

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

[Next B.I.K.E.S. Club meeting on November 13th @ 7:00 pm](#)

## November Rides: Weekends & Weekdays

### WEEKEND RIDES

**Saturday, November 15 – Arlington - Darrington Out & Back:** 9:30am start from Haller Middle School in Arlington. Let's check this out as a new McClinchy Mile route. Moderate pace, 56 miles, B terrain, heavy rain cancels. Bring snacks, food stop in Darrington. <http://ridewithgps.com/routes/6172936> Ride leader Dan Scott 425-501-6198.

**Friday, November 28 – Too Much Turkey Ride:** 10am start from Rotary Park in Everett (gravel parking lot) and loop through the valley, Snohomish and Everett. Steady pace, 25 mile, A terrain. Heavy rain/light snow cancels. Food stop. <http://ridewithgps.com/routes/6276701> Ride leader Dan Scott 425-501-6198.

### WEEKDAY RIDES

**Monday, November 3 – Centennial Trail:** Let's meet at the restrooms in downtown Snohomish at 10am for a 24 mile steady paced training ride to Lake Cassidy on the Centennial trail. Leader will attempt to go at top of pace (13-14) but all are welcome since we will regroup at Lake Cassidy. This is a good opportunity to work on increasing your speed. A Terrain, all paces. Optional coffee/snack at the Snohomish Bakery afterwards. Steady rain cancels. Ride leader Allyson Welsh 206 356-8134, [allysonw@outlook.com](mailto:allysonw@outlook.com). Hope to see you there!

**Tuesdays, November 4, 11, 18, 25 – 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 (mobile).

**Wednesday, November 5 – Pedal Pushers End of Season Ride to Green Lake:** Meet at 9:45am for a 10am start at Echo Lake Park. We'll ride on quiet roads and the Interurban Trail to Green Lake, circumnavigate the lake and return. Food break en route – bring a snack or lunch or buy along the way. Rain cancels but if that happens I'll reschedule for another Wednesday in November. Ride leader Debby Grant [debby@jaygrant.com](mailto:debby@jaygrant.com) or 206 353-0249.

**Monday, November 10 – Centennial Trail:** Let's meet at the restrooms in downtown Snohomish at 10am for a 24 mile steady paced training ride to Lake Cassidy on the Centennial trail. Leader will attempt to go at top of pace (13-14) but all are welcome since we will regroup at Lake Cassidy. This is a good opportunity to work on increasing your speed. A Terrain, all paces. Optional coffee/snack at the Snohomish Bakery afterwards. Steady rain cancels. Ride leader Allyson Welsh 206 356-8134, [allysonw@outlook.com](mailto:allysonw@outlook.com). Hope to see you there!

**For Rides Updates, see the club ride updates [webpage](#).**

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### RIDE GUIDE

#### PACE

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

# Prez Sez...

Cascade Bicycle Club hosted a meeting of bike clubs to coordinate ride dates for 2015 on Oct. 11. Bill Weber and I biked in from Kenmore (almost Snohomish County) to represent BIKES Club and get McClinchy Mile on everyone's radar – March 14, 2015 if it's not on your calendar yet.

Cascade will be trying some new ride concepts this year, with the goal of attracting younger riders. That was an interest of all the clubs attending: Tacoma Wheelmen, who got credit for co-hosting the event; Cyclists of Greater Seattle (COGS); Redmond Cycling Club; Capital Bicycle Club; Squeaky Wheels of Bainbridge Island; and the Rainier Riders, a relatively new African American club in South Seattle.

Notable events prior to McClinchy are the Seattle Bike Swap on Feb. 8 and the Chilly Hilly on Feb. 22. We'll be looking for volunteers to be at the finish of that ride on Bainbridge to promote McClinchy.

Many clubs continue to be willing to support the Ride Around Puget Sound (RAPSody), however the ride needs an overall event coordinator. Last year, no one stepped up in time after the volunteers who'd done RAPSody for 10 years decided to retire. It appears the same may happen this year. If you have event planning experience and some time, contact Kristin for information about RAPSody 2015.

Planning for a commemorative Oso route for our March ride – occurring one week shy of the first anniversary of the event – is coming along. Warren Bare and Dan Scott did a scouting expedition to Darrington, where they also spoke to the mayor and noted local eateries and rest stop possibilities. I attended the Centennial Trail Coalition board meeting, getting support both from that group and from the county's new tourism coordinator.

