

# Saddle-Post Intelligencer

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

May 2015



## WANTED!!! NEEDED!!! COOKIES FOR SPRING CLASSIC MAY 9, 2015

WE are asking members of SBC to bake cookies for the Spring Classic, and hope you can donate 4-6 dozen cookies. Anything is appreciated!

Riders come to the Spring Classic "for the ride"...but really...*It is all about the cookies!* Don't be fooled!

Cookies can be delivered to Skagit Cycles in Anacortes (360-588-8776) and Burlington 360-757-7901, or to the Arlington Bicycle Shop 360-629-6415, from Wednesday May 6 - 8.

On Friday evening, May 8th cookies can be delivered to Bayview Elementary School, 15241 Josh Wilson Rd from 6 - 7:00 PM. Join us with preparations for the ride and pizza and pop as a reward!

We appreciate your support and help to make this another successful *Skagit Spring Classic!*

**Questions?  
at 425.830.5381**

**Call Dian Jahn**



## For Help with Packet Stuffing & Set up for Spring Classic

When: Friday, May 8th, 2015  
5:00pm - 7:00pm

Where: Bayview Elementary School,  
15241 Josh Wilson Road,  
Burlington WA

Pizza and Refreshments will be provided.  
We appreciate your support and help to make  
this another successful  
SKAGIT SPRING CLASSIC!

Sincerely, Colby Plagge/Jamie Wells  
Spring Classic Co-Coordinators  
colbyp@dimensional.net  
jamie@skagitspringclassic.org

### In This Issue:

Word of the Domestique

Page 2

Rides & Ride Reports

Page 3

Freewheeling

Page 3

Ride Calendar

Page 4

Club Info & Membership Form

Page 5

# 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.

## Random Tips for a better Cycling season.

Wednesday night rides are starting this month in Anacortes at the park and ride 6:00pm sharp!

Below are some random tips that will keep you, your fellow rider for a better cycling season.

### **Tip #1: Keep your bike clean.**

The condition of your road bike tells a lot about the type of person you are. If on a regular basis you bring a dirty bike on a ride you are telling other riders two important facts.

1. You are not safe. You have not inspected your bike in a while. The filth is covering up key components. The dried dirt / dust on your rims is hiding the cracks around the spoke nipples on your rims. You are a wreck waiting to happen.
2. You are a Yeti and probably have not showered since the last time you washed your bike. Nobody likes to draft behind a Yeti. Yetis stink  
If for no other reason clean your bike to make is a safer ride. Cleaning the wheels and tires may seem like a waste of time but how else are you going to discover that you have cuts in your tread and side wall? You certainly don't want to find out at 40mph that you have a problem.

### **Tip #2: When riding stay loose. No Death Grip.**

A death grip on the handle bars during a group ride causes fatigue. Fatigue causes accidents. At some point you are going to rub the wheel of the rider in front of you. If you try to power out of it using a death grip on the handle bars you more than likely going to crash. Stay loose. In a race. (A real race a while back) A rider next to the Super D at 200 meters from the finish line attempted to go supersonic for the win. (way to early) In this racers haste his knee caught Super D under the elbow knocking Super D's hand off the handlebar. Super D stayed loose and tragedy was averted. Super D went on to beat this individual in the sprint.

### **Tip# 3: Allow members of your family to hang undergarments from your bike when it is in the house.**

This is a very small price to pay for keeping your bike on display in the house. Anything you can do to keep your precious bike in the house should be allowed. Besides, Think back to when you were 16 and biking. Wouldn't it have been cool to have someone else's undergarments dangling from your handlebars as your bike comfortably resides in the bedroom next to the bed?

### **Tip #4 On group rides use Co2**

When you get a flat during a group ride nobody gives a rat's \_\_\_\_ (insert expletive here) how cool your frame pump is. We will patiently wait for you to change a tire. However watching you pump up a tire while our legs are cramping up and we are being eaten by mosquitoes will wear our patience thin. Save the frame pump for the solo ride. If you had followed tip #1 you may not have got the flat in the first place.

