

# Saddle-Post Intelligencer

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

November 2013

Annual Christmas Party  
December 1st at 6:00 PM  
Skagit Valley Gardens  
18923 Peter Johnson Rd  
Mount Vernon, WA

Potluck/If your last name starts with:

A through G bring a Main dish,  
H through O bring a Salad,  
P through Z bring a dessert  
A-Z = BYOB

Plates and silverware will be provided.

To participate in the gift exchange  
bring a wrapped \$ 15.00 Gift



## In This Issue:

The Pace Line by Gordon Odegaard	Page 2
Rides	Page 3
Board Briefs	Page 3
Ride Calendar	Page 4
Club Info & Membership Form	Page 5

## SKAGIT BICYCLE CLUB ANNUAL DINNER MEETING OCTOBER 16, 2013

The annual Skagit Bicycle Club (SBC) dinner meeting began at 6:00pm at the Senior Citizen Center in Sedro Woolley. After a Mexican dinner, which was coordinated by Bill Thayer, President Gordon Odegaard introduced the 2014 nominated board. A motion was made by Tim Holleran, and seconded by Jane Monroe to accept the board as nominated. All approved the following 2014 nominated board members:

President (2014): Dan Sandstrom  
Vice President (2014): Colby Plagge  
Treasurer (2 year term- thru the end of 2015): Shaun Bridge  
Secretary (2014): Marci Maulden  
Board Member (thru the end of 2014):  
Jennifer McCoy, replacing Justin Dahl  
Board Member (thru the end of 2015):  
Jane Monroe, replacing Colby Plagge  
Board Member (thru the end of 2015):  
Jamie Wells, replacing Shaun Bridge  
Board Member (thru the end of 2016): Scott Rittscher  
Board Member (thru the end of 2016): Cindy McGuiness

Mike Tallering is a board member who served in 2013 and will remain on the board for 2014 to serve out his term.

The remaining positions are very important and will be filled by the following volunteers:

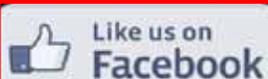
Newsletter Editor: Rose Ploeg  
Spring Classic Coordinator: Colby Plagge  
Bridge Sweep Coordinator: Steve Jahn  
Ride Coordinator: Janice Lisherness

Janice Lisherness announced the names of the 20 people who won Ride Leader Awards this year. A Ride Leader Vest was ordered for each of them. Gordon also expressed appreciation with a gift to exceptional volunteers and board members this year, including a special presentation to Marshall Will and Jill Langley for their work on the 2013 Spring Classic. In turn, Marshall presented Gordon a plaque for his work as the SBC 2013 President.

Members also voted on organizations to which SBC donations will be made. Gordon will tally the ballots to determine which of the following organizations will receive our donations: Bakerview BMX; Special Olympics- Skagit County Branch; Skagit County Medic One Bicycle Helmet Program; Skagit County Active Community Taskforce; and Skagit County Parks & Recreation. The SBC Board will determine the amount to be distributed among these worthy organizations.

Willie Weir, author and avid biker, was our guest speaker for the evening. His presentation followed his journey to Myanmar, Cambodia, and Laos.

Our next board meeting will be on Tuesday, November 5, 2013 at Dimensional Communications on 1220 Anderson Road, Mount Vernon. Respectfully submitted by Marci Maulden



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

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# *The Pace Line*

*By Gordon Odegaard*



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This year at the annual meeting we had the opportunity to listen to a presentation by Willie Weir, an adventure cyclist. If you missed the meeting I would encourage you to obtain a copy of this two books, *Where is in the World is Willie* and *Spokesongs*. His presentation made me think differently about cycling.



