

# Saddle-Post Intelligence

[www.skagitbicycleclub.org](http://www.skagitbicycleclub.org)  
The Voice of the Skagit Bicycle Club



## SAVE THE DATE for the 18<sup>th</sup>. Annual Jan Selvig Winthrop Ride: August 11 & 12.

Come join the fun on this scenic ride through the North Cascades to Mazama. New lodging at the Mazama Country Inn. Accommodations include; heated outdoor pool, hot tub and sauna, workout facility, (incase you need more exercise) and miles of beautiful trails to explore. Family style dinner and lunch provided by the lodge. We will also have snacks and beverages when we arrive at the lodge. We have room for 19 riders and 6 sag drivers (sags go free!) Cost is \$125.00 per person. RSVP by May 29 . For more information contact Kim Knapp at (360) 422-5167, or email @ erickimswim@wavecable.com.

WELCOME

NEW MEMBERS

Cindy & Marty Shepard  
Tony Tomasino  
Steven Foster  
John Boisen  
Sunnie Empie

**March 2007 In This Issue..**

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## Wednesday Night Ride Leaders Alert!!

It's time to start thinking about leading Wednesday night road rides from April through September. We need a leader for the longer faster route and a leader for the shorter route. The following starting points are planned for this season's rides.

March 11 – Day Light Savings begins

Rides will begin at 5:30 p.m. in April and November, the remaining months rides will begin at 6:00 p.m.. July's ride will end with a potluck.

### Starting Locations:

April – Maiben Park, Burlington

May – Skagit Valley Gardens, Conway

June – Evergreen School, Sedro Woolley

July – Bay View State Park, Bayview – potluck after ride.

August – Mount Baker Middle School, Mount Vernon

September – March's Point.

Anacortes

November 4 – Day Light Savings ends

Contact me, Jennifer McCoy 360 336 2528, to sign up for ride leader, or sign up at a ride, or at the general meetings. Thanks. J



## Cowichan Bicycle Tour Vancouver Island, B.C. June 22-25 Organizers- Steve & Dian Jahn

This is a self-contained tour, staying 3 nights in inns or motels, so you can travel light. We will take the Anacortes ferry to Sidney, Vancouver Island, B.C., then ride the Lockside Trail and Rotary Route: [http://www.rotaryroute.org/docs/detailed\\_map.pdf](http://www.rotaryroute.org/docs/detailed_map.pdf) (Map) <http://www.rotaryroute.org/docs/description.html> (Description) The route will take us to the Bamberton-Mill Bay Ferry, meandering north along the Saanich Inlet and the beautiful coast of the Cowichan region. We will overnight in historic Duncan (the town of many totem poles), and the second night we will stay in or near Nanaimo. After crossing on the Tsawwassen Ferry, we will continue south, staying the third night in or near Birch Bay before heading back home to Anacortes the following day.

### Approximate Mileage

(side trips not included)

Day 1: 32 miles-Marches Point P&R-Anacortes-Sidney Ferry-Sidney-Duncan, BC

Day 2: 38 miles-Duncan-Nanaimo

Day 3: 52 miles-Nanaimo-Duke Pt.-Tsawwassen-Birch Bay

Day 3: 53 miles-Birch Bay-Marches Pt. P&R – Total Miles 175

Contact us at 360-293-1340 or [dianstev ejahn@hotmail.com](mailto:dianstev ejahn@hotmail.com) if interested.

A decorative graphic featuring several interlocking gears of various sizes, arranged in a cluster on the left and right sides of the page. The gears are rendered in a metallic, grey color with a slight 3D effect.

# Loose Cog

## Miscellaneous Rattlings from SBC prez Marshall Will

I'm always reminded of how diverse our club members' interests are. At the rides, board meetings, or volunteering at events like Bicycle Expo or our Skagit Spring Classic, I'm constantly amazed by the varied interests, backgrounds, and goals we all bring. Some focus on improving personal fitness and skills, some just ride for fun and a unique social experience. Some are interested in promoting bicycling through advocacy groups, or prefer to show the way by individual personal example. For others cycling is secondary to just being a part of a great group of folks and they are some of the best volunteers for whatever needs to be done.

