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Coming soon...Our annual Winthrop ride on August 11 over the North Cascade Pass to Mazama Country Inn. Fun, lodging, meals, support, pool, and jacuzzi included, (and of course a few little rolling hills along the way.) The cost is \$125.00. We also are in need of sag drivers (sags go free!) We still have room, so don't miss out on this beautiful ride. Deadline for sign up is July 11. Contact Kim Knapp at (360)422-5167 or erickimswim@wavecable.com.

SKAGIT COUNTY BIKE MAP: CORRECTIONS & IMPROVEMENTS

The new Skagit County Bike Maps are being distributed to local bike shops, Chamber of Commerce; ferry terminals, and interested businesses locations where cyclists may gather, including our Skagit Bicycle Club. They are free. Soon, we will announce a Skagit County website link to download a copy.

Corrections or improvements are appreciated and can be sent to: info@scog.net, or call James Masten @ 360-416-7876.

REQUESTING SKAGIT COUNTY ROAD IMPROVEMENTS FOR CYCLISTS

By Steve Jahn

Club members (the public) can call Skagit County Road Maintenance – Cliff Butler: 360-755-9531. They will take your improvement request, review with the supervisor, and respond to your request. We have been advised all requests receive responses.

Organizations or individuals may also promote cycling improvements for Skagit County roads through the Skagit Counsel of Government (SCOG), Active Community Task Force (ACT) lead by Liz McNett-Crowl. You can contact this group and Liz at info@scog.net, or call James Masten @ 360-416-7876.

The ACT represents cycling interests

in Skagit County and has published the new Skagit County Bike Map (aided greatly by SBC donations).

Among many cycling issues, there is interest in improving chip seal surfaces for cyclists --i.e.- Using a less coarse gravel. Skagit Bicycle Club has members within ACT who are actively representing cycling issues. The group encourages community support and welcomes input written or in person. SBC members participating in ACT: John Pope; Lanney Wixson; Cindy McGuinness; Steve Jahn, Marie Erbstoezer. PS- Thank You Jennifer McCoy, for your email to Skagit County that helped stimulate this communication and activity.

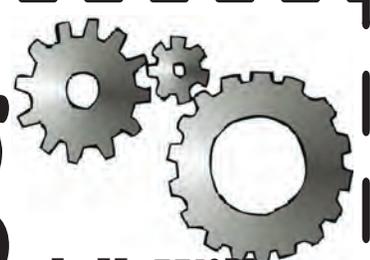
WELCOME

NEW MEMBERS

Marie Kimball
Avis Bozeman
Philip & Sue
Lantendresse
Gardon VanDyken
Rick Stevens
Esteban Salazar.



Loose Cog



Miscellaneous Rattlings from SBC prez Marshall Will

I just dropped off the ladies this morning at the Anacortes ferry for their four-day trip on Vancouver Island. The weather was the hot topic on the way; driving through drizzle to moderate rain mixed with sunshine. What to wear? If you dress too well, the rain gear just turns into a sauna suit. (Kinda cool, the vapor boiling out the cuffs makes you look like an old steam locomotive.) As with most riders, they headed out with no fenders. I'm thinking that bike fenders are one of the most underappreciated pieces of cycling equipment around. Sure, they slow you down a touch, and everyone has a horror story of the time they wore a hole in the sidewall.... But it might be time to make a statement! Getting wet from the rain is one thing, but that stuff coming off the road, what the pro bike racers call "Belgian toothpaste"; a mixture of dust, pollen, oil, rubber, and that greenish tinted stuff the dairy farmers have falling from their equipment here in the valley, (alfalfa?). Sometimes the loss of efficiency is better than finishing up a ride looking and feeling like a coal miner with dirty diapers!

I wish I were going up there too, but a bunch of us are heading to Winthrop and sunny skies for the mountain

bike race on the trails up by Sun Mountain. This event is pretty near and dear to my heart. We'd gone over to a fat tire festival in the early 90's with a group from the club, none of us really tread-heads, er, "dedicated mountain bikers" at the time. The trails over there are very buff and generally not very technical. We roadies had a ball, and when some of us tried the beginner's mtn bike race on a dare it was a fantastic experience. It was my first race since high school, and my first bike race ever, and although I didn't know it at the time I was hooked. One thing about mountain biking at any level is how it improves the bike handling skills. One naturally becomes much more fluid on the bike. Cornering, flicking the bike to avoid hazards or popping the wheels over a bump or crack becomes second nature. It certainly saved the bacon for me last year when I was cruising down a steep back country road on the road bike. I hit some, shall we say, "toothpaste" in a turn, and got completely sideways to the road. I barely remember the recovery it happened so fast, but I credit the fat tire work for my getting straightened out and finishing the day with a smile (and a still pretty bike)Cheers!



Skagit Bicycle Club General Meeting
June 5, 2007 6:30pm
Washington Federal Savings Bank Burlington, WA.
PRESENT: Steve and Dian Jahn, Charlie Schultz,
Jane Monroe, Janice Lisherness, Greg Vlasak, Cheryl
Calhoun, Marshall Will, Jennifer McCoy, Bill Thayer, Dave
Krohse, Bill Woiski, Gary Minor, Kim and Eric Knapp.

