

# Chainwheel Chatter

Your Snohomish County Cycling Club for OVER 30 YEARS

— H E L P —

June 2013

ISSUE 406

## The Pers Sez

Lots of riding, lots of rides and other cycling events this time of year and some of the Club news is a number of changes of officers and the board.

The Peter principal must be alive and well as I was elected President at the May general meeting.

But not to worry as outstanding Treasure Gery Osowiecki is anchoring the board as the only holdover officer and Mary Jo Gerst agreed to fill the position of secretary. While currently the Vice Presidential slot is open and Steve Arnhold moves to the past President board member slot.

While on this subject I will be moving out of the out Newsletter Editor position and Kristen Kinnamon will (I know give it to someone really, really busy) take over as Newsletter Editor in the next month or two and I am sure will bring new ideas, imagination and flair to the position. – UNLESS she finds someone else willing to take on the task from among the amazing talented people in the club.

While speaking about the amazing talented club members I would like to thank the officers who are at this time stepping down. Steve Arnhold always has the “sure” attitude. After joining the club in need of a secretary Steve said sure, give me that pen and paper and last year when it was finely time for Debby to leave the President’s office Steve said give me that gavel.

And Doug Andrews, Secretary willingly stepped in when needed as he had prior as Newsletter Editor. Also Thanks to Rick Schranck who was Vice President so long he must have thought he would be in the position for life.

For the past twenty five years that I have been a member folks have stepped up to keep BIKES as the viable recognized cycling club for Snohomish County through community events and cycling events and rides and have enjoyed a whole lot of fun in the process.

So in heading this with a big HELP I know the members will HELP and get some of that FUN in the process.

Warren Bare

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### Annual Club Picnic

Saturday — July 27  
Thornton A Sullivan  
Park at Silver Lake

10am Club Rides

1pm Barbeque  
The Club provides burgers,  
dogs, condiments and soft  
drinks. You provide side  
dishes & desserts.

Last name A-R: sides

Last name S-Z: desserts

RSVP to  
president@bikesclub.org

## How to Ride with Someone who is Faster or Slower

Excerpted from an article by Sarah Bonner on [www.womenscycling.ca](http://www.womenscycling.ca)

Submitted by Kristin Kinnamon and dedicated to Bob Nyberg, who pulled me in his slipstream for most of our last ride together (slow for him, fast for me)

Whether you want to ride with a slower partner or join a faster group, here are some tips to get you on level ground.

- **(Mis)match your rides:** If you want to ride with a group or someone who is faster, ride with them on their slow day when you want to do a fast ride.
- **Hill repeats:** If you’re always waiting for someone at the top of a hill, go back down the hill or just halfway and climb it again. You won’t be sitting around waiting, and the extra climbing will make you more tired, so you might not have to wait on the last few hills.
- **Slipstream:** If you’re the slower rider, take shorter turns (or no turns) on the front in the wind. If you’re the faster rider, let the slower rider sit in your slipstream for as long as they need to or for the whole ride.
- **Communication:** If riders know what to expect, they won’t be irritated when they are forced to wait or feel badly if they are holding up a group. Before your ride, talk about distance, speed, route, where you will congregate if you split up on a hill, and whether or not you feel strong enough to roll through the pace line or if you’ll be sitting in the line for the whole ride.
- **Relax:** Whether you are the faster or slower rider, remember that everyone had to start somewhere. Don’t stress about having to wait for someone or making someone wait. Every rider was a beginner and every rider, no matter how fast, has been dropped. Just relax and enjoy the ride!

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

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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.

**Rider Club Miles accumulated to 5/20/2013**

Warren	Bare	620
Bette-Ann	Shroyer	393
Bob	Nyberg	381
Bill	Lutterloh	373
Debby	Grant	352
Bill	Weber	300
Dan	Scott	296
Gery	Osowiecki	285
Tim	Wise	234
Pier	Fiorentini	226
Dorothy	Lindstrom	176
Robert	Pahlman	161
Steve	Linari	153
Kristin	Kinnamon	138
Tom	Weber	122
Brenda	Ferguson	121
Fred	Koch	121
John	Carlin	120
MJ	Gerst	112
Linda	Hunter	107
Robert	Tipton	103
Kristi	Knodell	100

Pam	Hallanger	100
Kathy	Riddle	98
Mike	Dahlstrom	91
Joanne	Kennedy	85
Larry	Kennedy	85
Susan	Hausmann	85
Jack	McClincy	81
Nancy	Graham	79
Elaine	Scott	74
Kala	Koch	72
Clarence	Elstad	66
James	Wright	66
Mark	Atkinson	66
Diana	Traxler	66
Leslie	Strickland	65
Susie	Paquette	62
Janell	Reich	57
Cheryl	Walchi	56
Jim	Roosma	52
Judi	Chadwick	45
Robert	Smith	40
Donald	Mohs	39

