one of the reasons I was hesitating on doing the one day ride was that a blockage was discovered in one of my coronary arteries in May and I had had an angioplasty and a stent installed in mid-May. First, she almost fainted and then she threatened to kill me! She asked why I didn't tell her that and I replied that, had I told her, she would have never encouraged me to do the one day STP. We have had multiple laughs over that one through the years. She was and is a fine athlete and a great mentor to many SBC members. We did the one-day STP again in 2000 and Jane went on to do it several more years following that.

Next on the list in 2000 was RAMROD (Ride Around Mt. Rainier in One Day) which Cheryl Calhoun (our mentor on that ride) and Greg Vlasak and I did together. I said after that ride that once was enough for me but ended up doing it again in 2002 with SBC Member, Kathy Foster, so that she could take that ride off her bucket list.

My wife and I moved permanently to Anacortes in 2001 and started a business here in 2003 which we sold in 2008. I cut back on my riding during those years but decided that we "middle aged" folks who were retired or semi-retired needed a steady weekday ride so I started the Thursday Morning Joyrides. They were started as fair weather rides but over the years, thanks to Janice Lisherness and other new members, they have morphed into a year round staple on the ride calendar. Now, Steve and Dian Jahn and Dan Sandstrom also oversee the well-attended, scheduled Monday Morning Rides from March

*The Script--Continued on Page 5*



# Rides

## Regular Scheduled Rides

Mondays – 11:00am from March Point Park & Ride at Western end of S. March Point Rd. Social to Moderate road ride, route dependent upon winds & weather. Rain cancels. Contact ride leader if in doubt. See ride calendar for leaders.

Tuesdays – 8:45am from Arlington VeloSport, (401 N. Olympic Ave, Arlington). “Spicycakes”; a 2 hour brisk road ride with hills. Mark Everett: 360 629 6415.

Thursdays – 11:00am From Edgewater Park (West across the bridge from Mt Vernon.) Social road ride. Rain cancels. See ride calendar for leaders.

Sundays – 10:00am from Arlington VeloSport, social ride mostly on Centennial Trail. Rain cancels. Mark Everett: 360 629 6415.

March 29th – 11:00am mountain bike ride. Ft Ebey/Kettles parks on Whidbey Island. Skagit Bicycle Club will be involved with the “Cookin’ in the Kettles” mountain bike race this year (on May 4th) as a fundraiser. We’ll be showing off the revised proposed course, looking for suggestions, and just exploring the local trails. Starts at the gun battery parking. Heavy rain cancels. Marshall Will, 360 929 5003 or cesiwill@msn.com.

March 30th – 2:00pm Bicycle Swap Meet. Bring your collection of un-used clothes, bike parts & accessories to sell or trade at Rose Ploeg’s at 1025 E Washington Ave. in Burlington. Tables provided.

## Local non-club rides:

March 8th “Mussels in the Kettles” A mountain bike fun ride, (with a poker run) starting at the Coupeville School and traveling north to the trails in Kettles County Park & Ft Ebey State Park, and back to town to enjoy Coupeville’s Mussels Festival. This is a fundraiser for the Whidbey Island Bike Club, and includes rest stops & prizes. See whidbeybicycleclub.org for more info.

March 15th “McClinchy Mile”. A road fun ride presented by the B.I.K.E.S. club of Snohomish County. Starts at the Haller Middle School, 600 E First Street in Arlington. An old local favorite, see bikesclub.org for info.

# & More

March 16th Ephrata gravel road Gran Fondo. The first of the Revolution Series of three gran fondos in Eastern Washington. An 80 mile mass-start fun ride over gravel roads ideally suited for a cyclocross bike, but doable on a light mountain or touring bike. See rideviciouscycle.com for more info.