NEW MEMBERS: Marie Kimball, Avis Bozeman, Philip
and Sue Lantendresse, Gardon VanDyken, Rick Stevens,
Esteban Salazar.

Reports given by Secretary Jane Monroe, Treasurer
Janice Lisherness, Ride Coordinator Jennifer McCoy.
Jennifer is researching ideas for ride leader rewards.
Greg Vlasak reported on efforts to get publicity for Spring
Classic, Marshall was interviewed on the radio.

A nominating committee for 2008 officers will be Charlie

Schultz, Bill Woiski and Marshall Will.

The annual meeting will be October 17 at the Sedro-Woolley
Senior Center at 6:00pm.

Bill Thayer will write suggested rules for loaning the Club bike
boxes and racks, to be approved next month.

Two 2008 Skagit Spring Classic entries will be donated to the
Bicycle Alliance of Washington auction.

No Wednesday ride will be scheduled on July 4. The remaining
Wednesday rides in July will include Potluck dinner from Bay
View State Park.

The next general meeting will be Tuesday July 10 at WA Fed
Bank in Burlington, 6:30pm.

Submitted by Jane Monroe, Secretary

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ASK THE EXPERTS



Dear Experts: My neck hurts after cycling. What can I do to prevent and treat this problem?

-Michael, Mount Vernon

Dr. David Krohse: Neck pain is one of the most commonly experienced nuisances of cycling and can become severe in some situations. Road cycling places the neck in an extended or bent backward position. This puts increased stress on both the muscles on the back of the neck as well as the many spinal joints in the neck and upper back. Both structures can become quite painful if stressed for extended periods of time such as when riding. Poor posture or degeneration in the neck can make some people more prone to neck pain from cycling.

Preventing neck pain starts by checking the fit of your bicycle. Having your handlebars too low or a virtual top tube length (top tube plus stem length) too long both increase neck extension. Aerobar use can also increase stress on the neck. Fitting options include raising your handlebars or switching to handlebars with a shallower drop. To shorten the virtual top tube length you can move your seat forward but be wary of an improper change that could lead to an overuse knee injury.

Focusing on changing your position while you ride can reduce neck pain. Don't spend all your time in the drop position. If you're in a safe situation, let your head hang down occasionally for a few seconds to stretch out the structures on the back of the neck. Tilt your head side to side and hold it for a stretch.

Self treatment options depend on the cause of your pain. Muscle tightness and soreness is generally more constant and increases gradually if you bend your head forward or if you push your head backwards against your hand without letting the

head move. Stretching your neck by trying to touch your chin to your chest can provide some relief. A hot shower could also temporarily reduce muscle soreness. As mentioned in Dr. Hawkinson's June response, The Stick or even a rolling pin could be used to do self massage on tight neck muscles. Anti-inflammatory pain medications like ibuprofen or naproxen can also provide relief.

Irritated spinal joints generally cause sharp pain made worse by movement. Because spinal joints in the lower neck are right next to the nerves that carry all controlling messages down your arms, irritation and inflammation in the neck can potentially lead to pain, numbness, tingling, and/or weakness in the shoulders, arms, and hands. If you are having sharp pain in your neck after a ride, use ice to reduce swelling in the area – 20 minutes on with an hour to two hours off and repeat.

If bicycling leads to severe or long-term neck pain, you should seek out an appropriate health professional. In my admittedly biased opinion, a skilled chiropractor is a great first stop to determine exactly what is causing your pain. Once that is determined, chiropractic adjustments can be given to effectively reset dysfunctional joints and reduce pain or a referral for massage or physical therapy can be made if muscle dysfunction is the primary problem. Massage helps to loosen tight muscles while physical therapists can provide exercises to improve muscle balance of the neck.

For a complete reference list, contact Dr. David Krohse.

Dr. Bart Hawkinson, a physical therapist in Smokey Point, and Dr. David Krohse, a chiropractor in Mount Vernon, will be answering cycling-related health questions in upcoming newsletters.

Send questions to sbcexperts@gmail.com.

Cheryl Calhoun, Jeannette Folkertsma, and I shipped our bikes for Bike Virginia on June 11 and 12 to get there by the start of the ride June 22. I wanted to ship via DHL but had a hard time figuring out where the nearest shipper was so we took the bikes to Fed Ex. Cheryl's bike packed weighed most at 66 lbs and shipped for \$135 ground rate via Fed Ex. That just seemed like too much despite gas prices being up this year compared to last year. (My bike had shipped via DHL last year from VA back to WA for about \$40). With a little more research and waiting another day I found the DHL office on Pacific Place in Burlington and took the bikes there on the 12th. Jeannette's bike weighed the least at 46 lbs (in a cardboard box) and cost \$35 ground rate to send DHL (yes that's correct). My bike at 52 lbs shipped for \$39 again ground rate. I'd sure recommend shipping via DHL to anyone. They've also taken good care of our bikes whenever we've shipped with them.

Submitted by Jennifer McCoy.

j u l y 1 S

IS park & recreation month!!

7/1: Canada Day

7/4: Independence Day!!!

hot dog month

peach month

catfish month

BLUE BERRY month

7/6: Run with the Bulls

IS ICE CREAM month!!



