

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

APRIL 2015  
VOL. 427

[Next B.I.K.E.S. Club meeting on April 9th @ 7:00 pm](#)

## April Rides: Weekends & Weekdays

### WEEKEND RIDES

[Training Ride 35 miles Steady & Moderate Paces](#), April 4th, 10:00 am: McCollum Park to Snohomish, Everett and Return. Meet for a 10am start at McCollum Park. We'll ride to Snohomish and back via Everett. Moderate pace, AC terrain, ~35 miles. Heavy rain cancels. Stop for snack at Piroshky's on the way back. Moderate ride leader Tim Wise, 425-754-7916, [tcjkwis@frontier.com](mailto:tcjkwis@frontier.com) or Steady ride leader Debby Grant 206 353-0249 [debby@jaygrant.com](mailto:debby@jaygrant.com).

[Lakewood Loop](#), Saturday, April 11th, 10:30 am: Meet for a 10:30am start at Lake Goodwin Community Park: 4620 Lakewood Dr., Stanwood. 16 miles, A & B terrain at a steady or social pace, approximately 1000 feet of total elevation gain. We will include several stops along the route for the group to gather back together. We will ride along Lake Goodwin and the Puget Sound Shoreline with a picnic lunch stop at beautiful Kayak Point County Park. From there we will ride through Warm Beach before heading back to Lake Goodwin. Lousy weather will cancel. Bob & Viv Biesiedzinski, ride leaders. 206-595-3822 for more information. Check the Ride Update page of the website for new information.

[Samish Island Tandem Ramble](#), Sunday, April 12th: Meet for a 10am start at the county garage parking lot in Bayview (see map link below). We ride north along the water then cycle onto Samish Island (connected by land) to the county park for a quick break before circling the island for great water views and then into Bow Edison; this could be a food stop; there are a couple of places to eat. Social pace, A-B terrain, about 24 miles. Bring food or plan to buy at the start of the ride. Please RSVP. Ride leaders Dan & Elaine Scott, [scott.dan.l@frontier.com](mailto:scott.dan.l@frontier.com) or 425-355-4510 or day of ride cell 425-501-6198. Steady rain cancels. <http://www.bikely.com/maps/bike-path/bayview-samish-is-short-route> Google map to parking at the start: <https://goo.gl/maps/NDzw6>

[Daffodil Classic](#), Sunday, April 19th: This is an organized fund-raising ride put on by the Tacoma Wheelmen Bicycle Club. Start is at Orting Middle School, 111 Whitehawk Blvd NW, Orting, WA 98360. Please visit <http://twbc.org/event-1849881> to register (\$35 by April 17). The BIKES group will meet at 8:45am for a 9am start. We will be riding the 41 mile "Buckley" loop at a social pace. This is a new ride for this ride leader, so the terrain is unknown, but appears to be B and C. **PLEASE RSVP** to Gery Osowiecki, 469-358-2887 or [geryo@frontier.com](mailto:geryo@frontier.com) by no later than the Friday evening before. We will try to work out a suitable car-pool from the Everett area. Also please let Gery know if you wish to join a car-pool, but are planning on doing a different distance/pace. Nasty weather cancels the ride leader's participation but not the organized ride.

[Training Ride 40 miles Steady & Moderate Paces](#); April 19th: Moderate Pace, A/B terrain. Ride the Bergeron Loop: Mukilteo-Snohomish (via Larimer - Springhetti Rd)-Everett-back to Silver Lake. Meet at Thornton Sullivan (Silver Lake) parking lot; ready to ride at 9:15am. towards Harbor Point, Mukilteo, back through Everett, out to Snohomish & return. Steady rain cancels. Moderate pace ride leader Dan Scott 425-501-6198. Steady pace leader TBD.

[North Whidbey Island](#), Saturday, April 25th, 10:00 am: We will ride from Deception Pass State Park – meet at the north end of Cranberry Lake at 10am. We'll ride to Oak Harbor for coffee / lite meal and back. Note, this is an EXPLORER RIDE (this is new route to this ride leader so last minute changes are to be expected). 22 miles at a social pace, with about 1,000 feet of climbing – terrain appears to be mostly B. PLEASE RSVP to Gery Osowiecki, 469-358-2887 or [geryo@frontier.com](mailto:geryo@frontier.com) by no later than Thursday evening. Lousy weather or forecast cancels the ride.

[McCollum Park to 3rd Place Books](#), Sunday, April 26th: Meet for a 10am start at McCollum Park. We'll ride to Woodinville then stop for snack at 3<sup>rd</sup> Place books in Lake Forest Park and return on the Interurban trail. Moderate pace, AC terrain, ~35 miles. Heavy rain cancels. Ride leader Tim Wise, 425-754-7916, [tcjkwis@frontier.com](mailto:tcjkwis@frontier.com).

