

Saddle Post

Intelligence

The Voice of the Skagit Bicycle Club Skagit County Washington

January
2012

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“THOSE DARN SEASHELLS”.....

..... on the Tommy Thompson Trail

By Steve Jahn

We have all been frustrated with the seagulls dropping tire puncturing clamshells on the Tommy Thompson Trail near the trestle. Well, member Marcia Hunt has graciously donated a “Professional” push sweeper for volunteers to sweep the shells to augment the efforts of Anacortes Parks Dept. 2 day/week schedule. THANK YOU MARCIA !!!...and if you want to volunteer, contact Marcia Hunt marcialhunt@frontier.com 360 293 0983 (home) 360 293 1900 (work).

The sweeper is being stored at the Samish Boat shed/Fidalgo RV Resort, very near the area of seashells to facilitate its convenient use. We have used it...it is easy, quick, and does an excellent job.

So, if your a regular commuter, walker, rider, and wish to help/volunteer... Contact Marcia Hunt!!

SBC MEMBERS ALL SUPPORT ALAN MAZANSON!!!

By Steve Jahn

Alan Mazanson has hit a “rough patch” in the road. He was successfully operated on, about 2 weeks ago, for a cancerous brain tumor and is recovering at home. He will start radiation treatment and oral chemo for 6 weeks, starting next week. After that, he will have a 2 week break before beginning a chemo maintenance regime for the next 12 months. They are hoping that the treatment will not be too hard on him, and of course that it will be effective against this “beast.”

He will also start some speech therapy. If you haven’t spoken with him, he sounds like R2-D2 (his words!). He lost some movement on the left side of his face, but it can be improved with therapy.

We visited Alan at his home and he expressed a desire to join his SBC friends on New Years Day Ride, at the Station. Alan expressed his gratitude for SBC friends who have “wished him well”. He has already started his own “therapy” on his stationary bike at home. (Thank You SBC members who set it up for him!)

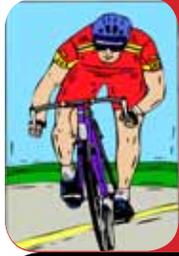
If you would like to contact Alan and Nora, here is contact info: Alan Mazanson amsi@fidalgo.net nora.shwadsky@frontier.com 17167 River Rock Road, Mt. Vernon, 98273 360 739 0785



Ride Mileage for 2011

Riders send in your total cycling mileage for 2011 to Jane Monroe, email: janemmonroe@aol.com--totals will be published in the March Newsletter.





Out of The Saddle



Wow, Christmas has come and gone. New Year's is coming, going, gone... I hope it was enjoyable for all.

I would like to thank the outgoing officers and board members for their dedication to the bike club and welcome our new officers, board members and chairpersons. We have a good group of energetic people who will work hard for our bike club. Following are their introductions:

Vice President: My name is STEVE JAHN. I have been a member of SBC since moving from Bellevue to Anacortes, WA in 2004. I enjoy volunteering in SBC for Bike Expo, Spring Classic, SBC Board Member, Ride Leader, and various club activities. Bicycle tour extensively with Dian and am active in local bicycling advocacy groups, such as ACT, Anacortes Bike/Ped Group, Tommy Thompson and Guemes Channel Trails.

Treasurer: My name is Marshall Will and I really got hooked on cycling after a friend's dare got me to do my first STP in 1992. I have been a club member since 1994, and have covered just about every club position and function since. A late bloomer, I started racing road and mountain bikes in the late 90's and I am also involved with officiating and promoting races in Western Washington. I live in Stanwood with my wife (& tandem stoker extraordinaire) Jean Sattler-Will. We also enjoy cross country skiing, kayaking & hiking.

