

SADDLE-POST INTELLIGENCER

THE VOICE OF THE SKAGIT BICYCLE CLUB

WWW.SKAGITBIKELUB.ORG

A WAY TO TAKE ACTION

By Cindy McGuinness

I hope this information will stimulate discussion among all club members who feel that cycling is important enough to work toward improved road conditions in Skagit County.

We all love cycling, and we should be communicating how important cycling is to us and all the ways that it is a part of our lives. We need safe roads and drivers' awareness of our rights. Often the driving public does not see bicycles as transportation. I feel they would if we had compatible, bike friendly roads.

In a recent Letter to the Editor (SVHerald- Sept 7) a concerned writer asked, "Why do people think it's a good decision to bicycle roads such as upper Chuckanut Drive?" The writer described her fear for the cyclists' safety and her own discomfort as a motorist with them on the road. She questioned why people ride where there's no shoulders, and on curvy roads where they may surprise motorists. She stated the cyclists' lack of consideration for motorized vehicles that pay fees to maintain the roads, car licenses, and all. The writer proposed that bikes be licensed like motorized vehicles, and that she'd be more willing to share the road if they shared the cost. She wanted cyclists' to abide by traffic safety laws. She felt that riding with a child in tow was child endangerment. (Full letter in SVHerald "Poor Places to Ride Your Bicycle").

Lanney Wixson (SBC member) responded with a thoughtful and non critical letter that was published September 26th, "Respect, embrace

bicycling lifestyle". He recognized the hazards she wrote about, but he also related his positive riding experiences with courteous motorists on heavy traffic routes. He corrected her misunderstanding: bicycles have been granted legal rights on all roadways (and also share the same responsibilities as drivers of vehicles); cyclists do own cars and do pay their share of taxes, fees. Lanney's point being that vehicle/bicycle safety definitely needs to be built into our road systems. Better planning would lessen the risks, and the frustrations to both bike riders and to motorists. Everyone benefits from increasing safety for all users of the roads.

🚲 *I hope many club members will write a Letter to the Editor and especially send a letter to the County Commissioners. Share the joy you feel riding a bike and the countless reasons why you ride...commuting, your health, as a way to slow life down, etc. We as cyclists can have a role as visionaries and partners to the County and City planners.*

Address personal letters to:

Commissioners
Sharon Dillon
Ken Dahlstedt
Don Munks
1800 Continental Place
Mount Vernon, WA 98273 or email to:
commissioners@co.skagit.wa.us

CYCLING FILM FEST BEGINS! by Ken Rasmussen

Watching movies is a great way to spend some of these cold, dark winter evenings, and it is even better if the movies are about cycling. I plan to show movies once a month throughout the winter. The first will be at 8 pm on November 15th at the home of Jack and Faye Daly, 4469 Broadway Street in Mount Vernon. The series will begin with the 1934 movie, "6 Day Bike Rider" starring Joe E. Brown, which a few of you saw at the Christmas Party last year. It is an outstanding period comedy, and also one of the rarest movies in existence. It is very difficult to find--I searched since I was 10.

Other movies that I plan to show include "A Boy, A Girl and a Bike" filmed in Yorkshire in 1950, "A Sunday in Hell", "Tete en Course", and "The Triplets of Belleville."

We are also looking for more places to show movies at and more movies to show. I'm particularly interested in getting Stars and Water Carriers and The Impossible Hour by Jorgen Leth. If you have a large living room and/or a good cycling movie please let me know! Ken Rasmussen kayakfit@fidalgo.net or 360 766 8720.

November 2007
In This Issue
2 Loose Cog
3 Ask The Experts
4 Ride Descriptions
5 Freewheeling
6 Calendar
7 Club Info Page
8 Application

Loose Cog

Miscellaneous Rattlings from SBC prez Marshall Will

As I write this it's just calming down after our mid-October rain and wind storms. I broke down this morning and did my first formal trainer workout this fall. Jean was already there and was watching a training video by Coach Agony presented by the House of Pain. It's no big deal dragging everything out and setting it up just the way I like it. It's more because it's like an annual end-of-the-summer ceremony. Au revoir, sweet sunshine!

