

Chainwheel Chatter

The Monthly newsletter of B.I.K.E.S. Club of Snohomish County

Your Snohomish County Cycling Club

Prez Sez

By Warren Bare, Club President

We have been having a fabulous northwest summer for riding. Many BIKES members already have completed, or are training for challenging event rides. **Mary Jo Gerst** has been leading monthly multiday rides. BIKES continues to partner with the Lynnwood Senior Center scheduling weekly relaxed "Pedal Pusher" rides and Treasurer **Gery "O"** tries to squeeze a lunch time ride and a coffee stop into an hour lunch.

Not everyone has spent the summer on a saddle but are busy with other endeavors such as **Pier Fiorentini's** miles and miles of walking in preparation for a long mountainous walking tour of Italy with his wife after his recovery from a late winter injury and **Dan Scott's** last and we hope final surgery followed by physical therapy, Tai-chi and current progress of climbing on a bike for short distances.

Dan also did an interview review on KSER radio that some of you may have heard featuring Rivendell Bicycles Grant Petersen's book titled "Just Ride." Grant built a bike business that shows that one does not have dress in kit riding the latest greatest Tour race bike to enjoy the pleasure of cycling.

As I write this BIKES picnic is approaching and I thought I would call out some significant volunteer efforts such as pre-picnic ride led this year by Mary Jo (and **Bob Nyberg**) prior to our master barbeque chef, **Tim Wise** cooking the dogs and burgers to perfection and special thanks to **Elaine Scott** who bought and brought all of the burgers, hot dogs, condiments and all the other stuff your President would not remember until hungry. (*Editor's note: About 30 members attended. Bill Weber managed to bring ice cream bars for all to enjoy in the heat.*)

Brent and Linda Hunter have been stalwart BIKES volunteer's for two decades in both elected positions and non-elected positions (Linda currently keeps club miles). Recently word was received that Brent Hunter will be having serious surgery and I am sure all BIKES members join me in wishing him the best outcome and speedy recovery.

News Roundup

Centennial Trail Coalition

From George Winters, Centennial Trail Coalition Secretary

Visit the [Centennial Trail Coalition web page](#) and see how the new safety railings look on the "Tin Bridge" on the Whitehorse Trail. The "Tin Bridge" has been upgraded and is open for use by the Snohomish County Parks. Take a walk out there either from the Centennial Trail or from Cloverdale Farms on 115th Ave NE.

The county has asked us to add that, "The Whitehorse Trail is undeveloped at this time. Please be aware of hazards and changing water conditions. Use extreme caution. No Motorized vehicles allowed. The Whitehorse Trail from Darrington to Swede Haven is open and available to the public."

Everett Traffic Signals

BIKES president **Warren Bare** contacted the city of Everett recently about bicycle detection at Pacific Ave & Colby Ave in downtown Everett. Here is the city's response: "This morning we marked the location of our southbound left turn and through lane stop bar detection loops with a bicycle marking to show you where to stop to let the signal know you are present. We tested this location with a bicycle and adjusted the sensitivity of the loop until it detected the bicycle"

Euneka Richards handles signal operations related questions within the City of Everett. If you have problems triggering a light, please contact her directly at erichards@everettwa.gov.

Club Meeting Sept. 12

7 p.m. Thursday, Sept 12
Snohomish County PUD Bldg
2320 California Ave, Everett

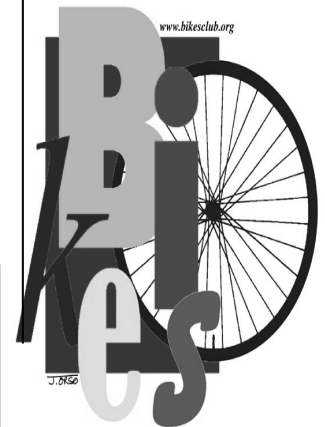
We still need an active and able club vice president. Plans programs for general meetings. Assists with committees (ie McClinchy Mile event). Performs duties of president when needed. 2-5 hours a month.

AUG. 2013

Issue 408

INSIDE THIS ISSUE:

Club News	1
Frequent Rider	2
Weekday Rides	3
Weekend Rides	4
Mechanic Classes	5
Other Events	5
New Members	6
Ride Review	6



OF EVERETT AND SNOHOMISH COUNTY

B.I.K.E.S.**Club Officers and
Support Information**

Warren Bare
President

president@bikesclub.org

Open!