Dick	Nicholson	36
Sarina	Elliott	34
Kathryn	McDaniel	34
Diane	Gordon	31
Adrienne	Dorf	27
Bill	Ferguson	27
Peter	Pisani	27
Michael	Snodgrass	26
Louise	Kornreich	25
Bruce	Deitz	21
Pam	Deitz	21
John	Happold	17
Patty	Garrett	16
Bob	Biesiedzinski	16
Vivian	Biesiedzinski	16
Dan	Cornelissen	15
Tina	Rainforth	15
Bob	Palm	14
Kay	Peterson	12
Kevin	Schroeter	11
Marilyn	Perala	10

The **Peninsula Metric Century (PMC)** is a challenging ride through the scenic Kitsap Peninsula. Enjoy panoramic waterfront views, rural countryside, and lots of rolling hills. Choose from routes of 50k, 70k, 100k or 100m at two convenient start locations (Gig Harbor or Southworth). Check Tacoma Wheelmen's Bicycle Club for details: <http://twbc.org/>

Come explore the scenic cycling routes of Thurston and Lewis Counties on the **Two County Double Metric Century!** Riders can select from any one of five well-marked and fully supported routes. The shortest is an easy, family-friendly 23-mile loop. Other route options include 32, 76, and 105-mile loops. Or you can really challenge yourself with the 125-mile (200k) loop! [capitalbicyclingclub.org](http://capitalbicyclingclub.org)

**Bill Weber is the July  
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.

**Ride Guide**

**PACE & Terrain**

- A Leisurely / Under 10 MPH**      **A Mostly flat / Norman Road**
- B Social / 10-12 MPH**            **B Rolling Terrain / McClinchy Mile**
- C Steady / 12-14 MPH**            **C Rolling steeper hills / Kitsap Peninsula**
- D Moderate / 14-16 MPH**        **D Difficult Terrain / Whidbey Island**
- E Brisk / 16-18 MPH**              **E Very Difficult / Ramrod**
- F Strenuous / Over 18 MPH**

*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.**

### WEEKEND RIDES

**Saturday June 1 – McCollum Park to Schack Artist Garage Sale** Meet at 9:30am at McCollum Park. A scenic loop around Everett with a stop at the Artist Garage sale and lunch. Moderate pace, 35 miles, A/B terrain. Ride Leader Mary Jo email: [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com)

**Saturday, June 1 Training Ride: – Everett/Snohomish/Granite Falls Loop:** Meet at the Everett Station for a 9am start. We'll follow River Rd to Snohomish, head up the Centennial to Arlington and loop thru Granite Falls using the McClinchy Mile route. A-C terrain, moderate pace, approximately 75 miles. Bring food to eat along the route. Optional restaurant stop in Everett after the ride. Rain cancels. Ride leader Debby Grant, [206 353-0249](tel:2063530249) or [debby@jaygrant.com](mailto:debby@jaygrant.com).

**Saturday June 8th: Rexville –Anacortes route** – We will ride this 38 mile loop starting at the old Rexville grange at 9:30am. A/B terrain and steady pace with a food stop at Gere-a-deli. Leader Warren Bare 425-478-9594 [Contact the leader for ride share from McCollum Park](#) and foul weather may cancel. RWGPS map <http://ridewithgps.com/routes/381070>

**Sunday June 9 - Bainbridge Island Ride** Meet at 9:30 at the north end of Centennial Park (Myrtle Edwards Park) leave at 9:45 sharp to catch the 10:35 ferry. Moderate pace, B terrain, 35 miles. Stop for lunch halfway and ice cream at the end. Ride Leader Mary Jo email: [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com)

**Saturday June 15 Training Ride: Three Valleys Ride** (65-75 miles)meets at 9 a.m. at Everett Station (parking lot west of Smith Avenue) for this scenic ride through Snoqualmie, Tualco and Cherry Valley to include rolling hills and a lunch stop. Ride will be lead at a moderate pace. Leader Kristin Kinnamon [425-583-4584](tel:4255834584).

**Saturday June 22nd :Shoreline to Uwajimaya for Lunch** – A 9:30 am start from Echo Lake Park will take us past the “U”, along Lake Washington and through the Mt. Baker bike tunnel on the way to Uwajimaya for a lunch stop before proceeding north along the waterfront, through the Ballard locks and a return through Shoreline. 38 miles, steady pace, A/C Terrain. Leader Warren Bare 425-743-7593 Heavy rain cancels and route map RWGPS map <http://ridewithgps.com/routes/1112366>

**Saturday June 29 – Shoreline and Bothell Art Fairs** Meet at 9:30am at QFC corner of NW Richmond Beach Rd and NW 8<sup>th</sup> Ave. Ride on the trail, through Brier, and up Perkins Way with visits to two Art Fairs. Pace: Moderate. 35 miles, terrain A/B, flat with hills. Ride leader Mary Jo email: [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com)