Thanks again to all those members who came out to the club's annual meeting in Sedro Woolley. For those who couldn't make it, the highlights of the evening included a talk by Tim Hollaran with Special Olympian Joan Good who competed this summer in China. Talk about a big adventure! The headliner was Glenn and Nancy Erickson speaking about European bicycle touring, including a slide presentation on their tours in France, Spain and Italy. Several club members have already enjoyed riding their tours. More pictures and info about them can be found at Ecycletours.com. Also included was a timely discussion about how best to bring the bike along on your next flight, which as some of you can attest is getting a bit trickier...! I would be remiss if I didn't thank the folks helping setup for the meeting; Kim Knapp, Janice Lisherness, Bill Thayer, and so many others. Flowers via Jim Finch and Door prizes from Gary at Skagit Cycle Centers.

We also thanked newsletter editor Rose Ploeg, who's been volunteering for so long we don't know what we'd do without her. She does a great job, but can't make news out of thin air. Please feel free to send articles and/or pictures. There is so much material out there, whether our own travels, transportation issues, bike technology, cross sports (like skiing or hiking) or even reminiscences about the good ol' days, (including steel rims?)

We're also looking for additional input for SkagitBicycleClub.org's website rework. George Haigh has a "Website questions" link under the Freewheeling section. If you have any questions, or better yet ideas on what you'd like on the website, (or off it for that matter) please let George know.

I've been occasionally remiss about sending in my ride descriptions for the calendar. That's where you go into the website, look up "calendar", click on "add a ride description" and fill in the blanks. I have it on good authority that when we don't do it a little gnome (Tom Jacobson) types it in and makes it all up. It's a lot of work and although he does a great job you ride leaders need to elaborate, especially regarding pace and terrain. (And don't upset him or he'll switch all the "no-sweat" rides with the "hammerfests"!)





Dear Experts: During the summer I cycle more for the fun of it than the health benefits. Now that it's winter, I've decided to start training indoors and want to make the most of it health-wise. How should I go about this?
-Evan, Mount Vernon

Dr. David Krohse: Interval training is one way to make the most of your indoor workouts. Interval training quite simply refers to alternating short bursts of more intense exercise into your rides. Exercising this way has been shown to increase cardiovascular fitness, calorie and fat burning, and resting metabolic rate (meaning you'll be burning more calories hours after your workout).

Interval training is very similar to the exercise you get riding in a five cyclist peloton (drafting line). While the leader of the line might be exercising at 80 to 90 percent of her maximum level of exertion, the other four riders are at about 60 to 70 percent of their maximums because of the reduction in wind resistance. When each rider takes the lead for a minute before dropping to the back of the line the result is interval training – one minute at high intensity and four at a moderate level.

Duplicate this on your stationary bike or trainer. Start with a three to five minute warmup and then ride one minute at high exertion followed by four at moderate exertion. Repeat this multiple times and you are doing interval training. As your fitness level increases you can modify your workout time and the ratio of high intensity to moderate intensity riding to make it more challenging. Most group spinning classes available at health clubs also incorporate interval training. As with all new exercise programs, it is best to build up your exercise time and intensity gradually to reduce the chances of injury. To develop a plan for your specific fitness level and goals, consult a local athletic trainer.

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.

Biking France's Canal du Midi

By Kit Harma

We had made plans to spend the month of September in the south of France looking after our friends' house while they were off sailing in Greece. There is a canal that goes across the southwest of France connecting the Mediterranean with the Atlantic called the Canal du Midi. The original thought was to rent a barge for a week to experience the canal. As we looked into it we learned that the best part of barging is getting off the barge to explore the villages along the way by bike. We found a British outfit called "Explore!" that offered a week long tour of the canal beginning on the Mediterranean and going west to Carcassonne. It conveniently started in Pezenas about six miles from our friends' house. Explore! offered 33 different bike tours in 24 different countries this year. They (www.explore.co.uk) covered the globe all the way from Cuba to China and South Africa to Finland. They provided the bikes, maps, the hotels, and a support van. The group size was limited to 15.