On the advocacy side, members like Marie Erbstoerzer, Mark Semaru, Cindy McGuinness, Lanney Wixson and Steve Jahn have been working with local agencies, helping with their time and skills as well as passing viewpoints back and forth. It's always important to see what our officials see as the most important issues.

With their efforts in Race Across Oregon, the 537 mile mega-endurance test and RAAM

qualifier, Tom Jacobson and Scott Youngren raised the bar out of sight for those looking to "take it to the next level". Just hearing the tales of hot and cold conditions hurts!

In between are board members who help run the club month by month. The racers who stretch their skills and performance and bring spice to the rides, especially Wednesday nights, (can't wait!) And when it all comes together at Skagit Spring Classic where new members mix with old hands to put on, what I feel is, the Northwest's primo bike ride, the people comprising this club are truly amazing.

Perhaps the common denominator is that all of us share a yearning for a little adventure. The chance to enjoy and share new experiences; a new tour, a race, an event, a new trail, a special climb, each add a new adventure and constantly expand our horizons and inspire others.

Or maybe it's just because we all ride bikes!

### NW Tandem Rally

#### Submitted by Jean LaBossiere

Calling riders on single bikes! The NWTR is being held this year in Yakima over Memorial Day Weekend May 25-28th. You do not have to be on a tandem to go, single bikes are welcome. They will be riding through the wine country with a promise of wine tasting and then the upper valley where the cherry trees will be in bloom. If you're interested in drafting a couple of hundred of tandems go to [NWTR.org](http://NWTR.org) and check it out!

### Bicycle Tour of Colorado –

#### Steamboat Springs Loop

June 24 – June 30, 2007

418 miles over 8 Colorado passes

35,436' elevation gain

For more info [www.bicycletourcolorado.com](http://www.bicycletourcolorado.com)

Or 303-935-1180



*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](mailto:sbcexperts@gmail.com).*

**Dear Experts:** Headaches are taking all the fun out of cycling! I feel increased tension in my upper neck as I ride and frequently experience dull headaches that get worse with more frequent riding. What can I do? **-Beth, Mount Vernon**

**Dr. David Krohse:** Headaches can be a real pain. There are multiple categories of headaches with a variety of causes. However, the headaches you are describing are referred to as tension headaches. Tension headaches often produce dull pain in the back of the head, the front of the head, or in a “bandlike” pattern around the head.

Your head is essentially an eight to ten pound weight balanced on top of the neck. The vertebrae (bones of the spinal column) and discs in the neck bear the weight of the head, while muscles, ligaments, and joints control and limit movement of the neck. Many bicycles result in a riding position where the head is relatively far out in front of the shoulders and the upper neck is extended or bent backwards. This position greatly increases tension in the muscles on the back of the neck and can also stress or irritate the joints of the neck. Muscle tension and joint irritation in the upper neck can result in pain in the head. Check the Three P’s of Neck-Related Headaches to find out if your headaches are related to dysfunction in your upper neck:



- 1) **Posture** – Your ear should be lined up with the tip of your shoulder when viewed from the side. Have someone check your standing posture. If your ear is far in front of the tip of your shoulder, your neck muscles are working harder than they should be all the time. If headaches get worse after cycling or working in front of the computer, posture is probably a factor.
- 2) **Position** – When you have a headache, bend your head forward and backward slowly.

Rotate your head to the right and left slowly. Bend your head side to side slowly. Increased headache pain on slow movement or at the end of the range of motion indicates that neck joint or muscle dysfunction is affecting your head.

- 3) **Painful Points** – When you have a headache, poke around your upper neck with your fingers. Are there tender areas that make your headache worse when you press on them? These painful points indicate that neck dysfunction is related to the pain in your head.

Though many rely on over the counter pain medications to relieve tension headaches, there are activities and treatments that improve the cause of the headaches rather than just treat headache symptoms. Neck muscles may relax by applying heat to the tight muscles in the upper neck. Regularly lying on your back with a rolled up towel placed behind the neck for 5 to 15 minutes can also help reduce neck muscle tension.

