

Chainwheel Chatter

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

Your Snohomish County Cycling Club

JANUARY 2015
VOL. 424

[Next B.I.K.E.S. Club meeting on January 8th @ 7:00 pm](#)

January Rides: Weekends & Weekdays

WEEKEND RIDES

Snowgoose Scramble—Saturday, January 3: Meet at Rexville Grange (Summers Rd. just off of Best Rd.) for a 10am start. Pedal across Fir Island for snowgoose sightings, then on to Mt. Vernon (think Skagit Co-op), back over the Skagit River and return. Steady pace, 21 miles. Lousy weather may cancel, check Ride Updates. Ride leader Dan Scott 425-501-6198. <http://www.bikely.com/maps/bike-path/fir-island-snow-goose-scramble>

Silver Lake – Butternut Rd Loop—Sunday, January 4: Meet at Thornton Sullivan Park at Silver Lake for a 10am start. Steady pace, about 16 miles, B terrain. Freezing roads cancel, check Ride Updates page for last minute changes. We'll find coffee after. Ride leader Dan Scott 425-501-6198.

Sunday Donut Ride—Sundays, January 11: Meet at Silver Lake Bicycle Centre for a 10:30am start. Join Gery for a 15-mile Silver Lake and Mill Creek loop. Social pace (10-12mph), B terrain. Donut shop stop 2/3rd of the way. Nasty weather cancels the ride. If weather looks iffy please check the Ride Changes page before leaving home, or call / text. Ride leader Gery Osowiecki 469 358-2887.

Eagle Ride—Sunday, January 18: Meet at Edgewater Park just west of the river in Mount Vernon for a 10am start. A 32 mile social pace ride over mostly A terrain. Bring snacks as we will stop at a midway point for refreshment. We'll do an eagle count along the way and head over to the Skagit Co-op for hot soup or snacks at the end of the ride. Rain, snow or below 35° F. will cancel. Check the updates page before you leave home! Ride leaders Bob & Viv Biesiedzinski. 206-595-3822 or bobbez@gmail.com. RWGPS Map <http://ridewithgps.com/routes/896091>

Everett - Snohomish Loop—Saturday, January 24: Meet at Everett Station for an 11am start. We'll ride out to Snohomish on River Rd and return on Homeacres. Steady pace, about 30 miles, A/B terrain. We'll put in some miles on the Centennial Trail to round out the distance and make a food stop in Snohomish before returning to Everett. Poor weather cancels the ride, check the Ride Updates page before leaving home. Ride leader Debby Grant 206 353-0249 or debby@jaygrant.com.

WEEKDAY RIDES

Lunchtime Ride to Redmond—Mondays, January 5 and 12: Meet at Sammamish River Park (the gravel chicken park) for an 11am start. This is a mostly flat out and back lunchtime ride from Sammamish River Park to Whole Foods in Redmond. Route will include both the Sammamish River Trail as well as local streets. Assuming no major headwind, we will be riding an upper steady pace (13-14 mph on the flats), A with some B Terrain. Be sure to bring \$\$\$ or something to eat for our midpoint break. Rain and any indication of ice cancels which will be posted in Ride Changes. Hope to see you there! Ride Leader Allyson Welsh 206 356-8134, allysonw@outlook.com.

Silver Lake Lunch-Time Ride—Tuesdays, January 13 and 20: Join Gery for a short 10-mile Silver Lake and Mill Creek loop. Meet at Silver Lake Bicycle Centre for a 12pm start. Social pace (10-12mph), flat terrain with just a few 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. Nasty weather cancels the ride, but not the coffee. If weather looks iffy please check the Ride Changes page before leaving home, or call / text. Ride leader Gery Osowiecki 469 358-2887.

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

RIDE GUIDE

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.

Prez Sez...

Happy New Year! Look for the January Prez Sez on the club website at www.bikesclub.org.

Kristin Kinnamon



The Jerseys are coming, the Jerseys are coming!

Show your club spirit by ordering your B.I.K.E.S. Club Jersey and/or shorts! If you like what you saw at the Holiday Party and in the images above you can now get a special bonus from Peak. Peak has made the shorts available as a bonus for interested members. Both men's & women's sizes are available. Members also have the option to purchase and pay online or to mail a check and jersey order information to the club PO Box.

Here's the link for the jersey online store.

<http://www.peak1bikestore.com/bikes-club>

Debby Grant, Ride Coordinator

Looking for more Ride Leaders!

Are you interested in leading a club ride but don't know how to begin? Check out the Ride Leader Guide at <http://www.bikesclub.org/Ride-Leader-Guide>. This page has all the info you might be looking for!

Contact our ride coordinator at leadaride@bikesclub.org to get your ride on the calendar!

2014 B.I.K.E.S. CLUB HOLIDAY PARTY!



Member News

Let's all welcome new members:

- William & Brenda Ferguson
- John Mostrom & Family
- Madeleine Sanders
- Terry Snodgrass

THANK YOU for renewing your membership:

- Linda Hunter
- Bill Lutterloh
- Peter Pisani
- Shirley Slade
- Bill Weber

The B.I.K.E.S. Holiday Party was a big hit for all who attended. There was plenty of good friends, good food, good drink and a very exciting White Elephant Gift Exchange! Thank you to Warren Bare for hosting the party and to all those who helped decorate the building! A wonderful evening for everyone!



