

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

MAY 2015 VOL.  
428

[Next B.I.K.E.S. Club meeting on May 14th @ 7:00 pm](#)

## May Rides: Weekends & Weekdays

### WEEKEND RIDES

#### Saturday, May 2 – Training Ride: The 19th Annual Camano Climb!

A great ride around Camano Island (about 40 miles) with scenic views of the Cascades, Olympics, Saratoga Passage, and Port Susan. Bill Weber will act as BIKES' moderate pace ride leader and help you train for distance and hills. This is a paid event. \$35 if you register by April 27, 2015, thereafter \$40. Spaghetti lunch included! To register in advance go to <http://www.eventbrite.com/e/the-2015-camano-climb-registration-15643291506?aff=efbbt>

Registration proceeds go towards scholarships for our local students and help out with funding for local projects benefiting children of our community. Contact Bill Weber to coordinate a start location [bbill@clear.net](mailto:bbill@clear.net) or (425) 327-3516. Course is open 7:30am – 4pm.

#### Saturday, May 2 – The 19<sup>th</sup> Annual Camano Climb at a Social Pace!

A great ride around Camano Island (about 40 miles) with scenic views of the Cascades, Olympics, Saratoga Passage, and Port Susan. This is a paid event. \$35 if you register by April 27, 2015, thereafter \$40. Spaghetti lunch included! To register in advance go to <http://www.eventbrite.com/e/the-2015-camano-climb-registration-15643291506?aff=efbbt> Course is open 7:30am - 4pm.

Gery Osowiecki will lead a social pace group for BIKES with an 8:30am start. This is an island so plan on some C terrain. Please RSVP Gery at 469-358-2887 or [geryo@frontier.com](mailto:geryo@frontier.com) by Friday evening. Sprinkles are OK but steady rain cancels Gery's participation.

#### Saturday, May 9 – Round The River With Some Extra

Meet at 9:30am to ride the Interurban Trail starting in Lynnwood and heading north to Everett, out to Snohomish along the river, and returning on the other side. Approximately 40 miles, mostly A-B terrain with some trail spikes, moderate pace. Ride leader Debby Grant, [debby@jaygrant.com](mailto:debby@jaygrant.com) or 206 353-0249. Check Ride Updates for start location.

#### Saturday, May 9 – Skagit Spring Classic

Join Gery on the 45 mile route at a social pace. This is a paid event that supports Skagit Bicycle Club. Please go to <http://www.skagitspringclassic.org/> for event details and registration information. Steady rain cancels this ride, occasional sprinkles are still a "go"... Please RSVP Gery at 469-358-2887 or [geryo@frontier.com](mailto:geryo@frontier.com) by Thursday evening.

#### Thursday – Sunday, May 14 – 17: Sun Lakes and Grand Coulee Weekend

Spend 3 days cycling and sightseeing in one of the most interesting and spectacular areas of Eastern Washington. Go to the club website Weekend & Tours page for details.

#### May 15 – 17, Friday – Sunday: Yakima Wine Weekend

Join Jack & Janell for their annual weekend of cycling and wine tasting. Go to the club website Weekend & Tours page for details.

*Continued on next page...*

### 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 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.

## WEEKEND RIDES (cont.)

### Saturday, May 16 – Redhook Haul Ash

This event starts at the Redhook Brewery in Woodinville. As a group we will ride at a steady pace for this ride which takes the trail from Woodinville to Fremont, a 42 mile round trip. If you wish to sign up with Redhook follow this link, [https://secure.getmeregistered.com/get\\_information.php?event\\_id=120557](https://secure.getmeregistered.com/get_information.php?event_id=120557) . Last year this ride was a lot of fun. If you register you get some nice swag and access to an after pedal party at the brewery. We hope to see you there! BIKES ride leaders Bob & Viv Biesiedzinski. 206-595-3822 or 206-595-3823 if you have questions.

### Sunday, May 17 – Training Ride: North to Little Mountain.

Meet at Silvana at the gravel parking lot by train tracks and be ready to ride at 9am. About 55 miles, **moderate pace** (14 – 16 mph on the flats), mostly B terrain plus one serious hill. Ride leader Dan Scott. The route is rolling terrain + Little Mountain and uses roads and the Centennial Trail. Snack and regroup stops, possibly lunch at the Skagit Co-op in Mount Vernon. Find the route at <http://ridewithgps.com/> Ride leader Dan Scott [425-501-6198](tel:425-501-6198).