Wall Angel exercises are an active option for reducing neck and upper back tension related to poor posture. Stand with your back against the wall. Tuck your chin and press your head back against the wall. Raise your arms out to the side to 90 degrees and bend the elbows so that your shoulders, elbows, and the backs of your hands are all touching the wall. Slowly bring your hands together above your head while keeping everything against the wall 15 times. Do one to three sets per day on a regular basis to see improvement.



If these self treatments don’t decrease your headaches, you may want to seek out a skilled massage therapist, chiropractor, or physical therapist. A massage therapist will work to relax tight upper neck muscles, while a chiropractor will use adjustments to restore proper function to dysfunctional, irritated joints in the upper neck. Physical therapists or chiropractors can form and help you implement a more specific plan to improve poor posture and other headache causes.

In chronic situations, riding a bicycle with more upright neck posture such as a hybrid or recumbent may be a long-term solution (though not a good one for dedicated road cyclists) to reduce neck stress and resultant tension headaches.

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



# BOARD BRIEFINGS



February 6, 2007, General Meeting.  
6:30 p.m. Washington Federal Savings Bank,  
Burlington, WA.

Meeting opened by President Marshall Will

Secretary Jane Monroe read the minutes from the  
January 2 meeting.

Correspondence was shared.

New members are: Cindy and Marty Shepard,  
Tony Tomasino, Steven Foster, John Boisen and  
Sunnie Empie.

Co- Treasurer Janice Lisherness reported the  
bank balances.

Ride Coordinator Jennifer McCoy passed around  
the ride calendar.

Wednesday night ride starting locations suggested  
are:

April	5:30 p.m.	Maiben Park, Burlington,
May	6:00 p.m.	Skagit Valley Gardens, Conway
June	6:00 p.m.	Evergreen School, Sedro- Woolley
July	6:00 p.m.	Bay View State Park (potluck)
August	6:00 p.m.	Mt. Baker School, Mt. Vernon
September	5:30 p.m.	March Point Park and Ride

Special Olympic turnouts will begin March 19 and  
continue on Mondays 5:30 p.m. until the finals  
at Ft. Lewis in June. Volunteers are needed.  
Contact Jane Monroe 360 424 4619.

Greg Vlasak e-mailed his design for the Skagit  
Spring Classic Posters and will work on another for  
the Family Trail portion.

George Haigh will re-design the Club website, he will  
accept suggestions on skagitbicycleclub.org.

Steve Jahn reported on a proposed bike rack with  
SBC plaque. Bill Thayer motioned to pay \$300.00  
to City of Anacortes to install one rack at the location  
in front of Calico Cupboard, Eric Knapp seconded,  
motion carried. Steve also reported that the new  
Skagit bicycle maps will be available soon. SBC will  
receive 2000 to distribute.

Kim Knapp reported on plans for the Winthrop trip  
Aug. 11.12, 2007. Kim and Eric also will coordinate  
workers for the SBC booth at the Seattle Bike Expo  
March 10,11.

Dave Krohse, the recreation chairman for a new  
group "Skagit Young Professionals," would like to  
promote bicycling there with newsletters, etc.

The next meeting will be March 6, at 6:30 p.m.,  
Washington Federal Savings Bank in Burlington.

Following the meeting Cheryl Calhoun led a Spring  
Classic committee meeting. Charlie Schultz  
motioned to give 2 family registrations for the Spring  
Classic Trail ride and assorted items as door prizes  
at a Bike Safety day at the Adventist School in  
Burlington. Jane seconded, motion carried.



# RIDE REPORTS



## January 16 Brunch Ride By Steve Jahn

The Friday, January 16th Brunch ride was a perfect "spring  
is coming" day. The "Whidbey contingent" of Mike, David,  
Missy, and Jim joined Dian and I and our house guest Carol.  
We rode from March's Point Park and Ride to La Conner via  
Snee-oosh Road, brunched at Calico Cupboard, and took  
a circuitous valley route back for just about 40 miles. Riding  
with the "Whidbey contingent" had many fun and interesting  
moments. As we are all "smiling" for a group picture with a  
farm in the background, they begin frantically waving their  
arms at a passing truck loaded with lawn mowers yelling  
"Hey, its our lawn mower shop...Stop! Stop !!....Is our lawn  
mower repaired!!!" I think I heard the truck accelerate, as it  
sure didn't stop!



