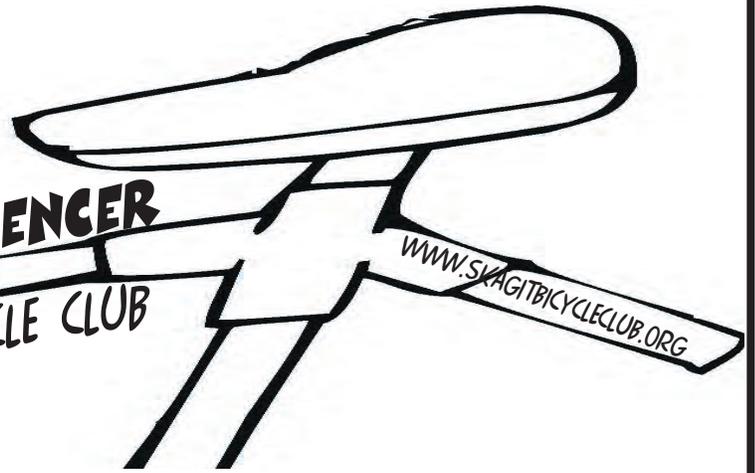


# SADDLE-POST INTELLIGENCER

## THE VOICE OF THE SKAGIT BICYCLE CLUB



**Interested? Save the Date!**  
**Saturday, October 27, 2007**

**The Bicycle Alliance of Washington will have it's 15th Annual Auction Dinner Fisher Plaza – Seattle Center Begins at 5:00 p.m.**

On behalf of SBC I have volunteered to see if any SBC members might be interested in attending this auction dinner to raise \$ for an organization that promotes cycling to build a bicycle-friendly Washington.

Please contact me, Cheryl Calhoun calhoun@fidalgo.net or 360-757-1200 if you would like to join other SBC members at a common table. It would be my pleasure to handle arrangements for this event, if we have approx. 8 to 10 persons who would like to attend.

 *Your support of the Bicycle Alliance of Washington helps to introduce kids and adults to the joy and freedom of bicycling, and ensures that future generations have great places to ride in bicycle-friendly communities all across Washington.*

**IF YOU ARE INTERESTED IN ATTENDING PLEASE CONTACT ME ASAP AS TABLES FILL UP FAST. ~ Cheryl Calhoun**

Board Briefs  
Skagit Bicycle Club General Meeting August 7, 2007

The meeting was opened by Charlie Schultz, Vice President.

Present were Cheryl Calhoun, Charlie Schultz, Janice Lisherness, Jennifer McCoy, Gary and Cheryl Minor, Jim Finch, Bill Woyski, Greg Vlasak, and Jane Monroe.

New members are: Sara Wevodau, Melissa Showers, Liz McNett Crowl, Scott and Collette Peterson, Stonewall Bird, Scott and Brigitte Rittscher.

Janice Lisherness reported Treasury balances and a Profit and Loss statement for the 2007 Skagit Spring Classic. All bills are paid.

Ride Coordinator Jennifer McCoy is filling the September ride calendar. The next bridge sweep will be Saturday, Sept. 22 at 9:00 am. Gary Minor will be in charge in the absence of Bill Woyski.

Greg Vlasak reported that two Spring Classic entries have been donated for the October Bicycle Alliance of Washington Auction. He asked if ten Club members would like to reserve a table for the event.

George Haigh is working on a new format for the Club website.

Charlie reported good progress of the nominating committee to fill the offices for 2008.

A letter was received from the Skagit County DOT in answer to a letter submitted by President Marshall Will. Marshall requested a change in the use of too large rock in the local chip seal roads. The problem is being researched but plans to implement paving changes to smoother technologies will have to wait for future budgeting.

Suggestions were made of causes to receive donations this year from Spring Classic proceeds. The list will be completed at the next meeting.

Ride leader awards are soon to be ordered. Jennifer McCoy is completing the list of recipients, sizes, etc. The awards will be presented at the Annual Meeting, October 17.

The next General Meeting will be September 4, 2007.

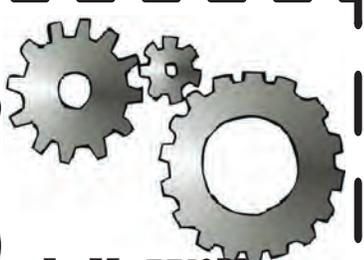
Respectfully Submitted, Jane Monroe, Secretary SBC.

### **September 2007 In This Issue**

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# Loose Cog



## Miscellaneous Rattlings from SBC prez Marshall Will

I had the pleasure to officiate the Washington State Omnium (stage race) in Bellingham last weekend. The criterium course was scary, and needed extra work, like patching pavement cracks, fencing and/or hay baling fireplugs, signposts, trees, and other obstructions. Still it seemed like the tight downhill corners were sure to put someone into a curb or something very un-user friendly. As it turned out all the racers raced the course at hand, using caution where due, and nobody got hurt despite amazing speeds.

