

Chainwheel Chatter

B.I.K.E.S.- Celebrating our 30th year as cycling's Voice in Snohomish County

Your Snohomish County Cycling Club

From the President

Every year as signs of winter loom and I start thinking about snapping on my cross-country skis I take my bike out less often. Last year between November and February I didn't do any bike riding so needless to say in March I wasn't in McClinchy shape. This season I hope to balance skiing with biking and take advantage of lower-elevation dry days. Club rides are scheduled for December weekends leading up to Christmas so layer up and come out and keep your legs in shape.

If you've never draped twinkle lights and bells and garland on your bike and paraded with fellow club members, check out the ride scheduled for December 19. Don't have a headlight? Some club members have spares and are happy to share – let us know you need to borrow. If lights and dusk are not your thing, come out for the Java & Mud ride on Sunday morning, December 13. It promises at least three excellent coffee stops that offer lots of other beverage choices and pastry options for everyone.

In addition to rides, there are some fun social events on the agenda this month. The annual Club Holiday Party on December 5 offers mostly food and fun with some club business mixed in and on Wednesday, December 9, Willie Weir is presenting at the Everett Library. It's exciting to find this kind of event coming to Everett and that it can also benefit Sharing Wheels. See page 5 for details and mark your calendar so you don't miss out. If you usually read only the first page of the Chainwheel Chatter or zero in on the ride listings page, take a moment to scroll or thumb thru the others, you might learn something new or spot a fun photo of yourself or another club member.

Remember that at the holiday party on the 5th we'll be voting on a Club constitution amendment – details were in the November newsletter. So please RSVP and don't forget your potluck dish and those while elephant gifts!

Pedals Up,
Debbly Grant

DECEMBER 2009

ISSUE 364

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THE FIVE SISTERS CLUB RIDE

Members of Cyclists of Greater Seattle (COGS), BIKES Club of Snohomish County, Tacoma Wheelmen Bicycle Club and West Sound Cycling Club met at a bike-themed pub in October for a bike tour of Tacoma and great food and camaraderie afterward. These clubs, plus Capital Bicycle Club of Olympia, are the "five sisters" that organize the annual Ride Around Puget Sound bicycle ride, a fundraiser for the Bicycle Alliance of Washington. Watch for an upcoming "Sisters" ride in our area.



B.I.K.E.S.**Club Officers and
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Added Party Directions

Check the website or use
the information below

If directions are needed out-
side or in the park call War-
ren at (425)743-7593

Here is a G-MAP for the
interior of the park [http://
www.gmap-
pedometer.com/?r=538602](http://www.gmap-pedometer.com/?r=538602)

And the area that can be
panned back to see the gen-
eral area. [http://www.gmap-
pedometer.com/?r=538615](http://www.gmap-pedometer.com/?r=538615)

All Club Members and Guests are Invited to



The 2009 Holiday Party
December 5th at 6 PM



Where: The Community Room at Carriage Club Mobile Home Park
13320 Highway 99, Everett

Food – Potluck with BIKES providing Ham and non-alcoholic beverages. Members bring other drinks of choice.

Suggestions for members potluck dishes are those with last names that begin with

A-F Side Dishes G-L Desserts/Appetizers M-Z Salads

There will be a White Elephant gift exchange. **Please bring one for each member /guest in your party.**

In addition to dinner and the gift exchange, we'll do a little business and hand out Frequent Rider Club mileage awards. There's plenty of room for everyone, so gather with fellow members and enjoy the festivities. Carpooling is encouraged. For directions, check the website, Look below or call Warren Bare at (425) 743-7593.

Please RSVP by Nov 27 to Club President Debby Grant at (425) 778-5530 or president@bikesclub.org

***Ride a BIKE, drive a motor car or if convenient arrive by the
new Swift Bus pictured below.***

JUST BE THERE



THE Lincoln Way Stop for SWIFT Bus is a short
distance from the mobile home park and PARTY.



**BLATANT SELF PROMOTION BY BIKES
VICE-PRESIDENT AT OXYGENE'S
TENTH BIRTHDAY. Held 10/31 at the Hwy 99
and 176th St SWIFT STATION**

PARTY DIRECTIONS:

If approaching from the south on Highway 525 (Mukilteo Speedway) the entry to the park is 600 yards north of Lincoln Way, the first stop light on the Speedway. Turn right in the center entry of the concrete sound wall. If the entry is missed turn right at Russell Way and proceed to Highway 99 and enter as stated below (there is no entry from the north off of the Speedway).

The entrance to the park is on the west side of Highway 99 immediately south of Del Sol Auto used car sales and north of the business sign for Soft Dental Care/Prestige Escrow .

Once in the park look for the signs on the corners pointing to the Office/Clubhouse.