Kudos to Missy and Jim. They are "new" to cycling as of just over  
a year ago, and ride very well. They commented SBC rides have  
been helpful!

# RIDE REPORTS

**March 4 @ 2:00 pm**  
**March 18 @ 3:00 pm**  
 Rode will start from my house  
 17534 Fir Island Rd. for a 15-20  
 mile ride.  
 Ride Leader  
 Jeannette Folkertsma  
 Home 445-5924  
 Work 336-2151 (8 till 5)

**March 10**  
**Winter Series Time Trial**  
 Meet at the church on Fir Island  
 (just West of the Skagit River  
 bridge next to Conway) at 9 am  
 for another edition of the winter  
 training time trial series. This  
 month we will be offering new  
 courses of just over 11 (flat) miles.  
 We'll settle on the course, pre-ride  
 to warm up, do the TT, then cool  
 down. A stop afterwards for coffee  
 to savor the moment. Timing  
 provided. Someone just has to  
 bring their tandem! Light rain  
 won't cancel.  
 Ride Leader  
 Marshall Will  
 360-929-5003 or  
 cesiwill@msn.com

**March 12**  
 Brunch ride meet at 9:00 am in  
 Conway in the parking area next  
 to the Red Barn Store. The ride is  
 approximately. 30 miles with some  
 rolling hills. Any questions call  
 Ride Leader  
 Jean LaBossiere  
 360 710-9577

**March 17**  
**March 24**  
 We'll start at 10 am from my  
 house (1025 E. Washington Av-  
 enue, Burlington). The rides will  
 be different. Heavy rain cancels.  
 Ride Leader  
 Rose Ploeg  
 360 202 1716

## January 24 Trainer Clinic By Marshall Will

This clinic was rescheduled from its  
 original January 10th date on account  
 of a snowstorm, (what a year!) Glenn  
 Powell was gracious enough to  
 reschedule to the 24th where Tom  
 Jacobson, Janice Lisherness, Jane  
 Monroe, Gibb Johnson & I came to  
 hear his techniques for making the  
 most out of the trainer. Whether  
 you're stuck indoors due to weather/  
 darkness, or just pressed for time,  
 the trainer is a great way to maintain  
 and monitor aerobic fitness, improve  
 technique, and be ready to get out  
 on the bike and fly when the weather  
 warms up. Any of us who attended  
 the clinic will be glad to pass on what  
 we learned.



## January 28, 2007 Burlington Regional Park By Jane Monroe

We met at 11:00 am for a ride to  
 Samish Island. It was a cold, clear  
 day and a late start allowed us to  
 avoid icy road conditions. We had  
 gorgeous views of the Olympic  
 Mountains and Mt. Baker. Cheryl  
 Calhoun and Rose Ploeg rode  
 from their homes. Most of us got in  
 about 34 miles by returning via Bay  
 View. Others riding were: Linda  
 White, Jim Jushie, Dave McConnell,  
 George Haigh, Jean LaBossiere,  
 Marshall Will, Jennifer, McCoy, Steve  
 McDonald. and Jane Monroe.

## February 10 March Point Time Trial By Marshall Will

After January's TT being  
 cancelled due to ice on the  
 road, we were due for a weather  
 break. Today we got an A day,  
 mostly clear with a NE breeze.  
 After what we've been though  
 50 degrees feels summer. 10  
 riders did the usual warm-up and  
 cool down, socializing all the  
 way. Everyone had a chance  
 to suffer a little on the 7.35 mile  
 course around March Point.  
 Attending were Cindy & Marty  
 Sheppard, Bill Woyski, Charlie  
 Schultz, Jamie Wells, Whit  
 Whitford, Catherine Renaud,  
 George Haigh, Dick Holloway &  
 Jean LaBossiere. Jamie was just  
 getting over the flu but always  
 comes to do his best. He missed  
 the days best time by 2 seconds.  
 On the other hand Dick looked  
 to clobber us all just before he  
 turned off to add another lap.  
 He must be getting too much  
 trainer time! Jean let me ride  
 while she timed, then rode home  
 to Stanwood to enjoy the day. A  
 good plan.

