

Chainwheel Chatter

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

Your Snohomish County Cycling Club

JUNE 2015
VOL. 429

[B.I.K.E.S. CLUB PICNIC—AUGUST 9TH!](#)

June Rides: Weekends & Weekdays

WEEKDAY RIDES

[Mondays, June 1, 8, 15 – Monday Morning Moderate](#) Meet at the Interurban Trail at Madison St in Everett for a 10:30am start. 30 miles A/B terrain. Mason Rutledge ride leader. Rutledge3m@earthlink.net

[Tuesdays, June 2nd, 9th, 16th, 23rd, 30th PreRide to the Noon Ride](#) Start at Silver Lake Bicycle Centre, 10:30 am. 12 -15 mile loops, B terrain Ride leader Dan Scott [425-501-6198](tel:425-501-6198), Rick Proctor [425-293-3153](tel:425-293-3153)

[Tuesdays, June 2nd, 9th, 16th, 23rd, 30th - Silver Lake Lunch-Time Rides](#) Meet at Silver Lake Bicycle Centre, 12:00 noon. 10 miles A terrain, some short hills. Ride leader Gery Osowiecki 469 358-2887.

[Tuesdays, June 2nd, 9th, 16th, 23rd, 30th –Tuesday Evening Everett Station Rides](#) 5:30 pm start at the corner of Smith Ave & 33rd St at the Everett Station. 20 to 30 miles at a High-Moderate pace. Ride leader Bob Nyberg 206 795-1363.

[Wednesdays, Jun 3 & 17 – Wednesday Bergeron Loop](#) Interurban Trail at Madison St in Everett, 10:30am. Approximately 30 miles. A/B terrain. Ride Leader: Mason Rutledge. Rutledge3m@earthlink.net

[Thursday, June 4 - Pedal Pushers ride Centennial Trail North from Snohomish](#) 9:45am for a 10am start. About 20 miles, social pace, A terrain. Ride leader Bette-Ann Shroyer [206 300-7825](tel:206-300-7825).

[Wednesday, June 10 - Pedal Pushers Ride Carnation to Fall City](#) 9:45am for a 10 am start. 20 miles RT, social pace, A terrain. Ride leader Allyson Welsh [206-356-8134](tel:206-356-8134) or allysonw@outlook.com.

[Thursday, June 18 - Pedal Pushers Ride Sammamish River Trail](#) 9:45am for a 10am start. 20 miles, social pace, A terrain. Ride leader Linda Hunter, [425-771-2824](tel:425-771-2824) or hunterbl4345@comcast.net

[Wednesday, June 24 - Pedal Pushers Ride Rexville Grange to La Conner](#) Rexville Grange at 9:45am for a 10am start. 20 miles, social pace, mostly A terrain. Ride leader Linda Hunter, [425-771-2824](tel:425-771-2824) or hunterbl4345@comcast.net

WEEKEND RIDES

[Saturday, June 6 – Artist Garage Sale](#) 9am at Martha Lake Airport Park. 35 miles, A-B terrain, steady pace. Ride leader Mary Jo, maryjo1532@hotmail.com.

[Saturday, June 13 “Training Ride Moderate to Brisk – Barlow Pass”](#) 8:30 a.m. Cedarcrest Middle School, 6400 88th St. NE, Marysville. 83 miles at a moderate to brisk pace. A, B, C & D terrain. Ride leader Kristin Kinnamon, [425-923-7868](tel:425-923-7868)

[Saturday, June 13 “Training Ride Steady – Barlow Pass”](#) 9:00 a.m. Granite Falls School District parking lot. 39 miles, A/B/C terrain. Ride leader Allyson Welsh allysonw@outlook.com or [206-356-8134](tel:206-356-8134)

[Saturday, June 20 – Machias/Granite Falls Loop](#) Meet at Machias Station for a 9:30am start. RT 48 miles, moderate pace , A-C terrain. Ride leader Debby Grant, 206 353-0249 or debby@jaygrant.com

WEEKENDS & TOURS

[Saturday June 20th Olympic Discovery Trail Sequim Bay State Park](#) 10am start from Sequim Bay State Park. 45 miles at a steady pace with A & B terrain. Ride leaders Bob and Viv Biesiedzinski at [206-595-3822](tel:206-595-3822) (Bob) or [206-595-3823](tel:206-595-3823) (Viv) or at bobbez@gmail.com.

[Thursday – Monday, June 18 – 22: Grand Tour Scenic Bikeway, Union City, Oregon](#) . Go to the club website Weekends & Tours page for details.

See the club [ride calendar](#) for more details on each ride or click on the ride title to hyperlink to the ride listing!

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.