Secretary: Hi, my name is Marci Maulden. I have been a member of the Skagit Bicycle Club since 2008- the same year I retired. When I first joined, I was too intimidated to do any club rides because I was concerned I couldn't keep up with the other riders. So throughout the spring and summer of that year I practiced on my own. Finally, I thought I was ready and I showed up at a Joy Ride on a crisp Thursday morning in September. I remember exactly who led the ride that day and who showed up. It was a lot of fun and I have continued to enjoy the club rides ever since. I even managed to earn a ride leader's jacket in 2011. I enjoy the club so much I wanted to give something back so I have volunteered to help out at the Spring Classic the last two years and offered my name as secretary to the board for 2012. It's a pleasure being a member of the Skagit Bicycling Club and I would say to any new rider, if I can do it- you can do it!

Board Member: My name is Justin Dahl and I am a 24 year local to the Mount Vernon area. You may recognize me by my orange Fanatik kit. I am fairly familiar with bikes, as I did not get a car until I was 22. I started road riding in 2009 and now my mountain bike sits in the garage wearing a for sale sign. As a board member I will actively support and aid in accomplishing the goals of our club, so speak up!

Board Member: My name is Dian Jahn. I joined SBC in 2004, after Steve and I moved to Anacortes from King County. I enjoy riding club rides as well as bicycle touring, having traveled extensively by bicycle with my husband Steve. I am a SBC Board Member, Ride Leader, and am involved with Anacortes Bike/Ped Group, Friends of Tommy Thompson Parkway, as well as Skagit Audubon Hikers.

Board Member: Hi, my name is Craig Langley I have been cycling for approximately eight years and enjoy various rides Skagit Bicycle Club has to offer our community. Cycling has been a great benefit both physically and socially. My biggest cycling adventure to date has been riding my bike from Canada to Mexico with a small group in 2010 averaging close to 100 miles each day. I teach elementary physical education in the Everett School District and enjoy golfing, crossfit, and hiking when I'm not on my bike. Live in Stanwood area with my best friend Jill!

Board Member: My name is Dan Sandstrom. I graduated from Everett High and went to CWSC. I have always been involved in organized sports until I was 25. I worked in the auto industry for 26yrs and love to mountain bike. I had an accident at work and could no longer ride my mountain bike so took up the road bike in 2010 and really love it. I joined the bike club and started leading some rides and participating in other rides. I had an opportunity to be on the board and thought it would be fun and accepted. I look forward to the coming year on the board and working with other club members.

Board Member: Hi, my name is Gordon Odegaard. If you have been within ear shot of me, you have heard me say I have been away from bicycling for a number of years due to atrial fib. After four procedures, I have been free of atrial fib for nearly 3 years. So it appears to be safe for me to continue cycling, which I am truly grateful. I then rejoined the bicycle club two years ago. We have lived in Skagit County since 1967 with the exception of two years while attending Graduate school. Like many former runners whose knees said "no more running" and thanks to Dr. Williamson's magic with partial knee replacement I have found bicycling as a way to obtain cardio exercise. During the past two years I have been active in many of the club rides, have helped with the spring classic and bike expo

Board Member: Chris Hanson has been a member of the bike club since 2005 and has served as Vice President, President and most recently as a Board Member. He mostly rides the roads but enjoys mountain bikes too. He probably

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“Duarte -- Serialized Cycling Fiction, Part Five

By Ken Rasmussen

Emily wondered what clothing she would need for the ride. She realized that she could defer the question until she actually got on the bike, and stuffed a jacket, tights and neck gaiter into a pack. What she didn't need could stay in the van.

Her first impression of Duarte had been wrong. She had thought that he was exceptionally inhibited, but he'd dispelled that notion when he greeted her by singing on her doorstep, and again when he bought her nude self-portrait. It was a good thing he was looking at the picture while she was blushing. Then he walked out the door without making a pass at her, and allowed most of a week go by before phoning. The only thing that Emily was certain of was that Duarte was unpredictable.

The doorbell rang. Damn! Duarte was early. She'd been planning to meet him on the sidewalk to help carry the painting up. The poor old fellow would probably be too tired to cycle after carrying the heavy painting up three flights of stairs. She hurried to the door to let him in. He had the painting with him, carefully packed in cardboard and brown paper.

