

# Chainwheel Chatter

Your Snohomish County Cycling Club for OVER 30 YEARS

August 2012

ISSUE 394

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## Rising to the Challenge of the Willamette Valley Tour

If you were unable to join the ride & festivities of the above tour you missed a grand adventure. It was a well orchestrated ride; with oodles of maps, directions and much verbal communication as we traveled the quiet "Bike-way" roads through the magnificent Valley. There were a few crazy construction areas and confusing intersections to keep us on our toes and to sharpen our map reading & GPS skills plus beautifully maintained quiet neighborhoods to sooth our souls. Everyone was able to start and ride pretty much on one's own schedule with varied paths to get from point A to point B along the way.

All my rides were supported by safe, smart and educated riders and "Tango" who was always entertaining. I was honored to be amongst such competent people. I'm new to "group cycling" with my longest ride of 22 miles inauguration on May 10, 2012. To test my skills I did a "practice ride" to simulate the "four consecutive ride days" of the tour. I logged in 22 miles on day one, 17 on day two, 14 on day three and sadly 10 on day four. Whoa...did I come close to falling flat on my face with these numbers? Okay, pretty much. Was I actually prepared for what lay ahead – I could only hope? My plan was to eat like a logger and ride like the wind. The logger part worked well, but the "wind" part was a bit more challenging when trekking up some of those "OMG" hills with the exception of coasting the down side - that is when the "wind" part kicked in. I found out I was actually brave (or stupid) enough to ride 30+ MPH downhill before actually applying my trusty (whew!) brakes. Maybe you can tell that I had a blast and a half on this tour. And, I'm so glad that Bill L. was able to pull my part of the trip together for me so I could experience it firsthand.

I was fortunate enough to be able to ride the first two daily segments of the tour. My daily total miles for those two segments were 37 & 44 miles. On segments three and four I split the "SAG" vehicle responsibilities & logged miles with my steady cycling buddies Bill & Marilyn. We were all able to enjoy the sometimes light rain, beautiful scenic and aromatic rides (those clover fields were outstanding). Most mornings were started on wet pavement and on occasion we did huddle under some wonderfully protective huge trees during a couple of heavier showers but it was great cycling weather. Plus, the camaraderie amongst the cyclists was extraordinary. Our lunch and goody (bakery) stops along the way were always such a huge treat and the restaurant dinner and Pizza party in the hotel breakfast room and other gatherings were fun, light hearted and for me, the knowledge base that gathered in one area was insurmountable.

Things I learned along the way:

One can't have too many remarkable cycling buddies

I still love my 12 year old Trek bike

"Tango" is a great team player

I can walk 3 MPH uphill while pushing my bike

Would I do it all again – now that is a silly question - you betcha...

Ride safe – Ride long

Bette-Ann Shroyer

### Club Picnic

**Members and Guests  
1pm - Saturday August 4th  
Thornton A Sullivan Park  
Silver Lake**

Moderate and social paced rides before BBQ – check ride listings for details.

The Club sponsors soft drinks, burgers, dogs and all the fixins'.

Based on last name –

Please bring:

**A-H: salads**

**I-P: sides dishes**

**Q-Z: appetizers / desserts**

**PLUS– Needed**

volunteers to hold  
Tables

### At BIKES 8/4picnic

On Saturday, August 4, a special election for club officer positions will be held. There is one candidate who has agreed to his nomination for Treasurer and we will call for nominations from the floor if others are interested. The Club is also still in need of a Secretary. Attendance at club meetings is mandatory for Secretary. Please consider throwing your hat in the ring and help make BIKES the club you want it to be.

# B.I.K.E.S. Club

## Officers & Support Information

**Steve Arnhold**  
**President**  
 president@bikesclub.org

**Rick Schranck**  
**Vice President**  
 Vicepresident@bikesclub.org

**Vacant**  
**Secretary**  
 secretary@bikesclub.org

**Kristi Knodell**  
**Treasurer**  
 treasurer@bikesclub.org

**Tim Wise**  
**Web Master**  
 webmaster@bikesclub.org

**Warren Bare**  
**Newsletter Editor**  
 editor@bikesclub.org

**Linda Hunter**  
**Frequent Rider Miles Coordinator**  
 ridermiles@bikesclub.org

**Monthly Ride Coordinator**  
 leadaride@bikesclub.org

### Club Miles Compiled to

The Frequent Rider Miles program is a fun benefit for BIKES Club members. Ride 100 miles or 500 miles or 1000 miles, or more, on club sponsored rides and earn a reward. Miles are tracked from BIKES Club rides as reported by 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 Updates 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.