Regularly Scheduled Rides

Pedal Pushers

The Pedal Pushers group is co-sponsored by the Lynnwood Senior Center and offers weekly rides beginning in late April running through the end of September or later, weather permitting. Pedal Pushers rides started up at the end of April with a kickoff meeting on Tuesday, April 21st at the Lynnwood Senior Center. See the website rides calendar for ride listings through June.

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.

SUMMER = CONSTRUCTION SEASON

It's that time of year when road construction escalates to go along with the longer hours of daylight and the improving weather conditions. This often leads to a direct impact on many of our club rides and to the safety of the riders. For information about road construction visit: <http://snohomishcountywa.gov/1816/Roads-Update>. To help keep everyone safe always follow these Rules of the Road for bicyclists as presented by The League of American Bicyclists, <http://bikeleague.org/>.

Follow the Law

Your safety and image of bicyclists depend on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going.

Be Predictable

Make your intentions clear to everyone on the road. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

Be Conspicuous

Ride where people can see you and wear bright clothing. Use a front white light, red rear light and reflectors when visibility is poor. Make eye contact with others and don't ride on sidewalks.

Think Ahead

Anticipate what drivers, pedestrians, and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and other road hazards. Cross railroad tracks at right angles.

Ride Ready

Check that your tires have sufficient air, brakes are working, chain runs smoothly, and quick release levers are closed. Carry tools and supplies that are appropriate for your ride. Wear a helmet.

Prez Sez...

The days are long, the weather is beautiful. Get out and ride. Enough said?

For inspiration, see both our [Ride Calendar](#) and our [Weekends & Tours](#) pages (contact Tour Leader in advance).

And don't forget the [Ride Updates](#), where any member can post a last-minute ride. Other bike-related news or events can be posted in the "[Member Forum](#)" community page, which shows up on the home page.

To post, you need to log-in with the email address to which this newsletter comes. If you forgot your password, just reset it. Once you are logged in, you can add Ride Updates, and Community page items. You can also view the member directory, in case you want to contact someone.

Perhaps you are training in June for these two upcoming July events:

The Northwest [Tandem Rally](#) in Bellingham, July 2-6. Many BIKES Club tandemers plan to be there - we might plan a Friday night potluck in the camping area? See or post to Ride Updates, and watch out for Tango! Also, single bikes are always welcome at tandem rallies, and the routes and support are great.

[Seattle to Portland July 11](#) - Come on a Training Ride to help you get ready. See or post to Ride Updates to arrange some BIKES Club pacerines or meetups along the way.

Kristin



A Fun Time was had by all on the Yakima Wine Tour Ride! Great looking jerseys!

Thanks to new and former club officers

Elections were held at the May meeting, and the following officers and support positions were filled:

Club president: Kristin Kinnamon, president@bikesclub.org

Vice president: Bill Weber, vicepresident@bikesclub.org

Treasurer: Debby Grant, treasurer@bikesclub.org. Many thanks to Gery Osowiecki for 3+ years in the club's most demanding and exacting position.

Secretary: Mary Jo Gerst, secretary@bikesclub.org, continuing a long stretch of taking our minutes - except when she is out riding - and other duties as required

Online Content Coordinator (non-board role): Allyson Welsh is helping to manage our club [Meetup](#) page and will also assist with our website Ride Calendar and other content.

Monthly Ride Coordinator: This important role will rotate each month. Send your ride descriptions and dates to leadaride@bikesclub.org.

Club picnic Aug. 9 at Silver Lake

The social event of the summer! We'll have rides before the barbecue, where the club provides the burgers, beverages, and fixin's, and everyone else brings something to share.

Note we have reserved a shelter at the south end of the lake this year - so we'll have space to call our own for the day of active socializing and eating.

More details later.

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 | <input type="checkbox"/> |
| DUES | \$25 Annually (FAMILY) | Renewal | <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.



Frequent Rider Miles

| | | |
|-----------|---------------|------|
| Bob | Nyberg | 1045 |
| Pier | Fiorentini | 987 |
| Dan | Scott | 798 |
| Mason | Rutledge | 777 |
| Steve | Linari | 488 |
| Bill | Lutterloh | 371 |
| Bette-Ann | Shroyer | 321 |
| Bill | Weber | 269 |
| Elaine | Scott | 265 |
| Gery | Osowiecki | 259 |
| Mike | Dahlstrom | 255 |
| Nancy | Graham | 230 |
| Debbie | Kawamoto | 220 |
| Rick | Proctor | 207 |
| Kristin | Kinnamon | 203 |
| Tim | Wise | 199 |
| Tom | Weber | 190 |
| Debby | Grant | 163 |
| Jack | Willis | 158 |
| Kristi | Knodell | 147 |
| Steve | Lodholz | 125 |
| Linda | Lee | 120 |
| Gary | Broughton | 116 |
| Linda | Hunter | 116 |
| Brent | Hunter | 115 |
| Bob | Biesiedzinski | 114 |
| Vivian | Biesiedzinski | 114 |
| Cindi | Proctor | 114 |
| Robert | Pahlman | 107 |
| Fred | Koch | 103 |
| Kathy | Riddle | 103 |
| Clarence | Elstad | 90 |
| Michael | Sheldrake | 90 |
| Marcia | Stedman | 84 |
| Leslie | Strickland | 78 |
| Allyson | Welsh | 77 |



Member News!