Just as in racing, the same goes for club rides, tours, or just playing around. I'll always remember our RAGBRAI, the week long ride across Iowa. (Why Iowa? Because it's there!) The gang I fell in with was frisky, but mostly we just wanted to paceline efficiently to beat the awesome heat and humidity. Off at the crack of dawn, we'd be finished by mid-morning, not stopping at the beer gardens, bloody mary stands, nor even to sample the thick pork chops. I came away feeling like we missed out on a major part of the ride's ambiance, (as well as upset stomachs and hangovers). What wussies!

On another ride, (Oregon Bike Ride, riding and camping across southern Oregon) a very fast guy was destined to be the first one into camp each day. Arriving early to get a jump on the best campsite just wasn't part of his plan for this ride, so he brought his mountain bike shod with his most gnarly knobbies, aired down to 25psi or so, and off he'd go to socialize amongst the crowd. He was fun to talk to, once you

got past the buzzing. On this same ride I discovered how much fun it is to ride with the tandems. Their pace is so steady, we'd all just kick back, yak it up and take in the scenery while looking for the (rare) espresso or a café with good pie. (Definitely better than pork chops!) Then on the last day I decided to scope out the other end of the group. Started last out of camp and rode up through the gang, meeting a whole new set of folks. Great fun!

Of course, that was a tour with around 250 riders. With Jean and I on the tandem, we decided to try that "leave last" plan on "Bicycle Oregon". With around 3,000 riders it was not wise. (Sounds like parts of STP...) There were riders from the fog line to the centerline, and often left of centerline. If we said "on your left!" sometimes they'd swerve left, or swerve left and slow down, or just swerve all over the road. After a while we just gave up; if they were riding on the centerline we'd just pass on the right amidst miscellaneous curses. Another tandem rider who was also an attorney brought us beers afterwards. We asked if we really looked that down that we needed them. He said no, they were just for thanks: he'd been retained to represent all those swervers we'd passed!

Whatever your pace, your goals, or just your idea of entertainment, it pays to stop a moment and look at what the ride is really about. "Ride the ride."



# ASK THE EXPERTS



**Dear Experts:** Like many here in the great (coffee-hut on every corner) Northwest I'm a coffee addict. I don't worry about my consumption on shorter rides, but often wonder what I should do for longer and harder rides. Should I cut myself off on those days?

*-Jonathan, Mount Vernon*

**Dr. David Krohse:** What a great question for this region! Around here you never have to cycle far to get another cup of Joe.

Most experts would agree that coffee is a bit of a vice. At \$2 to \$4+ per drink and frozen mochas approaching half of your RDA of calories it's almost undeniable. However, most people would also say, "What's life without a bit of jittery vice?" The majority of us pleasantly "buzz" through life with this addiction.



The active component in coffee is caffeine. Caffeine has long been billed as a diuretic, meaning it causes increased formation of urine by the kidneys. In hard exercise, a diuretic substance could increase the likelihood of dehydration. However, recent literature reviews and studies have found that caffeine doesn't have the effect your high school coach probably told you it did. A review of past scientific literature published in the June, 2002 issue of the International Journal of Sport Nutrition and Exercise Metabolism found that studies comparing caffeinated beverages to water or placebo seldom resulted in much difference in urine volume. Consumption of a caffeinated beverage resulted in 0-84% retention of the

amount ingested while consumption of water resulted in 0-81% retention. A research study published in the same journal in April, 2007 found that cyclists who consumed caffeinated sports drinks during a controlled warm, humid 135 minute ride experienced the same hydration levels as cyclists who consumed non-caffeinated sports drinks. So you see, you don't need to let worries about pee take away your pre-ride coffee.

Some might think caffeine must have some negative effects on sports performance. However, S.A. Paluska in the August, 2003 issue of Current Sports Medicine Reports states that caffeine is, "relatively safe and has no known negative performance effects." If you need further peace of mind, look to the highest levels of Ironman triathlons, where caffeine is not a banned substance. According to a survey filled out by 145 athletes participating in the 2005 world championships, 89% planned on using caffeine immediately before or during the competition with cola drinks being the most popular at 78% and coffee (usually pre-race) at 37%.

We've established that a typical dose of your morning coffee isn't likely to ruin your ride. What about going a day without? Paluska pointed out that regular caffeine consumption can cause dependence, and, "abrupt discontinuation produces irritability, mood shifts, headache, drowsiness, or fatigue." The take-home message is that if you suffer from this addiction, you can ride in your normal, mentally-altered state without worrying about other adverse effects.