FREEWHEELING

DEALING WITH CHAINS

by Ken Rasmussen

One of the least durable components on a modern derailleur gear bicycle is the chain. Unfortunately, as the chain wears out it often takes the gears it runs against with it. Chains, cassettes, and chainrings can be quite costly, and having to buy new ones very often is disturbing. In recent years the situation has been made much worse by the almost universal use of index shifting.

Since index shifting depends upon a small, precise movement of the shift lever at the front of the bike to cause a perfectly executed shift at the other end of the bike, there is very little tolerance for part wear. As soon as the gear system components drift out of their intended tolerance the system ceases to operate correctly. Rear shift cables and casing, and rear derailleur hangers have to be perfect or they don't work. Amounts of chain and gear wear that we would have regarded as moderate prior to index shifting, are now considered to be grossly worn.

There are two (at least two!) strategies for dealing with chain wear and elongation. The simplest and most common is to use the chain until the performance level begins to drop off, and then replace the chain, the rear gear cassette, and sometimes one or more chainrings. A more sophisticated method is to replace the chain before it wears very much with a new chain, so that only the chain gets replaced.

If one wishes to replace only the chain it is crucial to replace it before it is very worn. As the chain wears it becomes longer due to increased looseness at the joints. As it becomes longer it changes the shape of the gear teeth it comes in contact with. As the wear reaches a certain point it becomes unwise to replace the chain without replacing worn gears because the new chain will fit the old gears poorly, either running roughly or skipping.

Many riders keep track of the miles on a chain, replacing it at a certain mileage, hoping to get a new chain on before the wear becomes too extreme to permit replacement of the chain only. The problem with that method is that it is imprecise. The type of chain used, frequency and quality of cleaning and lubrication, the type of lubricant, and the operating environment all affect the rate of wear, and may cause variability in the rate of elongation. It is better to measure the elongation directly in order to avoid replacing a chain that is insufficiently worn to justify it, or fail to get a new chain on while it is still possible to do it.

I use a Park CC-2 chain checker. It is a professional quality tool that measures chain stretch with reasonable accuracy. The chain should be replaced at or before .75% of elongation as measured by the gauge. (If the gauge reads more than .75% it is better not replace only the chain: Wear the gear parts out until they become objectionable, and replace all badly worn parts simultaneously.) I find that I can

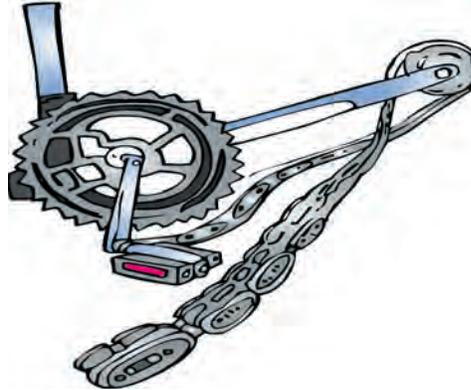
wear a number of chains part way out without having to replace gears. After I've worn a number of chains to .75%, I use them again, until I've worn them out to 1%. Then I buy a new cassette, new chainrings if necessary (determined by appearance and testing) and a few more chains. This enables me to get a lot of wear on a set of gears, and to get a lot of miles on all my chains. (Park's less costly CC-3 chain checker isn't accurately calibrated in accord with the CC-2. A reading of .75 on the CC-3 exceeds .75 on the CC-2, and an attempt to replace the chain at that point would usually not be satisfactory. Consequently, I can't recommend the cheaper tool, though I did modify one with a grinder so it worked correctly.)

A question I haven't succeeded in answering is what chains have the best cost to wear ratio. I wish someone would do a study on that. It is difficult to control the variables well enough for one individual to evaluate a number of chains fairly. One thing we can be pretty certain of is that better cleaning and lubricating lead to longer service life. I have a couple of methods that I like for

doing chain maintenance. After almost every ride I wipe as much dirt off of the chain as I can by backpedaling the chain through a rag. Then I lubricate the chain and backpedal it through the rag again. After really dirty rides (like almost all mountain bike rides!) I use a chain cleaning machine like those made by Park, Finish Line or several others. (The Park is my favorite--it works on single speed chains and tandem transfer chains as well as derailleur chains.) The chain cleaning machines all require some form of solvent which is added to the "fill" line. The lower loop of chain passes through the machine. When the bike is backpedaled the chain is aggressively scrubbed with solvent by rotating brushes. I use several solvent changes until the solvent no longer gets very dirty from the chain. I settle the used solvent until it is clear, and reuse it.

Shimano makes very good chains. In my opinion their method of joining is the worst in the industry. I'm particularly critical of their method of joining 10 speed chains. I think it is dangerous! I suggest buying an aftermarket master link by another maker if you are planning to use a Shimano chain. Be certain to get the correct width master link; use 9 speed links with 9 speed chain, 10 speed with 10 speed, and so forth.

Chain maintenance is one of the most important parts of your bicycle care program. Your bike will run better, longer, and cheaper if you will devote extra effort to that aspect of your bicycle's care.