### **Tip #5 Wash your jersey and shorts between rides**

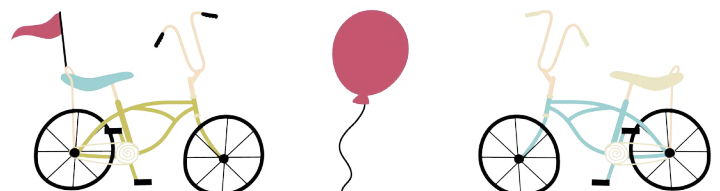
Have you ever been inspired to ride at the front for an entire ride despite massive headwinds? If so than there must be someone in the pack that has not washed there kit. You know who you are. . wash your clothes and maybe even try some deodorant.  
The only pain that you should be making others feel is in their legs.

### **Tip #6 Be Wary of riding next to, or anywhere near a Tri-athlete.**

Some Tri-athletes do know how to handle a bike, but they are a select few. Most Tri-athletes use their brakes way too often and know very little about holding a line. To make matters worse they get nervous if anyone is on a bike within 10 feet of them. If you're not sure that you are near a tri-athlete here are some clues.

- They like to ride there aero bars all the time regardless of the situation.
- On a 20 mile ride they have GU taped to the top tube of their \$6,000 bike.
- They are pulling their bike out of a ditch on a straight road that has a massive shoulder. In short the bike handling skills of a tri-athlete make a Cat 5 racer look like a seasoned professional in the tour. If you spot a Tri-athlete proceed with caution.

312 miles biked - 68 miles walking 223lbs



# Rides & Ride Reports

# Freewheeling

**Saturday May16 10:00am-** Meet at Central United Methodist Church parking lot, 1013 Polte Rd. Sedro-Woolley, WA. to ride the Cascade Trail to Concrete, WA.. It's 50 miles (round trip). Mt. Bike or Cross bike needed for the gravel trail. It's paved for only about 1 block, but flat and not difficult. We'll have a snack in Concrete at the Grocery Store or Annie's Pizza, or you can ride a shorter distance out and back. Call Jack McTaggart 360-420-1857 or Jane Monroe 360-391-9062

## Monday Rides- Accommodating More Moderate Pace Riders

The Monday rides have been listed as MRR in pace and style . However, more than a few riders have found the pace to be "slightly" too brisk for their desires and have not been participating as much. We would like to adjust for this beginning with April Monday rides. While still being listed as MRR, we will evaluate the group each Monday and split into two groups: One more "moderate" MRR, and the other a more brisk MRR. Both will take the same route and stop at the same designated place. (the difference in actual time between groups is minimal) WE HOPE SOME OF YOU WHO HAVE BEEN DISCOURAGED WITH TOO BRISK A PACE , WILL RE-CONSIDER AND PARTICIPATE AGAIN. ....WE MISS YOU !!!!

Monday Rides- March Point Park And Ride All riders welcome for this ride leaving every Monday from March Point Park and Ride. Spring start time of 10 AM. Distance of 35ish miles , MRR(15-17mph) pace.. 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 May Cancel Ride.

Note: Ride leader will asses the group and determine if a second more moderate pace group & leader is desired.

*Dan Sandstrom/ Hanspeter Gehrig/ Steve Jahn*

## Ladies Maintenance Classes

We offer this class once a month on Wednesday from 6-9pm. (Location varies by month). Class registration fee is \$10. Contact email is [bernie@skagiticyclecenter.com](mailto:bernie@skagiticyclecenter.com). Below is the class schedule for the summer:

May 13th in Burlington  
 June 17th in Anacortes  
 July 15th in Burlington  
 August 19th in Anacortes  
 September 16th in Burlington

## Skagit Cycle Center Hosting Rides May-September.

All rides will meet and end at the Anacortes Shop 1620 Commercial Ave. Anacortes 360 588 8776. Rain cancels all rides. 360.588.8776 [www.skagiticyclecenter.com](http://www.skagiticyclecenter.com)

- Every Tuesday 6pm--no drop ladies road ride-- 10-25 mile ride, all lady roadies welcome--Anacortes shop
- Every Wednesday 6pm-- Social ride -- all bikes welcome, casual pace-- Anacortes Shop
- Every Saturday 8:30am-- no drop road ride-- 10-25 mile ride co-ed-- Anacortes shop