For Weekday Rides see page 2!

For a full list of the [2015 Tours & Weekend Rides](#) see the club website!

### 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**

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

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

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

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

*Pace is based on speed on flat ground. Contact the Ride Leader if 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.

## WEEKDAY RIDES

**PreRide to the Gery Ride! Tuesdays, April 7, 14, 21 & 28:** Meet at Silver Lake Bicycle Centre for a 10:30am start.. We will return in time to join Gery's Tuesday Silver Lake and Mill Creek Loop. Steady pace, B terrain, 12 - 14 miles. Check Ride Updates if weather looks doubtful. Ride leader Dan Scott 425-501-6198. One possible route- <http://ridewithgps.com/routes/6525147>

**Silver Lake Lunch-Time Rides Tuesdays, April 7, 14, 21 & 28:** Join Gery for a short Silver Lake and Mill Creek loop. Meet at Silver Lake Bicycle Centre for a 12pm start. Social pace (10-12mph), 10 miles, A 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.

**Everett Station Ride Tuesdays, April 7, 14, 21 & 28:** Tuesday evening ride. Distance 20 to 30 miles at a High-Moderate pace, varied and hilly routes that will be changing weekly. With a larger turnout, we may divide into two pace groups. Poor weather may cancel; check the Ride Updates page if unsure. Ride coordinator Bob Nyberg, [bobnyberg@msn.com](mailto:bobnyberg@msn.com) or (206) 795-1363.

**Centennial Trail North-End, Thursday, April 16th:** Meet at the Armar Trailhead for a 10:30am start. Social pace (no one will be left behind). All on paved trail for 25ish miles. Basically flat with a few mild rollers as usual on a rail trail (terrain A). This is a good one for those who have not been riding for a while, and or want to get back to riding. Bring food for the stop at the turn around point as there are no food places along the route. Anyone may shorten their ride by turning around at any point along the trail (but must let leader know). Ride leader: Nancy Graham: home phone 425-493-1952. Cell (ON DAY OF RIDE) 425-345-0716. Any kind of rain cancels. Directions to ride start: I-5 exit #206 (Smokey Point; Rte 531), Drive past airport (a couple of miles maybe), turn right on 67th Ave. NE (at a traffic light), in about a mile the Armar Trailhead parking lot will be on the left.

**Earth Day Ride—Sammamish River Trail, Wednesday, April 22nd:** Start at 10am from the "chicken park" at Sammamish River Park. Approximately 20 miles, leisurely pace, lunch or snack at Whole Foods in Redmond. We'll keep our eyes open for birds along the way so bring your binoculars if you're so inclined. If the weather forecast is iffy, check the Ride Updates page before leaving home. Ride leaders Linda & Brent Hunter, (425) 771-2824 or [hunter-bl4345@comcast.net](mailto:hunter-bl4345@comcast.net).

**Pedal Pushers ride the Centennial Trail North, Thursday, April 29th:** We'll ride north from the trailhead at Maple Ave and Pine Ave in Snohomish. Meet at 9:45am for a 10am start. About 20 miles, A terrain, all paved bike trail. Ride leader Nancy Graham, [nancycycles@gmail.com](mailto:nancycycles@gmail.com) or (425) 493-1952. As always on this trail, riders may turn back any time. We'll take a snack break along the route.

## Next Club Meeting

The club meets at 7 p.m. Thursday, April 9, 2015 at the PUD, 2320 California St., Everett. Join us for a pre-meeting dinner at Brooklyn Brothers Pizza on Hewitt Ave at 5:30 pm.

## Snohomish County Parks Meeting

The Snohomish County Parks Dept. just completed a land survey of the corridor of their property which runs between the City of Snohomish and the City of Monroe, which is the proposed location for this new County Park trail.

A meeting has been scheduled with the Snohomish County Parks Dept. so that we can all become:

- Informed about the land survey results
  - Educated regarding the opportunities learned from it
  - Educated about the Counties current plans and schedules in support
  - Empowered to show our support for the trail by our attendance
- (Public support is incredibly important for these type of projects.)

Feel free to invite others to this meeting, who would be interested and supportive of this endeavor.

**Date:** April 15th, Wednesday (Tax day)

**Time:** 11:00 AM - Noon

**Place:** Willis Tucker Activity Center  
6705 Puget Park Drive  
Snohomish, WA 98296

## Prez Sez...

Happy spring! The **McClinchy Mile Oso Strong Ride** was a success, despite some of the wettest weather on record. Thanks to the more than 20+ club volunteers and the 266 intrepid riders who made the day happen. Many of the 302 people preregistered didn't attend, but still supported the cause with their cash.