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





# RIDE DESCRIPTIONS

September 1

Meet at Burlington Regional Park at 10:00 am, just North of Burlington High School. We will ride to Fairhaven in Bellingham via Lake Samish and return on Chuckanut Drive, 40 miles. For more information call. Rain cancels.

Ride Leader  
Jane Monroe  
360 424 4619



September 8

San Juan Island Bike Ride

Let's head to the islands for some biking fun. Meet by 8:15 a.m. at the Anacortes Ferry Terminal in order to catch the 8:45 a.m. ferry to Friday Harbor. We'll bike to Roche Harbor for lunch and head back via Lime Kiln State Park for some whale watching, etc. 30 - 40 miles with some hills. Bring money for parking, ferry and food.

Jeannette Folkertsma  
360 445 5924



September 13

Little Mountain Hillclimb

Meet at 6pm at Big Lake School by Hwy 9 for a timed hillclimb time trial. We'll do our warmup on West Big Lake Blvd, then off at one minute intervals from the school. It starts rolling on W Big Lake Blvd, turns onto Little Mtn Rd for a short climb, more flats & rollers, then turns into the park at Little Mtn for the grand finale finish. 5.45 miles with 830' of climbing. Bring your heart rate monitor and/or defibulator. Timing provided. We'll cruise back to the start for a social cool down, about 20 miles total. Light rain won't cancel.



Ride Leader  
Marshall Will  
360 652 0653  
or [cesiwill@msn.com](mailto:cesiwill@msn.com)

September 23

Ride to Granit Falls for lunch Ride!

Meeting place Stawood Velo, time 9:00 am. We'll ride to Granit Falls have lunch and come back to Stanwood approx. 53 miles. We will be stopping once on the way over and once on the way back. The ride leader will going at a moderate to social pace, but you can ride at your own pace be it social to extra speedy. The terrain is rolling, very rolling, with no significant long climbs. Questions call

Ride Leader:  
Jean LaBossiere  
360 710-9577  
or [cesiwill@msn.com](mailto:cesiwill@msn.com)



September 27

Centennial Trail- Lunch Ride

We will meet at the Rite Aid parking lot on College way & I-5 for car-pooling at 9:30 or at the trail head around 10:15. We will ride 17 miles to Snohomish, have lunch and frolic a bit before we return. Ride at your own pace. To get to the Centennial trailhead, take Smokey Point Exit off of I-5, drive East, past airport, turn right on 67th. Go about 1 or 2 miles, trail on left, small sign indicating trail.

Ride Leaders:  
Kathea & Ken Rasmussen



Remember when sending information for in the newsletter use your subject line. Be more specific than "Newsletter Article" Indicate what is being sent an example would be the following:

**Subject:** Ride Description for April 5 Ride  
or  
**Subject:** Ride Report for April 5 Ride  
(or if it had a title use the title)