## Ride mileage totals for 2013

Gordon Odegaard	5350 miles
Dan Sandstrom	7480
Jane Monroe	2491
Janice Lisherness	1220
Phil Smoots	230
Jennifer McCoy	902
Kit Rawson	3425
Kathy Thornburgh	3144
Jennifer Winson	1150



# Freewheeling

Submitted by Graham Read- SBC Member

By his own admission: *stolen from another website - here is the worthy text-not mine, but better here in full than a link:*

## The lost art of group riding

From: Velo Star Facebook Page 2:33pm Nov 22

Posted by Dominic Boyes

"Every so often, I'll ride a recreational group ride. I love the camaraderie of cyclists, the talk, the last minute pumps of air, the clicking in, and the easy drifting out as a peloton. "I miss riding in a group," I'll think to myself.

The magic ends by mile 10. The group will surge, gap, and separate, only to regroup at every stop sign. I'll hear fifteen repeated screams of "HOLE!" for every minor road imperfection. And then no mention of the actual hole. Some guy in front will set a PB for his 30 second pull. Wheels overlap, brakes are tapped, and some guy in the back will go across the yellow line and speed past the peloton for no apparent reason. A breakaway?!

I curse under my breath, remembering why I always ride with only a few friends. Doesn't anyone else realize how dangerous this ride is? How bad it is for our reputation on the road? There are clear rules of ride etiquette, safety, and common sense. Does anyone here know the rules? Who is in charge?

But no one is in charge, and the chaotic group has no idea of how to ride together. As a bike lawyer, I get the complaints from irritated drivers, concerned police, controversy-seeking journalists, and injured cyclists. It needs to get better, but the obstacles are real:

First, everyone is an expert these days. The internet and a power meter do not replace 50,000 miles of experience, but try telling that to a fit forty year-old, new to cycling, on a \$5000 bike. Or, god forbid, a triathlete. No one wants to be told what to do.

Second, the more experienced riders just want to drop the others and not be bothered. It is all about the workout, the ego boost, or riding with a subset of friends. But a group ride is neither a race nor cycling Darwinism. As riders get better, they seek to distinguish themselves by riding faster on more trendy bikes; but as riders get better they need to realize two things: 1) there is always someone faster, and 2) they have obligations as leaders. Cycling is not a never ending ladder, each step aspiring upwards, casting aspersions down. It is a club, and we should want to expand and improve our membership.

Third, different rides are advertised by average speed, but speed is only one part of the equation. This approach makes speed the sole metric for judging a cyclist, and creates the false impression that a fit rider is a good one. Almost anyone can be somewhat fast on a bike, but few learn to be elegant, graceful cyclists.

Fourth, riding a bike well requires technique training. Good swimmers, for example, constantly work on form and drills; so should cyclists. Anyone remember the C.O.N.I. Manual or Eddie Borysewicz's book? They are out-of-print, but their traditional approach to

bike technique should not be lost. More emphasis was given on fluid pedaling and bike handling.

Before the internet, before custom bikes, and before Lance, it was done better. Learning to ride was an apprenticeship. The goal was to become a member of the peloton, not merely a guy who is sort of fast on a bike. Membership was the point, not to be the local Cat. 5 champ. You were invited to go on group ride if you showed an interest and a willingness to learn. You were uninvited if you did not. You learned the skills from directly from the leader, who took an interest in riding next to you on your first rides (and not next to his friends, like better riders do today). Here is some of what you learned:

- To ride for months each year in the small ring.
- To take your cycling shorts off immediately after a ride.
- To start with a humble bike, probably used.
- To pull without surging.
- To run rotating pace line drills and flick others through.
- To form an echelon.
- To ride through the top of a climb.
- To hold your line in a corner.
- To stand up smoothly and not throw your bike back.
- To give the person ahead of you on a climb a little more room to stand up.
- To respect the yellow line rule.
- To point out significant road problems.
- To brake less, especially in a pace line.
- To follow the wheel in front and not overlap.

The ride leader and his lieutenants were serious about their roles, because the safety of the group depended on you, the weakest link. If you did not follow the rules, you were chastised. Harshly. If you did, you became a member of something spectacular. The Peloton.