**If you are a club member who rode McClinchy**, please send your name to **Gery Osowiecki**, [treasurer@bikesclub.org](mailto:treasurer@bikesclub.org) so that the club won't need to pay insurance twice for your participation in the event. While you are at it, cc Linda Hunter at [ridermiles@bikesclub.org](mailto:ridermiles@bikesclub.org) to get credit for your club miles.

The club made a \$1,500 contribution to the Whitehorse Trail at the **Centennial Trail Coalition meeting on Thursday, March 26**.

**BIKES Training Rides** are being organized to help you prepare for a century or other big ride this summer. The first ride is a [36-miler this Sunday](#). More rides will be listed soon. Training rides are targeted at beginning-intermediate riders who are ready to build distance and maybe speed, though several paces will be offered each ride.

Other upcoming events:

**Sharing Wheels Community Bike Shop** has lots going on these days. Take a [basic or advanced mechanics class](#), on an upcoming Wednesday evening date. Even with minimal technical skills, you can help fix, clean, and polish used bikes for the annual [Kids Bike Swap](#).

**Kids Bike Work Parties are 6 to 9 p.m. Thursday night April 2, April 16, April 30, May 14, May 28, June 4**. Put a few of these dates on your calendar and come to the shop at 2531 Broadway, Everett.

**BIKES Club meeting April 9**. Join fellow BIKES members for pizza (and beer) at Brooklyn Brothers in Everett (5:30 p.m.), followed by a meeting at PUD (7 p.m.) where you can hear from a panel of experienced ride leaders how they plan routes and lead unruly cyclists. **Ride leader vests and jerseys will be available for pickup at the meeting!**

**You too can lead rides** and earn one of the ride leader vests in 2015. Attend the meeting for tips and tricks.

Also on April 9, it's the [COGS Spring Fling event](#) in Seattle with bike traveler and storyteller Willie Weir. You must preregister by April 3, since dinner is included in the \$10 fee.

**Livable Snohomish County Workshop 8:30 a.m. to noon, April 11 in Everett**. This free workshop will be your opportunity to learn more about the three alternatives being considered by the Snohomish County Council on the 2015 Comprehensive Plan Update, which will determine where growth and development will be planned, and policies to ensure our communities are affordable, livable and sustainable, and why Futurewise and Pilchuck Audubon Society are supporting Alternative 1. [Please register in advance](#).

**Snohomish-Monroe trail meeting with Parks, 11 a.m. to noon, April 15** at Willis Tucker Activity Center, 6705 Puget Park Dr., Everett. The Snohomish County Parks Dept. just completed a land survey of the corridor, which is the proposed location for a new county park trail. Centennial Trail Coalition of Snohomish County invites all interested members of the public to attend this meeting to learn about the findings and show support.

Thinking ahead May 15 is [Bike to Work Day](#). More on that later : )

**On May 20, BIKES will be hosting [Green Drinks](#)** at Sharing Wheels. We need a club volunteer to plan and procure the appetizers and drinks and coordinate set-up and clean-up (delegating to others is part of the job). **Please contact [president@bikesclub.org](mailto:president@bikesclub.org) if you are good at hosting a party.**

**May is also the start of our club weekends & tours season**. Check out the [Yakima Wine Weekend and Sun Lakes & Grand Coulee](#) tours May 14-17. These and other tours require you to plan ahead for accommodations. **See our website and contact the tour leader for information.**

Clearly, the bike season has begun!

Kristin Kinnamon

*The Jerseys are coming, the Jerseys are coming!*

For those of you who ordered club jerseys and/or shorts they should be available at the April 9th club meeting. It will be great to take part in club rides and sport your B.I.K.E.S. Club gear!

2014 Ride Leader vests will be distributed at the meeting as well.

Let's see who wants to organize a club jersey ride to show the world that we are the B.I.K.E.S. Club of Snohomish County!



**Come to the COGS Spring Fling!**

Thursday, April 9th @ 6:30 pm

University Heights Center

5031 University Way NE

Seattle

Don't have the time or money to do that dream bike trip across the country? Think small and travel big. Most bike journeys begin by escaping the urban congestion and heading out into the country. But what if you never left the city?

Willie Weir has explored three different styles of bike travel in three great locales: Portland, Minneapolis and Montreal. By the time he's finished, Willie will have you dreaming of all kinds of bike trips you'd never imagined before.