First, what is an adventure cyclist? According to Willie it is something that takes you out of your comfort zone. So when we first got on a bike we were out of our comfort zone and probably experienced a few falls. We still may experience a few falls putting us back a bit. Willie led bicycle tours through the San Juan Islands for four years. When first meeting one group he was to lead he noticed one lady being rather shy. When all the other members of the group had their bikes fitted, the lady approached Willie and confessed she had not been on a bike since she was a child. So Willie took her to a parking lot and had basically taught her how to ride! Soon after the tour began, Willie passed her with his van, the lady had the biggest smile one could imagine. She had started on an adventure, it was beyond her comfort zone and overcame her fear. When would Willie be beyond his comfort zone I have no idea. The stories he tells would be well beyond my comfort zone.

Willie has cycled around the world to places that most would not think of traveling, such as South Africa, Bosnia, Myanmar, Laos, Cuba and many, many other countries. Willie does not head out with a preconceived plan of where he would stay or where he would eat. His common mode of operation for camping would be to stop at a house, knock on the door and ask if he could pitch a tent in their back yard. This has opened the doors to numerous places and people's homes. He explains several of these situations in *Where in the World is Willie*. Willie travels with his passport, we all do that, but he calls his passport his bicycle. It is the bicycle that allows him to enter all of these situations. Can you imagine doing this over a three month period of time in the countries he has cycled?

Willie is a former actor, this was demonstrated when he led the group at the annual meeting with *Happy Birthday for Jane Monroe*. But, before leading us in song, he gave a monolog of some passage, it could have been from Shakespeare. Willie saved me, you would not want me to lead anyone in a song even *Happy Birthday*. If Willie is a presenter again next year at *Bike Expo*, I am going to make sure I am there to listen. Google Willie Weir and you will come up with numerous hits. One of my favorites deals with his Cuba trip, he spent three months in Cuba and in this site he describes situations he experienced there.

We were most fortunate to have had Willie Weir as our guest speaker this year.

## Fast Stitch Slow Stitch Muscle

We have all noticed how some of the club members can go tearing up a hill or explode on the flat while the rest of us struggle to maintain a respectable speed. I think we all want to improve our speed, but how? Among other things as general overall conditioning, age, and lung capacity, heart capacity there is fast stitch vs. slow stitch muscle. Fast stitch muscle does not have the capillary supply as slow stitch muscle, but fast stitch muscle allows one to have that explosive ability. From what I have read we are born with about 50 % fast and slow stitch muscle fibers. Slow stitch is necessary for endurance as cyclists we probably as cyclists have an ample supply of slow stitch muscle. I have also read that if we do not use the fast stitch muscle fibers they turn to slow stitch muscle fibers. My question is, can we regain fast stitch that we have lost?

Last year my goal was to increase my mileage and this year to increase my speed. It appears as though I was not going about trying to increase my speed incorrectly during the off season as well as the cycling season. According to Selene Yeager in her book *Get Fast* and Ken Doyle and Eric Schmitz' book *Weight Training for Cyclists* should be done with explosive moves. I have tried some of these exercises in a Wednesday spin and challenge class at the gym where part of the class is spinning and part of the class is devoted to burpees, fast jumps, jump squats to name a few. After a few minutes of spinning we get off the bike for a series of exercises then back on the bike. This sequence will go on for the hour. I will try this program during the winter. Will it increase my speed, we shall see. We all want to improve and you can only get so much out of an old goat, but we must just keep trying.

## Conclusion

It does not really make any difference what kind of a cyclist you are, a mountain biker, cross biker, BMX, or a road biker they are all great. You do not have to be increasing your speed or your distance. It just so happens I am trying one last go at doing a bit better on the bike. What you perceive as improvement is strictly personal and enjoy your time on the bike. I feel so fortunate to be able to bike and get the exercise that I so desire.

May all hills be down hills and all winds at your back.