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# RIDE DESCRIPTIONS

July 5, 12 19 and 26  
 March Point No Sweat Rides:  
 (Thursdays)  
 Meet at the March Point Park  
 and Ride at 6pm. This is a  
 stay together ride. We will vary  
 the route between the Tommy  
 Thompson Trail and around the  
 point. Good ride for beginners  
 and families. Rain will cancel, so  
 call if weather questionable.  
 Linda S. White  
 (360) 770-1050 (cell as I will  
 hopefully be moved by then and  
 don't know my new phone  
 number yet



July 7  
 Meet at Keystone ferry terminal for  
 10:15 ferry to Port Townsend.  
 Ride approximately 20 miles (one  
 way) to Olympic Music Festival,  
 concert starts at 2 pm.  
 (Shostakovich, Mozart, and  
 Brahms) Cost= \$17 lawn, \$26 barn  
 seating  
 Ride Leader  
 Ann Dannhauer 678-6214



July 8  
 The annual Snoqualmie Tunnel  
 ride. We'll meet at my house or if  
 you live further south we can meet  
 at a convenient place to pick you  
 up and head to North Bend outlet  
 mall to park the cars. Then we'll  
 shuttle up to Hyak to start the ride.  
 Right off the bat we head in to the  
 Snoqualmie Tunnel. It's pitch dark  
 in the tunnel so bring a light. A  
 hiking light is barely adequate. A  
 mtn biking night light is the way to  
 go. Out of the ~2 mile tunnel, we  
 head down the rail trail 32 miles all  
 downhill back to North Bend. We'll  
 stop at Camp Waskowitz a place I  
 love for a little single track and take  
 a look at a King County Historic  
 Landmark - the only functional  
 CCC camp built in 1935 and still  
 operating as a camp. It's the  
 Environmental Education camp for  
 the Highline School District. once  
 back at the outlet mall some will  
 have an opportunity to shop while  
 others head back in a car to shuttle  
 the other cars back down.  
 Ride Leader  
 Jennifer McCoy 336-2528.

July 12  
 Thursday night Time Trial  
 We're back to the flats of Fir Island  
 for July's time trial. Meet at the  
 church on Fir Island (just West  
 of the Skagit River bridge next to  
 Conway) at 6pm. We'll pre-ride  
 the 7.73 mile course for a warmup,  
 do the TT, then a cool down for  
 around 25 miles total. Timing  
 provided, all levels encouraged to  
 come. Light rain won't cancel.  
 Ride Leader  
 Marshall Will  
 360-929-5003 or cesiwill@msn.com



July 14  
 10:00 meet at the Park and Ride  
 South of Skagit River Bridge between  
 Clear Lake and Sedro-Woolley for a  
 ride to Concrete and back. We'll stop  
 at Alberts Market for lunch. For more  
 information contact Ride Leader  
 Jane Monroe, 360-424-4619.



June 20  
 Breakfast Ride-- We are going to  
 cross Deception Pass Bridge and  
 do some riding on North Whidbey  
 (which guarantees a few hills), and  
 we will be eating in Oak Harbor, so  
 you will have energy for the return.  
 Come on... It will be fun, but rain  
 cancels! Meet at Pass Lake parking  
 lot at Hwy 20 and Rosario Road,  
 Fidalgo Island.  
 Ride Leader  
 Dian Jahn 293-1340



July 22  
 Port Townsend to Fort Flagler  
 It's time for the Vlasak Classic! Join  
 me for a wonderful 54 mile ride on  
 the Olympic Peninsula going from  
 Port Townsend to Fort Flagler and  
 back. Of course, you can do a much  
 shorter option of about 30 miles  
 and even avoid a lot of the hills too!  
 Plan on catching the 9:30 Ferry at  
 Keystone so be there 9:00 to find  
 a spot to park and buy your ferry  
 ticket. After the ride we might even  
 visit the Port Townsend pub for some  
 wonderful burgers and beverages!  
 Any questions, give me an email at  
 GVlasak@aol.com or give me a call.  
 Ride Leader  
 Greg Vlasak 360-632-7596

July 23  
 Meet at 9:00 am in Conway at the  
 Red Barn Store. The ride is approx.  
 30 miles with rolling hills, social to  
 moderate pace. Questions call  
 Ride Leader  
 Jean Labossiere  
 360 710-9577 or  
 cesiwill@msn.com



July 27  
 We'll meet at my house then  
 head up to the parking lot on Mt.  
 Josephine. This is a climbing ride  
 on DNR logging roads for most of  
 the way. At the top of the passable  
 road there is a single track for a  
 mile or so before reconnecting  
 with the road to the end just below  
 the summit. There is also some  
 opportunity for gnarly single track  
 to lower Lk. Josephine and also a  
 short walk to upper Lk. Josephine.  
 Total trip 16-18 miles RT. Go at  
 your own pace. Don't wait for me.  
 I'll be along bye and bye.  
 Ride Leader  
 Jennifer McCoy 336-2528.