Vice President

Mary Jo Gerst

Secretary

secretary@bikesclub.org

Gery Osowiecki

Treasurer

treasurer@bikesclub.org

Kristin Kinnamon

Newsletter Editor

editor@bikesclub.org

Tim Wise

Webmaster

webmaster@bikesclub.org

Linda Hunter

Frequent Rider Miles

Coordinator

ridermiles@bikesclub.org

Monthly Ride Coordinator

leadaride@bikesclub.org

**Rider Leader Info**

John Carlin is the September ride coordinator. Simply send your ride ideas and dates to him at the "leadaride" address above.

Report ride miles and attendees to "ridermiles" address above.

Frequent Rider Miles through July 21, 2013

Marilyn	Perala	10
Kevin	Schroeter	11
Kay	Peterson	12
Bob	Palm	14
Tina	Rainforth	15
Patty	Garrett	16
Bob	Biesiedzinski	16
Vivian	Biesiedzinski	16
John	Happold	17
Bruce	Deitz	21
Pam	Deitz	21
Louise	Kornreich	25
Michael	Snodgrass	26
Bill	Ferguson	27
Peter	Pisani	27
Donald	Gosnell	27
Will	McMahan	30
Sarina	Elliott	34
Kathryn	McDaniel	34
Dick	Nicholson	36
Dan	Cornelissen	38
Jeanne	Crisp	39
Perry	Walker	39
Tom	Crisp	39
Donald	Mohs	39
Linda	Woodall	40
Judi	Chadwick	45
Lucie	Johns	46
Jim	Roosma	52
Cheryl	Walchi	56
Janell	Reich	57
Susie	Paquette	62
Mark	Atkinson	66
Diana	Traxler	66
Elaine	Scott	74
Jim	Stewart	75
Barbara	Gallagher	75
Jack	McClincy	81
Clarence	Elstad	96

Diane	Gordon	97
Nancy	Graham	102
Linda	Hunter	107
Robert	Smith	134
James	Wright	140
Robert	Tipton	151
Kala	Koch	190
Mike	Dahlstrom	190
Robert	Pahlman	201
Brenda	Ferguson	207
John	Carlin	207
Pier	Fiorentini	226
Adrienne	Dorf	236
Kristi	Knodell	237
Pam	Hallanger	238
Joanne	Kennedy	241
Larry	Kennedy	241
Kathy	Riddle	254
Steve	Linari	267
Tim	Wise	275
Dorothy	Lindstrom	288
Susan	Hausmann	289
Fred	Koch	294
Tom	Weber	298
Leslie	Strickland	318
Kristin	Kinnamon	323
Dan	Scott	361
Gery	Osowiecki	412
MJ	Gerst	444
Debby	Grant	567
Bette-Ann	Shroyer	612
Bill	Weber	625
Bob	Nyberg	656
Bill	Lutterloh	694
Warren	Bare	944

August Ride Calendar

Weekday Rides

Thursday, August 1 – Pedal Pushers ride Centennial Trail Lake Stevens to Skagit County Line: Meet at 9:45am for a 10am start at the Rhododendron trail head and ride on the Centennial Trail thru Arlington and past the Bryant trail head to the county line. Flat paved trail, social pace, RT approximately 38 miles. Bring a snack or sack lunch for picnic at the turn around. Ride leader Fred Koch, (425) 487-3221, fredkoch@hotmail.com

Tuesday August 6, 13, 20 and 27 – Gery's Lunch Time Rides: Join Gery for a short 10-mile Silver Lake and Mill Creek loop. Social pace (10-12mph), flat terrain with just a few very very very short climbs (like less than one block each). Optional (quick for Gery) coffee after the ride before he has to return to the office. Water falling from the sky cancels the ride, but not the coffee. Ride leader Gery Osowiecki, [469-358-2887](tel:469-358-2887) (mobile).