# Board Briefs

SKAGIT BICYCLE CLUB  
GENERAL MEETING MINUTES February 4, 2014

Present: Gordon Odegaard, Bill Thayer, Jamie Wells, Shaun Bridge, Dan Sandstrom, Jennifer McCoy, Marshall Will, Jane Monroe, Marci Maulden, and Cindy McGuiness.

The December 3, 2013 and January 7, 2014 meeting minutes were approved with no corrections.

Welcome to new members Steve & Peggie Hunnicutt from Anacortes, Robert & Joyce Joyner from Mount Vernon, and Jonathan Callis from Conway.

## Old Business:

The SBC Board approved a motion for our treasurer, Shaun Bridge, to write a \$100 check to Washington State Parks in support of the Cookin In the Kettles mountain bike race to be held May 4th at Fort Ebey State Park. Following much discussion, a motion was approved that expenditures in support of the Skagit Bicycle Club over \$1000 need prior approval by the SBC Board. Expenditures in support of the Skagit Bicycle Club under \$1000 do not need prior approval, but a month end report for all expenditures would be prepared by the treasurer and approved by the SBC Board at SBC Board meetings.

Dan Sandstrom has contacted Bayview State Park about using the facility in July for Wednesday night rides but he hasn't heard anything back from them.

There was discussion about the use of sweepers for large rides and the responsibilities of ride leaders. As noted at the previous board meeting in January, and in this meeting, it is important to have a one ride limit advertised for non-members on the Safety Affirmation & Release Form, otherwise known as the Ride Leader's Form. Also, it was again suggested that ride leaders have membership forms ready at the rides for non-members to sign-up. In addition to that, we would like to add a place to write license plate numbers on the Ride Leaders Form so ride leaders can check for riders who haven't returned at the end of a ride.

## New Business:

The Spring Classic routes have been established. Tee shirts will be offered to pre-registered riders and will be free to SBC members volunteering for the Spring Classic. Other tee shirts and glasses will be available for sale at day-of registration.

The 2014 SBC Christmas party will be held December 7.

The meeting was adjourned at 7:10pm The next SBC Board meeting will be held at 6:00pm on Tuesday, March 4 at Dimensional Communication on 1220 Anderson Road, Mount Vernon.

Respectfully submitted by Marci Maulden

# Etcetera

*The Script...continued from page 2*

Point. I now enjoy riding 3+ days a week when I can and the weather is dry. In wet weather, a stationary bike at the gym and my I-Pod shuffle are my good friends.

The character of the club rides have evolved, positively, over the years. Now, because of the number of older, retired riders, we have more scheduled rides during the week. Isn't it great that so many of the long-time members are still riding and enjoying the sport along side of the new incoming members. I often wish that I knew the younger, faster members better whose turn it is to "hammer away" as I roll along at my "moderate pace". Obviously, youth carries more responsibilities of work and family commitments. But the fact is that many of the older members still hammer away alongside the young guns and many of the incoming members, young and old prefer to ride at a more relaxed pace so it can all even out.

With the prime biking season approaching rapidly, make it a point to show up at the rides on the schedule that appeal to you and get to know the riders, younger or older than you, who ride at about your pace. When there is a rest stop involved, try to get to know everybody. By talking to some of these interesting folks and you'll discover that you have a lot more in common than a mutual love of biking though this extraordinary area known as the Pacific Northwest.

Dan Sandstrom  
Dan.sandstrom@comcast.net  
360.708.9041



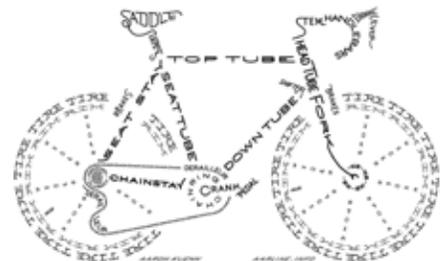
## F.Y.I.



The Whidbey Island Bicycle Club is putting together a team to compete in the 24hr mountain bike relay race in Spokane on this Memorial Day weekend. These are great fun and a phenomenal personal challenge. Anyone interested can contact John Clark (WIBC VP) at (850) 292-8973 or [gonefishing4ever@yahoo.com](mailto:gonefishing4ever@yahoo.com).