### Saturday, May 23 - Rexville Grange to Anacortes.

Roughly 35 miles, low moderate pace with regroups, food stop. More details will be posted on Ride Updates. Dan & Elaine Scott 425-501-6198

### Sunday, May 24 – Three Ferries to Kitsap Harbor Festival

Meet at the North end of Myrtle Edwards Park at 8:45am, leave at 9am sharp to catch the 10:45am ferry from Fauntleroy to Southworth. We will bike to Port Orchard, take the foot ferry to Bremerton for the Festival and then take the Bremerton ferry back to the Seattle waterfront. Steady pace, 35 miles, A-B terrain, flat with a few short hills. Bring money for the ferry rides. Ride Leader Mary Jo [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com)

### Sunday, May 31 – Training Ride: Lake Washington Loop

Meet at Log Boom Park for a 9am start. We'll ride counter-clockwise around the lake putting in the miles on the Burke Gilman at the beginning of the route. 50 – 60 miles, A-C terrain. Short food stop at Gene Coulon Park in Renton; bring food if you need more. Moderate pace ride leader Tim Wise, 425-754-7916 or [tcjkwise@frontier.com](mailto:tcjkwise@frontier.com) .

### Sunday, May 31 – Lake Washington Loop at a Social Pace

Meet at Log Boom Park for a 9am start. We'll ride clockwise around the lake getting the nasty hills out of the way first... A "short cut" through Mercer Island with a stop for coffee/light-meal... About 35 miles, A-C terrain, social-pace... Steady rain cancels this ride, occasional sprinkles are still a "go"... Please RSVP Gery at 469-358-2887 or [geryo@frontier.com](mailto:geryo@frontier.com) by Friday Evening

## WEEKDAY RIDES

Monday Morning Moderate -- May 4 & 18 (possibly May 11, check website). Departs at 10:30 a.m. from Interurban Trail and Madison St. in Everett. There is a church parking lot where you can park. Moderate pace to Snohomish via River Road, back on Ebby Island, around North Everett and back through downtown. Stops in Snohomish and at Legion Park, regrouping as necessary. Heavy rain will cancel. Ride Leader: Mason Rutledge. More information: [Rutledge3m@earthlink.net](mailto:Rutledge3m@earthlink.net)

### Tuesdays, May 5, 12, 19, 26 – Silver Lake Lunch-Time Rides

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.

### Tuesdays, May 5, 12, 19, 26 – Tuesday Evening Everett Station Rides

Meet for a 5pm start at the corner of Smith Ave & 33<sup>rd</sup> St at the Everett Station. Distance 20 to 30 miles at a High-Moderate pace, varied and hilly routes that will change 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 206 795-1363 or [bobnyberg@msn.com](mailto:bobnyberg@msn.com).

### Thursday, May 7 – Pedal Pushers Ride Log Boom to Gas Works Park

Meet at 9:45am for a 10am start at Log Boom Park and ride on the Burke Gilman Trail to Gas Works Park. Bring picnic lunch for Gas Works Park or nearby or eat lunch at a restaurant on Lake Union. RT approximately 22 miles, A terrain, social pace. Rain cancels. Ride leader Mary Jo Gerst, (206) 546-0645 or [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com) .

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## WEEKDAY RIDES (cont.)

### Wednesday, May 13 – Pedal Pushers Ride Conway to Mt Vernon

Meet at 9:45am for a 10am start at the ball field parking lot next to the fire station in Conway. This is all paved road with little elevation gain and low traffic volumes. We'll ride from Conway to Mt Vernon via Fir Island along the west side of the Skagit River; return on the east side. Pace: social; Terrain: A with a little B; Distance: RT 21 miles. Ride leader Nancy Graham, [nancycycles@gmail.com](mailto:nancycycles@gmail.com) or (425) 493-1952.

### Tuesdays, May 19 and 26 - PreRide to the GeryRide

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](tel:425-501-6198).

