

Saddle-Post Intelligencer

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

September 2013



"WARNING"

By Larry Tomovick

As I often point out to you bicyclists: "unless you die suddenly there's a good chance you'll eventually be riding a trike, and this is because of: Arthritis, a bad back, balance problem, or maybe simply because of the fact you want to be in the "Bar-calounger "and be much more comfortable while cycling."

My neighbors, the Woyski's, gave me my first membership in your cycling club about a half-dozen years ago and I've been a member ever since. I realize your newsletter doesn't really have anything to do with triking, but I also realize it's just a matter of time – so I'll just keep waiting in the wings.

Over the last several years I've been keeping track of the phone numbers of fellow triker's while cycling and I recently organized a get-together that included a picnic lunch, good fellowship and a ride as verified by this photo.

At our get together, only two of the trikes were of similar make, So like bicycles there's lots of models out there and many things to consider, so if you, or someone you know, is interested in triking and would like to learn from my experience please feel free to contact me. Larry Tomovick (360) 293-4580.



Alan Mazanson at Washington Pass on the Jan Selvig Ride 2010. A Skagit Bicycle Club member, Alan passed away in July 2013. Condolences to his wife Nora and daughter Nadia.

ALAN MAZANSON MEMORIAL RIDE

SBC is honoring the memory of member Alan Mazanson as part of the Saturday, September 28th, Red Barn Ramble ride. It will be held immediately after the ride at Skagit Gardens Cafe (360 848 9189), located in the greenhouse at Skagit Valley Gardens. Coffee and cake will be served, and riders are encouraged to have lunch as part of the gathering. Attending (but not riding) will be wife Nora and daughter Nadia.

The presence of fellow SBC riders whom Alan enjoyed, is the essence of this informal occasion. Contact Mike Tallering (503 539 8835) / Jill Langley (360 631 9117) for questions on the gathering.

The Red Barn Ramble Ride leader is Scott Rittscher (360 652 7668)

NOTE- INCLEMENT WEATHER MAY CANCEL THE RIDE, BUT NOT THE SKAGIT GARDENS CAFE GATHERING AT 1 PM



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

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The Pace Line

By Gordon Odegaard



What a summer we have had! Normally during a typical week during our typical summer, it is difficult to get out on the bike five days in succession without getting wet. I do not know about you, but I am a fair weather cyclist and my bike does not like to wet and dirty either. My bike is a bit over two years old now and I try to keep it looking clean. It has a few nicks caused by our wonderful chip seal roads, which are rather difficult to avoid. But getting back to the point regarding weather, it has been a long time since we have had weather that one would not want to get out and ride. As I have mentioned in a previous Pace Line, training schedules as those outlined in Bicycle Magazine have been difficult to follow account of weather. Weather would not allow such schedules unless you wanted to get really wet. It has been a long time since a club ride has been cancelled because of weather. So it has been a most enjoyable summer.

There were 43 scheduled club rides on the August calendar! Before attending a club ride make sure to check what kind of ride is scheduled, if you are not sure, call the ride leader to get more details about the ride. Different rides have different objectives. Wednesday rides tries to have something for all levels of riders. There is a ride planned for the fast riders which is the longest distance usually 30 to 35 miles, an intermediate distance usually 25 to 30 miles, and a third shorter ride usually around 20 miles. If you a new rider, try to hook up with the shorter distance group. One thing that the ride leader should do is to survey the group they will lead to determine if there are any new riders that may need help and learn techniques used in riding in a pace line. If you are unsure of what you should look out for in a pace line check the internet or ask the ride leader. Bicycle Magazine has several articles posted on the net that describe survival skills for bicycling. During a cross country ski trip last winter to Leavenworth with my wife I bought a book published by Bicycling Magazine titled Complete Book of Road Cycling Skills. This book is combination of past articles from Bicycle Magazine that deals with everything from the very basics of riding to medical issues. Having ridden for a number of years I find it very helpful to review these basic skills.

Did you set any goals for your riding this year? Are you meeting those goals? Early this year I wrote how I felt more tired and my speed decreased as the cycling season continued into August and September. My goal was to ride a given number of miles for the year. This was probably not a good idea. I should have varied my riding with more hill work and some repeats for speed. I fell into the same trap this year. I will meet my mileage goal but my speed has suffered. I guess you cannot teach an old man new tricks. I often bicycle with Jerry Zigler. Or I should say I try to hang on to his wheel. He happens to me a

few weeks older than I am (that ticks me off) and he is a former racer, that is my excuse. Today he stated, "I can not remember the last time I bicycled three days in a row." That statement made me think, if Jerry has problems cycling three days in a row what am I doing cycling 6 to 7 days in succession? So rest has to be put into the schedule. On the other hand, with a summer like we have had who can resist not going out on the bike every day?!