Please Park in front of the Clubhouse not on the road as it is a fire lane (room for about 25 cars).

Monthly Ride Calendar

UNABLE TO FIND A RIDE THAT WORKS FOR YOU?
CHECK OUT THE RIDE CHANGES PAGE ON THE WEB SITE.
STILL NOT FINDING ONE OF INTEREST —
Enter one on the Ride Changes Page.

Weekday Rides

Monday Morning Motoring - Meet at Haller Middle School (600 East First St., Arlington - where McClinchy Mile begins) for a 10am start, 25-35+ miles, Moderate pace, A-C terrain. We usually do a route that includes all or part of the Centennial Trail, though some days we go north on Hwy 9. Bring snacks and hydration, we stop when we need to but we don't take too long. Ride leader Rick Schranck (425-737-8445). Please call the day before or by 9am if you are going to show up as I might start earlier or later, depending on weather. Also check the Ride Changes page for updates. Rain cancels.

AWW (Arlington Wednesday Workout) - Meet at Haller Middle School (600 East First St., Arlington - where McClinchy Mile begins) for a 10am start, 35-60 miles, Moderate pace, A-C terrain. We usually do a route that includes all or part of the Centennial Trail, though some days we go north on Hwy 9. Bring snacks and hydration, we stop when we need to but we don't take too long. Ride leaders Rod McDonald (425-359-6710) and Rick Schranck (425-737-8445). Please call the day before or by 9am if you are going to show up as we might start earlier or later, depending on weather. Also check the Ride Changes page for updates. Rain cancels.

Weekend Rides

Sunday Dec. 6. Mill Creek ramble, approx. 22 mi. 10:00am start @Emerson ES on 7th Ave. Food stop extremely likely. Lousy weather cancels. <http://www.bikely.com/maps/bike-path/Everett-Mall-Mill-Creek-Ramble> Dan & Elaine Scott 425-355-4510.

Saturday Dec 12 Modified Bergeron Route starting at Paine Field Community Park 11928 Beverly Park Rd at 10:00 AM. Social pace around 38 miles and a food stop along the way. Contact Warren Bare at 425-478-9594 and Ice, snow or steady rain will cancel.

Sunday Dec 13 Java Mud Loop - 10am start at McCollum Park. About 25 miles, A-B terrain, social/moderate pace. This is all about java stops. We'll find at least three coffee houses or bakeries where you can warm your insides and indulge your sweet tooth if desired. Loop around Silver Lake, travel up to Everett and along Marine View Drive. Severe weather cancels. Ride leader Debby Grant 206 353-0249 or debby@jaygrant.com.

Saturday Dec 19th Riverside ramble, bring lights and more lights, we will start at 5:00 PM from the North East corner of Garfield park take a leisurely ride around the north Everett area to view decorations. Return in about an hour for a warm beverage by a fire. Ride leaders Tom and Bill Weber More info call 425 327 3516.

How to Be an Organ Donor

(Comments Are Welcome - SEE Bottom)

Most people know or realize that a motorcyclist or bicyclist that doesn't wear a helmet has a good chance of being fatally injured in an accident. Some of us refer to someone not wearing a helmet while riding a bike or motorcycle as an "Organ Donor". If you are riding and get into an accident while wearing a helmet there is a very good chance you will live, though you may have broken bones or skin abrasions. But get into that same accident without wearing a helmet and you have no protection for your brain. Yes, that thing that you use to live, function and make decisions. No decision making, no functioning, no living. The next thing that can happen is to donate your organs so someone else can live a better life.

We all know that helmets are important while cycling. Do you know what else is important while cycling? Stopping at stop signs and red traffic lights. That's right, automobiles are supposed to stop at them by law and so are bicycles, for the same reason; there may be another vehicle coming!

I understand that some cities and states have changed their laws so bicyclists don't have to stop, but they need to slow down. I wonder how many drivers know about the law and agree with it? I have been with several bicyclists that ignore the stop sign and I have seen a lot of close calls where they've almost been hit.

So here's my advice; STOP. Stop at all stop signs and red traffic lights and I can almost guarantee that if you get hit at the intersection, it won't be your fault. It will be an inattentive driver that blasts through the stop or another rider (that doesn't want to stop).

Don't be an organ donor, but then again, an organ donor is always thinking of how they can help others. Want to comment? chinstrap@bikesclub.org

Ride Safe,
Chin Strap



Mike Dahlstrom is the January ride coordinator.