Wednesday Bergeron Loop -- May 20 and 27. Departs at 10:30 a.m. from Interurban Trail and Madison St. in Everett. There is a church parking lot where you can park. Moderate pace to Snohomish via River Road, back on Ebby Island, around North Everett and back through downtown. Stops in Snohomish and at Legion Park, regrouping as necessary. Heavy rain will cancel. Ride Leader: Mason Rutledge. More information: [Rutledge3m@earthlink.net](mailto:Rutledge3m@earthlink.net)

### Thursday, May 21 – Pedal Pushers Ride the Sammamish River Trail

Meet at 9:45am for a 10am start at the gravel parking lot at the Sammamish River Trail. We will ride to Redmond on the Sammamish River Trail. RT about 20 miles, social pace, A terrain on level trail. Shorter distance riders may turn around at any time. We'll take a food break along the way. Ride leader Bill Lutterloh, (360) 668-9554 or [lutterloh@gmail.com](mailto:lutterloh@gmail.com).

### Tuesday, May 26 – Interurban Trail Loop (credit Cascade and Seattle Times, April 12)

Meet for a 9:30am start at Echo Lake Park. The route will take us south on the Interurban Trail to Green Lake, around Green Lake and east on Ravenna to the Burke Gilman Trail. North on the Burke-Gilman to Lake Forest Park, then west up the hill (Perkins Way), over I-5 and back to the start point. Approx. 25 miles; Steady pace, rolling hills with one big one near the end. Those who don't like hills can take the Metro 331 bus. Ride leader: John Carlin; day of ride phone 425-344-1006.

### Wednesday, May 27 – Pedal Pushers Ride Echo Lake to Green Lake

Meet for at 9:45am for a 10am start at Echo Lake Park. We'll ride to Green Lake on the Interurban Trail and low-traffic streets with a snack break near Green Lake. RT approximately 17 miles, mostly A terrain, social pace. Rain cancels. Ride leader Mary Jo Gerst (206) 546-0645 or [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com)

## Prez Sez...

# Celebrating volunteers

Ride leader vests are finally here! The vests are top quality and guaranteed to be seen. We had 22 club volunteers lead at least three rides last year to qualify for the vests as a thank you.

Vests will be distributed at the Sharing Wheels [kids bike work party 6-9 p.m. tonight \(April 30\)](#), at the **May 14 club meeting**, 7 p.m. at PUD, 2320 California St., Everett (dinner before the meeting at 5:30 p.m. at Papa's Mexican Grill, 1909 Hewitt Ave., Everett), and at the **May 20 Green Drinks** event at Sharing Wheels, 2531 Broadway Ave., Everett, entrance at the back.

If you see someone wearing a vest, tell them "thank you" for being the lifeblood of our bike club. And ask them to help you [become a ride leader](#) – we ordered extra vests for new leaders in 2015.

Speaking of volunteers, there are many ways to be involved in our club. In addition to ride leaders, we need a **ride coordinator**, club **vice president**, **event volunteers**, and a **web content coordinator**. See the home page of the [website for brief job descriptions](#), and contact me to learn more.

### One-time volunteers needed

**May 15, Bike to Work Day** at Everett Station, 5 a.m. to 9 a.m. (or at least 2 hours). Need members to promote the club and handout goodies. Contact Everett Transit at [dawnerickson@everettwa.gov](mailto:dawnerickson@everettwa.gov) and coordinate club materials with Kristin, [president@bikesclub.org](mailto:president@bikesclub.org)

**May 20, Green Drinks at Sharing Wheels** in Everett – Need members to help set up from 3:30 to 5 p.m. and to clean-up from 6:30 to 7:30 p.m. Contact club member Diane Gordon at [dianeg537@gmail.com](mailto:dianeg537@gmail.com)

**May 30, Darrington Days.** We've been asked to set up a BIKES table from 10 a.m. to 3 p.m. and provide information on Whitehorse and Centennial Trails. We can't say yes unless someone steps up.

**June 6, Sustainamania in Bothell.** We've been asked to have a table with information on safety for kids and their bicycles. Other groups will be handing out helmets, bike maps, accepting bike donations. Contact [president@bikesclub.org](mailto:president@bikesclub.org).

**July 25, County Bike Bash**, McCollum Park, 10 a.m. – 3 p.m. Bill Weber has agreed to coordinate with Community Transit and BIKES volunteers to host table and lead a short ride (is that still true, Bill? ), as well as find and purchase low-cost giveaway item. Helpers needed. Contact [bbill@clear.net](mailto:bbill@clear.net).

A final encouragement to get out and ride this [Bike Month](#). Join a club ride, bike to the store, try a bike-bus adventure. And bring a friend.