## May Is National Bike Month! Join The Challenge!

Skagit Bicycle Club & bikewalk Mount Vernon encourage you to join in a cycling challenge hosted by cascade bicycle club to log your miles and bike trips. Compete with other participants, and ride to win prizes and pride. There is even a local "bragging rights" challenge between the mayors of anacortes and mount vernon for which area has the most cyclists and who covers the most miles! You can log all your bike trips for bike month. Bike to the store, to school with your kids, to work, to downtown, out to dinner, on a trail, on a touring ride to Eastern Washington, ride the Skagit Spring Classic - everywhere for every kind of ride!

Signing up only takes a few minutes and participation is easy and fun.

1. Where: go to [cascade.Org/commutechallenge](http://cascade.Org/commutechallenge).

2. How: click the green "join challenge" button.

2A) register-register under the skagit bicycle club organization.

2B). Teams: join a team. SBC has created these teams:

skagit bicycle club; you can also create your own team

2C). Leagues: please join the "skagit valley" league-there will be separate prizes as incentive for participating in our league! You can join more than one league and you can create another league. You can also join multiple leagues. SBC has formed these leagues- skagit bicycle club- monday riders; skagit bicycle club - wednesday riders ; skagit bicycle club joy riders; skagit bicycle club red barn riders.

Now, go out and have fun riding and log your trips/miles when ever convenient.

**Join The National Bike Month Challenge And Have Fun Riding In May!**

## THE NEW GUEMES CHANNEL TRAIL OPENING

Good news! The newest section of the Guemes Channel Trail has been completed. The official trail opening will be Saturday, May 9 starting at 9:30 AM with a walk of the trail, followed by an 11 AM "Opening Ceremony" . The new section starts at the culdesacat the end of EdwardsWay (in the San Juan Passage Development) off of Oakes Ave (Hwy 20...just before theFerries) . Currently, it is an "out and back" walk/ride , as the exit at Lovric's Marina is not opened for the public. An outlet for bikes and walkers will occur within some months from now. It is beautiful ! Please see it <http://www.guemeschanneltrail.com/gallery/>