## MONDAY RIDES

Mondays in November , March Point Park & Ride. NOW AT 11 AM, Moderate Pace. 3 hrs/30ish miles. Stop for lunch/light snack. No map / group ride. Bad weather cancels. (If questionable, meet and discuss...always coffee across the street) Questions-Contact Dan Sandstrom dan.sandstrom@comcast.net , 360-708-7108 or Steve Jahn stevedianjahn@gmail.com , 425-830-4981THANKS Steve Jahn/Dan Sandstrom

## November 16, 9:00am

Bakery, Cafe, and Pub Tour

Ride Leaders: Ken and Kathea Rasmussen

During the colder months it's a wonderful thing to come in off of the bike and warm the feet and hands, and to take in a few extra calories to compensate for all the effort that goes into staying warm. Which may help to explain why this ride will begin at Tweets in Edison, progress to the Rexville Grocery, pause for lunch at the Empire Cafe, and conclude at the Old Edison Inn. I was inspired by a number of British rides that miss no opportunity to stop for treats. In keeping with the British theme, efforts to dress the part and ride British bikes will get you extra points. The pace will be easy to moderate. We may split into a couple of conversational paced groups. Steady or hard rain will cancel the ride. Parking at Tweets is limited. There is plenty of parking at the Edison School.

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## Riding At Night

Submitted by Gordon Odegaard

The days have become shorter and starting in September the Wednesday night rides have started at 5:30 PM instead of 6:00 PM. I am not a nightrider. The last time I road in the dark was many years ago. I used to ride to the movie theater as a kid in Alaska. The movie would start at 8:00 PM and get out about 10:00 PM but it was still light out so there was not need for lights.

The main thing about riding at night is to follow the rules of the road and be seen. Two years ago while driving on Fir Island Road on the way the annual Christmas Party I saw a couple of flashing red light off in the distance. The lights were at a strange location, much higher than on a car or even a truck. When I finally over took the vehicle I had seen a bicyclist from a very long distance. This rider not only had a red light on his bike but one on his helmet that explains why the light was at a different location. So tail lights or reflectors are necessary. Some recommend reflectors over taillight, they a cheap and they do not use batteries that burn out. I have a rear light that really lights up, but the thing will only hold its charge for about 2 hours. It is also recommended that one use reflective clothing while cycling at night.

The next item is the use of a headlight. These have improved over the years. There are a several reasons for a having a headlight: 1). Law in many states requires them. 2). To see the road in front of you in areas where are no streetlights. 3). So cars and pedestrians can see you. If you use a strong headlight often cars will dim their lights when they approach you. It is wise not to out riding your headlight. Riding down a steep hill at a high rate of speed would be very dangerous since you could come upon an unexpected object very quickly with not enough time to react.

Ride safely and at night be a version of the Times Square Christmas tree so you can be seen.

## SKAGIT BICYCLE CLUB

### GENERAL MEETING MINUTES October 8, 2013

Present: Gordon Odegaard, Janice Lisherness, Shaun Bridge, Marshall Will, Mike Tallering, Colby Plagge, Jamie Wells, Bill Thayer, and Marci Maulden.

The September 3, 2013 meeting minutes were approved with no corrections.

Welcome to new member Mike Harrold from Bow.

#### Ride Leader's Report:

Janice Lisherness said the Joy Rides for November will start at Allen Playfields.

#### Old Business:

The ballot for officers, board members, and other volunteer positions for 2014 will include the following:

- President: Dan Sandstrom
- Vice President: Colby Plagge
- Secretary: Marci Maulden
- Treasurer: Shaun Bridge

#### Board Members:

- Jennifer McCoy to replace Justin Dahl through the end of 2014
- Jane Monroe to replace Colby Plagge through the end of 2015
- Jamie Wells to replace Shaun Bridge through the end of 2015
- Scott Rittscher through the end of 2016
- Cindy McGuinness through the end of 2016

#### Volunteer Positions:

- Newsletter Editor: Rose Ploeg
- Ride Coordinator: Janice Lisherness
- Spring Classic Coordinator: Colby Plagge
- Bridge Sweep Coordinators: Steve & Dian Jahn

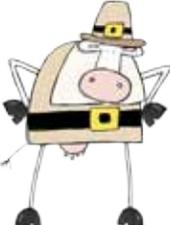
Mike Tallering is also a board member serving through 2014 but his name does not need to be on the ballot as he has already been elected for his position.

