



# Saddle-Post Intelligencer



**The Voice of the Skagit Bicycle Club -Skagit County-Washington      September 2014**



## **Retro Ride Prologue** **By Ken Rasmussen**

Today I rode to Anacortes and field tested Dad's Diner to make sure it was going to be good for the Retro Riders after our September 14th ride. I had high expectations for a good meal because I'd been hearing great things about the place. I'd been by previously to talk to Neil, one of the owners, and he'd given me tastes of the beers that they serve.

I entered the Diner, and took a seat at the counter. The menu was on a nearby black board. I studied it a bit, and decided to try a cheeseburger. The menu was quite a bit more varied than that, but I wanted to see what they did with a basic burger. The waitress came to take my order. She asked what kind of cheese I wanted on my burger. I asked what the choices were. She wasn't stimulated by the question. She rattled off a half dozen choices in an uninflected monotone, at high speed. I caught two of the six possibilities. I had just ridden 32 hot miles, and my brain wasn't working as quickly as her tongue. I asked her to repeat the choices. She rattled 'em off in the same dreary manner, at the same been-there-done-that speed as last time. I looked at her. Lovely skin, wonderful hair, and a figure like a turnip. I could see that we weren't going to get along. I still didn't know what all the choices were. My slow, addled, sexist pig of a brain was replaying the Bonzo Dog Band tune that has "gorgonzola skin" in the lyrics. "Jarlsburg", I said. (I'm glad I'm not a waitress. It must be endlessly boring.)

My lunch arrived. The food was excellent, and the beer was better. They serve three beers, all from the Georgetown Brewery, and they're all excellent. I had the IPA, which is very hoppy. Under the influence of the totally hallucinogenic beer, I transformed Dad's Diner into a medieval inn, my waitress into a serving wench, and the rest of the staff into the Innkeeper, an ostler, and a kitchen boy.

"By my halidome, this beer doth make my head hum!" I said to the serving wench. "By my maidenhead, thou hast no halidome," the saucy wench replied. "Come with me, and I'll show thee my halidome," I wittily bantered. "An I come, thou wilt want my maidenhead," the maid cunningly parried. "For sooth, and verily, my wits are not so sharp as thy tongue," I said, trying desperately to stay in the game. "Thy wits are not so sharp as a lump of cheddar," she said neatly, "Checkmate."

Anyway, with beer like that, I think we can risk the waitress. I hope you'll all come to the Retro Ride. We assemble at ten o'clock, at 210 Commercial Street, in Anacortes. Ride a retro, or unusual bicycle, and come in costume if you can. Come anyway if you can't. We'll begin with mutual admiration, followed by judging and awards, a ride, and then lunch. Do come!



**Sell/Swap Your Used Bikes And Parts**  
**Sunday, 9/14/2014 11 AM To 3 PM**  
**Commercial & 8Th, Anacortes**  
**Anacortes Open Streets Event**

Do you have a garage full of used bikes and parts !!!??. Here is a chance to sell and/or swap bikes and parts. Skagit bicycle club will sponsor a used bike & parts sell & swap on sunday, september 14, 11 am to 3 pm at the anacortes open streets event, located at commercial and 8th street. Some tables...But you might help by bringing a folding table of your own. No rsvp. Just "show up" questions- contact steve jahn 425-830-4981 [stevedianjahn@gmail.com](mailto:stevedianjahn@gmail.com)

### **In This Issue:**

The Script (Who's Next) by Dan Sandstrom	Page 2
Board Briefs	Page 2
Rides/Reports	Page 3
Freewheeling	Page 4
Ride Calendar	Page 5
Club Info & Membership Form	Page 6



Hi all! Well here we are already in our last great month of weather but it is sure nice seeing everybody in their top shape for this year. Again, we have been spoiled with a great cycling season and the best is here now so get out and enjoy every minute of it. Also, it's that time when we need people to step up for board and officer positions in our outstanding club. So, please let us know if you are interested in being a nominee! It's a great way to give back to the great club and you also get to know your fellow club members. And, thanks for getting back to me with your RSVP's for the annual meeting. I think there are still some of you still out there who haven't got back to me so please do, so I can get a head count turned in to the restaurant. Enjoy this month and its weather where we belong--on our saddles. Keep the rubber down Later, Dan