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



Ride Report

Sunday, August 11 by Whit Whitford

Our ride to Lopez dawned gray and sprinkling, but cleared by 11:00 and was 75F by noon. Perfect cycling with Jeanette Folkertsma and Cheryl Calhoun. Stopped by a friend's place and they insisted we stop by on the way back to the ferry for beer or wine. After hiking out Spencer Spit and lunch in the village--best fish tacos ever at Bucky's--we went out the spit west of Fisherman's bay to the nature preserve and then back to my friend's where we found she had prepared 2 trays of hors d'oeuvres as well as a lovely white wine. Then they loaded us up with bags of yellow plums!. Thanks Paul and Kay--you're the best. About 24 miles! See what you all missed. whit



MONDAY RIDES

Mondays in September, March Point Park & Ride; 10 AM, Moderate Pace. 35-45 miles. Stop for lunch/light snack. No map / group ride. Bad weather cancels. Questions-Contact Dan Sandstrom dan.sandstrom@comcast.net, 360-708-7108 or Steve Jahn stevedianjahn@gmail.com, 425-830-4981

Saturday, September 28

ALAN MAZANSON MEMORIAL RIDE as part of the Red Barn Ramble Ride. It will be held immediately after the ride at Skagit Gardens Cafe (360-848-9189), located in the greenhouse at Skagit Valley Gardens. The presence of fellow SBC riders whom Alan enjoyed, is the essence of this informal occasion. Contact Mike Talling (503-539-8835) / Jill Langley (360-631-9117) for questions on the gathering. The Red Barn Ramble Ride leader is Scott Rittscher (360-652-7668) NOTE- INCLEMENT WEATHER MAY CANCEL THE RIDE, BUT NOT THE SKAGIT GARDENS CAFE GATHERING AT 1 PM

24th Annual Jan Selvig Marblemount to Mazama Bicycle ride August 10, 2013 Substitute leader Jane Monroe

Jamie Wells has been the organizer for several years and did all the preliminary arrangements for this year's event.

We met at Sedro-Woolley at 5:30am to load up the bikes on SAG vehicles. It was raining.

Cathrin Davies drove her group to begin riding in the rain at Hamilton for a 100 mile trip to Mazama....Rick Davies, Scott Jones, Dave Schnider, Scott Rittscher, Marshall Will, Csaba Harvath.

Phil Smoots, SAG driver assisted Steve Dodge from the official start, Marblemount for the 75 mile distance. It was still raining there at 320 ft. elevation.

Janice Lisherness supported Ken Rasmussen, Jack McTaggart and Jane Monroe from Newhalem for 62 miles. From there the road was dry and heated up as we all climbed to Washington Pass at 5477 ft. and beyond to Mazama.

At breakfast Marshall helped determine ride awards!

Dave Schnider- New rider, first century (100 miles).

Chuba Horvath-"polka dot jersey" 1st up the hill (so early he rode back down 4 miles to do it again,)

Rick Davies- "yellow jersey" first rider into Mazama.

We gave Marshall Will a "yellow jersey" award for best sprinter, and Jane claimed "only woman" and "oldest rider". All participants deserve a celebratory "pat on the back"!

Our Support drivers became our heroes on Sunday for the return drive. An electrical storm overnight, while we slept at Mazama Country Inn, caused a road closure/landslide near Rainey Pass. That changed our 3 hour return drive to become a 7 hour detour in frustrating traffic. But, it was another great bicycle adventure!

SKAGIT BICYCLE CLUB

GENERAL MEETING MINUTES

August 6, 2013

Present: Gordon Odegaard, Bill Thayer, Jane Monroe, Janice Lisherness, Kit Rawson, Jennifer Woyski, Shaun Bridge, Marshall Will, Jim Finch, Scott Rittscher, Mike Talling, and Colby Plagge.

Welcome to new members Deanna Mahanay, Patrick & Cherie Miller, Kurt & Tanya Pohl from Mount Vernon; Tom Crowther and Kathy Gascoigne from Camano Island; and Steve & Yevonne Dodge and Ted & Carol Thomas from Burlington.

Old Business:

The club made over \$11,000 from Spring Classic which was down from what we netted last year, but this year, \$1 per rider was donated to Bike Alliance, and the cost of insurance was higher. Jane suggested that we give something other than glassware to all riders next year. Janice said that we need a sign at the parking area where people come in that points the way to the registration table. Next year we will have spaghetti instead of chili for the post-ride meal. Marshall also reported that the club was significantly overcharged by the group that prepared this year's post-ride meal. A flagger, requiring riders to stop, is needed next year at the intersection of Josh Wilson and Farm to Market.

New Business:

Kit Rawson spoke to the board about his and Kathy's recent cycling tour of the UK. He suggested that the bike club might want to have an interest group that is dedicated specifically to touring. Members in this group could do some things that could generate more interest in touring, like writing articles about touring for the newsletter. Kit also suggested that a group within the club that promotes touring might even attract new members to the club.

Jane Monroe shared a letter she had written to Mt. Vernon Mayor, Jill Boudreau, regarding the need for a bike logo on the sidewalk along Freeway Drive/Cameron Way. She got a quick response that the city will address this issue.