My wife Carol had never been on any organized bike ride before this. She had some anxiety about being able to keep up with a group and about hills. However she figured that canal towpaths have got to be about as flat as it gets.

We had a week to settle in before the ride started. We had the use of our friends' mountain bikes to learn about biking in France that week. I think that you could bike across France in any direction on one lane paved roads. There is almost no traffic on these little roads except for the machines and tractors used in picking and transporting grapes. On bigger roads cars patiently wait



behind you for the opportunity to safely get around. If they tap their horn it is just to let you know that they are there. Everybody shouts out "Bonjour" and waves encouragingly. If you need your water bottle refilled just step in a bar and wave it at a bartender or go into the village cemetery and find the faucet used to get water for the flowers on the graves. To navigate you just need to know the name of the village of your destination and the names of the villages on the way and look for the signs. Bakeries, little cafes and delicatessens are to be found in just about every village (and there is a village about every five miles) although they are not always open when you expect them to be open.

Continued on page 4--



RIDE DESERT RIDERS



EUROPEAN ADVENTURES



November 4

11:00 am, BayView St Pk: Stay together ride, 30 or less depending.
Whit 360 757 1357.

November 17

Winter Series Time Trial
Meet at the church on Fir Island (just West of the Skagit River bridge across from Conway) at 9am for another edition of the winter training time trial series. We'll pre-ride the 7.7 mile flat course to warm up, do the TT, then cool down on the way to coffee to save the moment (and help thaw out). Timing provided. Light rain won't cancel.
Ride Leader
Marshall Will
360 929 5003 or cesiwill@msn.com

November 17

Mountain Bike Ride
Hwy 20 & Fruitdale Rd S.W.
Meet at the Park & Ride to ride up to Lyman or Hamilton on the Cascade Trail. Flat ride/your own pace. Rain cancels. Questions call
Ride Leader
Janice Lisherness
360 424 5263.

November 18

10:00 am Burlington Regional Park
Meet at the parking lot just North of Burlington High School parking lot. We will decide on a route according to the weather, probably 20 miles (to Samish Island or LaConner) to 40 miles (to Fairhaven in Bellingham). For more information call
Ride Leader
Jane Monroe
360 424 4619

November 24

Meet at 10 am at 1025 E. Washington Avenue in Burlington. Weather will dictate direction and location of the ride.
Ride Leader
Rose Ploeg
360 202 1716

Canal du Midi--Continued from page 3

The first day of our tour gave us a chance to get introduced to our bikes and the tour group. The bikes were nice Trek hybrids, perfect for all the dirt tracks that we encountered. Carol brought her own saddle. She was glad she did because even though our longest day was 49 miles the number of hours a day on the bikes was about twice what we anticipated.

Andrew, our tour leader was the one who laid out this tour and made the route directions and created the maps. He drove the van with our luggage and only rode with us a couple of times. He was available for sagging us in if we had a mobile phone to call him. We were the only ones in the group without one (and the oldest and the only non-British riders).

Andrew took great pains to design a route that kept us away from traffic. This required careful attention to the

maps as we wandered down little lanes between the vineyards, and up alleyways. While his routes into cities were perfect we would have chosen to have used more of those low traffic roads and spent less time consulting the maps. However no one got lost and no one had to be sagged in.

We were the slowest riders but we usually got to the destination first because we started early and took fewer tea breaks.

Riding along a canal is not that interesting after a couple of hours. Half of the time you are below the level of the surrounding landscape with nothing to look at but the inside of the canal banks and the boats until you get to a lock and get lifted up to where you can see the countryside again. You always have to keep a careful lookout for tree roots in the path.

This canal was finished in 1680. The trees were planted



to provide shade for the tow animals. Commercial use of the canal to haul freight decreased with the advancement of railways about a hundred years ago. Almost all of the barge traffic now is recreational. Only bikes and walkers use the tow paths. If you like to visit the locks in Seattle you will enjoy seeing these locks still working after almost 330 years.