July 29  
 Join the fun for a road ride and  
 Honky-Tonk Music: Meet at Bayview  
 State Park, picnic area at 1:00. We  
 will ride 45-50 miles, return to park.  
 Bring a change of clothes and a  
 bath towel and a few quarters for a  
 shower at the park. We will re-group  
 at the Edison Cafe at 5:00 PM for  
 great bluegrass/honky-tonk music,  
 food and cold beer, and a chance to  
 dance if your legs are willing.  
 Ride Leader  
 Steve Jahn 293-1340



**JULY RIDE CALENDAR JULY RIDE CALENDAR JULY RIDE CALENDAR JULY RIDE CALENDAR**

| Day       | Date  | Time     | Ride Type &/or Title               | Ride Leader/Phone #                                       | Ride Start Location                   |
|-----------|-------|----------|------------------------------------|-----------------------------------------------------------|---------------------------------------|
| MO        | 2     | 10:00 AM | Road Ride                          | Dave Mazzarella 336-3982                                  | RLH                                   |
| TU        | 3     | 6:00 PM  | Road Ride                          | Kathy Foster 303-6702                                     | Whidbey State Bank Bellingham         |
| TU        | 3     | 6:30 PM  | Sweetcakes Ride                    | Tim Kramer 629-6415                                       | Velo Sports Stanwood                  |
| TH        | 5     | 6 :00PM  | No Sweat Ride                      | Linda White 293-4292                                      | March's Point Anacortes               |
| TH        | 5     | 6:00 PM  | Road Ride                          | Justin Bannerman 661-7332                                 | Anacortes Skagit Cycle Center         |
| FR        | 6     | 8:30 AM  | Breakfast Road Ride                | Rose Ploeg 360 755 0271                                   | 1025 E.Washington Ave Burlington      |
| SA        | 7     | 9:00 AM  | Road Ride                          | Gary Minor 424-4836                                       | RLH                                   |
| SU        | 8     | 7:00 AM  | Snoqualmie Tunnel<br>Mtn bike ride | Jennifer McCoy 336-2528                                   | RLH or points further south           |
| M         | 9     | 6:00 PM  | Bridge Sweep                       | Bill Woyski 293-9520                                      | West end of Berentson Bridge          |
| TU        | 10    | 10:00 AM | Road ride                          | Dave Mazzarella 336-3982                                  | RLH                                   |
| TU        | 10    | 6:30 PM  | Business Meeting                   | Marshall Will 929-5003                                    | Washington Federal Savings Burlington |
| WE        | 11    | 6:00 PM  | Weds Night Ride                    | S JaniceLisherness 424-5263<br>M/LDaveHarrington 675-1457 | Bayview St Pk with potluck after      |
| TH        | 12    | 6:00 PM  | No Sweat Ride                      | Linda While 293-4292                                      | March's Point Anacortes               |
| TH        | 12    | 6:00 PM  | Timed trial                        | Marshall Will 929-5003                                    | Conway Church                         |
| FR        | 13    | 9:00 AM  | Breakfast Ride                     | Cheryl Minor 424-4836                                     | RLH                                   |
| SA        | 14    | 10:00 AM | Road ride                          | Jane Monroe 424-4619                                      | South Skagit Park and Ride            |
| SA/<br>SU | 14/15 |          | Seattle to Portland (STP)          | Cascade Bicycle Club<br>206-522-3222                      | www.cascade.org Univ. of WA           |
| SU        | 15    | 5:30 PM  | Road Ride                          | Dave Krohse 708-4626                                      | Cook Rd/I-5 Park and Ride             |
| MO        | 16    | 10:00 AM | Road Ride                          | Dave Mazzarella 336-3982                                  | RLH                                   |
| TU        | 17    | 10:00 AM | Road Ride                          | Dave Mazzarella 336-3982                                  | RLH                                   |
| WE        | 18    | 6:00 PM  | Weds Night Ride                    | S Jim Kline 421-3900<br>M/L Bill Thayer 757-2679          | Bayview St. Pk. With potluck after    |
| TH        | 19    | 6:00 PM  | No Sweat Ride                      | Linda White 293-4292                                      | March's Point Anacortes               |
| TH        | 19    | 6:00 PM  | Road Ride                          | Justin Bannerman 661-7332                                 | Anacortes Skagit Cycle Center         |
| FR        | 20    | 9:00 AM  | Breakfast Ride                     | Dian Jahn 293-1340                                        | Pass Lake parking lot                 |
| SA        | 21    | 8:00 AM  | Lk. Cavanaugh                      | Janice Lisherness 424-5263                                | Big Lake School                       |
| SU        | 22    | 9:00 AM  | Port Townsend to Fort Flagler      | Greg Vlasak 679-1062                                      |                                       |
| MO        | 23    | 9:00 AM  | Breakfast Ride                     | Jean LaBossiere 710--9577                                 | Conway Red Barn                       |
| TU        | 24    | 10:00 AM | Road Ride                          | Dave Mazzarella 336-3982                                  | RLH                                   |
| WE        | 25    | 6:00 PM  | Weds Night Ride                    | S JeanetteFolkertsma 445-5924<br>M/L Jamie Wells 424-9287 | Bayview St. Pk. With potluck after    |
| TH        | 26    | 6:00 PM  | Road Ride                          | Joella Solus 293-9245                                     | Anacortes Skagit Cycle Center         |
| FR        | 27    | 9:00 AM  | Mt Josephine MtnBike               | Jennifer McCoy 336-2528                                   | RLH                                   |
| SA        | 28    | 8:00 AM  | Road Ride                          | Joella Solus 293-9245                                     | Seafarer's Pk. Anacortes              |
| SA        | 28    |          | Pedal the Pinchot                  | www.pedaltheinchot.com                                    | Cougar, WA                            |
| SU        | 29    | 1-5 PM   | Road Ride,Music,Dance              | Steve Jahn 293-1340                                       | Bayview St.Pk. then Edison Cafe       |

For Information on leading rides call or e-mail: Jennifer McCoy, Ride Coordinator, 360 336 2528 or jlmccoy@ncia.com.