“Oh Duarte, I was going to meet you on the sidewalk and help, only you got here early and surprised me. Are you going to be able to ride after all that?”

He was puffing a little, but he smiled. “I think I can still keep up,” he said. “You might have to carry your painting down when we get back. These older bodies have their limits.”

“Do you want to rest a little before we start? A cup of tea, perhaps?”

“No, I just ate. Let's get started. That way if we want a long ride or a leisurely lunch there will be plenty of time.”

Emily shrugged her pack on, started to grab her helmet, shoes and gloves, and then realized she didn't have a hand for her bike. Duarte grabbed it and headed for the door.

“Duarte!” Put that down. You've done enough carrying already.”

“Don't worry. These modern bikes don't weigh anything.”

Oh no, she thought. What is he riding? A three speed Huffy? Her heart sank.

When they reached the van Emily looked anxiously in as Duarte rolled her bicycle into place. What she saw was an outdated racing bike, probably European. The label said ‘Singer’. She wasn't familiar with the brand, but at least it was a lightweight. It ought to be OK; though not as fast as her carbon fiber racing bike with the aero wheels.

They got in, and Duarte nosed out into traffic.

“I hope it doesn't rain,” said Emily, looking at Duarte's jersey. “If it does, you're going to smell like a sheep.”

“If it does rain,” said Duarte, “You'll wish you had one of these yourself. None of the modern jerseys can compare with a long-sleeved wool jersey.”

“So why aren't you wearing wool shorts?” she asked.

“I'm not a total retro grouch. Lycra shorts are better, and so are clip-less pedals. I use the new stuff when it makes sense to do it. I ride the equipment that makes me happiest.”

“So what is a ‘Singer’?” she asked.

“Alex Singer was a French cyclist who became a ‘constructeur’, a builder of fine custom bicycles. I had this one built for me by Ernest Csuka who took over the business when Alex died. As far as I'm concerned, this is the best there is. I wouldn't trade this bike for any other.”

Emily smiled inwardly. The bike looked like it would be more at home in a museum than on the road. She supposed that if it had lasted this long it could probably do one more ride.

* * *

Duarte parked the van in one of the coastal villages. Emily looked at the sky and decided to leave the tights. She folded the jacket into her jersey pocket, and tucked her money, credit card, energy bar and sunscreen into the other pockets.

“Makes your butt look big,” Duarte said critically. He was loading his pockets as he spoke.

Emily laughed, “I thought you were enough of an artist to know where a woman's rump is located. The rump is below the pockets. Are you ready, or do you want to have a conversation about my ass?”

“That's a tough choice. How about if we cycle first?”

They clicked into their pedals and rolled into the street. A tangy breeze blew in from the ocean, and the May sunshine caressed them with its warmth. The bikes rolled easily over the worn pavement, gathering speed as Emily and Duarte found their rhythm. If it weren't for his white hair, Emily would have taken Duarte for a much younger man. On his bike he looked relaxed and supple, with plenty of power in reserve. Duarte was similarly impressed with Emily's riding style. She was using a high cadence but was very smooth. He noticed that their shifts were nearly simultaneous. She knew her way around a bike, he thought.

They had gone about twenty-five miles when Duarte pulled alongside Emily and asked, “How far do you want to go before we turn around?”

“I'm good for another ten miles, at least,” said Emily. “I feel like I could go on like this forever, but it's early in the season, and I don't want to overdo. I was sure wrong about you. You're a gnarly dude on a bicycle.”

Duarte laughed. Just then they heard the clash of chains and the hiss of overtaking tires. Before they could turn to look, a half dozen tightly linked racers rolled swiftly past.

“Hold your line, Grandpa!” one of them yelled as he passed within an arm's length of Duarte.