## February 12 Brunch Ride By Jean LaBossiere

It was a beautiful sunny day,  
 but a little windy. Marshall and I  
 were the only ones who showed  
 so off we went. Oops, Marshall  
 forgot his cycling shoes!! Being  
 the good sport that he is he rode  
 in his street shoes. It didn't seem  
 to slow him down too much, he  
 just kept sliding off the pedals.  
 We had a great ride, just a little  
 slower than he's use to. See you  
 on the rode, Jean



# March Ride Calendar



Day	Date	Time	Ride Title	Ride Leader Phone #	Location
Sat	3/3	9:00 A	Bridge sweep	Bill Woyski 293-9520	East side of Berentson Bridge
Sun	3/4	9:00 A	Road ride	Jim Finch 424-8511	Washington School West Mount Vernon
Sun	3/4	2:00 P	Road ride	Jeanette Folkertsma 445-5924	17534 Fir Island Rd
Tue	3/6	6:30 P	SBC Business mtg	Marshall Will 929-5003	Washington Federal Savings Burlington
Sat	3/10	9:00 A	Time trial	Marshall Will 929-5003	Fir Island Church Conway
Sat	3/10		Bike Expo	Kim and Eric Knapp 422-5167	Sand Point
Sun	3/11		Bike Expo	Kim and Eric Knapp 422-5167	Sand Point
Mon	3/12	9:00 A	Road ride breakfast ride	Jean LaBossiere 929-5003	Red Barn Conway
Wed	3/14	6:30 P	Mtn Bike trail ride	Jennifer McCoy 336-2528	Port of Skagit Josh Wilson parking lot
Sat	3/17	10:00A	Road ride	Rose Ploeg 755-0271	1025 E. Washington Ave, Burlington
Sun	3/18	10:00A	Road ride	Eric Knapp 422-5167	Big Lake School
Sun	3/18	3:00 P	Road ride	Jeanette Folkertsma 445-5924	17534 Fir Island Rd
Mon	3/19	5:30 P	Special Olympics	Tim Holloran 428-5704	Skagit Valley College truck track
Thur	3/22	6:30 P	Mtn bike trail ride	Jennifer McCoy 336-2528	Port of Skagit Ovenell parking lot
Sat	3/24	10:00A	Road ride	Rose Ploeg 755-0271	1025 E. Washington Ave, Burlington
Sun	3/25	9:00 A	Road ride	Jim Finch 424-8511	Washington School West Mount Vernon
Mon	3/26	5:30 P	Special Olympics	Tim Holloran 428-5704	Skagit Valley College truck track



**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

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

**Club Officers:**

President Marshall Will cesiwill@msn.com.  
 Vice President Charlie Shultz tbcshultz@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@cs.com.  
 Kim Knapp Erickimswim@cs.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

**Club E-mail:** skagitbicycleclub@hotmail.com

**2006 Mileage Totals**

Name	Road	Mtn	Tandem	Total
Ward Beebe	6702	66		6768
Gary Hunter				8356
Tom Jacobson	✓	✓	trainer 545	9230
Eric Knapp	7974		Swim 196	7974
Jean LaBossiere	2742		820	3562
Craig Langley				2700
Janice Lisherness				891
Jennifer McCoy	762	257		1019
Steve McDonald 27 nights camping on bike or hiking trips	432	300		732
Mike Merickel	6200		1600	7800
Nancy Merickel	1050		1600	2650
Jane Monroe	2515		swim 70	2515
Bill Pfeffer				2379
Brice Schafer				2207
Marshall Will xc ski 617 km	5090,	657	820	6590

**Saddle Post-Intelligencer**

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 P.O. Box 363 Burlington WA 98233

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**Contributors:**

*Jeannette Folkertsma, Kim Knapp,  
 David Krohse, Steve & Diane Jahn,  
 Jean LaBossiere, Jennifer McCoy,  
 Jane Monroe, Marshall Will*

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:**

April Deadline: March23  
 May Deadline: April 20  
 June Deadline: May 18  
 July Deadline: June 22  
 August Deadline: July 20  
 September Deadline: August 17  
 October Deadline: September 21  
 November Deadline: October 19  
 December Deadline: November 16

**Newsletter--Email Edition**

If you have any problems or comments,  
 please feel free to 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.



**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 ☺ ☺