LOCATION: RLH = Ride Leader's Home

**SBC WELL REPRESENTED AT THE NORTHWEST TANDEM RALLY IN YAKIMA--By Dian & Steve Jahn**

Our club was well represented at the 2007 Northwest Tandem Rally in Yakima over Memorial Day weekend, where over 385 tandem couples made for a spectacular bicycling event. The 8 attending SBC couples included our esteemed "El Presidente" Marshall Will and the real "boss" Jean Lebossiere; a dynamic duo of Eric and Kim Knapp; the "Everready bunnies" of Bill and Jennifer Woyski; the Whidbey Island contingent of Mike & Nancy Merickel and Dave and Margie Harrington; trailed by Steve & Dian Jahn panting to keep up, and Frank and Fran Arnold, who "warm up slow and then taper off", but rode every mile!

The Yakima hosts provided a great riding venue- Saturday routes were on wonderful roads through the wine region with various wineries hosting cyclists for food and wine tasting. Sunday's routes were in the opposite direction through beautiful orchards and farms. Monday, 4 teams rode an "out and back" on a perfect morning on the Yakima River. 3 teams actually enjoyed the ride, while the 4<sup>th</sup> "wheel sucker" experienced 36 miles of "anaerobic thrill."

All three days of riding experienced few cars on rolling roads that made for perfect tandem riding. The only difficulty were the "goat heads" (thorns from local weeds) that were very prevalent. The Merickel's and Harringtons had 6 flats between them, but are quick to mention only two had to be changed without the benefit of a SAG wagon. Great rider support!!!



SBC teams gathering for the mass start



Mondays' Canyon ride teams-Will/Lebossiere; Knapp's; Woyski's; Jahn's



The Arnold's



Mike and Nancy Merickel



The Harrington's being interviewed

SBC members were interviewed for local Cable TV coverage and "we heard" that some (don't know who) actually made it "on air". Most stayed in motels in close proximity or camped at the High School. All enjoyed "after ride" socials at local restaurants or favorite beer gardens and everyone reported having a great time!

**RETRO RIDE AND CYCLE CELEBRATION!**

By Ken Rasmussen

The name has undergone a metamorphosis since I originally dreamt up the idea of a Concourse D' Elegance and Eccentricity Parade last December, but I've finally settled upon a title, a date, a venue, and a course. The first annual Retro Ride and Cycle Celebration will be at **1:00 on Sunday, August 26th, beginning at Rosabella's Garden Bakery, 8933 Farm to Market Road, Bow.** Rosabella's is opening especially for us, so bring along a couple of bucks and have a snack before or after the ride in order to make the day worthwhile for Rose and Alan Merritt, the owners of Rosabella's.

The event will begin with an opportunity to display and examine the bikes. You are encouraged to ride antiques or unusual bicycles, or come in costume. This ride is all about style. Speed and distance count for nothing. Aggressive riders are encouraged to knock off a quick 50 miles and have a beer before the Retro Ride so as to approach this event in a properly relaxed mood. After everyone has had an opportunity to admire everyone else and have a cup of tea or a croissant, we'll do a leisurely 15 mile parade around the valley, finishing up at Rosabella's for more mutual admiration and goodies. The course offers plenty of corners that can be cut for those mounted on less functional bikes, and opportunities for increased distance for those on swifter bikes. This would be a perfect ride to introduce your non-cycling friends or children to the sport. Tell 'em this is how we always do. That'll make 'em blink!



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Ann Dannhauer, Dian Jahn, Steve Jahn,  
Kim Knapp, David Krohse  
Jean Labossiere, Jennifer McCoy,  
Jane Monroe, Ken Rasmussen, Greg Vlasak,  
Linda White, Marshall Will

Send articles in before or on deadline,  
incomplete articles will be returned.

Newsletter Deadline  
The Third Friday of each month or as  
otherwise listed below:

August Deadline: July 20  
September Deadline: August 17  
October Deadline: September 21  
November Deadline: October 19  
December Deadline: November 19



Saddle Post Intelligencer  
 The Voice of the  
 Skagit Bicycle Club  
 P.O. Box 363  
 Burlington, WA 98233

**Skagit Bicycle Club Membership Form**

*Use this form after you are finished with the ride calendar on the reverse side*

**Check One:**    New                       Renewal                      **Annual Dues:** Individual \$15.00      Family \$20.00

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone Home \_\_\_\_\_

Phone Work \_\_\_\_\_ E-mail \_\_\_\_\_

MAIL TO: Skagit Bicycle Club ☺ P.O. Box 363 ☺ Burlington ☺ WA ☺ 98233

We'd like to get to know you, check as many biking interests as you wish:

- Recreational Riding    Touring    Family rides    Mountain biking    Road biking
- Tandem biking    Ride Leader    Advocacy    Volunteer Skagit Spring Classic
- Other