The motion was made and carried to award Shaun and Tami Bridge a gift certificate to Deana's Cafe Italiano in Bellingham as a thank you from the club. Shaun and Tami graciously hosted our Wednesday night bike rides during the month of July, and they prepared a wonderful meal each time. We thank you very much Shaun and Tami. Shaun said they would do this again next July!

Colby Plagge will be on the ballot for vice-president next year. We still need one more board member.

We need to decide where we want to make charitable contributions. We need input from club members about possible recipients for our donations.

Our annual business meeting and dinner will be on Wednesday, October 16th, at the Sedro Woolley Senior Center.

The meeting was adjourned at 6:54 pm. The next SBC Board Meeting will be held at 6:00pm on Tuesday, September 3rd at Dimensional Communications on 1220 Anderson Road, Mount Vernon. Respectfully submitted by Jennifer Woyski, substituting for Marci Maulden

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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
If weather is questionable call the ride leader	

September 2013

1
2:00 pm SRR
RLH-17534 Fir Island Road, MV/Conway
Jeannette Folkertsma
360 445 5924

2 10:00 am MRR March Point Park & Ride Dan Sandstrom 360 708 7108 Steve Jahns 425 830 4981	3 6:00 pm SBC Mtg. Dimensional Communications 1220 Anderson Rd, M.V. Gordon Odegaard 360 421 0573 6:00 pm SRR Sweet Cakes Mark Everett 360.629.6415	4 11:00 am MRR-Hump Day Ride Arlington Centennial Trail-Red Restrooms Lou Rivetti 425 446 9019 5:30pm Mabien Park Burlington B&MRR/Med/Long Jim Finch 360 770 5915 SRR/short Jeannette Folkertsma 360 445 5924	5 10:00 am MRR-Joy Ride Farmhouse Restaurant Linda White 360 770 1050	6 9:00am MRR-Breakfast Ride MV Park & Ride Hickox Rd & Old 99 Cheryl Minor 360 424 4836	7 10:00 am BRR Washington School - West Mount Vernon Jim Finch 360 770 5915	8 11:00 am MRR-Tour de Fidalgo March Point Park & Ride-Anacortes Rain Cancels Whit Whitford 360 757 1357
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9 10:00 am MRR March Point Park & Ride-Anacortes Gary Minor 360 755 9848	10 6:00 pm SRR-Sweet Cakes Arlington Velo Sport Shop Mark Everett 360 629 6415	11 5:30 pm Mabien Park Burlington B & MRR-Med/Long Gary Minor 360 755 9848 SRR-Short Cheryl Minor 360 424 4836	12 10:00 am MRR-Joy Ride Farmhouse Restaurant Hwy 20 & LaCon/Whitney Road Gary Minor 360 755 9848	13	14 10:00 am RR-all levels Ramble Ride Conway Red Barn Gary Minor 360 755 9848	15
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16 10:00 am MRR March Point Park & Ride Dan Sandstrom 360 708 7108 Steve Jahns 425 830 4981	17 6:00 pm SRR-Sweet Cakes Arlington Velo Sport Mark Everett 360 629 6415	18 5:30 pm Mabien Park Burlington B & MRR-med/long Shaun Bridge 360 202 9997 SRR-short Kathea Rasmussen 360 766 8720	19 10:00 am MRR-Joy Ride Farmhouse Restaurant Hwy 20 & LaCon/Whitney Road Cheryl Minor 360 424 4836 Rain Cancels	20  Newsletter Deadline	21 9:00 am MRR RLH- 1025 E Washington Ave Burlington Rose Ploeg 360 202 1716	22 11:00 am MRR Conway - Red Barn Lou Rivetti 425 446 9019
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23 10:00 am MRR March Point Park & Ride-Anacortes Gary Minor 360 755 9848	24 6:00 pm SRR Sweet Cakes Arlington Velo Sport Mark Everett 360 629 6415	25 5:30 pm Mabien Park Burlington B & MRR-med/long Gary Minor 360 755 9848 SRR-short Cheryl Minor 360 424 4836	26 10:00 am MRR-Joy Ride Farmhouse Gary Minor 360 755 9848	27 10:00 am RR-all levels In Memory of Alan Mazanson Ramble Ride Conway Red Barn Scott Rittscher 360 652 7668	28 12:00 pm MRR RLH - 1025 E Washington Ave Burlington Rose Ploeg 360 202 1716	29
30 10:00 am MRR March Point Park & Ride - Anacortes Steve Jahn 425 830 4981 Dan Sandstrom 360 708 7108						

Skagit Bicycle Club Membership Form

Club Information

Annual Dues: Individual \$15.00 Family \$20.00

Check One: New Membership
 Renewal

MAIL TO:

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

OR

Use PayPal to join or renew your membership
online at www.skagitbicycleclub.org

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



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Spring Classic Co-Coordinators:
Marshall Will/Jill Langely
Bridge Sweep Coordinator:
Steve Jahn
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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



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