Bill represents bikes on the city of Everett's Transportation Advisory Board (TAC). Two items before that group of note include an Everett historic group's proposal to name the sidewalk trail on Marine View Drive the Sawmill Trail and a discussion of the speed limit on the Lowell-Snohomish Road.

## **Budget means business at Nov. 13 meeting**

Did you know BIKES Club has \$8,000 in the bank? At the November meeting will be considering a draft budget for 2015. Budgets sound like they are about numbers, but those numbers represent policy decisions. Attend the meeting at 7p.m. Nov. 13 and help decide how club funds should be spent.

Speaking of club funds, our revenues depend on McClinchy and our membership dues, which go up \$5 Jan. 1, so renew now at current rates!

## **Help Sharing Wheels fix kids bikes for Christmas House**

Want to do something meaningful for the holidays? Help Sharing Wheels fix up kids bikes for Christmas House, which serves thousands of low-income children each December. Sharing Wheels is hosting work parties every Wednesday and several weekends, plus you can stop by during shop hours. Those with mechanical experience can fix bikes, others fix tires, put on new seats and give them a good cleaning.

## **Health in Regional Transportation Planning Nov. 6**

Who would like to represent BIKES Club of Snohomish County at a regional forum? Join the Puget Sound Regional Council (PSRC), Transportation Choices, OneAmerica, Futurewise, Transportation for America, regional leaders, and national experts in a dynamic conversation around elevating health into transportation spending and prioritization in the Puget Sound. Hear case studies and best practices from national guests, and partner with PSRC to figure out how to measure and evaluate health in our regional transportation planning and spending.

**When:** Wednesday, November 6, 1:00 - 5:00 PM

**Where:** [PSRC Board Room](#)

Centennial Trail Coalition meeting Nov. 13

If you aren't coming to the club meeting, maybe you should go hear how the Whitehorse and Centennial Trails are doing? The County Parks Department also reports out on other trail activity in the county, including a future connection of the Centennial to Monroe.

Trail Coalition meetings are held in the Stillaguamish Conference Room, 154 W Cox Ave. Arlington ([map](#)) (near Haller Park).

## **[B.I.K.E.S. Club Holiday Party December 6](#)**

Plan to attend because:

1. BIKES club members are good cooks, good wine makers and good beer drinkers, too.
2. Ride leaders will be honored and thanked
3. Rider miles will be recognized
4. Crazy white elephant gifts (and some good gifts, too) will be exchanged.

All BIKES Club members and families are welcome Starts at 6 p.m. in the Community Room at Carriage Club Mobile Home Park— 13320 Highway 99, Everett, WA. Dinner is Potluck – BIKES provides a holiday ham (**volunteer needed to procure and cook ham! Contact Kristin**) and non-alcoholic beverages. Members BYOB, non-alcoholic or other, and a potluck dish.

Based on first letter of last name please bring: **A-N – Salads & Side Dishes**      **O-T – Desserts**      **U-Z – Appetizers**

Or bring the special dish you like and forget about the list!

Don't forget to bring a wrapped gift for the White Elephant gift exchange. Please bring one gift for each member /guest in your party. Bike-theme gifts are popular but we have fun with anything.

**Please RSVP by Dec. 3 to [president@bikesclub.org](mailto:president@bikesclub.org) or by calling 360-658-2462.** There's plenty of room for everyone, so come meet fellow members and enjoy the festivities. Carpooling is encouraged.

**Kristin Kinnamon**

## 2014 B.I.K.E.S. CLUB RIDES PHOTO GALLERY!



*A great day for the Pumpkin Patch Ride!*

### Member News

***THANK YOU for renewing your membership:***

- Pier Fiorentini
- Jeannie Grippin
- Beverly Grosso
- Moe Moosavi
- Dick Nicholson
- Annie Peterson
- Katherine Riddle
- James Roosma
- James Wright