### Last months Who's Next:



**Mike & Lisa Rathvon**

### This months Who's Next:

I received my first bike for Christmas when I was five years old. It was a beautiful blue 24 inch Schwinn bicycle. What a gift! When I was a little older I would ride up and down our driveway with my sibling, never thinking of riding any distance. Later, while raising a family my bicycling days were on the back burner. Then came the freedom to pursue as much riding as I wished! Little did I know I would be riding up to seven centuries in one season! I met Dan Sandstrom on one of our rides and he gave me assistance with a flat tire. (I still owe him an air cartridge.) Then by chance I saw him and his wife at the Skagit Casino. What a great ride it has been with many sights to see and meeting wonderful friends along the way.

## SKAGIT BICYCLE CLUB GENERAL MEETING MINUTES August 5, 2014

Present: Mike Tallering, Steve & Dian Jahn, Janice Lisherness, Phil Smoots, Dan Sandstrom, Colby Plagge, Shaun Bridge, Gordon Odegaard, Cindy McGuiness, Jane Monroe, Jamie Wells, and Marci Maulden

The June 3, 2014 SBC meeting minutes were approved with no corrections.

Welcome to new members Cindy Lindquist from Mount Vernon, Robert Franklin from Anacortes, and Zach & Amy Juracich from Bellingham.

#### Ride Coordinator's Report:

The Wednesday night rides will start at 5:30pm at Maiben Park, Burlington in September.

The ride leader awards to be given out at the October SBC Annual Meeting will be arm warmers with a hot/cold mug.

#### Old Business:

Steve Jahn gave the SBC Board an overview of what will be happening at Open Streets Anacortes on September 14 from 11:00am to 3:00pm. SBC will have a table there which will be coordinated by Colby Plagge and Jane Monroe, Janice Lisherness, and Tim Holloran will also man a table to represent Special Olympics. Among many happenings, there will be four different music venues; the Retro Bike Ride coordinated by Ken Rasmussen; Bakerview BMX coordinated by Jamie Wells; used bike parts swap and sale coordinated by Steve Jahn; and the dedication of USBR 10.

The October Annual Meeting will be held on October 15 this year.

The SBC Board approved the purchase of a metal bench in memory of Bill Thayer to be placed at the Padilla Bay Trail. Jane Monroe is coordinating this project and she will also approach the local Kiwanis Club to see if they want to pitch in.

#### New Business:

There will be a bridge sweep on September 20th. In the morning, there will be a bike ride which Dan said he would make a map for; the bridge sweep around 1:00pm; and a picnic at Quaker Cove about 3:00pm. The club will provide the main dish for the picnic. Steve will write a piece about the bridge sweep for the September calendar.

The nominating committee for this years election will be Marshall Will, Gordon Odegaard, Colby Plagge, and Dan Sandstrom. This year, SBC needs to elect a President, Vice-President, two three-year term Board Members, and a Secretary. In addition, the committee needs to find a new volunteer to be the Ride Coordinator. All positions need nominees by the next board meeting.

The SBC Board supports the effort to move the start/finish of the Spring Classic from Bayview School to Edison Elementary. With that support in mind, the Board approved an ad hoc committee to approach the Edison Elementary School about using their school for our next Spring Classic. The committee members assigned are Steve Jahn, Cheryl Minor, Colby Plagge, and Shaun Bridge.

The next SBC Board Meeting will be held at 6:00pm on Tuesday, September 2nd at Dimensional Communications on 1220 Anderson Road, Mount Vernon.

Respectfully submitted by Marci Maulden

# Rides & Ride Reports

## MV Farmer's Market Ride

Saturday, Sept. 6 @ 9:30 a.m.

Meet at the parking lot just south of the MV Library at 315 Snoqualmie in the south end of old downtown. We'll do approx 25 mile ride to Conway and return around the west side. Afterwards, we can enjoy some lunch/shopping at the Farmer's Market across the street. The Swedish pancakes are always a treat!

