

Chainwheel Chatter

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

Your Snohomish County Cycling Club

SEPTEMBER
2014, VOL. 420

September Rides: Weekends & Tours

RIDE GUIDE

TOURS

[North Idaho & Spokane Centennial Trails](#) - Saturday September 13 to Thursday September 18 – The Trail of the Coeur d'Alenes - East Spokane River Centennial - Norpac and/or North Idaho Centennial Trail. - West Spokane Centennial Trail Check the members Weekends and Tours for more information.

[Look for upcoming tours listed later in this newsletter and on the club website!](#)

WEEKEND RIDES

[Saturday September 6th. Sedro Woolley – Concrete](#) - Meet at the Sedro Woolley High School on Third and Nelson St. at 9:30 for a 51 mile steady paced ride to Concrete. After stopping at the Concrete Bakery we will return on the south side of the Skagit river as shown on the Ride with GPS map <http://ridewithgps.com/routes/5736003>. Leader Warren Bare 425-743-7593 Rain, or rainy forecast cancels the ride – if weather looks iffy, check the ride-changes page before leaving home. RSVP for ride share possibilities.

[Saturday September 13th Uphill both ways](#) - Bicycle Centers Silver Lake Location (128th St. and Bothell Everett Hwy) – 9am <http://ridewithgps.com/routes/5720185> We will ride to Everett then Mukilteo for coffee. Optional pint afterwards 24 miles with about 1200 feet of elevation gain. Terrain B, social pace. Gery Osowiecki, 469-358-2887. Please RSVP via phone or email by Friday evening. Rain, or rainy forecast cancels the ride – if weather looks iffy, check the ride-changes page before leaving home.

[Saturday September 20th -Third Place via Jewell](#) - Meet at McCollum Park at 9.30 for this 34 mile Steady pace ride to third place books for snacks/ food and return through south county. Leader Warren Bare 425-743-7593 Rain, or rainy forecast cancels the ride – if weather looks iffy, check the ride-changes page before leaving home. <http://ridewithgps.com/routes/2154990>

WEEKDAY RIDES

[Tuesday, September 2,9,16,30th – Gery's Lunch Ride](#) - Start at 12:00am at Bicycle Centres at Silver Lake for a short 10-mile Silver Lake and Mill Creek loop. Low-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 (mobile).

[Tuesday September 2,9,16,23,30th Everett Station](#) - Ride From the Everett Transit Center ride from 20 to 30 miles at a high moderate to brisk pace with some regroup. Route changes weekly, sometimes start location will change with notification in "Ride Changes". Optional after ride meal. bobnyberg@msn.com (206) 795 1363

[Thursday September 4th](#) - 10:00amThursdays are trail rides Check on-line or call the Lynnwood Senior Center 425-670-5050 for details

PACE

Easy	under 10 mph
Social	10–12 mph
Steady	12-14 mph
Moderate	14-16 mph
Brisk	16-18 mph
Strenuous	< 18 mph

TERRAIN

Mostly flat: Flat or gentle grades only (trails, Norman Rd)

Rolling: Most climbs are short and easy (Granite Falls, Kitsap)

Hills: Frequent steeper and/or longer hills (Whidbey Island)

Difficult: Many hills, long, steep grades (RAMROD, mt. pass)

Pace is based on speed on flat ground. Contact the Ride Leader if you are unsure whether a ride is right for you.

Pedal Pushers

B.I.K.E.S. partners with the Lynnwood Senior Center to welcome and encourage older adults to bicycling. Bring your bike if you like and we'll do minor fit and safety checks. **Lynnwood Senior Center** Wednesdays and Thursdays, alternating weeks. See the [Rides calendar](#) for details.

Cont. next page...

Weekday rides cont.

Wednesday September 10th - Padilla Bay to Anacortes: Meet at Bay View State Park at 10.00am and pedal the Padilla Bay trail along the water and then on into Anacortes. RT 28 for 18 miles on level road and paved trail. Snack break at Gere-a-Deli in Anacortes. Ride leader Nancy Graham.

Thursday September 18th 10.00amThursdays are trail rides Check on-line or call the Lynnwood Senior Center 425-670-5050 for details

Wednesday September 24th Part Trail, Part Road. Starting at 10.00am ride The Centennial Machias to Lake Cassidy via Lake Stevens. Check online or call the Senior Center for details. Ride leader TBD

For Weekday Rides Updates, see the club rides [webpage](#).

Fall is almost here and with the change of the seasons comes a change in the scenery! One of the best ways to appreciate the fall colors is on your bicycle.

If you are interested in leading a ride contact the ride coordinator at leadaride@bikesclub.org. Even if you have never been a ride leader you can plan a ride and take us on your favorite fall route!

Prez Sez...