Emily didn't see how Duarte did it, but somehow he'd spun his cranks twice, and was tucked tightly in at the back of the group.

“Go Duarte!” she thought, and pedaled as hard as she could to try to keep up. The road rose in a moderate climb, and as the racers started upward Duarte fell off the pace until he was three lengths behind the last rider.

“Poor old fellow,” said Emily to herself, “He must have been awfully fast once.”

As the gradient increased the riders lost momentum, and shifted to lower gears. At exactly that instant Duarte surged smoothly forward in the slipstream of the racers, then rose powerfully from the saddle as he overtook the rear rider. Before the others could respond Duarte had passed them and opened a gap. Emily noticed that he'd moved to the left side of the road. The wind was from the right, so there was no opportunity for other riders to draft without riding off of the pavement. Behind, the pursuit was disorganized. One rider stood so explosively that he broke a spoke in his rear wheel. Emily heard the “ping”, and saw him pull off of the road. The other riders had failed to form an echelon, and the strongest was adrift halfway between Duarte and the rest. No one had shelter from the wind, and as Duarte went around a bend and out of sight Emily could see that he was going to stay clear.

Emily stopped to see if she could help the rider with the broken spoke. He finished untwisting it from the nipple, and tucked it into his pocket. He released the rear brake, and spun the wheel. It rubbed the brake pad lightly, but it turned.

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runs more than he rides. Chris has lived in Mount Vernon since 2000 with his wife Lori. Their six year old son Aidan is into bikes too. His dad was pretty proud when he chose to compete in and when he finished the Kid's Clear Lake Triathlon this Summer.

Newsletter Editor Rose Ploeg: I Joined the club soon after its inception then when the first Newsletter Editor and original member Thom Gustafson gave it up I took on the challenge and I've been designing and editing the newsletter ever since. The newsletter challenge has been just that...starting off with begging and borrowing the use of computers and programs from other organizations in the beginning namely The American Red Cross Skagit Valley Chapter (at the time when it was located in Mt. Vernon--thanks to Sue Holmes) and then YMCA (thanks to Bob and Carol Morton). Thankfully we no longer have to use copiers or deliver it to the printer--I love technology. My real job is as a Recreation Programmer for Aquatics & Recreation Programs. The biggest part of the job is supervision, scheduling and training of Lifeguards and swim instructors for our award wining aquatic programs as well as teaching all the safety courses offered by the American Red Cross. When not working for the city I have taken on the task of updating the 1910 Craftsman Style house previously owned by my mother. This has been encroaching on the traveling and cycling I would really like to do.

Bridge Sweep Coordinator: Hi my name is Bill Woyski and I've been riding bicycles for fun and fitness since college in the early 70's. I love all forms of recreational cycling: road single, road tandem, mountain biking, and even uni-cycling. I commute to work "regularly" in the spring-summer-fall as daylight, weather and my work responsibilities allow. Jennifer, my wife, rides thousands of miles a year with me on our tandem, and we enjoy both one day rides and longer multi-day rides. Winter means lots more time on the MTB and less on the road.

I'm a mechanical engineer, so I also love to work on my bikes. I've done it all at one time or another. I've silver soldered a couple of steel frames together, laced wheels, rebuilt forks, fixed freewheels and cassettes, along with all the normal repair and maintenance work. Being a mechanical engineer, I'm not a great conversationalist, but on the tandem, Jen makes up for it, upholding "our end" of the conversations that promote the social side of cycling and make riding with groups such a pleasure. I'm looking forward to another fine year of bridge sweeps and cycling.

Ride Coordinator: My name is Bill Thayer and I am the 2012 Ride Coordinator. I have been a member of Skagit Bike Club since 1992. I have served in some volunteer position every year since then. SBC has been a very important part of my life the past 20 plus years. I will do everything I can to make SBC the best Club in the state. Please help me keep the Ride Calendar full.

