

Chainwheel Chatter

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

Your Snohomish County Cycling Club

MARCH 2015
VOL. 426

RIDE GUIDE

McClinchy Mile



MEMORIAL BIKE RIDE

Sunday, March 15, 2015

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

Route options of 34 and 56 miles, out and back on State Route 530 with light traffic. Views of the Stillaguamish River and the Cascades, as well as riding through the landslide area and local memorials.

Unique food stops at **Rhodes River Ranch Restaurant** in Oso and at Darrington Old School Park. In Oso, warm up inside with Cowgirl biscuits & gravy, fresh cookies, and hot beverages while overlooking an active horse arena. A lunch buffet option will also be available for purchase from the restaurant.

Riders sign-in and start between 8 and 10 a.m. at Haller Middle School, 600 E. First Street, Arlington, WA. Course closes at 4 p.m. **Helmets are required for safety.**

Stay overnight in Snohomish County and enjoy a ride on the 30-mile Centennial Trail or the unpaved Whitehorse Trail on Saturday. More weekend travel ideas at *Snohomish.org*

Arlington-Oso-Darrington

The first 200 registered riders get an Oso Strong coffee mug.

This year's McClinchy Mile is a memorial to the people and communities affected by the Oso Landslide. Rider fees will support the Oso-area Whitehorse Trail and bike tourism through the **Centennial Trail Coalition** and **Washington Bikes**. McClinchy also supports

B.I.K.E.S. Club of Snohomish County, which has hosted the event for more than 30 years.

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

March Rides: Weekends & Weekdays

Check the club calendar and the club ride update pages for rides during March. A couple of notable rides are:

March 8 or 9: McClinchy Painting Ride Date depends on weather and volunteers. We will mark the route by bike and car from Arlington to Darrington. Contact: Kristin Kinnamon, 425-923-7868.

March 22: Marysville Training Ride #1 Meet at 9 a.m. at Cedarcrest Middle School on 88th Street in Marysville. Training series will start at steady pace (12-14 mph on the flat) and shorter distance – 30 miles – and build to faster, longer rides. Each ride will start with introductions and a training topic. Bring snacks, as we won't make any major stops. Ride Leader Kristin Kinnamon, 425-923-7868.

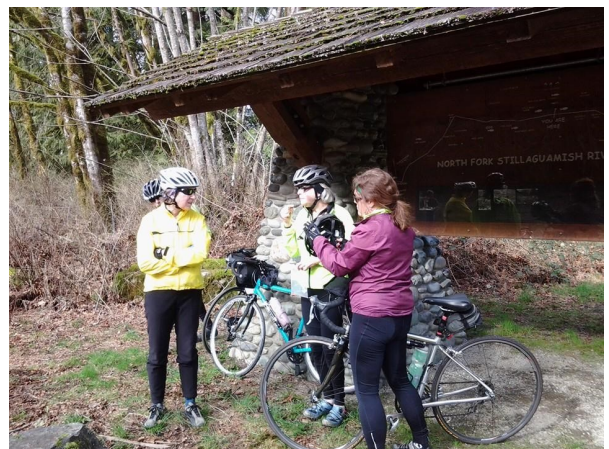
The Club is Looking for more Ride Leaders!

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!



And Thank You Kristin Kinnamon for your photos!



Thanks to Dan Scott for sharing ride pictures! Where did you find all that sunshine?

Prez Sez...

McClinchy Mile volunteers

About 20 club members have already signed up for the 30 volunteer positions needed to make McClinchy happen on March 15. Volunteers who fill a shift will get an Oso Strong mug and enjoy a “thank you” dinner at Rhodes River Ranch Restaurant after the event.

Please contact Kristin ASAP – last minute volunteers can sometimes be helpful, but earlier is better: 360-658-2462.

McClinchy Mile Oso Strong

We want you to ride, or volunteer, and to get your friends to ride. Make sure to share our event on Facebook, via email, by posting a flyer at your gym or favorite biker hang-out (print from the web page). This really is a one-time-only event, and it is both beautiful and somber.

Members who ride should sign-in on the “members only” sheet, saving the club from paying extra insurance costs.

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B.I.K.E.S. Club will send you to State Bike Summit

The annual Transportation Lobby Day in Olympia has been expanded into a two-day event with educational and inspirational sessions on day 1, and lobbying your legislators on day 2.

Since the Bike Summit now has a fee – and we want Snohomish County well-represented – the club will pay \$40 towards member attendance – the full cost for lunch and lobby day. We’ll also reimburse mileage (at volunteer rate) and assist in coordinating carpools.

The event is March 16 & 17. Register for one or two days and save a receipt for reimbursement.

I plan to attend at least Day 2, representing the 38th District. Who else wants to visit the capitol and see how our government works?

Contact president@bikesclub.org to coordinate carpooling.

Kristin Kinnamon



A break on the way of the McClinchy Preview ride posted by Cindy Proctor.

Member News

Let’s all welcome new members:

- Susan Davis
- Kathy O’Hanlon
- Richard Proctor & Family
- Glenn Sanneman & Family
- Weldon Smith

THANK YOU for renewing your membership:

- Vivian & Bob Biesiedzinski
- John Carlin
- Mike Dahlstrom
- Adrienne Dorf
- Roberta Laue & Family
- Pete Pias & Family
- Michele Wolski



Rider Miles January 2015

Pier	Fiorentini	469
Mason	Rutledge	306
Bob	Nyberg	255
Bill	Lutterloh	179
Dan	Scott	149
Gery	Osowiecki	130
Mike	Dahlstrom	119
Bill	Weber	117
Bette-Ann	Shroyer	99
Tom	Weber	99
Tim	Wise	75
Jack	Willis	68
Michael	Sheldrake	68
Allyson	Welsh	66
Bob	Biesiedzinski	65
Vivian	Biesiedzinski	65
Fred	Koch	58
Laura	Elmore	46
Nancy	Graham	41
Kathy	Riddle	35
Annie	Peterson	34
Linda	Lee	34
Elaine	Scott	31
Steve	Linari	31
Pam	Hallanger	30
Gary	Broughton	24
Kristi	Knodell	24
Kristin	Kinnamon	24
Debbie	Kawamoto	23
Steven	Hudspeth	22
Brent	Hunter	16
Cindi	Proctor	12
Rick	Proctor	12
Kala	Koch	11
Linda	Hunter	11
Warren	Bare	10

A Donut Ride Poem

On a recent Donut Ride led by Gery Osowiecki Mike said "write a poem about us".

OK Mike, it came out thus...

The sun is out the sky is blue
 We meet our leader who is here on cue
 Around some corners and up a hill
 More miles would pass for sure until
 We find our spot in Mill Creek Town
 Join tables together to gather round

Bikes are locked or leaned about
 Gery's falls over by a lock of doubt
 We giggle and chat as we eat al fresco
 Happy to live out here on the westco
 No snow to bother this gorgeous outing
 No shivering, bundling or need for pouting

Too soon it is time to remount up
 Drink the last drops from our empty cup
 Meandering through the town square streets
 Our thoughts meander to future meets
 Thank you Gery for being our guide
 On this your famous Donut Ride

(I have never claimed to be a poet ;'-)))))

Nancy Graham



Next Club Meeting

The next club meeting is still being determined at the time of the publication of the March newsletter. Keep an eye on the club website for updates on date and time.



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.



Thanks Cindy Proctor for this lovely picture along the McClinchy Mile Ride route!



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

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

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (____) _____ - _____ Email _____

Membership \$20 Annual (INDIVIDUAL

New Member

DUES \$25 Annually (FAMILY)

Renewal

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.