## September Rides September Rides September Rides September Rides September Rides

Day	Date	Time	Ride Title	Ride Leader Phone #	Start Location
SA	9/1	10 AM	Road Ride	Jane Monroe 360 424 4619	Burlington Regional Park
SU	9/2	9 AM	Road Ride	Jim Finch 360 424 8511	Washington School
TU	9/4	6:30 P	Business mtg	Marshall Will 360 929 5003	Washington Fed Savings Burlington
TU	9/4	6 PM	Road Ride	Kathy Foster 360 303 6702	Whidbey State Bank Bellingham
WE	9/5	5:30 P	Wed Night Ride Short Wed Night Ride Med/long	Cheryl Minor 360 424 4836 Gary Minor 360 424 4836	March's Point - Anacortes
TH	9/6	6 PM	Road Ride	Justin Bannerman 360 661 7332	Skagit Cycle Center - Anacortes
FR	9/7	9 AM	Breakfast Ride	Cheryl Calhoun 360 757 1200	Burlington Regional Park
SA	9/8	8:15 A	San Juan Island Road ride	Jeannette Folkertsma 360 445 5924	Anacortes Ferry Dock
SU	9/9	1 PM	Family Ride	Cheryl Calhoun 360 757 1200	March's Point - Anacortes
SU	9/9	9 AM	Road Ride	Rose Ploeg 360 755 0271	RLH: 1025 E Washington Ave. Burlington
TU	9/11	6 PM	Road Ride	Kathy Foster 360 303 6702	Whidbey State Bank - Bellingham
WE	9/12	5:30 P	Wed Night Ride Short Wed Night Ride Med/long	Janice Lisherness 360 424 5263 Jim Finch 360 424 8511	March's Point - Anacortes
TH	9/13	6 PM	Little Mtn Time Trial	Marshall Will 360 929 5003	Big Lake School
TH	9/13	6 PM	Road Ride	Joella Solus 360 293 9245	Skagit Cycle Center - Anacortes
FR	9/14	9 AM	Breakfast Ride	Gary Minor 360 424 4836	RLH 17860 Sahale - Mt. Vernon
SA	9/15	9 AM	Benefit Ride to Battle Cancer		Edgewater Park
SA/SU	9/15 & 9/16		Tour des Lacs	Jane Monroe 360 424 4619	Spokane - Coeur d'Alene
SU	9/16	9 AM	Road Ride	Jim Finch 360 424 8511	Washington School
MO	9/17	9AM	Breakfast Ride	Gary Minor 360 424 4836	RLH 17860 Sahale - Mt. Vernon
TU	9/18	6 PM	Road Ride	Kathy Foster 360 303-6702	Whidbey State Bank - Bellingham
WE	9/19	5:30 P	Wed Night Ride Short Wed Night Ride Med/long	Cheryl Minor 360 424 4836 Gary Minor 360 424 4836	March's Point - Anacortes
FR	9/21	9 AM	Breakfast Ride	Bill Thayer 360 757 2679	RLH: 12084 Classic Place Burlington
FR	9/21		Newsletter deadline	Rose Ploeg ploeg@cnw.com	
SA	9/22	9 AM	Bridge Sweep	Gary Minor 360 424 4836	East side Berentson Bridge
SA	9/22	9 AM	After bridge sweep road ride	Bill Thayer 360 757 2679	East side Berentson Bridge
SU	9/23	9 AM	Road Ride	Jean LaBossiere 360 710 9577	Velo Sports - Stanwood
TU	9/25	6 PM	Road Ride	Kathy Foster 360 303 6702	Whidbey State Bank - Bellingham
WE	9/26	5:30 P	Wed Night Ride Short Wed Night Ride Med/long	Cheryl Calhoun 360 757 1200 Gary Minor 360 424 4836	March's Point - Anacortes
TH	9/27	9:30 A	Centennial Trail Road Ride	Ken & Kathea Rasmussen 360 766 8720	Rite Aid - MV College Way parking lot
FR	9/28	9 AM	Breakfast Ride	Gary Minor 360 424 4836	RLH 17860 Sahale - Mt. Vernon
SA	9/29	10 AM	Lk Cavanaugh Ride	Janice Lisherness 360 424 5263	Big Lake School
SU	9/30	1 PM	Family ride	Cheryl Calhoun 360 757 1200	March's Point - Anacortes

## TRAFFIC PRINCIPLES-Reasons to Ride on the Right

### 1. Ride on the right

- Always ride with the flow of traffic
- Do not ride on the sidewalk
- Allow yourself room to maneuver around roadway hazards

### 2. Yield to traffic in busier lanes

- Roads with higher traffic volumes should be given right-of-way
- Always use signals to indicate your intentions to switch lanes
- Look behind you to indicate your desire to move and to make sure that you can

### 3. Yield to traffic in destination lane

- Traffic in your destination lane has the right-of-way
- Making eye contact with drivers lets them know that you see them
- Signal and make your lane change early, before you need to

### 4. Directional Positioning

- Position yourself in the right-most lane that goes in the direction of your destination
- Ride in the right third of the lane
- Avoid being overtaken in narrow-lane situations by riding in the right third of the lane

### 5. Speed Positioning

- Position yourself relative to the speed of other traffic
- Left-most lane is for fastest moving traffic, right-most for slower traffic
- Yield to faster moving vehicles by staying to the right in the lane

## HOW FAR RIGHT?

### 1. Laws

- Most bicycle laws use the same language regarding where cyclists should drive
- Directions to ride "as far to the right as practicable" appears in most laws
- No clear definition of practicable has been identified

### 2. Safety

- Do not ride where you are subject to poor road conditions constant hazards
- Give yourself ample room to your right to maneuver in an emergency
- Ride in the right third of the lane if there is not sufficient room for lane sharing

### 3. Traffic rules

- Slower moving vehicles travel to the right of faster moving ones
- Motorists are looking for other vehicles in or near the travel lanes, not against curbs
- Follow the same rules as motorists including yielding right-of-way and signaling

### 4. Wide lanes

- Ride just to the right of the travel lane to remain visible to other motorists
- Ride at least 3 feet from parked cars in all situations; consider this a right side limit
- Always ride in a straight line; do not swerve between parked cars

### 5. Hazards

- If a lane narrows ahead or is blocked by a bus, establish your position in traffic early
- Avoid riding where glass and other trash accumulates on the right side of roadways
- Grates and gutterpans should be avoided by positioning yourself away from them

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@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  
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P.O. Box 363 Burlington WA 98233

**Editor**

Rose Ploeg  
ploeg@cnw.com

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:**

October Deadline: September 21  
November Deadline: October 19  
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.



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 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 ☎