Wednesday, August 7 – Pedal Pushers ride Lowell Larimer Loop to Snohomish and Beyond: Meet at 9:45am for a 10am start at Rotary Park in Everett and ride out to Snohomish and through the small valley to the northeast. A/B terrain, social pace, RT approximately 21.5 miles with a food stop in Snohomish. Ride leader Warren Bare, (425) 743-7593, bare.warren@gmail.com

Thursday, August 15 – Pedal Pushers ride McCollum Park to Everett: Meet at 9:45am for a 10am start at McCollum Park and ride to Everett on the Interurban Trail. We may cruise Grand Ave for some water and grand home views. We'll make a food stop in Everett. A/B terrain with a few bumps in the trail, social pace, RT about 20 miles. Ride leader MaryJo Gerst, maryjo1532@hotmail.com.

Wednesday, August 21 – Pedal Pushers ride Carnation to Fall City: Meet at 9:45am for a 10am start at John MacDonald Tolt River Park in Carnation and ride on quiet roads to Fall City where we'll take a food and rest break before retracing our route to Carnation. A/B terrain, social pace, RT about 20 miles. Ride leader Bill Lutterloh. (360) 668-9554, lutterloh@gmail.com or cell phone day-of-ride (425) 870-6418.

Wednesday, August 28 – Pedal Pushers ride Bay View State Park to Anacortes: Meet at Bay View State Park and pedal the Padilla Bay trail along the water and then on into Anacortes. RT 28 or 18 miles, A terrain with one bridge, social pace. Snack break at Gere-a-Deli in Anacortes. Ride leader Nancy Graham, (425) 493-1952, nancybikes@gmail.com

Thursday, August 29 – Pedal Pushers ride Log Boom Park to Gas Works Park: Meet at 9:45am for a 10am start at Log Boom Park and ride on the Burke Gilman Trail to Gas Works Park. We'll make a food stop at Agua Verde on Lake Union. There are tables if you prefer to bring food. Flat paved trail, social pace, RT approximately 22 miles. Ride leader Nancy Graham, (425) 493-1952, nancybikes@gmail.com

September Weekend Tour

September 6, 7 and 8 – Centralia/Olympia Weekend: Explore the back roads of

Thurston County and ride on the some of the wonderful trails in the area. Rides on Friday, Saturday and Sunday of 40-50 miles each.

We will be staying at McMenamins historic Olympic Club Hotel in Centralia. Room rates are \$65for two with bunk beds or \$75 for a Queen bed. Make reservations now. If the weather looks bad you can cancel with 48 hours notice. Find details at

<http://www.bikesclub.org/Weekends.Tours>

Ride Guide

PACE

Leisurely / Under 10 MPH

Social / 10–12 MPH

Steady / 12-14 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.

August Ride Calendar

Weekend Rides

Saturday August 3 - McCollum to Bothell and back: Meet at 9am at McCollum Park for a ride of about 26 miles with 1,300 feet elevation gain. Terrain B (with just a hint of C) and social pace. This is a mix of trail, urban street, rural and suburban roads, with a fair amount of uphill work. Food stop in Bothell. <http://ridewithgps.com/routes/531642>

Rain cancels. Ride leader Gery Osowiecki, [469-358-2887](tel:469-358-2887) (mobile).

Sunday August 4 – Training Ride / Ride the Hurricane: This unique event allows cyclists to have the famed Olympic National Park Hurricane Ridge Road all to themselves and free of vehicles from 7AM-noon. This is not a race but a recreational ride with participation limited to 700 riders. BIKES ride leader is Kristin Kinnamon, kinna-monk@aol.com or (360) 658-2462. For details about how to register and ride options go to <http://business.portangeles.org/events/details/ride-the-hurricane-2773>

Saturday August 10 – Carnation / North Bend: We will start this social (trail) / steady (road) 38 mile ride on hard pack railroad trail to above the Falls then through Fall City to North Bend and a food stop. Then we'll be on country roads back with a possible stop by Snoqualmie Falls and a return downhill to Fall City and loop through the valley back to Carnation. 1600 ft of elevation gain but most on the gradual rail trail. A 9am start at the Nick Loutsis Park trail head located by turning east on Entwistle St from Highway 203 in Carnation. Ride with GPS map <http://ridewithgps.com/routes/2721744> For ride share or info call Warren Bare at (425) 478-9594 or email bare.warren@gmail.com