To keep the ride interesting Andrew had us away from the canal about 60% of the time to explore villages and areas of historic interest. There were optional extensions to the beach or into the hills north of the canal for stronger riders. There were two days in cities when biking was optional. I took one of those for a great hill climb overlooking the Med. Carol and I took another half day riding to explore yet another village on the last day.

I was worried about having to bike on what the French consider breakfast; coffee and a croissant. Actually the included breakfast at all of our hotels provided cereal; ham/bacon, cheese as well as croissants and coffee. As far as other meals were concerned the usual rule applies; the more out of the way the restaurant is the more they have to depend on repeat customers by offering great food.

As far as communication goes; English is the common language in the Euro world and it does not take that

Continued on page 5--



FREEWHEELING



Canal du Midi Continued from page 4

much French to ask for what you need. There are customary phrases showing respect and appreciation. Use them and show an interest in the local cheeses and wines and the French will offer you and your bike the warmest of welcomes.

If you have any question please call me at 293-5784 or email me at k2harma@hotmail.com.



The Winthrop Fall Bike Festival

By Jennifer McCoy

The Winthrop Fall Bike Festival was it's usual kick this year! It's a great 2 or 3 days ride in the Methow Valley. The ride used to be the mountain bike festival but now include some really nice road rides of 35, 70 and 100 miles in addition to the 12 and 32 mile mountain bike routes. Sunday is race day and is a lot of fun to watch too. Often on Friday and Sunday we do our own rides in the area. There are lots of options. Most of us stay at the Chewuch Inn which treats us very well and serves a great breakfast to get us started each day. Riders this year from SBC included Jean LaBossiere and Marshall Will, Janice Lisherness, Linda White, Mike and Nancy Merickel, Dave and Margie Harrington and Jennifer McCoy. There were a number of other Skagitonians wearing Anacortes Cyclery jerseys. It was good to meet them. They mostly ride the Anacortes Community Forest Lands. Since the Festival is now both road and mountain bike I'd love to see our club send a big contingent like we do to Wenatchee and Tour des Lacs. It really is a great ride! Think about it for next year.

Skagit Bicycle Club
Annual Meeting
Sedro-Woolley Senior Center
October 17, 2007

President Marshall Will introduced the nominated officers for 2008, asking those present to fill out the ballots provided. Also, another ballot gave members the opportunity to indicate, in order of preference, causes to receive donations from proceeds earned at the Skagit Spring Classic 2007. Many ballots were received via e-mail indorsing the nominated Officers and a motion was made and seconded to accept the ballot as nominated. Motion carried.

Newly elected for 2008 are: President Charlie Schultz, Vice President Chris Hanson, Secretary Jennifer Woyski, Co-Treasurers Greg Vlasak, Jean LaBossiere, Board members for 3 year terms, Jamie Wells, Jim Finch. Continuing Board members are Cheryl Calhoun, Bill Thayer, Dian Jahn, Bill Woyski and Past President Marshall Will.

Other key members were recognized for service as Newsletter Editor (Rose Ploeg), Web Masters (Tom Jacobson, George Haigh), Traffic Issues (Cindy McGuiness, Lanny Wixon, Steve Jahn, Mark Semrau).

Ride Coordinator Jennifer McCoy announced the recipients of the 2007 ride leader awards and described the vests that will arrive later. She will serve again next year.

Coach Tim Holloran introduced Joan Good who recently returned from Special Olympic World Games in China. She showed her medals won in bicycle competitions representing the United States and our local "Spin Skagit" team.

Marshall introduced the 2007 Officers and Board of Directors, thanking them for this year's service. Greg Vlasak presented Marshall with the President's plaque and displayed the framed poster and mug that will go to Cheryl Calhoun for chairing the Skagit Spring Classic this year.

Meeting adjourned.
Respectfully submitted, SBC Secretary
Jane Monroe

A slide presentation followed of Erickson Bicycle Tours in Europe.