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
 <div data-bbox="657 136 885 493" style="border: 1px solid black; padding: 5px;"> <p><b>Ride Type Key</b>  RR=Road Ride  MTB- Mountain Bike  TT=Time Trial  RLH=Starting at the Rider Leader's Home</p> <p><b>PACE--in MPH</b>  S=Social=10 - 12  M=Moderate=12-16  B=Brisk= 16-20+</p> </div>						 <p>3:30pm MRR  Arlington  VeloSport  Mark Everett  360.629.6415</p>
 <p>10:00 am MRR  March Point  Park &amp; Ride  Dan Sandstrom  360708 7108  Steve Jahn  425 830 4981  Hanspeter Gehrig  360.588.9149</p>	 <p>6:00 pm  <b>SBC Board Meeting</b>  Dimensional  Communications  1220 Anderson Rd  Mount Vernon  Colby Plagge  360.540.4554</p> <p>6PM Sweetcakes  Ride see below:</p> <p>6PM Ladies No Drop Ride  Skagit Cycle/Anacortes  See Newsletter</p>	 <p>6:00PM  March Point  Park &amp; Ride  Long/Medium Marshall  Will 360.929.5003  Short-Mike Tallering  360.326.8523</p> <p>6PM SRR  Skagit Cycle  Anacortes Store  360.588.8776</p>	 <p>10:00 am  Joy Ride SRR  Conway Red Barn  Jean Sattler-Will  360.710.9577</p>	 <p>6:00PM  Packet Stuffing Party  BayView School  Bring cookies</p>	 <p>7:00 AM  Skagit Spring Classic  Bayview Elementary  School  15241 Josh Wilson Road  Burlington WA</p>	 <p>3:30pm MRR  Arlington  VeloSport  Mark Everett  360.629.6415</p>
 <p>10:00 am MRR  March Point  Park &amp; Ride  Dan Sandstrom  360708 7108  Steve Jahn  425 830 4981  Hanspeter Gehrig  360.588.9149</p>	 <p>6:00pm  <b>SWEETCAKES RIDE</b>  Viking Village  Stanwood  Rod McDonald  Dolf Scheltinga  425.359.6710</p> <p>6PM Ladies No Drop Ride  Skagit Cycle/Anacortes  See Newsletter</p>	 <p>6:00PM  March Point Park &amp; Ride  Long/Medium, Jim Finch,  360.424.5533  Short, Jane Monroe,  360.391.9062  6PM SRR  Skagit Cycle  Anacortes Store  360.588.8776  6-9 PMLadies Basic  Maintenance Class  Skagit Cylce/Burlington</p>	 <p>10:00 am  SRR Joy Ride  Conway Red Barn  Marty Johnson  360.982.2513</p>		 <p>8:30am SRR  Skagit Cycle  Anacortes  Liz Jenkins  360.840.8778</p> <p>10:00 am  MRRtoBRR  Red Barn Ramble  Conway Scott Rittscher  360.652.7668</p>	 <p>3:30pm MRR  Arlington  VeloSport  Mark Everett  360.629.6415  10 am MRR, Conway  (park on Main St  near Pub), Lou Rivetti  425.446.9019  Rain Cancels  Rain Cancels</p>
 <p>10:00 am MRR  March Point  Park &amp; Ride  Dan Sandstrom  360708 7108  Steve Jahn  425 830 4981  Hanspeter Gehrig  360.588.9149</p>	 <p>6:00pm  <b>SWEETCAKES RIDE</b>  Viking Village  Stanwood  Rod McDonald  Dolf Scheltinga  425.359.6710</p> <p>6PM Ladies No Drop Ride  Skagit Cycle/Anacortes  See Newsletter</p>	 <p>6:00PM  March Point  Park &amp; Ride  Long/Medium, Whit  360.757.1357  Short-Kathea Rasmussen  360.766.8720</p> <p>6PM SRR  Skagit Cycle  Anacortes Store  360.588.8776</p>	 <p>10:00 am  SRR Joy Ride  Conway Red Barn  Jack McTaggart,  360.420.1857</p>	 <div data-bbox="917 1344 1120 1627" style="border: 2px solid orange; padding: 10px; text-align: center;"> <p><b>NEWSLETTER  PEAPLINE</b></p>  </div>	 <p>10am MTB  Sedro-Woolley to Concrete  via trail/see newsletter  Jane Monroe  360.391.9062</p> <p>8:30am SRR  Skagit Cycle  Anacortes  Liz Jenkins  360.840.8778</p>	 <p>3:30pm MRR  Arlington  VeloSport  Mark Everett  360.629.6415</p>
 <p>10:00 am MRR  March Point  Park &amp; Ride  Dan Sandstrom  360708 7108  Steve Jahn  425 830 4981  Hanspeter Gehrig  360.588.9149</p>	 <p>6:00pm  <b>SWEETCAKES RIDE</b>  Viking Village  Stanwood  Rod McDonald  Dolf Scheltinga  425 359 6710</p> <p>6PM Ladies No Drop Ride  Skagit Cycle/Anacortes  See Newsletter</p>	 <p>6:00PM  March Point Park &amp; Ride  Long/medium  Jonathan Callis  360.630.9457  Short-Janice Lisherness  360.391.3931</p> <p>6PM SRR  Skagit Cycle  Anacortes Store  360.588.8776</p>	 <p>10:00 am  SRR Joy Ride  Conway Red Barn  Jerry Ziegler  253.906.7975</p>		 <p>10:00 am  MRRtoBRR  Red Barn Ramble  Conway  Jean Sattler-Will  360.710.9577</p>	 <p>1:30 MRR  RLH: 1025 E  Washington Ave  Burlington  Rose Ploeg  360 202 1716</p> <p>3:30pm MRR  Arlington  VeloSport  Mark Everett  360.629.6415</p>

# 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  
**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  
Whit Whitford  
nx7q@frontier.com  
360 757 1357  
Spring Classic Coordinator:  
**Colby Plagge**  
Bridge Sweep Coordinators:  
**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**  
Published by  
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

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>



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

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

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