Jamie Wells can best be identified by his stunning good looks, charming personality and raw power on a bicycle. Jamie has a strong dislike for Mt bikers and believes them to be outcasts of the cycling community.

Jamie has served as a Super Domestique for two club presidents. He has assisted in several Spring Classics and is largely to blame for the rain at last year's event. For reasons unknown he is chairman for this year's Spring Classic and this year's Jan Selvig ride. When Jamie is not giving back to the Mountain bike community he is road racing and is currently under contract with Mount Vernon's NWCC-Dimensional Racing through the 2012 season.

Off the bike Jamie enjoys spending time with his smoking hot wife, Jennifer and two children Ellie (9) and Nathan (7). Both children are racing bicycles at Mount Vernon's Baker-view BMX Park.

Spring Classic Co-chair: My name is Jill Langley. Growing up in Southern Oregon, most of my riding was done on the back of a horse. I did not discover cycling until my college years when my parents financially cut me off from my horse show competitions. That was 26 years ago. From the back of a Thoroughbred named Windy to the saddle of a 1985 10-speed Bianchi I named Beatrice. While I never emotionally connected to Beatrice like I did with Windy, I fell in love with Beatrice's smooth rides and speed combined with her lack of need for new iron shoes every 6 weeks. My new steed could go 1500 miles on the same set of rubber. Wow! Through college and into my career I continue to cycle, and I am blessed to have a husband who enjoys riding along with me. I look forward to working on the Spring Classic and hope you volunteer. It really is a lot of fun.

President My name is Jim Finch. I became a cyclist when nagging running injuries forced me to discontinue. I found cycling was forgiving on my body, unless I crashed. I enjoy hard club and team rides as well as a nice ride to town with my wife Dana. I became a board member in 2008. I have been active in the club by helping at the Spring Classic, leading rides, participating in club rides and a Bridge Sweep or two. I feel if you take, sooner or later you have got to give back. I look forward to my club duties and collaborating with the new officers, board members and chairpersons.

As you may recognize, we have many familiar names, as well as some not so familiar names. One thing we all have in common is a passion for cycling. We will continue to work hard and keep Skagit Bicycle Club strong. I encourage you to become an active member of our club. Try volunteering; it really is fun, rewarding and a great way to meet other riders. Meetings are at 6:00 PM, the first Tuesday of the month, at Washington Federal Savings in Burlington. I look forward to seeing you there and out on the road.

--Jim

Remember: Do not argue with an idiot. They will take you down to their level and beat you with experience.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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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	Brief 16-20 mph
S	Strenuous 20+ mph
If weather is questionable call the ride leader	

January 2012

1

New Years Day
Lunch Ride 11:00am
Burlington Regional Park
Jane Monroe
360 424 4619
March Point
Steve Jahn
360 293 1340
Stanwood Velo
Rod McDonald
360 654 1499

2	3 6:00pm Board Meeting Washington Federal Savings Bank Burlington Jim Finch 360 770 5915	4 6pm RR RLH 1820 Walter St. MtVernon Bring lights David Mazzerella 360 336 3982	5 11:00am S/RR "Joyride" Farmhouse Restaurant JenniferMcCoy 360 336 2528	6	7	8 1pm RR RLH 1820Walter Sreet MtVeron David Mazzerella 360 336 3982
9 10:00am S/RR March Point Dan Sandstrom 360 708 7108	10	11 6pm RR RLH 1820 Walter St. MtVernon Bring lights David Mazzerella 360 336 3982	12 11:00am S/RR "Joyride" Farmhouse Restau- rant Marci Maulden 360 757 8464	13	14 10:00 am S/RR Conway Red Barn Red Barn Ramble Jim Finch 360 770 5915	15 1pm RR RLH 1820Walter Sreet MtVeron David Mazzerella 360 336 3982
16 11:00am S/RR Farmhouse Restaurant Steve Jahn 360 293 1340 Martin Luther King Jr. B'day Observed	17	18 6pm RR RLH 1820 Walter St. MtVernon Bring lights David Mazzerella 360 336 3982	19 11:00am S/RR "Joyride" Farmhouse Restaurant Barb Kline 360 421 4669	20 Newsletter Deadline 	21 10:00 S/RR RLH Bill Thayer 360 757 2679 Rain Cancels	22 1:30 pm RLH M-S/ RR Jeanette Folkertsma 360 445 5924
23 10:00am S/RR "Joyride" March Point Dan Sandstrom 360 708 7108	24	25	26 11:00am S/RR "Joyride" Farmhouse Restaurant Linda White 360 399 1999	27	28	29 1pm RR RLH 1820Walter Sreet MtVeron David Mazzerella 360 336 3982
30	31					