## Frequent Rider Miles – As of 7/19/2012

Pier	Fiorentini	1940	Pam	Deitz	176	Brent	Hunter	44
Warren	Bare	1403	Mike	Dahlstrom	175	James	Wright	44
Tim	Wise	733	Susan	Lahti	159	Judi	Chadwick	43
Bob	Nyberg	689	Kristi	Knodell	152	Robert	Pahlman	42
Gery	Osowiecki	652	Cheryl	Walchi	149	Joanne	Kennedy	40
Steve	Linari	646	Fred	Koch	145	Larry	Kennedy	40
Bill	Lutterloh	561	Kala	Koch	145	Tom	Crisp	38
Dan	Scott	443	Kristin	Kinnamon	141	Diane	Gordon	38
Bill	Weber	385	John	Carlin	139	Bill	Newman	35
Marilyn	Perala	353	Susie	Paquette	117	Dave	Fielder	35
Linda	Hunter	315	Michael	Snodgrass	116	Kay	Peterson	35
Bette-Ann	Shroyer	313	Jack	McClincy	100	Rod	McDonald	35
Elaine	Scott	271	Denny	Andrie	99	Jim	Roosma	35
Pam	Hallanger	265	Rick	Schranck	99	Ken	Moore	29
Clarence	Elstad	225	MJ	Gerst	86	Patty	Garrett	23
Kathy	Riddle	222	Warren	McAndrew	84	Bob	Palm	18
Dorothy	Lindstrom	212	Peter	Pisani	81	Dan	Cornelissen	17
Perry	Walker	199	Janell	Reich	78	Leslie	Strickland	17
Bruce	Deitz	195	Steven	Hudspeth	78	Nancy	Webb	17
Nancy	Graham	177	Dick	Nicholson	75	Kevin	Patterson	10
Tom	Weber	177	Evelyn	Rayburn	71	Annie	Peterson	9
Jim	Stewart	177	Doug	Andrews	57			

### ON JULY 14 THE EVERETT HERALD REPORTED on THE CENTENNIAL TRAIL

Centennial Trail will soon be complete

Two of the three gaps in Centennial Trail should be filled by October, and Snohomish is now accepting bids to finish the final one.

<http://www.heraldnet.com/article/20110714/NEWS01/707149939>

Tim Wise is the September ride coordinator.

And the month following is

October— Bill Weber

So ride leaders send your rides to

leadaride@bikesclub.org

### Ride Guide

#### PACE

**L**esurely / Under 10 MPH

**S**ocial / 10–13 MPH

**M**oderate / 13-16 MPH

**B**risk / 16-18 MPH

**S**trenuous / 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.

## Monthly Ride Calendar

**UNABLE TO FIND A RIDE THAT WORKS FOR YOU?  
CHECK OUT THE RIDE UPDATES ON THE WEBSITE.  
STILL NOT FINDING ONE OF INTEREST —  
Enter one on the Ride Updates on the Web.**

### Week Day Rides

**August 1st, 27th. Mukilteo - Lake Stevens.** Meet at 10:00 AM in the parking of 5425 Harbour Pt. Blvd. Mukilteo. Route: Mukilteo-Snohomish-Machias-Lk Stevens-Everett-Mukilteo. 54 miles.

Pace: Moderate. terrain:A/B. Call (425)349-5065 or email: [fiorepg@frontier.com](mailto:fiorepg@frontier.com)

**Thursday August 2 (Pedal Pusher)North Lynnwood to Downtown Everett** Meet at Walmart on 164th St SW and ride to downtown Everett on the Interurban Trail. RT is about 15 miles on a paved trail with some grades. Snack break in Everett. Ride leaders Dan & Elaine Scott. 10am Start.

**August 3rd, 10th, 17th, 24th, 31st. Mukilteo-Forest Park-Everett** Meet at 9:00 AM at the parking of 5425 Harbour Pt. Blvd. Mukilteo. Route: Varies depending on the mood. 20-24 miles.

Pace: Moderate, terrain:B. Call (425)349-5065 or email : [fiorepg@frontier.com](mailto:fiorepg@frontier.com)

**August 6th. Whidbey Island. Clinton - Freeland - Greenbank - Clinton.** Meet at 9:00 AM at the parking of 5425 Harbour Pt. Blvd. Mukilteo. We will catch the 9:30 ferry (\$4.95). 58 miles. Bring snacks.

Pace: Moderate.Terrain:C/D. Call (425)349-5065 or email: [fiorepg@frontier.com](mailto:fiorepg@frontier.com)

**Wednesday August 8th (Pedal Pusher) Log Boom to Redmond Town Center via Bothell** - Meet at Log Boom park. About 25 miles on road & level paved trail. Food break at Redmond Town Center. Ride leader Mary Jo Gerst. 10am Start.