Admission is \$5 for members, \$10 for non-members using the link found on their website at:

<http://cyclistsofgreaterseattle.org/COGSContentPages/FrameSpringFling.html>

**Pedal Pushers Kick Off Meeting**

Tuesday, April 21st @ 4:00 pm

Come to this session to jump-start your biking season. Learn what you need to start off safe and secure. Haven't ridden in a while? Our group will help you get back on the saddle. Mostly older adults participate in Pedal Pushers but all ages are welcome. Debby Grant, Lynnwood Senior Center, 19000 44th Ave W, Lynnwood



**Member News**

*Welcome New Members of B.I.K.E.S. Club*

- *Lance Mahlmann*

*THANK YOU for renewing your membership:*

- **Judi Chadwick**
- **Peter Hallson**
- **Don Jantz**
- **Lucie Johns**
- **Louise Kornreich**
- **Donald Mohs**
- **Hilmer Percell**
- **Barbara Pratum**
- **George Price**
- **Richard Proctor**
- **Dan & Elaine Scott**
- **Mark Snyder**
- **William Starkweather**
- **Hugh Taylor**
- **Cecily Tillinghast**
- **Jennifer Winson**

The editor apologizes in advance for anyone left off of this list! If you do not see your name, and you sent your info before March 31, 2015 let me know at [editor@bikesclub.org](mailto:editor@bikesclub.org).

## Frequent Rider Miles

Pier	Fiorentini	821
Mason	Rutledge	431
Bob	Nyberg	285
Bill	Lutterloh	247
Bill	Weber	176
Dan	Scott	174
Bette-Ann	Shroyer	168
Mike	Dahlstrom	141
Debbie	Kawamoto	132
Gery	Osowiecki	130
Tom	Weber	129
Debby	Grant	127
Tim	Wise	105
Bob	Biesiedzinski	95
Vivian	Biesiedzinski	95
Kristi	Knodell	91
Kristin	Kinnamon	91
Michael	Sheldrake	90
Nancy	Graham	86
Gary	Broughton	76
Clarence	Elstad	68
Jack	Willis	68
Marietta	Zander	68
Allyson	Welsh	66
Steve	Linari	61
Fred	Koch	58
Kathy	Riddle	58
Elaine	Scott	56
Cindi	Proctor	50
Rick	Proctor	50
Brenda	Ferguson	46
Laura	Elmore	46
Brent	Hunter	41
Annie	Peterson	34
Linda	Lee	34
John	Carlin	30
Pam	Hallanger	30
Ed	Culnane	30
Leslie	Strickland	28
MJ	Gerst	28
Shirley	Slade	28
Janell	Reich	23
Brad	Coats	23
Weldon	Smith	23
Dick	Nicholson	22
Linda	Hunter	22
Steven	Hudspeth	22
Warren	Bare	21
Kala	Koch	11

### Club miles

The Frequent Rider Miles program is a fun benefit for B.I.K.E.S. Club members. In 2014, 97 of us went on at least one club ride, and 52 members rode more than 100 miles with the club. Bob Nyberg rode more than 2,600 miles with the club, many as a dedicated ride leader. Relatively new rider Betty Anne Shroyer logged the most club miles of any female member, more than 900.

A ride is eligible for club miles when it is listed in advance so any club member who is able to keep up and go the distance can participate. Ride leaders can either list the ride in the newsletter (and on the Rides web page) by sending it to [leadaride@bikesclub.org](mailto:leadaride@bikesclub.org) by the 20<sup>th</sup> of the month, or list the ride themselves, in advance, on the Ride Updates web page.

### Join us for a club ride

Bicycling is a social sport. At B.I.K.E.S. Club of Snohomish County, we take both the "social" and the "sport" seriously. We enjoy each other's company (and maybe a piece of pie) while seeing the sights and getting some exercise.

**B.I.K.E.S. Club rides** range anywhere from 10 to 100 miles in length, with varying levels of difficulty from trails to mountain passes.

Volunteer ride leaders sponsor weekend rides year-round and some also offer regular weekday rides. **Non-members** are welcome to ride with the club for an introductory ride. After that, we encourage you to join the club and support local cycling (plus it's required by our insurance).

**Every ride has a listed pace**, the speed at which the ride leader plans to go on flat ground. Some rides allow for varied rider speeds and abilities. **If you are coming on your first ride** with us, consider both the distance and the speed. To enjoy a 20 mile group ride, you should have ridden at least 10 miles once or twice in the past month. To move up to 30 or 40 miles, ride 20 or 25 miles a few times with the club first.

If you are unsure whether you are ready for a certain ride, feel free to call the ride leader in advance.

Every ride leader has his or her own style and personality – some ride slow and smell the roses, others like to put the hammer down. We welcome all members to lead the kind of rides they enjoy. **Contact our Ride Coordinator Debby Grant for help planning and leading your first ride**, [leadaride@bikesclub.org](mailto:leadaride@bikesclub.org).

Upcoming rides and leader contact information are posted on the club's website - check both the regular [Rides page](#) and the Ride Updates.



# 2015 McClinchy Mile Oso Strong in Pictures!



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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email \_\_\_\_\_

<b>Membership</b>	<b>\$20 Annual (INDIVIDUAL)</b>	<b>New Member</b>	<input type="checkbox"/>
<b>DUES</b>	<b>\$25 Annually (FAMILY)</b>	<b>Renewal</b>	<input type="checkbox"/>

**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.