**Membership benefits include 10% off at the following:**

Skagit Cycle Center 1704 S.. Burlington Blvd... Burlington 360-757-7910 ☺ ☺ ☺ Skagit Cycle Center 1620 Commercial Ave. Anacortes 360-588-791 ☺ ☺ ☺ Rack Attack 731 W. Division Mt.. Vernon 360-428-2665 ☺ ☺ ☺ Velo Sports Viking Village Stanwood 360-629-6415 ☺ ☺ ☺ Bicycles NW 31531 SR 20 Oak Harbor 360-279-8919 ☺

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

**Club Officers:**

President Marshall Will cesiwill@msn.com.  
Vice President Charlie Shultz  
tbschultz@comcast.net  
Secretary Jane Monroe  
janemmonroe@aol.com  
Co-Treasurers Janice Lisherness  
bikerjan1@hotmail.com &  
Jeannette Folkerstma  
folk@fidalgo.net  
Past President Cheryl Calhoun  
calhoun@fidalgo.net

**Board Members:**

Eric Knapp erickimswim@wavecable.com.  
Kim Knapp erickimswim@wavecable.com  
David Krohse davidkrohse@yahoo.com  
Dian Jahn dianstevejahn@hotmail.com  
Bill Thayer BillHThayer@aol.com  
Bill Woyski bwoyski@comcast.net

**Ride Coordinator** Jennifer McCoy,  
336-2528 or jlmccoy@ncia.com.

**Membership List & Labels** Marshall Will 360-929-5003 or  
cesiwill@msn.com

**Website:** www.skagitbicycleclub.org

**Web masters:** George Haigh  
george@zappo.org,  
Tom Jacobson  
TomandLoriJ@comcast.net  
skagitbicycleclub@hotmail.com

**Club E-mail:**

**Bike Travel Cases:**

SBC Members can arrange to use one of the club's 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. To make arrangements contact Bill Thayer at 360 757 2679 or email BillHThayer@aol.com.

**Bike Racks:**

SBC owns four Yakima bike carriers that attach to a roof rack (if your rack has 1 inch round bars front and rear). They are fork mount and we have mounts for the front wheel too. They are available for Any SBC member to checkout and use. They are currently kept in the Storage Unit in Mount Vernon, to check them out and arrange a pickup contact Bill Thayer 360 757 2679 or Jane Monroe 360 424 4619

**Library:**

To check our books/videos/cd's or to arrange a donation call 360 422-5167 or E-mail Eric or Kim Knapp at erickimswim@wavecable.com.

## Saddle Post-Intelligencer

Published by  
The Skagit Bicycle Club  
P.O. Box 363 Burlington WA 98233

**Editor**

Rose Ploeg  
ploeg@cnw.com

**See Page 7**

Send articles to the Editor  
Via E-mail ploeg@cnw.com  
Indicate in the subject line, what is being sent  
i.e.. **Ride description with the date**  
**Ride report with date or title of ride.**

**Article & Photos Guidelines:**

Articles are accepted in Word or Excel  
Photographs will be accepted in JPEG format

**Newsletter Deadline**

**The Third Friday of each month or  
as otherwise listed below:**

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### Newsletter--Email Edition

If you have any problems or comments, please contact us through the website or via Marshall Will at 360-929-5003 or cesiwill@msn.com. If you're changing internet carriers or if the ol, printer is on its deathbed, feel free to request a mailed copy of the newsletter.



# Ride Around Puget Sound

August 25 - 26, 2007

Hosted by: B.I.K.E.S. of Snohomish County, Capital Bicycle Club, Seattle Bicycle Club, Tacoma Wheelmen's Bicycle Club, & West Sound Cycling Club

**Route:** Enjoy the scenic back roads of five Washington counties while supporting statewide bicycle advocacy and education. RAPSody starts and ends at Tacoma Community College. The route is 165 miles of rolling hills – doing it in one day is hard, two days is challenging fun. The halfway point and overnight stop is Shelton. Along the way you'll take ferries to/from Vashon Island, ride the Kitsap Peninsula, pass through Olympia, and enjoy scenic water and mountain views.

**Details:** Registration includes souvenir socks, free overnight parking, luggage transport, ferry fares, indoor or outdoor camping at Shelton, free showers in Shelton and at the finish line, mechanical and sag support, great food stops, and the best volunteers! Plus, live music in Shelton on Saturday and ice cream at the finish line. Meals are available for purchase from the Shelton Dance Team Booster Club at the high school.

**All ride proceeds are donated to the Bicycle Alliance of Washington.  
Save money by signing up early and joining the Bicycle Alliance!**

Visit [www.rapsodybikeride.com](http://www.rapsodybikeride.com) for more info and updates. Register online through [www.Active.com](http://www.Active.com). For registration information, contact Betty at (253) 857-5658. For event information, contact Molly at (206) 577-6999.