**August 8th, 15th. Mukilteo-Snohomish-Everett (Al's Loop)** Meet at 9:00 AM at the parking of 5425 Harbour Pt. Blvd. Mukilteo. Route: Mukilteo-Lowell-Snohomish-Everett-Mukilteo. 42 or 47 miles.

Pace: Moderate, terrain:A/B. Call (425)349-5065 or email : [fiorepg@frontier.com](mailto:fiorepg@frontier.com)

**August 13th, 22nd. Whidbey Island. Clinton - Freeland - Maxwelton.** Meet at 9:00 AM at the parking of 5425 Harbour Pt. Blvd. Mukilteo. We will catch the 9:30 ferry (\$4.95). Ride the south part of the island. 48 miles. Bring snacks. Cappuccino in Freeland. Pace: Moderate.Terrain:C/D. Call (425)349-5065 or email: [fiorepg@frontier.com](mailto:fiorepg@frontier.com) See route on Bikely as Clinton-Freeland

**August 20<sup>th</sup> Mukilteo - Echo Lake.** Meet at 9:00 AM at the parking of 5425 Harbour Pt. Blvd. Mukilteo. Via Lowell-Larimer Rd, Connelly, Elliott, Welch Rd, Fales. 48 Miles. Pace: Moderate, terrain:A/C. Leave a message (425)349-5065 or email: [fiorepg@frontier.com](mailto:fiorepg@frontier.com)

**Thursday August 16 - Snohomish North on the Centennial Trail** - Meet at the Centennial Trail in Snohomish and ride north on the trail. RT 14-28 miles on level paved trail. Snack break along the way. Ride leader TBD. 10am start.

**Wednesday August 22 (Pedal Pusher) Arlington/Bryant by Trail & Road** Start at the Centennial trail head at 153rd and 67th Ave. RT 19 miles with little elevation gain. Ride leader Warren Bare 10am start.

**August 29th. Mukilteo-Snohomish-Monroe** Meet at 9:00 AM at the parking of 5425 Harbour Pt. Blvd. Mukilteo. Return via High Bridge Rd - Lowell-Larimer Rd. 54 Miles. Pace: Moderate, terrain: A/B.

Leave a message (425)349-5065 or email: [fiorepg@frontier.com](mailto:fiorepg@frontier.com)

**Thursday August 30th Foothills Trail** Ride the foothills trail in Pierce County. Call to ask about carpooling. RT 30 miles on paved trail. Ride leader Linda Hunter. 10am start..

## Weekend Rides

**Saturday August 4- Snohomish – Everett pre-picnic Moderate ride.** We will leave Silver lake park at 9am and ride 30-35 miles and return in time to enjoy the club picnic. Leader Warren Bare 425-743-7593.

Check the ride update web page to see if a social ride is listed.

**Saturday August 11- Kingston Poulsbo Loop** – We will do the counterclockwise loop stopping in Poulsbo for lunch. Social – Moderate 36 mile with regroupings at major turns, hilltops etc. Meet at 8.30am for the 8.50am sailing. Leader Warren Bare – 425-743-7593 Rain may cancel. Map Bikely - <http://www.bikely.com/maps/bike-path/Kingston-Poulsbov-loop>

**Saturday August 25th Rexville Grange - Fidalgo Island – Anacortes loop** Meet at the Rexville grange at 9.30am for this 45 mile social / moderate ride with regroupings. Lunch at Gere-a-Deli and rain may cancel. Leader Warren Bare 425-478-9594 Call for ride share info. Map RWGPS - <http://ridewithgps.com/routes/1112316>

## “75 Classic Rides: Washington”

For members looking for new rides to do and lead should check out Bellingham’s author Mike McQuaide whose most recent book “75 Classic Rides: Washington” has just been published by Mountaineers Books. It’s a full-color road-biking guide to the entire state with most routes ranging in distance from 30 to 80 miles, though several 100-plus milers are included as well. (Not to mention a couple cross-state routes too, both east-west and north-south.)

**And with the purchase downloadable cue sheets are available.**

Here’re details about the book from the Mountaineers Books website:  
<http://www.mountaineersbooks.org/productdetails.cfm?SKU=55061>

And here are some articles about the book that have appeared in various publications and websites:

Velocity: The Seattle Area Bike Blog

<http://blog.seattlepi.com/velocity/2012/06/26/thursday-evening-the-75-classic-wa-rides-rei-issaquah/>

Bellingham Herald: <http://www.bellinghamherald.com/2012/05/21/2530188/local-author-releases-washington.html>

Biking Biz Blog - <http://www.bikingbiz.com/2012/07/16/two-new-road-bicycling-route-guides-for-washington-and-oregon/>

## NORTH CREEK TRAIL NEWS

**July 13, 2012**

Snohomish County Public Works proposes to purchase right-of-way and build a section of the North Creek Regional Trail between State Route 524 and North Creek Park at 183rd Street SE. The proposed 2.8 mile trail would provide a missing link in the planned coordinated regional system that would connect the Sammamish River/Burke-Gilman Trail in King County with the Snohomish County Regional Interurban Trail in Everett.