Jeannette Folkertsma 360 445 5924



All you 2014 BRIDGE SWEEP volunteers (and even "first timers" )....the last 2014 Bridge Sweep is SATURDAY, 9/20 , 9 AM and will combine a 2ish hr "Pre-sweep" ride with a 1 hr Bridge Sweep with a "Post Sweep" lunch at a "special place-to be announced!. LUNCH IS PAID BY SBC in appreciation for your contribution !!! So, do not miss this fun ride, sweep, and FREE Appreciation Lunch , Saturday, 9/20, 9 AM. Meet at the usual spot- Berentsen Bridge(Twin Bridges) parking area at the North East end of the bridge (Entrance to the Twin Bridge Marina). Sweep equipment supplied...but you can bring your own "special equipment" if desired. NOTE- the bridge is quite "clean" so should be fairly easy for our hard working and efficient volunteers!!! Steve Jahn 425-830-4981 stevedianjahn@gmail.com



## Concours D'elegance (Classic) Bike Show And Retro- Ride

@ Anacortes Opens Streets Event, Sunday, 9/14. 10 AM show- Ride at 11:15ish) 210 Commercial Ave. Bring your classic bike and show and ride it...Dress in period clothing for additional fun!

-Skagit Bicycle Club Booth at Commercial and 8th . In this area we will have: Bakerview BMX Club riders and demos; Special Olympics riders; SBC supported Used Bike & Parts Swap and Sell- bring your used bikes / parts and swap and sell!!!



MONDAY RIDES- MARCH POINT PARK AND RIDE - All riders welcome for this ride leaving every Monday from March Point Park and Ride..Distance of 40ish miles , MRR(15-17mph) pace. Ride leader will asses the group and determine if a second slightly slower group leader is desired. 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.



As you can see we managed to find Spencer Spit. Despite the fact that I got them lost twice, everyone had fun and lunch was great. Welcome to new members Nikki and Ryan on their first visit to the islands. See what you all missed. whit



# Freewheeling

## **SBC MEMBERS NEEDED FOR SKAGIT COUNTY BIKE-PED COUNT**

Cycling in Skagit County gets a boost if we have data that can be used in needs planning, project design, and obtaining funds/grants. Skagit County will conduct the first non-motorized traffic count to support this important goal.

**YOUR HELP IS SOLICITED AND APPRECIATED!** It takes only a few hours (3ish) on one (or more) of these days of your choice (Tues., Sept 30; Wed. Oct 1; or Thurs, Oct. 2). Count sites are in Sedro-Woolley, Mount Vernon, Anacortes, La Conner, Swinomish, and Burlington You will receive training and support. Ask a friend to join you and the time will go by quickly.

Please contact Gabe Philips to volunteer. Gabe can be reached at gabep@scog.net or 360 416 6678.

Thank you for giving a little of your time to help improve cycling in Skagit County.

### **The Fine Print**

Each location will have two counts done during the three days; one in the morning between 7-9am and one in the afternoon between 4-6pm. The two counts do not need to be done on the same day. For example, if you can only do mornings and are available Tuesday, Wednesday, and Thursday, you would count three different locations. Same for the afternoon shift. You can sign up to do one time slot or up to six (whew!).

The count protocol is established by WSDOT and is consistent with national count standards. All data will be entered into the WSDOT database. The Cascade Bike Club helps WSDOT coordinate the count.

Why count? An oversimplified answer is that "what gets counted gets funded." It's more complex than that, of course. As WSDOT bicycle planners wrote on their website: "Transportation planning and design at all levels requires understanding of actual conditions. This involves determination of motor vehicle, bicyclist and pedestrian numbers. This data dealing with the characteristics of vehicle or people movement is obtained by undertaking traffic counts.

"Just like motor vehicle counts, counting bicyclists and pedestrians at specific locations will help us to more accurately estimate demand, measure the benefits of investments, and design our projects. This information will also help us target safety and mobility projects and improve our traffic models."

Absence of bike-ped data has plagued advocates for years. One answer is this nationwide push to establish a consistent method, easily conducted by volunteers.

What if no one rides or walks by my site?