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

- *Judy Lung*
- *Will McMahon*

THANK YOU for renewing your membership:

- **Ronald Anderson**
- **Gerald & Sarah Bernstein**
- **Gary Broughton**
- **Raquel Haunreiter**
- **Carin Lawrence**
- **Jack McClincy & Janelle Reich**
- **Kathy Meislahn**
- **Robert Palm**
- **Leslie Strickland**
- **Erik Westlund**

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 May 31, 2015 let me know at editor@bikesclub.org.

| | | |
|-----------|-----------|----|
| Brenda | Ferguson | 69 |
| Marietta | Zander | 68 |
| Annie | Peterson | 62 |
| Glenn | Sanneman | 59 |
| Janell | Reich | 48 |
| Laura | Elmore | 46 |
| Adrienne | Dorf | 45 |
| Abe | Osowiecki | 40 |
| Dick | Nicholson | 38 |
| Brian | Hlynosky | 36 |
| Kala | Koch | 34 |
| Jack | McClincy | 31 |
| Jennifer | Winson | 30 |
| John | Carlin | 30 |
| Pam | Hallanger | 30 |
| Ed | Culnane | 30 |
| Doug | Andrews | 28 |
| MJ | Gerst | 28 |
| Shirley | Slade | 28 |
| Pete | Pias | 26 |
| Diane | Slenkamp | 23 |
| Donald | Mohs | 23 |
| Dorothy | Lindstrom | 23 |
| Henriette | Klauser | 23 |
| James | Wright | 23 |
| Judi | Chadwick | 23 |
| Matt | Petersen | 23 |
| Brad | Coats | 23 |
| Weldon | Smith | 23 |
| Judy | Lang | 23 |
| Claire | Kline | 22 |
| Erik | Westlund | 22 |
| Steven | Hudspeth | 22 |
| Warren | Bare | 21 |
| Tom | Crisp | 12 |
| Chuck | Garrity | 11 |



It's another issue of Bike Bites--filled with bike news from around the Evergreen State!

[We're #1--Again!](#)

For the eighth year in a row, Washington state ranks as the most bicycle friendly state in the nation.

[WA State Legislature: First Special Session Ends With No Budget Deal](#)

At the close of the 30-day special session, the State Legislature still lacked agreement on several key items to get the state ready for its new budget year beginning July 1. What does this mean for bicycling?

[In the Other Washington: Federal Transportation Extension Passes](#)

A two-month Congressional extension funds summer transportation projects, and sets up a showdown over what to fund and how to pay for transportation on the national level.

[Seeking a Part Time Superhero\(ine\) to Join the WA Bikes Team!](#)

We're on the lookout for a multi-talented multitasker to work part time on our mission for a bicycle-friendly state.

[Growing Advocacy in Yakima](#)

After several months of conversation, a couple of Yakima bike advocates decided to host a meeting to see if others were interested in improving bicycling in the community. They were!

[Explore Thurston and Lewis Counties in Two County Double Metric Century](#)

Scenic back roads, fabulous rest stops, and new routes make the Two County ride a Northwest favorite--plus it supports our work to grow bicycling in Washington state! View additional [rides that support Wa Bikes](#).

[USBR 10 Extended](#)

Last year, Washington state established the [first segment of USBR 10](#) (our state's first entry into the US Bicycle Route System). With the official addition of Idaho's portion, USBR 10 now extends to Montana.

[Win a Bike Rack!](#)

You still have time to enter our raffle to win a custom Saris bike rack! Deadline extended to June 3 for Bike Bites readers!

[Annual Auction & Gala: Reserve October 17 and Join Us!](#)

Save the date now and plan to join 300+ friends of bicycling for our social and fundraising event of the year!

From Our Blog:

[Need bike parking? Ask for it!](#)

[Bike Clubs: You'll never ride alone](#)

[Riding in the Rain Shadow](#)

[Exploring the Skagit Valley by Bike](#)

[Bikepacking the John Wayne Trail](#)

Washington Bikes

<http://wabikes.nationbuilder.com/>

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You can also keep up with Washington Bikes on [Twitter](#).