This email is to let you know about this project and that an environmental review of the project has been completed. A State Environmental Policy Act (SEPA) Environmental Checklist and Determination of Non-Significance (DNS) have been issued. The DNS states that no significant environmental impacts are anticipated from construction of this project. A Land Disturbing Activity Permit is also required.

Comments on this project must be submitted by August 6, 2012. For more information or to submit comments contact:

Stephanie Cotton, Senior Environmental Planner

Snohomish County Public Works—3000 Rockefeller Avenue, Mail Stop 607

Everett, WA 98201—email: [stephanie.cotton@snoco.org](mailto:stephanie.cotton@snoco.org)

## Barb Chamberlain hired as new Executive Director of Bike Alliance of Washington

The Bicycle Alliance has hired Barb Chamberlain of Spokane as our new Executive Director. She will assume the post on August 1. Barb was the Director of Communications & Public Affairs for WSU-Spokane, and a mover and shaker in the Inland Northwest biking

### SOME UPCOMING AREA AND

### BENEFICIAL RIDES

## *RAPSody 2012, August 25-26* *Ride Around Puget Sound*

This weekend bicycle tour around the south Puget Sound is exceptional. RAPSody has hot calzones and

cold yogurt parfaits, 30 miles of paved trails, classic Northwest scenery and friendly small towns - plus cyclists doing the Chicken Dance to live music.

Five bike clubs work together to organize this 170-mile event in support of the Bicycle Alliance of Washington's advocacy and education programs.

RAPSody starts and ends in Tacoma with an overnight in Shelton.

Cost \$95 until registration closes on Aug. 17. For more information, visit [www.rapsodybikeride.com](http://www.rapsodybikeride.com) or call 253-857-5658.

## September 3, 2012 (Labor Day) - PROS

### Perimeter Ride Of Seattle

Starts at **Discovery Park** [North parking lot](#) which is just past the turn-off for Daybreak

Start. **Full PROS:** Registration 8:00 am, Start 8:30 am.

**PROS Lite:** Registration 8:30 am, Start 9:00 am.

PROS is a Labor Day ride around the City of Seattle's perimeter, literally. Water views and lofty hills dominate the route: 80 miles and 4,200 feet of gain. There is a shorter option of 60 miles and 2,700' which eliminates the challenges of Seattle's northern border.

**Distance:** About 80 miles for the full PROS, 56 for PROS Lite.

**Cue Sheet:** Copies will be provided at the start. Or [download here](#), and see the course map at [Bikely.com](http://Bikely.com).

**\$20 suggested donation per rider** will be accepted for the [Bicycle Alliance of Washington](#) to help make Washington a safe place to ride. There is no pre-registration for this ride.

Questions? for more information, please email [PROS@cyclistsofgreaterseattle.org](mailto:PROS@cyclistsofgreaterseattle.org).

<http://cyclistsofgreaterseattle.org/COGSContentPages/FramePROSinfo.shtml>



Sponsored by COGS to benefit the Bicycle Alliance of Washington



## Women's Living the Dream Ride 2012

*Washington State's Most Beautiful Bike Ride for Women—*

September 8<sup>th</sup>, 2012 - Start Line: 610 1st Street

Snohomish, WA 98075

Rides: 18, 24, 36 miles and Century (metric)

Participants capped at 500 (*Expected to sell out.*) Register before August 15, 2012 to get discount. [www.livingthedreamride.org](http://www.livingthedreamride.org)

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

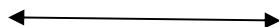
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**NEW MEMBERS**

Kate Dawe

Richard Solomon

Hope to see you on a ride  
 soon



**RENEWING MEMBERS**

Ronn Larpentour

**Thanks for Renewing**

**Save the Date**

**September 9th**

**For Brent and Linda's**

**World Famous**

**Weenie & Hotdog ride**



Rides for all ages  
 Abilities and inclination.  
 With the realization  
 that at the end of the  
 day the Weenie's and  
 Hotdogs are pretty  
 Much the same  
 ALL GOOD

*Is it time to renew? →*

**Chainwheel Chatter August 2012**

**. NEWSLETTER SUBMITTAL**

Please submit all material for the **September** newsletter by **August 20th**  
 to 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** 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 Annually (INDIVIDUAL)**

**DUES \$20 Annually (FAMILY)**