It is possible that some sites have little bicycle or pedestrian use, but were chosen for their potential or other reasons. If the count is low, that is still useful information. It can provide a baseline for future improvements. While it can make for a boring volunteer experience, it is still valuable and we appreciate your patience.

## **USBR 10 DEDICATION BIKE TOUR- 9/15 TO 9/22**

A just formed bike tour of the newly opened USBR10 route from Anacortes to Newport, WA, will take place from 9/15 to 9/22. It starts from the Anacortes Ferry Dock and ends 8 days later in Newport, WA. The bike tour will be supported by John & Michele Pope in a small RV. so having some kitchen & luggage support will be a real asset to your enjoyment of this beautiful route....plus riding a historic tour with friends. Should be spectacular! This will be a shared food and cost ride. Contact John and Michele Pope 360 293 7837 popejp@comcast.net

## **A New Event For All SBC Members, Families, And Friends Anacortes Open Streets- Sunday, September 14, 2014 11AM-3PM**

Let's all meet downtown anacortes in a relaxed atmosphere on sunday, 9/14 11 am to 3 pm. Downtown anacortes will be open for business but closed to cars so that you can ride, walk, skate and enjoy the day without cars on the on the streets of "historic old town anacortes"!

Info booth at 2nd and commercial. Food/events/music around the 20 block closed area of commercial and "o" ave from 1st to 10 street

The event will spread out over a twenty block loop and will include these Skagit Bicycle Club supported events:  
- Concours d'Elegance (Classic) Bike Show AND Retro-Bike Ride afterward, with many participants in period costume. (10 AM show- Ride at 11:15ish) 210 Commercial Ave.  
-Dedication of USBR 10 - 1 PM- Commercial and 9th  
-Skagit Bicycle Club Booth at Commercial and 8th .  
In this area we will have--Bakerview BMX Club riders and demos; Special Olympics riders; SBC supported Used Bike & Parts Swap & Sell

Additionally there will be--a bike repair station; 4 live music venues; Volks walk event sponsored by Tulip Trekkers NW; Healthy lifestyle demos (dancers, etc), information displays, and more.  
Many local restaurants will be open to serve you food that you will enjoy!

This event is sponsored by the City of Anacortes, Island Hospital, Fidalgo Island Rotary, Skagit Bike Club and Skagit Regional Health.



**Monday Tuesday Wednesday Thursday Friday Saturday Sunday**


**1** 8:00 am Perimeter Ride of SeattleCyclist of Greater Seattle wabikes.org/event-ride/pros2014  
10:00 am MRR March point Park & Ride Anacortes Dan Sandstrom 360 708 7108 Hanspeter Gehrig 360 588 9149 Steve Jahn 425 830 4981

**2** 6:00 pm SBC Board Meeting Dimensional Communications 1220 Anderson Rd Mount Vernon Dan Sandstrom 360 708 7108  
6:00 pm Ladies Road Ride Skagit Cycle Center 1620 Commercial Ave Anacortes Bernie Santiago 360 588 8776 Rain Cancels

**3** 5:30 pm Mabien Park Burlington Med/Long Gary Minor 360 755 9848 Short Cheryl Minor 360 424 4836  
6:00 pm SRR Skagit Cycle Center 1620 Commercial Ave Anacortes Rain Cancels Bernie Santiago 360 588 8776

**4** 10:00 am SRR-Joy Ride Edgewater Park Mount Vernon Jane Monroe 360 424 4619  
5:30 pm All Ride levels Arlington Velo Sport Noel Easton 360 547 2261

**5** 9:00 am SRR Breakfast Ride Hickock Park & Ride Mount Vernon Cheryl Minor 360 424 4836

**6** 9:30 am SRR Farmers Market Mount Vernon Jeannette Folkertsma 360 445 5924  


**7** 10:00 am SRR Centennial Trail Arlington VeloSport Mark Everett 360 629 6415

**8** 10:00 am MRR March point Park & Ride Anacortes Dan Sandstrom-360 708 7108 Hanspeter Gehrig-360 588 9149 Steve Jahn 425 830 4981  
1:00 pm S/MRR March Point Park & Ride Anacortes Kathea Rasmussen 360 766 8720