Ride leaders can simply send their ride ideas to the "leadaride" address, then the email will automatically forward to the current month's ride coordinator.

leadaride@bikesclub.org

Ride Guide

PACE

Leisurely / Under 10 MPH
Social / 10-14 MPH
Moderate / 14-16 MPH
Brisk / 16-18 MPH
Strenuous / Over 18 MPH

TERRAIN

A Mostly flat / Norman Road
B Rolling Terrain / McClinchy Mile
C Rolling steeper hills / Kitsap Peninsula
D Difficult Terrain / Whidbey Island
E Very Difficult / RAMROD

Use this chart and the ride description to determine if a particular ride is right for you. Don't take on 50 miles when you haven't done 20, but don't be afraid to start out with us on a 20-30 mile ride if your butt and legs have handled 15.

I AM ASKING FOR YOUR HELP

Cities, Counties and Washington State are supposed to assure, if possible, that traffic lights activate for cyclists. Contact Warren Bare at vicepresident@bikesclub.org with location and problem and we will attempt to direct the complaint to the proper jurisdiction for a successful resolution. Or you can contact the agencies listed on the website.

If you are aware of intersections that have had complaints and been fixed or not been fixed please also contact Warren with this information.

We would like to add to the list below and document the compliance throughout Snohomish County by adding previous fixes as well as current ones.

THANKS Warren

Signals that don't or didn't recognize Cyclist

WSDOT

No Bike recognition at Lincoln Way and Highway 525 - **Not Fixed at Newsletter Deadline**

No Bike recognition at Beverly Park Rd. and Highway 525 - **Not Fixed at Newsletter Deadline**

Snohomish County

No Bike recognition at Airport Way and Holly Drive - Signal Electrician replaced the westbound camera and adjusted all directions.

No Bike recognition at Admiralty Way & Airport Rd. - Signal Electrician adjusted and marked location with paint for bike location.

Everett

No Bike recognition at Seaway Blvd & 75 St S. W left turn lane – It's been reported that the light is fixed and responds to cyclists in the left turn lane

Lynnwood

No Bike recognition near curb at 44th Ave and 188 St SW– Enlarged the onscreen detection box over to the curb so it sees bikes.

No Bike recognition 60th Ave and 200 St SW Left Turn Lane – Redirected cameras to recognize bikes

Hotdogs on the FIRST annual Hotdogs and Weleners Ride Sept 27 2009



Club Miles for Club Members

The Frequent Rider Miles program is intended as a fun benefit of BIKES Club membership. Ride 100 miles on club-sponsored rides, earn a club water bottle. Ride 500 miles, earn a club cycling cap, etc. (The miles below are compiled from BIKES Club Rides as reported by the ride leaders)

Ride Leaders: When reporting a ride, please remember that a ride is eligible for club miles when 1) the ride is listed in the newsletter and on the Rides web page; even if only the ride leader participates or 2) the ride is listed on the Ride Changes web page and the leader and one other person from a different address participates. When reporting, please include your name, name of your ride, ride date, number of miles, names of participants, member status.

Rod	McDonald	3372	Jack	McClincy	182
Rick	Schranck	3140	Janell	Reich	182
Warren	Bare	2755	Art	Arneson	159
Pier	Fiorentini	2442	Dick	Nicholson	148
Wendell	Hultman	1925	Leslie	Strickland	146
Dan	Scott	1269	Glen	Moffitt	135
Bill	Lutterloh	1261	Linda	Hunter	124
Debby	Grant	1145	Mike	Dahlstrom	122
Tim	Wise	890	Jeannie	Grippin	122
Doug	Andrews	764	Ronn	Larpenteur	103
Roger	Frost	641	Melanie	Greene	85
Steven	Hudspeth	640	Fred	Koch	83
Bill	Weber	577	Kala	Koch	83
Kathy	Riddle	576	Brent	Hunter	80
Bob	Huey	563	Patty	Garrett	79
Elaine	Scott	560	Peter	Pisani	64
Gery	Osowiecki	534	Graham	White	60
Kristi	Knodell	467	Danna	White	60
Kristin	Kinnamon	461	Don	Sperlin	53
Tom	Weber	448	Stephen	Benson	50
Lena	Sullivan	413	John	Spencer	45
Pam	Hallanger	401	Jim	Grippin	43
Bob	Nyberg	390	Cecily	Tillinghast	41
John	Carlin	366	Ginger	Decker	37
Laura	Laures	354	Perry	Walker	35
Steve	Linari	344	Bruce	Deitz	34
Michael	Snodgrass	332	Mary	Andrews	34
Warren	McAndrew	302	Anne	Schreivogl	31
Allyson	Welsh	300	Al	Currier	31
Kayo	Downey	295	Dale	Kaiser	30
Annie	Peterson	269	Dan	Cornelissen	29
Keith	Gerhard	269	David	Johnson	29
Terri	Spencer	235	Rick	Pressley	29
Bob	Palm	234	John	Marshall	28
Brian	Elmore	225	Sharon	Andrews	25
Kay	Peterson	222	Pete	Pias	22
Laura	Elmore	220	Colleen	Norcott	20
Michele	Wolski	217	Tom	Crisp	15
Erik	Troili	212	Debby	Kawamoto	9
Desiree	Troili	200	Dale	Kaber	9
Clarence	Elstad	199	Liz	Raemont	9

CENTENNIAL TRAIL COALITION of Snohomish County

Monday October 26th a ground breaking was held at Haller Bridge Park , Arlington for the north link of the Trail from Arlington downtown to the Skagit County line. This should be complete in the first quarter of 2011.