The General Meeting, to be held Wednesday, October 16, 2013 at the Senior Citizen Center in Sedro Woolley, will begin at 6:00pm. Set-up will start at 5:30pm. Plans are to have dinner to be served at 6:15pm. Introduction of nominees will start at 6:45 and ride leader awards will be given out at 7:00pm with Spring Classic, officers and board members recognition directly thereafter. Willie Weir is scheduled to speak at 7:30pm. Costs for his presentation include \$500 and an extra \$50 for transportation. Jim Finch will handle flowers and vases for the tables. Donations to be voted on are as follows: Skagit County Parks and Recreation; Skagit County EMS/Medic 1 Helmet Coalition; Bakerview BMX; Bicycle rack at Anacortes Ferry Terminal; Special Olympics (Skagit Branch); and Skagit County Active Community Taskforce.

At the suggestion of Janice, the board agreed that Mike Tallering would take the responsibility of placing an article or an advertisement in the Skagit Valley Herald about the bike club in the spring of 2014.

The meeting was adjourned at 6:35 pm. The next SBC Board Meeting will be held at 6:00pm on Tuesday, October 8th at Dimensional Communications on 1220 Anderson Road, Mount Vernon with Dan Sandstrom presiding as Gordon Odegaard will be absent..

Respectfully submitted by Marci Maulden

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																						
<h1>November 2013</h1>				1	2	3																						
				10:00 am Conway Red Barn MRR-Breakfast Ride Jean Sattler-Will 360 710 9577	10:00 am Ramble Ride RR-All riding levels Conway Red Barn Dave Mazzarella 360 840 5602	12:00 pm BRR RLH-1820 Walter St. Mount Vernon Dave Mazzarella 360 840 5602																						
4	5	6	7	8	9	10																						
11:00 am MRR March Point Park & Ride-Anacortes Dan Sandstrom 360 708 7108 Steve Jahn 425 830 4981	6:00 pm SBC Mtg. Dimensional Communications 1220 Anderson Rd, M.V. Gordon Odegaard 360 421 0573	6:00 pm BRR RLH 1820 Walter St. Mount Vernon Dave Mazzarella 360 840 5602	11:00 am MRR-Joy Ride Allen Play Fields Marshall Will 360 929 5003	10:00 am BRR Washington School - West Mount Vernon Jim Finch 360 770 5915	8:00 am BRR Semper Fi Ride RLH-624 Bennett St. Sedro Woolley Tom Jacobson 360 710 2834 <b>U.S. MARINES</b>																							
11	12	13	14	15	16	17																						
 <b>Veterans Day</b> 11:00 am MRR March Point Park & Ride-Anacortes Dan Sandstrom 360 708 7108 Steve Jahn 425 830 4981		6:00 pm BRR RLH 1820 Walter St. Mount Vernon Dave Mazzarella 360 840 5602	11:00 am MRR-Joy Ride rain cancels Allen Play Fields Jane Monroe 360 424 4619	10:00 am SRR Bakery, Cafe, & Pub Tour Edison Grade School Ken Rasmussen 360 766 8720	12:00 pm BRR RLH-1820 Walter St. Mount Vernon Dave Mazzarella 360 840 5602																							
18	19	20	21	22	23	24																						
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25	26	27	28	29	30																							
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# Skagit Bicycle Club Membership Form

# Club Information

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

<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



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Vice President  
Dan Sandstrom  
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Treasurer  
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Volunteer Positions  
Ride Coordinator  
Janice Lisherness  
360 391 3931 /360 466 3030  
bikerjan1@hotmail.com  
Spring Classic Co-Coordinators:  
Marshall Will/Jill Langely  
Bridge Sweep Coordinator:  
Steve Jahn  
Membership List  
Marshall Will  
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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

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 8776  
Arlington Velo Sport  
Bicycle Shop  
401 N Olympic Ave  
Arlington, WA 98223  
360-629-6415  
[www.stanwoodvelosport.com](http://www.stanwoodvelosport.com)



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