**9** 6:00 pm Ladies Road Ride Skagit Cycle Center 1620 Commercial Ave Anacortes Bernie Santiago 360 588 8776 Rain Cancels

**10** 5:30 pm Mabien Park Burlington Med/Long Marshall Will360 929 5003 Short Mike Rathvon360 708 9284  
6:00 pm SRR Rain Cancels Skagit Cycle Center 1620 Commercial Ave Anacortes Bernie Santiago 360 588 8766

**11** 10:00 am SRR Joy Ride Edgewater Park Mount Vernon Cheryl Minor 360 424 4836  
5:30 pm All riders levels Arlington Velo Sport Noel Easton 360 547 2261

**12**

**13** 10:00 am All riding levels Ramble Ride Conway Red Barn Cheryl Minor 360 424 4836  
8:00 am Road Ride Tour de Blast Mount St Helens www.tourdeblast.com

**14** 10:00 am Retro Ride & Anacortes Open Streets Event 210 Commercial Ave Anacortes Ken Rasmussen360 766 8720 Steve Jahns 425 830 4981  
10:00 am SRR Centennial Tail Arlington VeloSport Mark Everett 360 629 6415

**15** 10:00 am MRR March point Park & Ride Anacortes Dan Sandstrom-360 708 7108 Hanspeter Gehrig-360 588 9149 Steve Jahn 425 830 4981  
1:00 pm S/MRR March Point Park & Ride- Anacortes Kathea Rasmussen 360 766 8720

**16** 6:00 pm Ladies Road Ride Skagit Cycle Center 1620 Commercial Ave Anacortes Bernie Santiago 360 588 8776 Rain Cancels

**17** 5:30 pm Mabien Park Burlington Med/Long Gary Minor360 755 9848 Short Cheryl Minor360 424 4836  
6:00 pm SRR Rain Cancels Skagit Cycle Center 1620 Commercial Ave Anacortes Bernie Santiago 360 588 8776

**18** 10:00 am MRR-Joy Ride Edgewater Park Mount Vernon Jennifer McCoy 360 336 2528  
5:30 pm All levels Arlington Velo Sport Noel Easton 360 547 2261

**19**   
*Newsletter Deadline*

**20** 9:00 amSRR/MRR Pre-sweep Ride Berentsen Bridge Parking area at North East End (Twin Bridges) Steve Jahn 425 830 4981  
11:00 ish Bridge Sweep see above & news letter Steve Jahn 425 830 4981 Noonish Free lunch TBA at bridge sweep Steve Jahn425 830 4981

**21** 10:00 amSRR Centennial Trail Arlington Velo Sport Mark Everett 360 629 6415

**22** 10:00 am MRR March point Park & Ride Anacortes Dan Sandstrom-360 708 7108 Hanspeter Gehrig-360 588 9149 Steve Jahn 425 830 4981  
1:00 pm S/MRR March Point Park & Ride- Anacortes Kathea Rasmussen 360 766 8720

**23** 6:00 pm Ladies RR Skagit Cycle Center Anacortes Bernie Santiago 360 588 8776 Rain Cancels

**24** 5:30 pm Med/Long Mabien Park Jim Finch 360 424 8511 Short  
6:00 pm SRR Rain Cancels Skagit Cycle Center 1620 Commercial Ave. Anacortes Bernie Santiago 360 588 8776

**25** 10:00 am SRR Joy Ride Edgewater Park Mount Vernon Gary Minor 360 755 9848  
5:30 pm All levels Arlington Velo Sport Noel Easton 360 547 2261

**26**

**27** 10:00 am All levels Ramble Ride Conway Red Barn Cheryl Minor 360 424 4836

**28** 10:00 am SRR Centennial Trail Arlington Velo Sport Mark Everett 360 629 6415

**29** 10:00 am MRR March point Park & Ride Anacortes Dan Sandstrom-360 708 7108 Hanspeter Gehrig-360 588 9149  
1:00 pm S/MRR March Point Park & Ride Anacortes Kathea Rasmussen 360 766 8720

**30**

RR	Road Ride
MTB	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



# 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

<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  
**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 Odegaard**  
 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 Jah**  
 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 360 424 4619

**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](http://skagitcyclecenter.com)

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





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