## WEEKDAY RIDES

**Thursday, June 6 – Pedal Pushers – Interurban Trail - Everett to Lynnwood:** Meet at 9:45am for a 10am start. We'll leave from 43rd St SE and Colby Ave in Everett where the interurban starts (parking is available). We will ride south on the Interurban to the pedestrian / bike bridge that crosses 44th Ave SW in Lynnwood. A/B terrain, social pace, approximately 28 miles on paved trail and low-traffic roads where trail gaps occur. Snack break in Lynnwood. Ride leader Clarence Elstad, (425 ) 514-3446, cell (425) 327-5320, [celstad@gmail.com](mailto:celstad@gmail.com)

**Wednesday, June 12 – Pedal Pushers – Lynnwood to Silver Lake:** Meet at 9:45am for a 10am start. We'll leave from South Lynnwood Neighborhood Park and ride to Thornton A Sullivan Park and around Silver Lake. We'll ride on the Interurban Trail and low-traffic roads. A/B terrain, social pace, RT 18 miles on paved trail and road. Snack break at Silver Lake or at one of two local bakeries. Ride leader Warren Bare, (425) 743-7593, [bare.warren@gmail.com](mailto:bare.warren@gmail.com)

**Thursday, June 20 – Pedal Pushers – Log Boom Park to Gas Works Park on the Burke Gilman:** Meet at 9:45am for a 10am start. We'll leave from Log Boom Park and ride on the Burke Gilman Trail to Gas Works Park. RT approximately 22 miles on level paved path with a food stop at Ivar's on Lake Union. Ride leader Bill Lutterloh. (360) 668-9554, [lutterlohb@gmail.com](mailto:lutterlohb@gmail.com) or cell phone day-of-ride (425) 870-6418.

**Wednesday, June 26 – Pedal Pushers – Everett to Snohomish Along the River:** Meet at 9:45am for a 10am start. We'll leave from Rotary Park in Everett and ride to Snohomish on River Rd. We'll return on Riverview. A/B terrain, social pace, 18 miles on road with a few short grades. Snack break in Snohomish. Ride leader Debby Grant, (206) 353-0249, [debby@jaygrant.com](mailto:debby@jaygrant.com)

### Potholes Reservoir and Columbia Wildlife Refuge Tour (Review)

While everyone else spent a rainy weekend in Seattle 10 of us spent sunny 3 days in Eastern Washington.

We biked on virtually traffic free roads through the Columbia Wildlife Refuge to Othello for an authentic Mexican lunch. The next day we cycled to Royal City and enjoyed our lunch sitting in the sun.

Sunday we hiked into the Refuge with its rocky canyons and many lakes. This is a great birding area and we saw and heard many different species.



**The Pedal Pusher Group of 15 + riders  
Prior to the 5/15 ride to Redmond**

## Basic Bike Mechanic Class

June 26 6:00pm to 9:30Pm



This is the perfect class for those wanting to learn how to keep their bicycle on the road. Classes cover:

- Basic bike care
- Flat tire repair
- Brake adjustment and pad replacement

Derailleur shifting and adjustments

Bring your own bike or use one of ours, all tools are provided. \$35 must be prepaid to secure spot in class. 3 1/2 hour class. Call or come by to register.

Call or email to register: 425-252-6952, [sharingwheels@gmail.com](mailto:sharingwheels@gmail.com)



Above is the **BIKE TO WORK**  
**Celebration ride In Everett with**  
**“BIKES” Bill Weber leader of the ride as**  
**he has done for several years**

Below

Member Brenda Ferguson thought she would add some class to the “ride in” at Snohomish by showing her new Centaury ride in front of that Old iron taken on Tom Webbers May 19 ride.



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

Primary  
 Business  
 Address

## NEW MEMBERS

Meredith Gould  
 Victoria Peters  
 Grace Kane  
 James Bueler  
 Linda Woodall

**Hope to see you on a  
 ride soon**



## RENEWING MEMBERS

Terri & John Spencer  
 Sarina Elliott  
 Donald Gosnell  
 Louise Kornreich  
 Diane Gorden  
 Pete Pias  
 Pam Hallanger  
 Jack McClincy & Janell Reich  
 Cecily Tillinghast  
 Robert Pahlman

**Thanks for Renewing**

*Is it time to renew? →*

## Chainwheel Chatter July 2013

### NEWSLETTER SUBMITTAL

Please submit all material for the **July** newsletter by **June 20th**  
 to [editor@bikesclub.org](mailto: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.

## July 19, 21 and 22 Birch Bay Weekend

Come and bike the rural roads of Whatcom County. We will be staying in beautiful Birch Bay where we can ride along the bay, visit Lummi Island, enjoy fresh raspberry pie in Lynden.

See the web site Weekend & Tours for more details.

**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)**