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

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



## Rider Miles as of October 2014

Bob	Nyberg	2437		Bob	Biesiedzinski	314		Perry	Walker	89
Pier	Fiorentini	2006		Vivian	Biesiedzinski	314		Cathy	Tanker	86
Dan	Scott	1542		Kathy	Riddle	307		Cheryl	Walchi	83
Warren	Bare	1468		Diane	Slenkamp	307		Susan	Lahti	83
Gary	Broughton	1290		Allyson	Welsh	271		Henriette	Klauser	78
Gery	Osowiecki	925		John	Carlin	267		Lucie	Johns	71
Bette-Ann	Shroyer	869		Janell	Reich	263		Pete	Pias	68
Bill	Weber	820		Linda	Hunter	233		Alec	Kutchma	65
Tim	Wise	720		Kristi	Knodell	230		Terri	Spencer	62
MJ	Gerst	696		Robert	Smith	214		Matt	Petersen	61
Susan	Hausmann	673		Jack	McClincy	210		Jaydon	Smolden	60
Bill	Lutterloh	655		Debbie	Kawamoto	205		Pam	Hallanger	59
Tom	Weber	603		Steve	Lodholz	184		Chad	Pritchard	51
Steve	Linari	601		Kay	Peterson	178		Philip	Gay	50
Brenda	Ferguson	575		Jim	Stewart	176		Donald	Mohs	49
Fred	Koch	570		Victoria	Peters	175		Peter	Pisani	49
Debby	Grant	555		Leslie	Strickland	159		Jim	Roosma	42
Michael	Sheldrake	498		Jack	Willis	149		Robert	Rotert	42
Erik	Westlund	454		Marrietta	Zander	135		Jorden	Rotert	42
Nancy	Graham	439		Lynn	Kuhlman	130		Laura	Elmore	40
Bobbie	Laue	439		Dorothy	Lindstrom	120		Jay	Grant	39
Elaine	Scott	430		Diane	Gordon	116		Abe	Osowiecki	35
Jim	Barrett	420		Judy	Brackett	110		Vickie	Stewart	35
Adrienne	Dorf	415		Rick	Krochalis	110		Michael	Snodgrass	32
Robert	Pahlman	403		Libby	Krochalis	110		Peter	Smith	31
Kala	Koch	388		Steve	Laue	110		Adrienne	Smith	31
Mike	Dahlstrom	368		Dick	Nicholson	109		Claire	Kline	29
Stephanie	Roche	368		Steven	Hudspeth	101		Clarence	Elstad	28
Marcia	Stedman	349		James	Wright	91		Jennifer	Winson	28
Chuck	Garrity	342						Bill	Ferguson	24
Larry	Kennedy	338						Bill	Newman	21
Kristin	Kinnamon	330						Nancy	Webb	20
Craig	Cameron	323						Patty	Garrett	8
Joanne	Kennedy	321						Brent	Hunter	5

## Christmas House 2014



It is that time of year again to get kids bikes ready to give to Christmas House. We have lots of bikes to get completed so we hope you can help. All levels of mechanical abilities are welcome from the professional mechanic to the spit and polisher. Here are the dates and times

### Work Party Schedule

Wednesdays October 15 thru December 10, 6pm to 9pm

Sunday November 2, 10am to 4pm

Saturday November 15, 10am to 4pm

Saturday December 6, 10am to 3pm

You can also come help anytime during open hours in October and November: **Tuesdays, Wednesdays and Thursdays 1pm to 6**

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So Good it Bears Repeating!!!!

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## Next Club Meeting

The club meets at 7 p.m. Thursday, November 13 at the PUD, 2320 California St., Everett. If time permits you can join other members for an early dinner at Brooklyn Brothers Pizza starting around 5.30pm.



*The Pedal Pushers sure know how to plan a great ride! Looks like a fun time was had by all!*

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](http://www.bikesclub.org)

Primary Business Address

Primary Business Address

Is it time to renew? →

# Chainwheel Chatter November 2014

## Upcoming Events & Activities

The 2014 Holiday Party will once again be hosted by Warren Bare! Let's all join together and wish Warren well on his recovery. He plans to be back in the saddle leading us all on more adventures of the two wheeled variety in the very new future!

Do you have a favorite place to go camping and riding your bicycle? Why not plan a weekend trip to combine the two and invite your fellow club members to join you. I'm sure all of the club members have a "favorite" ride. Contact Debby Grant at [leadaride@bikesclub.org](mailto:leadaride@bikesclub.org) to get your trip on the calendar! C'mon...It'll be a lot of fun!

**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.