Ride Coordinator's Report **By Jennifer McCoy**

Ride Leaders leading more than 10 rides were introduced at the annual meeting. They include Justin Bannerman, Cheryl Calhoun, Jim Finch, Jeannette Folkertsma, Kathy Foster, Dian Jahn, Eric Knapp, Kim Knapp, Tim Kramer, David Krohse, Jean LaBossiere, Dave Mazzarella, Jennifer McCoy, Cheryl Minor, Gary Minor, Jane Monroe, Rose Ploeg, Joella Solus, Bill Thayer, Linda White, and Marshall Will.

Tim Holloran leads the Special Olympics which provides at least 10 rides for cyclists in our club who participate helping out with Special Olympics. A big thanks to him for all the work he does. Marshall Will led our group of leaders with 18 rides throughout the year.

The award this year is a vest that matches our club jersey on the front with a plain yellow back for good visibility. For anyone who would like to lead a ride but isn't sure they're up to it, just call me. It really is very easy. Our club depends on the rides we lead through the year. It's what makes us the Skagit Bicycle Club! See you out on the road or on the trails. If you are interested in leading a ride in our new riding season which runs October to September, contact me!
Jennifer McCoy 336-2528.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---------|---|--|---|--|--|
| <h1>NOVEMBER</h1> <p>RIDE CALENDAR--SKAGIT BICYCLE CLUB</p> | | | 1 | 2 | 3 1 PM ROAD RIDE ERIC KNAPP 360 422 5167 BIG LAKE SCHOOL | 4 11 AM ROAD RIDE WHIT WHITFORD 360 757 1357 BAYVIEW STATE PARK |
| | | | 5 5:30 PM ROAD RIDE STANWOOD VELO SPORTS (LIGHTS REQUIRED) GENERAL MEETING 6:30 PM WASHINGTON FEDERAL BANK IN BURLINGTON | 6 6 PM MTN BIKE RIDE JENNIFER MCCOY 360 336 2528 JOSH WILSON & HIGGINS AIRPORT RD. PARKING LOT | 7 | 8 |
| 12 5:30 PM ROAD RIDE STANWOOD VELO SPORTS (LIGHTS REQUIRED) VETERAN'S DAY OBSERVED | 13 | 14 | 15 CYCLING FILM FEST: 6 DAY BIKE RIDER 8 PM 4469 BROADWAY ST. M.V. KEN RASMUSSEN 360 766 8720 | 16 10 AM LUNCH RIDE JEAN LABOSSIERE 360 710 9577 CONWAY RED BARN NEWSLETTER DEADLINE | 17 10 AM MOUNTAIN BIKE RIDE JANICE LISHERNESS 360 424 5263 FRUITDALE PARK & RIDE 9 AM TIME TRIAL MARSHALL WILL 360 929 5003 FIR ISLAND CONWAY CHURCH | 18 10 AM ROAD RIDE JANE MONROE 360 424 4619 BURLINGTON REGIONAL PARK |
| 19 5:30 PM ROAD RIDE STANWOOD VELO SPORTS (LIGHTS REQUIRED) | 20 | 21 | 22  | 23 | 24 10 AM ROAD RIDE ROSE PLOEG 360 202 1716 RLH: 1025 E. WASHINGTON AVE. BURLINGTON | 25 11 AM MTN BIKE RIDE JENNIFER MCCOY 360 336 2528 RLH |
| 26 5:30 PM ROAD RIDE STANWOOD VELO SPORTS (LIGHTS REQUIRED) | 27 | 28 ROAD RIDE KEN & KATHEA RASMUSSEN 360 766 8720 CALL FOR ADDITIONAL INFO | 29 NOON ROAD RIDE KIM KNAPP 360 422 5167 BIG LAKE SCHOOL | 30 |  | |

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

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

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

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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 format
or in the body of an E-mail. Photographs will
be accepted in JPEG format

Newsletter Deadline

**The Third Friday of each month or
as otherwise listed below:
December Deadline: November 19**



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.



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 ☞