- Kristin

*P.S - Save the date for our club picnic on Aug. 9 at Silver Lake.*



**TRAINING RIDE SERIES**

In 2015 BIKES will again offer a series of training rides designed to help members prepare for a long ride. How long? 50 or 75 miles or maybe a Century or more. That's up to you. The training rides started at the end of March with a 30 mile route. They'll continue in May on a bi-weekly schedule.

The schedule assumes that **in between the training rides** you do a weekend long ride and a weekday shorter ride, **increasing your ride distance by five miles each week**. Long rides are fun and challenging but need preparation – come join us and be prepared for fun! We aim to offer both a Steady and Moderate pace on each training ride but that depends on ride leader availability. If you question your ability to ride a specified pace, talk to the leader.

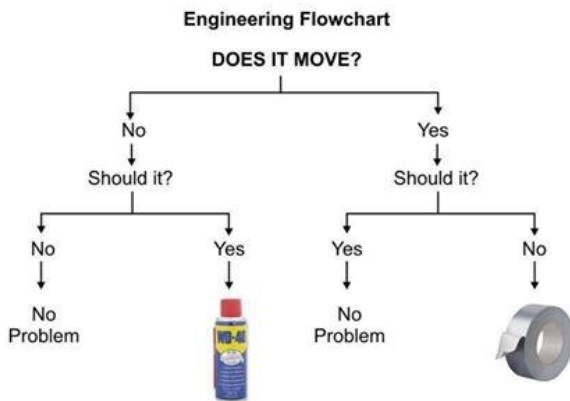
**Looking Ahead...**

**Thursday – Monday, June 18 – 22: Grand Tour Scenic Bikeway, Union City, Oregon**

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 Wallowa Mountains. Other nearby activities include golfing, hiking, swimming and mountain biking. Go to the club website Weekends & Tours page for details.

**Saturday, August 9 – Annual BIKES' Club Picnic**

The club provides burgers, dogs, veggie options, condiments and soft drinks. You bring a fabulous side dish and we have a potluck picnic that can't be beat. Watch for more details as the date approaches. Pre-picnic rides will be posted to the Rides Calendar and listed in the newsletter.



*Thanks to Dan Scott for sharing this useful troubleshooting chart!*

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

**Member News**

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

- *Chris & Eve Clougherty*
- *Jean Henderson*
- *Ken Winkenweder*

**THANK YOU for renewing your membership:**

- *Barbara Gallagher*
- *John Hyman*
- *Ed Janonis*
- *Kristi Knodell*
- *Steve Linari*
- *Marcia Stedman*

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 April 30, 2015 let me know at [editor@bikesclub.org](mailto:editor@bikesclub.org).



## Frequent Rider Miles

Pier	Fiorentini	987
Bob	Nyberg	631
Dan	Scott	559
Mason	Rutledge	553
Bill	Lutterloh	320
Steve	Linari	239
Bill	Weber	212
Debbie	Kawamoto	197
Bette-Ann	Shroyer	190
Elaine	Scott	190
Mike	Dahlstrom	164
Debby	Grant	163
Tim	Wise	163
Kristi	Knodell	135
Kristin	Kinnamon	135
Nancy	Graham	133
Gery	Osowiecki	130
Tom	Weber	129
Gary	Broughton	116
Rick	Proctor	101
Bob	Biesiedzinski	95
Vivian	Biesiedzinski	95
Michael	Sheldrake	90
Jack	Willis	85
Clarence	Elstad	68
Marietta	Zander	68
Allyson	Welsh	66
Annie	Peterson	62
Robert	Pahlman	62
Cindi	Proctor	60



Glenn	Sanne-	59
Fred	Koch	58
Kathy	Riddle	58
Leslie	Strickland	54
Marcia	Stedman	49
Janell	Reich	48
Brenda	Ferguson	46
Laura	Elmore	46
Linda	Hunter	42
Brent	Hunter	41
Steve	Lodholz	40
Dick	Nicholson	38
Brian	Hlynosky	36
Linda	Lee	34
Jennifer	Winson	30
John	Carlin	30
Pam	Hallanger	30
Ed	Culnane	30
MJ	Gerst	28
Shirley	Slade	28
Adrienne	Dorf	26
Pete	Pias	26
Brad	Coats	23
Weldon	Smith	23
Claire	Kline	22
Erik	Westlund	22
Steven	Hudspeth	22
Warren	Bare	21
Kala	Koch	11

**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.