

# Seattle Spin

*Riding for fun, friendship and adventure!*

*monthly newsletter of C.O.G.S.- Cyclists of Greater Seattle*

## Spring Has Begun?!

This is the third month in a row when a comment about the snowstorms coming to an end has been the lead-off idea in this space. Hopefully, the white stuff is really gone now and we will just be getting wet with plain old, regular rain.

Since the calendar says it is Spring and we have passed through the Vernal Equinox, it's time for the Between the Nox Rides to begin on Tuesday evenings. Dennis Grace continues to lead the ride in West Seattle, gaining hills and views and finishing at a local pizza joint. Read all the details on this ride [here](#).

For those of you who don't want to take your chances with Seattle's fickle weather, Mary Jo Gerst will be leading a couple of Weekend Getaway Tours coming up. This month's tour is to Yakima on April 25 & 26 where the sun usually shines, there's little traffic and the apple trees are in bloom, providing a brilliant canopy to ride beneath. See more details on this tour and May's Tour (also to Yakima) [here](#).

To round out the selection of rides, there are the Training Series rides on most Saturdays and Moderate Rides most weekends. Be sure to check the COGS [website](#) for new rides listed or updates.

On Tuesday, April 7, COGS will be having a Member Potluck and Meeting, with a special lineup of presenters. First, meet the designers of the yet-to-be-chosen COGS logo and give your feedback. Yes, this means that our name

change will finally be complete: first there was the name, then wool jerseys, now a logo for future jersey orders and identity recognition.

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I have had the chance to preview the logos and I guarantee you will be excited. Next up, meet Joe Christian, Physical Therapist and cyclist and listen to him talk and answer your questions on bike fit. Of course, there will be food for you to enjoy and friends to talk with so mark your calendar for April 7 at the Phinney Neighborhood Center, 6532 Phinney Ave N at 6pm.

Lastly, we will be losing one of our COGS in April, when he takes on a work project in tropical Trinidad for a year. Jim Stewart, a member, leader and the Rides Director for the Club, won't have to worry about snow falling on his rides for a while. More details on his move

later.



### Out-of-Town Rides in May

#### **Sunday, May 3-** [Mayday Metric](#),

Federal Way, WA

Three challenging routes on the backroads of the South Sound with rest stops every 25 miles. Proceeds donated to BAW and Orting Food Bank.

#### **Saturday, May 9-** [Inland Empire Century](#),

Richland, WA

The great support on this ride makes the century feel like four 25-mile rides with 4 lunches. Route follows the Columbia and Yakima Rivers and climbs into the Horse Heaven Hills.

#### **Saturday, May 16-** [Reach the Beach](#),

Portland, OR

Ride through Oregon wine country and forests, along rivers on quiet roads to the finish at Pacific Beach for the big party. Fundraiser for the American Lung Association of OR.

#### **Sunday, May 24-** [Glenn Erickson Parkinson's Ride](#), Redmond, WA

Glenn Erickson, local framebuilder and European tour leader has been diagnosed with Parkinson's. Ride one of three routes to help raise funds for research into this debilitating disease. Fundraiser for the Davis Phinney Foundation.



Gary Strauss and Phyllis Counts at Bike Expo



Ron Tazuma models the new COGS jersey on his Lake WA Ride.

## Biking Facts: Did You Know?

### 5 reasons to bike your drive

1. The average person loses 13 pounds their first year of commuting by bike.
2. 40% of all car trips in the U.S. are made within 2 miles of home.
3. 60% of the pollution created by autos happens in the first few minutes of operation, before pollution control devices can work effectively.
4. Just 3 hours of biking per week can reduce your risk of heart disease and stroke by 50%.
5. The U.S. could save 462 million gallons of gas a year by boosting bicycle trips just half a percentage point: from 1% to 1.5% of all trips.

Information courtesy of Trek Bicycle Corporation.

### **Bicycle Alliance News**

#### BAW Website Redesign RFP

The Bicycle Alliance of Washington (BAW) is accepting proposals to redesign and reorganize the organization's web site. Proposals are due Noon PST, Friday 10 April 2009.

Full details: [BAW Website Development RFP](#) [pdf]



### Hood Canal Bridge Closure in May

The SR 104 Hood Canal Bridge is slated for closure for 6 weeks beginning May 1. Check the Washington State Dept of Transportation (WSDOT) website for information about the bridge replacement project and [transportation options](#) available during the closure, including a water taxi service. You can sign up for email updates and text alerts about the project or check out WSDOT's Hood Canal Bridge [blog](#). *See page 5 for more information.*

**CYCLISTS OF GREATER SEATTLE IS A PROUD MEMBER OF THE  
LEAGUE OF AMERICAN BICYCLISTS AND THE BICYCLE ALLIANCE OF WASHINGTON**

**Who We Are:** Cyclists of Greater Seattle, Inc. is a not-for-profit membership organization dedicated to the interests of recreational cycling enthusiasts. Our interests are cycling, safety, fun and friendship.