Final Rider Miles for 2014

Congratulations to all those club members who recorded miles on club rides during 2014! The New Year provides an excellent opportunity to improve on last years miles! Safe riding to All!

Bob	Nyberg	2636
Pier	Fiorentini	2311
Dan	Scott	1802
Warren	Bare	1468
Gary	Broughton	1290
Gery	Oslowiecki	981
Bette-Ann	Shroyer	915
Bill	Weber	880
Tim	Wise	762
Steve	Linari	723
Bill	Lutterloh	719
MJ	Gerst	696
Susan	Hausmann	673
Tom	Weber	615
Brenda	Ferguson	605
Fred	Koch	570
Debby	Grant	555
Michael	Sheldrake	498
Erik	Westlund	478
Nancy	Graham	461
Elaine	Scott	441
Bobbie	Laue	439
Jim	Barrett	420
Adrienne	Dorf	415
Robert	Pahlman	403
Kala	Koch	388
Mike	Dahlstrom	379
Stephanie	Roche	368
Kristin	Kinnamon	362
Chuck	Garrity	352
Marcia	Stedman	349
Allyson	Welsh	341
Larry	Kennedy	338
Craig	Cameron	323
Joanne	Kennedy	321

Bob	Biesiedzinski	314
Vivian	Biesiedzinski	314
Kathy	Riddle	307
Diane	Slenkamp	307
John	Carlin	285
Janell	Reich	263
Kristi	Knodell	262
Jack	Willis	254
Linda	Hunter	233
Debbie	Kawamoto	216
Robert	Smith	214
Jack	McClincy	210
Steve	Lodholz	184
Mason	Rutledge	181
Kay	Peterson	178
Jim	Stewart	176
Victoria	Peters	175
Leslie	Strickland	159
Marrietta	Zander	135
Lynn	Kuhlman	130
Dorothy	Lindstrom	120
Diane	Gordon	116
Judy	Brackett	110
Rick	Krochalis	110
Libby	Krochalis	110
Steve	Laue	110
Dick	Nicholson	109
Steven	Hudspeth	101

Susan	Lahti	95
James	Wright	91
Perry	Walker	89
Cathy	Tanker	86
Jaydon	Smolden	84
Cheryl	Walchi	83
Henriette	Klauser	78
Lucie	Johns	71
Pete	Pias	68
Donald	Mohs	67
Alec	Kutchma	65
Terri	Spencer	62
Matt	Petersen	61
Pam	Hallanger	59
Chad	Pritchard	51
Philip	Gay	50
Peter	Pisani	49
Bill	Newman	44
Jim	Roosma	42
Robert	Rotert	42
Jorden	Rotert	42
Laura	Elmore	40
Jay	Grant	39
Bill	Ferguson	36
Abe	Oslowiecki	35
Vickie	Stewart	35
Michael	Snodgrass	32
Peter	Smith	31
Adrienne	Smith	31
Claire	Kline	29
Clarence	Elstad	28
Jennifer	Winson	28
Nancy	Webb	20
Patty	Garrett	8
Brent	Hunter	5



Next Club Meeting

The club meets at 7 p.m. Thursday, January 8, 2015 at the PUD, 2320 California St., Everett. Check the club calendar for notice of an early dinner gathering location.

A Note from the Editor

After many, many years the club has decided to end the print version of the Chainwheel Chatter. Starting with the January 2015 issue the club newsletter will only be available to club members in an online printable format. Each month the members of the club will receive an email letting them know that the newsletter has been posted to the club website along with a link to the newsletter itself. Thank you for reading and we promise to keep club information coming to you in the future.

Editor, Chainwheel Chatter

2015 Tour Planning Meeting!

If you are interested in leading a multi-day tour in 2015 (or want to get them on your calendar early), a **tour scheduling and planning meeting** will be held at **2:30 p.m. Sunday, Jan. 4** at Dan and Elaine Scott's house in south Everett.



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

Upcoming Tours in 2015

May 14-17 Sun Lakes and Grand Coulee Dam

Spend 3 days cycling in one of the most interesting and spectacular areas of Eastern Washington. We will be staying at Sun Lake Park Resort, where in addition to biking there is a 9-hole golf course, hiking trails, boat rental and an outdoor heated pool.

July 16-19 Forest Grove

Enjoy biking on the mostly rural roads in the Tualatin Valley. We will bike around Hagg Lake and portions of the Tualatin Valley Scenic Bikeway which is dotted with wetland and forest stands. Stay at McMenamins Grand Lodge with its fun pubs, art work, spa, soaking pool and disc golf.

June 18-22 Grande Tour Scenic Bikeway

This Scenic Oregon Bikeway covers some of the route traveled by pioneers on the Oregon Trail. Enjoy stunning mountain views of the Elkhorn Range, the Blue Mountains and the Eagle Caps of the Willowa Mountains. Other nearby activities include golfing, hiking, swimming and mountain biking.



Looks like next year's ride planning is well under way!

B.I.K.E.S.-Membership P.O. Box 5242, Everett WA 98206

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (____) _____ - _____ Email _____

Membership \$15 Annual (INDIVIDUAL) New Member

DUES \$20 Annually (FAMILY) Renewal

A reminder that club dues go up on January 1, 2015 by \$5.00 per membership type!

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.