The FALL General Meeting of the CENTENNIAL TRAIL COALITION of Snohomish County was held on November 16, and BIKES member Rich Schrank stepped up as BIKES representative on the standing committee. While the good news is the northern link is under construction, the coalition's efforts will now concentrate on planning, funding and construction of the missing link where the current trail exits on 67 Ave NE to 172 St NE and from Cemetery Rd. to downtown Arlington.



Don't miss this local Sharing Wheels fundraiser!

A Frugal Cyclist's Guide to the Universe: An Evening with Willie Weir

When: Wednesday, December 9,

Time: 7PM

Where: Everett Public Library Auditorium, 2702 Hoyt, Everett

Call him cheap, frugal, a tightwad or an initiator of kindness, but Willie Weir knows how to get the most bang for his buck when it comes to traveling the world, whether he's giving the world's cheapest engagement ring, protesting an insanely over-priced fish dinner, knocking on doors for free lodging or eating his way to free ice cream.

Willie will bring to life tales from his latest book, *Travels with Willie*.

Tales that will have you chuckling and leave you wanting to chuck your day job and hit the road!

The Seattle Weekly says, "The self-described 'cycling fool' has some of the same manic energy as his fellow bike enthusiast Robin Williams; accordingly, his presentations are more like stand-up comedy than dry slide-and-pointer travel presentations.

Off the bike, he's got energy to burn; on it, he could probably power a small city if attached to a generator."

No cost for event but books will be available for sale and Willie will autograph. A portion of all book sales will benefit **Sharing Wheels Community Bike Shop, "connecting used bicycles to people who need wheels"**.

B.I.K.E.S. Club
P.O. BOX 5242
Everett, WA 98206

Stamp
Goes Here



Renewals — Thank You

Ginger Decker - Everett
Diane Gentes & Perry Walker -
Snohomish
Fred & Kayla Koch - Bothell
Steven Linari - Everett
John & Deanne Lindstrom - Everett
Dick Nicholson – Shoreline
Bob Nyberg - Bothell
Annie Peterson – Lake Stevens
Peter Pisani Jr - Pisani
Ronald Porter – Lake Stevens
Shirley Slade - Snohomish
Terri & John Spencer – Lake Stevens
Bill Weber - Everett
Allyson Welsh – Kirkland
Graham & Danna White - Marysville

Bicycle Alliance

Announces the 2010 legislative agenda

1. Safe Routes to School: Protect funding and make improvements to the program to meet the demand from schools around the state to improve walking and biking conditions and education.

2. Complete Streets: Ensure that roads are designed for all users, tying funding and grants to projects that meet this goal.

3. Make distracted driving a primary offense such as texting and cell phone use while driving for which one can be stopped and ticketed.

4. Vulnerable Users: Support Cascade Bicycle Club's push to hold drivers accountable for serious crashes involving cyclists and pedestrians caused by driver negligence.

5. Safe Passing: Define minimum safe passing distance to improve education and enforcement. This refines existing BAW backed safe passing laws approved in previous years.

Plan now to come to Olympia in person to attend Transportation Advocacy Day on Thursday, Jan. 28, 2010!

Is it time to renew? →

Chainwheel Chatter December 2009

NEWSLETTER SUBMITTAL

Please submit all material for the January newsletter by December 18

E-mail Warren Bare at editor@bikesclub.org

Club Bike Box and Trailer

Ready to travel with your bicycle? BIKES Club members can use our sturdy bike box for airline travel or our BOB trailer to tow gear behind their bicycle. Cost - **FREE** with a \$25.00 refundable deposit. Basically, these are club benefits we want people to use. To arrange for use contact Warren Bare at (425) 743-7593 or another club officer.

B.I.K.E.S.-Membership P.O. Box 5242, Everett WA 98206

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (____) _____ - _____ Email _____

Membership \$15 Annual (INDIVIDUAL)

DUES \$20 Annually (FAMILY)

Member benefits: 10% discount at local bike shops with your member card (see website for list), low-cost bike box and trailer rentals, Frequent Rider Club, monthly newsletter, social and advocacy activities.