**We Ride Bicycles:** We have two activities – we ride bicycles and we have fun, all at the same time. We have rides for those training for events like RAMROD, to rides for anybody who has a bike in good condition and a body that would like to get out there.

**Everyone Is Welcome To Join:** Our yearly membership fee is \$16 (or \$20 per household – 2 adults and all minor children), which gets you monthly issues of “*Seattle Spin*” and all of our rides, summer tours and parties. Plus, you will be supporting your cycling community.

[www.cyclistsofgreaterseattle.org](http://www.cyclistsofgreaterseattle.org).

**Audition Us:** We’re sure that if you ride with us, you’ll want to be a part of our club. Come see how much fun it is!

**Out of town visitors** are welcome on all rides!

**2009 Board Members**

President: [Louise Kornreich](#)

Vice President: [Allison Bailey](#)

Secretary: [Tom Tanner](#)

Treasurer: [Rick Stolz](#)

Past President: [Dan Wakefield](#)

Contact any board member for more information

**Non-board Volunteers:**

Membership: [Mark Peterson](#)

Newsletter: [Louise Kornreich](#)

RAPSody: [Bob Nyberg](#)

Rides Director: [Jim Stewart](#)

**Cyclists of Greater Seattle, Inc**

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[info@cyclistsofgreaterseattle.org](mailto:info@cyclistsofgreaterseattle.org)



**RULES TO RIDE BY:**

All riders are expected to obey the rules of the road and show proper etiquette towards vehicles, other cyclists and pedestrians.

For example:

- Come to a complete stop at stop signs, look both ways and proceed when safe.
- Stop before, not within or ahead, of all crosswalks.
- Heed a "car back" call by calling it forward and riding single file to the right to let cars pass.
- Regroup well away from cars.

*Riders who show flagrant abuse of traffic rules will be asked to leave the ride.*

Read On...

- Please bring ID specifying emergency contact name and phone number, blood type, and a list of any allergies and/or specific medical needs.
- All riders under the age of 18 must be accompanied by a parent or responsible adult.
- Please arrive 15 minutes before the ride starts to sign in, review the ride map, and get ready to ride. If you have any questions about the ride, ask the Ride Leader before the ride begins.
- Everyone is welcome on rides.

**Ride Pace / Regroup Frequency:**

Leisurely (10-12 mph) / constant

Social (12-14 mph) / frequent

Moderate (14-16 mph) / regular

Brisk (16-18 mph) / occasional

(Pace refers to the speed on the flats)

This is the same chart that Cascade Bike Club goes by.

**EMERGENCY CONTACTS**

When signing the COGS waiver form, please consider who you'd like to have as an Emergency Contact. It is an important number that the ride leader needs to have. In case of an accident, who will take your bike home? Who will notify your loved ones or your boss of your whereabouts? Try to choose someone who has a cell phone and your house keys.

**Bike Repair Classes at Wright Brothers Cycle Works in Fremont**

**Basic Maintenance**  
(tires, brakes, shifters, derailleurs)

**Bearing Maintenance**  
(hubs, headset, & bottom brackets, and wheel truing.)

**Wheel Building**  
(self explanatory)

Enrollment is limited to 12 per class, and often fills up, so prepay to reserve your spot. Prices are \$70 for the bearings class (five sessions) and \$60 for the basic or wheelbuilding class (four sessions). Co-op members get a \$10 discount on class fees. Current class offerings can be found on the website:  
[www.wrightbrotherscycleworks.com/](http://www.wrightbrotherscycleworks.com/).

**Hood Canal Bridge Closure in May/June**

Starting May 1, 2009, the Hood Canal Bridge will close to traffic so the Washington State Department of Transportation can replace the entire east half along with the east and west trusses. The construction, which will temporarily shut down the primary link between the north Olympic and Kitsap peninsulas, is scheduled to last six weeks.

"Get around" options include:

A fare-free, passenger-only water shuttle between Jefferson and Kitsap counties with fare-free transit connections, and nearby park and rides

A Sunday through Thursday reservation-based car ferry between Port Townsend and Edmonds to assist freight haulers and drivers

Driving around on US 101 and SR 3 which will have traffic control signage at key locations. WSDOT will use state-of-the-art technology and pre-planning keep traffic moving

WSDOT is working to ensure travelers "know before they go" by regularly updating its [Website](#), [blog](#) and project information line: 1-877-595-4222, sending regular e-mail updates and news releases, and providing the latest views of the highways via traffic cameras.