Sunday August 11 – Port Gamble Poulsbo Loop: Ride from Kingston to Port Gamble and on to Poulsbo for lunch. Parking in downtown Edmonds is restricted to 3 hours, but street parking is available east of 6th Ave. Steady pace, 35 miles, hilly. Meet at the Edmonds ferry dock in time to catch the 8:50am ferry. Ride Leader Mary Jo: maryjo1532@hotmail.com

Saturday August 17 – Mount Vernon / Padilla Bay: Meet at Edgewater Park at 9:30am for this 32 mile steady pace ride with regroupings. Little elevation gain and bring snacks as we will go to the Mt Vernon Co-op after the ride for a food stop. Ride with GPS map <http://ridewithgps.com/routes/896091> For ride share or info call Warren Bare at (425) 478-9594 or email bare.warren@gmail.com

Sunday August 18 – Everett Fresh Paint and Farmers Market: We will bike to the Everett Marina to visit the Fresh Paint Festival of Artists and the Farmers Market. Meet at 9am at McCollum Park. Moderate pace, 30 miles, terrain A/B. Some trail but mostly back roads. Ride leader Mary Jo maryjo1532@hotmail.com

Saturday August 31 – Whidbey Island: We will loop south and go to Freeland for lunch and then on to Langley. We will avoid the really steep hills but there will be hills. Parking available at the Mukilteo Sounder Station on First St. Arrive in time to get your ticket and catch the 9:30am ferry. Steady pace, 30 miles, hilly terrain. Ride Leader Mary Jo maryjo1532@hotmail.com

Aug. 24-25— Ride Around Puget Sound: This is the 10th year that BIKES has helped organize RAPSody, a 170-mile weekend loop out of Tacoma. Host clubs have been challenged by organizers to get at least 10 members signed up by the Aug. 16 deadline. Learn more about RAPSody at www.rapsodybikeride.com.

Monday Sept 2 -- Bremerton Blackberry Festival: We will take the Fautleroy ferry to Southworth and then ride to Port Orchard, take the foot ferry to Bremerton for the Blackberry Festival and then the ferry back to the Seattle waterfront. Meet at 9am at the North end of Centennial Park (Myrtle Edwards Park) to leave at 9:15am to catch the ferry at Fautleroy. Moderate pace, 35 miles, mostly flat with a few short hills. Ride Leader Mary Jo maryjo1532@hotmail.com

Sharing Wheels

Sharing Wheels is an Everett non-profit, all-volunteer bike shop managed by BlkES Club member Kristi Knodell.

Basic Bike Mechanics

When: 6 to 9:30pm Wednesday, August 21.

Learn enough to keep your bicycle on the road, all in one night.

Class covers: Basic bike care (greasing that squeaky chain!)

Flat tire repair, Brake adjustment and pad replacement

Derailleur shifting and adjustments

Bring your own bike or use one of ours. All tools provided.

Cost: \$35; must be prepaid to secure spot in class.

Register: Call or email: 425-252-6952, sharingwheels@gmail.com

Advanced Bike Mechanics

When: 6 to 9 pm Oct. 9, 16, 23, and 30 (four Wednesdays)

This class is for those who want to get into the heart and soul of their bike. Learn the terms for parts of the bike and how to evaluate their condition. Learn about the bearing systems and how to overhaul them. Demystify the cable systems and get your bike running smoothly.

All tools are provided. Bring your own bike or you can use one of ours.

Cost: \$100. Must be prepaid to secure spot in class.

Length: 12 hour course

Class Size: Limited to 4 students so sign up early.

Register: Call or email to register: 425-252-6952, sharingwheels@gmail.com

News from Cascade Bicycle Club

Election endorsement

Cascade Bicycle Club has endorsed Jennifer Gregorson for Mukilteo mayor based on her support of family-friendly biking as a council member and her training in urban planning and design which includes a master's degree and authorship of a study on regional bicycle sharing. <http://blog.cascade.org/2013/07/vote-mcginn-for-mayor-yes-on-parks-levy/>

South County Bike Audits

BIKES Club members Warren Bare, John Carlin and Kristin Kinnamon attended an audit of south county transit centers and bikability hosted by Cascade Bicycle Club in June. Cascade has a grant from Verdant Health Commission (former Stevens Hospital District) to assess and make recommendations on bicycling in south county.