September 2014

The B.I.K.E.S. Club annual summer picnic was held on another beautiful day at Silver Lake in south Everett. We had a good turnout for the pre-picnic rides with Dan Scott leading the longer moderate ride and Mike Dahlstrom leading a group doing a social ride. Elaine Scott bought and brought the vittles with Dan acting as support by bringing cups, plates, napkins etc. by bike while pulling the club bike trailer that is available for use by members most of the time. Tim Wise brought his BBQ and supplies and cooked everything to perfection and that plus the potluck items everyone brought meant no one left hungry.



September means the resumption of BIKES monthly meetings. The first will be as usual at the downtown PUD building in Everett on September 11 at 7.30. Among the items we will take action on are possible dues increase.

2002 was the last time they were raised and for the last 3 years we have had a very limited budget for local advocacy opportunities and goodwill grants such as holiday contributions to Sharing Wheels and Christmas House. If time permits you can join other members for an early dinner at El Paraiso Mexican Grill, 2801 Colby Ave., Everett starting around 5.30pm.

On 8/21 **Washington Bikes**, who represents the voice for bicycling statewide, held a conference call of the legislative policy committee and because of the current political atmosphere has taken a different tact in furthering legislative efforts, Emphasis on initiatives such as **Growing the Multimillion Dollar Bicycle Travel & Tourism Industry** and **Reducing Student Transportation Costs By Providing Safe and Healthy Routes to School** are heading the agenda to show everyone, from local officials to state legislators, that bicycling has a significant economic impact and the safety of those utilizing those efforts (less bussing = money saved) is required.

Washington Bikes is also looking to add representatives statewide to the Legislative Policy committee and if you feel strongly about "what needs fixing about cycling in Washington" you could spend a little time getting the word out where it counts. Just contact me, Kristin Kinnamon, or Blake Trask at Washington Bikes for further information.

Warren

2014 B.I.K.E.S. CLUB PICNIC A BIG SUCCESS!



Good food and good company make for a fun picnic!



Who's ready for another ride?

Member News

Let's all welcome our new B.I.K.E.S. Club Members:

- Danesha Gill
- Henriette Anne Klauser
- Elizabeth H. Krochalis
- Richard F. Krochalis

THANKS for renewing their membership:

Abraham Osowiecki



Are you interested in leading a club ride? Contact our ride coordinator at leadaride@bikesclub.org to get your ride on the calendar!

<http://www.bikesclub.org/Ride-Leader-Guide>



Rider Miles August 2014

Bob	Nyberg	1994
Pier	Fiorentini	1460
Dan	Scott	1316
Warren	Bare	1214
Gary	Broughton	992
Gery	Osowiecki	808
Tim	Wise	661
Bill	Weber	630
Bette-Ann	Shroyer	622
MJ	Gerst	566
Steve	Linari	553
Susan	Hausmann	543
Brenda	Ferguson	483
Tom	Weber	476
Debby	Grant	420
Adrienne	Dorf	415
Robert	Pahlman	403
Bill	Lutterloh	395
Erik	Westlund	357
Fred	Koch	348
Jim	Barrett	345
Elaine	Scott	341
Larry	Kennedy	338
Bobbie	Laue	329
Joanne	Kennedy	321
Michael	Sheldrake	321
Stephanie	Roche	318
Nancy	Graham	296
Kathy	Riddle	293
Mike	Dahlstrom	288
Craig	Cameron	273



John	Carlin	267
Kristin	Kinnamon	242
Kala	Koch	240
Chuck	Garrity	235
Diane	Slenkamp	220
Kristi	Knodell	205
Allyson	Welsh	200
Bob	Biesiedzinski	186
Vivian	Biesiedzinski	186
Kay	Peterson	178
Linda	Hunter	176
Marcia	Stedman	167
Leslie	Strickland	159
Debbie	Kawamoto	155
Robert	Smith	154
Steve	Lodholz	154
Diane	Gordon	116
Dorothy	Lindstrom	100
Jim	Stewart	96
Perry	Walker	89
Cheryl	Walchi	83

Victoria	Peters	75
Dick	Nicholson	65
Alec	Kutchma	65
Terri	Spencer	62
Janell	Reich	61
Pam	Hallanger	59
James	Wright	57
Chad	Pritchard	51
Philip	Gay	50
Donald	Mohs	49
Peter	Pisani	49
Jack	McClincy	46
Jim	Roosma	42
Robert	Rotert	42
Jorden	Rotert	42
Laura	Elmore	40
Jay	Grant	39
Vickie	Stewart	35
Susan	Lahti	34
Michael	Snodgrass	32
Claire	Kline	29
Clarence	Elstad	28
Jennifer	Winson	28
Matt	Petersen	27
Bill	Ferguson	24
Pete	Pias	20
Lucie	Johns	17
Judy	Brackett	15
Steven	Hudspeth	15
Patty	Garrett	8
Brent	Hunter	5

Are you looking to help with the 2014 WSDOT Bike/Ped Count?