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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>RR</b> Road Ride <b>MTB</b> Mountain Bike <b>TT</b> Time Trial <b>RLH</b> Ride Leader's Home Ride Pace: <b>E</b> Easy under 10mph <b>S</b> Social 10-12 mph <b>M</b> Moderate 12-16 mph <b>B</b> Brisk 16-20 mph <b>ST</b> Strenuous 20+ mph If weather is questionable call the ride leader	<b>1</b> 10:00am MRR Ride Leader's Home Jill Langley 360 631 9117	<b>2</b> 10:00am SRR Centennial Trail Arlington VeloSport Mark Everett 360 629 6415
				<b>3</b> 11:00 am MRR March Point Park & Ride-Anacortes HansPeter Gehrig 360 588 9149	<b>4</b> 6:00 pm SBC Mtg. @ Dimensional Communications 1220 Anderson Rd MV Dan Sandstrom 360 708 7108  8:45am Brisk RR Arlington VeloSport Mark Everett 360 629 6415	<b>5</b>
<b>10</b> 11:00 am MRR March Point Park & Ride-Anacortes Dan Sandstrom 360 708 7108	<b>11</b> 8:45am Brisk RR Arlington VeloSport Mark Everett 360 629 6415	<b>12</b>	<b>13</b> 11:00 am Joy Ride--SRR Edgewater Park Janice Lisherness 360 391 3931	<b>14</b> 11:00 am S-MRR Breakfast Ride Red Barn-Conway Jean Sattler-Will 360 710 9577	<b>15</b> 10:00am Brisk RR Washington School - (MV) Jim Finch 360 770 5915  \$\$ 8:00am-4:30pm McClinchy Mile Ride B.I.K.E.S. Bicycle Club bikesclub.org	<b>16</b> 10:00am SRR Centennial Trail Arlington VeloSport Mark Everett 360 629 6415  \$\$ 9:00am gravel gran fondo Vicious Cycles rideviciouscycle.com
 <b>17</b> 11:00 am MRR March Point Park & Ride-Anacortes HansPeter Gehrig 360 588 9149	<b>18</b> 8:45am Brisk RR Arlington VeloSport Mark Everett 360 629 6415	<b>19</b>	<b>20</b> 11:00 am Joy Ride--SRR Edgewater Park Linda White 360 770 1050	 <b>21</b>	<b>22</b> 10:00 am Ramble Ride All riding levels Conway-Red Barn Jennifer McCoy 360 336 2528  Bridge Sweep @ Berentson Bridge After Ride	<b>23</b> 10:00am SRR Centennial Trail Arlington VeloSport Mark Everett 360 629 6415
<b>24</b> 11:00 am MRR March Point Park & Ride-Anacortes Dan Sandstrom 360 708 7108	<b>25</b> 8:45am Brisk RR Arlington VeloSport Mark Everett 360 629 6415	<b>26</b>	<b>27</b> 11:00 am Joy Ride--SRR Edgewater Park Jane Monroe 360 424 4619	<b>28</b>	<b>29</b> 11:00am Mountain Bike Ride Ft Ebey State Park Marshall Will 360 929 5003	<b>30</b> 10:00am SRR Centennial Trail Arlington VeloSport Mark Everett 360 629 6415  2:00 PM Bike Swap 1025 E Washington Ave. Burlington See Newsletter for details.
<b>31</b>			<b>6</b>			

# Skagit Bicycle Club Membership Form

Use PayPal 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

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  
**Marci Maulden**  
mauldenm@earthlink.net  
Treasurer  
**Shaun Bridge**  
sbridge007@gmail.com  
Past President  
**Gordon Ogedaard**  
jgode@wavecable.com

### Board Members

**Jennifer McCoy**  
jlmccoy@ncia.com  
**Cindy McGuinness**  
mcguinesscc@gmail.com  
**Jane Monroe**  
janemmonroe@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

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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 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.



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