*Registrations may be transferred provided the original purchaser contacts the Registrar in advance and a signed release for the transferee is received by the Registrar before the ride. Sorry, there is no day of ride registration and no refunds.*

**SNELL OR ANSI APPROVED HELMETS ARE REQUIRED ON THIS RIDE.**

Register online at [active.com](http://active.com) or mail this form to RAPSody c/o TWBC, PO Box 112078, Tacoma, WA 98411.  
Make checks payable to Bicycle Alliance of Washington

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City/State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_

**E-mail** \_\_\_\_\_

Include your email for any updates! Please print legibly.

| Number of Days          |  | Indicate Sock Size |  |
|-------------------------|--|--------------------|--|
| 2-day rider (Sat./Sun.) |  | S/M (6-10)         |  |
| 1-day rider (Sat. only) |  | L-XL (9-13)        |  |

Be sure to mark all applicable boxes.

**SIGN ON BACK AFTER READING!**

| Registration Closes 8/17                                  |           |  |
|-----------------------------------------------------------|-----------|--|
| Postmarked by 7/21                                        | \$80      |  |
| Postmarked after 7/21                                     | \$90      |  |
| T-shirt (order by 8/8 to guarantee)                       | \$15      |  |
| Circle Shirt Size:    S    M    L    XL    XXL            |           |  |
| Join the BAW for \$25                                     | \$25      |  |
| BAW member discount<br>(Join now for immediate discount!) | – \$10    |  |
| Dinner at high school                                     | \$10      |  |
| Breakfast at high school                                  | \$7       |  |
| Dinner & Breakfast at high school                         | \$15      |  |
| <b>Total Enclosed</b>                                     | <b>\$</b> |  |



# RAPSody Training Rides

March 17 - McClinchy Mile Bike Ride, Arlington  
www.bikesclub.org

April 22 - Daffodil Classic, Orting  
www.twbc.org

May 20 - Two County Double Metric Century  
Millersylvania State Park  
www.capitalbicycleclub.org

June 3 - Peninsula Metric Century,  
Gig Harbor and Southworth Ferry Terminal  
www.twbc.org

July 29 - Tour de Kitsap,  
Silverdale, WA and Bremerton Ferry Terminal  
www.westsoundcycling.com

August 12- TRYBR, Tenino  
www.capitalbicycleclub.org

September 9 – Headwaters Century, Enumclaw  
www.twbc.org

## Ride Information

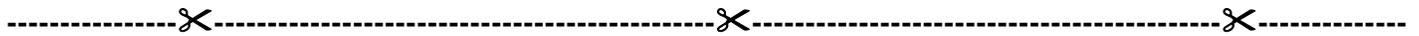
The ride starts and ends at Tacoma Community College located at 12<sup>th</sup> Ave. and Mildred Street.

All riders start on Saturday, August 25. 1-day riders must depart between 6:00 and 7:30 AM and complete by 8:30 PM. 2-day riders must depart between 6:00 and 8:30 AM on Saturday and complete by 5:00 PM each day. Ferry schedules do not allow later starts. Riders must ride legally.

Food stops are about 30 miles apart and are staffed by local and bike club volunteers. Area bike shops provide mechanical support.

The route is subject to change. Route maps and directions to the start will be included in the mailed ride packet. Maps are not available beforehand. Ride packets will be mailed approximately two to four weeks before the ride.

Bicycle Alliance of Washington  
The BAW advocates for bicyclists and a bicycle-friendly Washington. Members receive information and resources to support funding and policies that make cycling safer. Visit [www.bicyclealliance.org](http://www.bicyclealliance.org) to learn more about this nonprofit organization.



## Ride Around Puget Sound (RAPSody) Release

**\*\*\*\*\*Note: This form must be signed for your registration to be complete.\*\*\*\*\***

In consideration of the acceptance of this entry & by signing this Release for myself (or for the participant if the participant is under 18) I agree to RELEASE, HOLD HARMLESS, and INDEMNIFY the Bicycle Alliance of Washington, Capital Bicycle Club, B.I.K.E.S. of Snohomish County, Seattle Bicycle Club, Tacoma Wheelmen's Bicycle Club, West Sound Cycling Club, other host bicycle clubs, and all support staff, sponsors, advertisers, owners & lessors of premises on which the activity takes place, their respective officers, agents & members, & any other parties connected with the bicycle event for any injury, loss or damage suffered as a result of participation in the bicycle event or any activity associated with it, including injury, loss or damage caused by the Negligence of any party.

I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death, & I expressly agree to assume those risks. I understand the route chosen is challenging, not necessarily the safest route, & that weather conditions may make this ride more difficult. I warrant that I am in proper physical condition to participate in this event, that I am a sufficiently competent cyclist to handle the road conditions, & that my bicycle is in safe operating condition.

I understand that wearing a helmet can minimize head injuries which may occur in a cycling accident & that the RAPSody Bike Ride requires all riders to wear helmets. I agree to wear a helmet while participating in this event, & to follow the rules of the road & all applicable laws & safe bicycling practices.

I understand that this Release is also binding on my heirs & representatives. If I am signing on behalf of a minor, I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to HOLD HARMLESS & INDEMNIFY the entities named above for any claims brought on behalf of the minor.

**SNELL OR ANSI APPROVED HELMETS ARE REQUIRED ON THIS RIDE!**

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature of Parent/Guardian \_\_\_\_\_  
if participant is under 18: \_\_\_\_\_ Date: \_\_\_\_\_

**Read & Sign This Form**