Here are the links for volunteer registration:

WSDOT site with count info:

<http://www.wsdot.wa.gov/bike/Count.htm>

Direct link to sign up:

https://docs.google.com/forms/d/1HyepT-vAJkmDelwx_I9u1Jek6uTLsw-lw20z0Vks08o/viewform



Road Construction Updates!!!



Weekly update of construction closures in Snohomish County

SR 522: Snohomish River Bridge to US 2- widening and safety #8128

Mileposts: 20 - 24.14

[Mary Ann Reddell](#), Project Engineer, 425-225-8725

[Get project information](#)

I-5: Southbound I-5 Stillaguamish River Bridge - Major Bridge Rehabilitation #8582

Mileposts: 207.2 to 211.1

[Dave Crisman](#), project engineer, 360-848-7100

[Get project information](#)

Tuesday, July 22 through November - All southbound I-5 traffic is reduced to two lanes and will use a new crossover across the median to two lanes of northbound I-5 across the Stillaguamish River Bridge, crossing back over on the other side of the bridge, until the project is complete in November. Northbound I-5 is reduced to two lanes from SR 530 to 236th Street Northeast as well. Drivers should prepare for a 55 mile per hour speed limit in both directions in the work zone.

SR 9: 212th Street Southeast to 176th St. SE stage 3 widening #8140

Mileposts: 1.6 to 4.03

[John Chi](#), project engineer, 425-225-8741

[Get project information](#)

SR 530 Reconstruction #8630

Mileposts 36 -39

[Mary Ann Reddell](#), Project Engineer, 425-225-8725

[Get project information](#)

Monday, July 28 to Saturday, August 2 - Traffic will be flagged through in both directions of SR 530 in Oso from 6 a.m. to 6 p.m. daily to allow trucks to load and unload material. Wait times have typically been about 5 minutes.

For project updates, go WSDOT's construction update pages for [Snohomish](#) and [Whatcom](#) counties.

LINKS:

Snohomish County construction update report:

www.wsdot.wa.gov/Northwest/Snohomish/Construction/


Whatcom County construction update report:

www.wsdot.wa.gov/Northwest/Baker/Construction/



ATHLETA

in support of

Cycle The WAVE 

presents

FUELING AMAZING

Thursday,
August 21, 2014
6:00 p.m. - 9:00 p.m.
Athleta
University Village
2610 NE University
Village St.
Seattle, WA



Guest Speaker
Fitness Coach, Mary Craig

Learn how fitness can empower
you and what to expect if you ride
Cycle the WAVE
on September 14th, 2014

Fashion Show, Drawings,
Refreshments and MORE!

For more information visit
www.thewavefoundation.org



Alpha Chi Omega

W-A-S STRONG WOMEN

Rho Chapter, University of Washington



ATHLETA

Please RSVP to this event at info@thewavefoundation.org.

Cycle the WAVE (Women Against Violence Everywhere), is a fully supported, non-competitive, all-women's cycling event. It is a venue created for women of all ages and fitness levels to experience camaraderie, increase awareness of domestic violence through visibility and to raise funds for domestic violence programs across Washington State.

Next Club Meeting

The club meets at 7 p.m. Thursday, September 11 at the PUD, 2320 California St., Everett. If time permits you can join other members for an early dinner at El Paraiso Mexican Grill, 2801 Colby Ave., Everett starting around 5.30pm.



Summer in LaConner

Each month we will feature a photo submitted by club members. Send your favorite bike ride photo to the editor each month and it just might get printed for all to see!

editor@bikesclub.org



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

Primary Business
Address

Primary Business
Address

Is it time to renew? →

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Upcoming Events & Activities

- September 4 – 8: Biking in the Islands (Thu - Mon)** - Bike around Friday Harbor, Lopez Island, Vancouver Island and Victoria. Check the members-only tour page for more details.
- Thursday:** Friday Harbor/San Juan Island, 30 miles, steady pace, hilly.
- Friday:** Lopez Island, 35 miles, steady pace, hilly.
- Saturday:** Sidney to Victoria, 20 miles, steady pace, fairly flat
- Sunday:** Tour Vancouver Island, 45 miles, steady pace, some hills
- Monday:** Seaside Trail then back to Sidney, 45 miles, steady pace, mostly flat

Saturday – Sunday, September 13-14 – Birch Bay Farm Tour Weekend - This weekend coincides with the local farm tour. Camp at Birch Bay State Park or choose a nearby motel. Watch for updated ride details on the members-only tour page.

September 13 -18: Idaho Trails (Sat – Thu) - Centennial Trail, Trail of the Coeur d'Alenes, Route of the Hiawatha and maybe more. Check the club website for updates!

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.