Board Briefs

SBC GENERAL MEETING DECEMBER 6, 2011
WASHINGTON FEDERAL SAVINGS
BURLINGTON, WA

Present: Jean Sattler-Will, Chris Hanson, Jim Finch, Bill Thayer, Jill Langley, Craig Langley, Dian Jahn, Steve Jahn, Gordon Ogedaard, Janice Lisherness, Marci Maulden and Jamie Wells.

Ride Coordinator's Report:

The New Year's Day Ride will converge in La Connor with everyone meeting at The Station. Jean Sattler-Will said Marshall Will confirmed that The Station would be open that day. .

New Business:

At the last board meeting, it was decided to donate money to the top three recipients of our members' vote from our annual dinner meeting. The third recipient was Rails to Trails (Centennial Trail) but there has been no reply to our inquiries. Jean suggested that we go to ACT which was tied as fourth recipient with BAW, but Chris Hanson pointed out that the board voted to donate to the top three. There was no resolution.

Jean reported that the next Retro Ride will be held August 19th at the Skagit Historical Museum in La Conner.

Old Business:

Jamie brought a sample of the membership tri-fold form he has been working on. He is still tweaking the lay-out but he got positive reviews as the sample was passed around.

Rose Ploeg will set SBC up with its own Facebook page but Jean reported Rose just got a new computer so we need to give Rose a little more time to get this done.

Steve reported on the use of Paypal for memberships. There is no charge to sign-up and see how it works. Jamie and Marshall will be doing a trial run in January.

Bike Expo will be held on March 10-11. Steve and Dian will lead the effort to represent SBC there.

The Spring Classic will be held May 12th. Jill Langley will telephone Northwest Adventures so they can note that in their publication.

New Business on Active Community Taskforce (ACT):

As the link between SBC and ACT, Steve attended the December ACT meeting. He was disappointed to report that there was a new Skagit County Executive who was not aware of the history of discussions with ACT as it concerns the county roads department and chip seal. In addition, ACT was informed the county just completed milling seven years of chip seal.

The next SBC board meeting will be held on Tuesday, January 3, 2012 at 6:00pm at Washington Federal Savings Bank in Burlington.

Respectfully,
Marci Maulden for Jen Woyski

Club Information

Skagit Bicycle Club Officers & Board

President
Jim Finch
JimF@wabulb.com
Vice President
Steve Jahn
stevedianjahn@hotmail.com
Secretary
Marci Maulden
mauldenm@earthlink.net
Treasurer
Marshall Will
cesiwill@msn.com
Past President
Jean Sattler-Will
cesiwill@msn.com

Board Members

Justin Dahl
justin661@gmail.com
Chris Hanson
cahanson94@comcast.net
Dian Jahn
stevedianjahn@hotmail.com
Craig Langley
clangley@everettsd.org
Gordon Ogedaard
jgode@wavecable.com
Dan Sandstrom
dan.sandstrom@comcast.net

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
cesiwill@msn.com
Web masters:
George Haigh
george@zappo.org
Tom Jacobson Tomandlori@comcast.net

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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 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

Racks and Beyond
1817 Bouslog Rd,
Burlington, WA 98233
360 428 2665
www.racksandbeyond.com

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.

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