A second bike audit for Edmonds is planned for Wednesday, August 28 from 5:15 to 7:30 p.m., followed by an hour of discussion. Contact Ryann Child, cpa@cascadebicycleclub.org

Other Area Events

Tour de Poker Aug. 10

The O'Donnell's Tour de Poker is a Bicycle Poker Run fundraiser for the American Heart Association (\$25). Ride either a 26 or 44 mile route. Sign-in starts at 8am, last rider out 9am. Prizes for the best "poker" hand and best "heart" hand.

The ride starts and ends at Shawn O'Donnell's American Grill in Everett, rides in to Everett, Snohomish and the long route continues on to Monroe before heading back to Everett.

For more information and/or registration check out the [web-site](#). Facebook: [OdonnellsTourDePoker](#)

Washington Women of Cross Festival Aug. 11

The newly-formed [Washington Women of Cyclocross](#) (WAWCX) announced it will host a cyclocross festival on Sunday, August 11 at Saint Edward Park in Kenmore. The WAWCX [Cyclocross Festival](#) is an invitation for all women to learn about, experience and participate in the sport of cyclocross.

PROS in Seattle Sept. 2

PROS is a Labor Day ride around the City of Seattle's perimeter, hosted by the Cyclists of Greater Seattle. 80 miles and 4,200 feet of gain or 60 miles and 2,700'. Starts at Discovery Park [North parking lot](#) which is just past the turn-off for Daybreak Star. \$20 suggested donation per rider will be accepted for the [Bicycle Alliance of Washington](#) to help make Washington a safe place to ride. Learn more from [COGS website](#).

Ride the South Sound Sept. 8

Ride the South Sound is put on by the Capital Bicycling Club in Olympia. From the family friendly 10-mile route to the challenging 100-mile route, enjoy views of Puget Sound's waterways, farmlands, and forests. \$1 per rider supports the [Bicycle Alliance of Washington](#).

Details at web site: <http://capitalbicycleclub.org/rss/>

News from the Bicycle Alliance

Help fund Washington tour guide

A [Kickstarter campaign](#) to fund *Cycling Sojourner: A Guide to the Best Multi-Day Tours in Washington* is running now through Aug. 26 and allows backers to get everything from an autographed copy of the book to an original bike-themed musical performance, all helping fund the book's development and support the Bicycle Alliance.

Amtrak adds bike space

Washington State Department of Transportation (WSDOT) and Amtrak announced that additional bike storage racks have been added to all Amtrak Cascade trains, with space for 10 bikes per train now available. Riders can reserve a seat and bike space through <http://www.amtrakcascades.com/> or by calling 1-800 -USA- RAIL.

www.bikesclub.org

B.I.K.E.S.
P.O. BOX 5242

stamp

BIKES Club Members

New:

Thomas Pritchard

David White

Renewing Members:

Mary Jo Gerst

Mark Snyder

Clarence Elstad

Genadi Osowiecki

Ride Review: Birch Bay

Sunny skies and views of Mt Baker were the order of the day for the Birch Bay weekend. Our Friday ride from Fairhaven included a ferry ride to Lummi Island for lunch and a spin around the island. Saturday we rode along the bay and the back roads to Lynden to eat ice cream and raspberries at the Lynden Raspberry Festival. We finished off the weekend by riding around Lake Samish in Bellingham. Riders were: **Mary Jo Gerst, Diane Gordon, Leslie Strickland, Susan Hausman, Robert Smith, Adrienne Dorf, Warren Bare, Gery Osowiecki.** See page 3 for September tour info.



OF EVERETT AND SNOHOMISH COUNTY

We're on the web at
www.bikesclub.org

Address

Is it time to renew? →

Chainwheel Chatter August 2013

September Newsletter Could Be Electronic

Newsletter editor Kristin Kinnamon will be using the club's email and website to deliver ride information and member news in September..

An email will be sent to all club members (whose correct emails we have and whose servers don't think we're spam) containing our electronic "newsletter."

Please update your email address by sending it to roster@bikesclub.org. Then add that address to your "this is not spam" list.

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,