

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

**B.I.K.E.S. CLUB MEETING: NOVEMBER 12TH**

## November **Rides: Weekends & Weekdays**

### WEEKDAY RIDES

**Tuesdays, November 3, 10, 17, 24 – PreRide to the Noon Ride** Meet at Silver Lake Bicycle Centre for a 10:30am start, routes will vary. These loop rides are set up to return riders for the start of the Silver Lake Noon Rides. Food stop follows the Noon ride. Distance 12 -15 mile loops, A/B terrain, low-moderate pace with regroup. Ride leaders Dan Scott [425-501-6198](tel:425-501-6198), Rick Proctor 425-293-3153. Heavy rain cancels. Call if in doubt.

**Tuesdays, November 3, 10, 17, 24 – Silver Lake Noon Rides** Join BIKES 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 very short climbs (like less than one block each). Optional coffee after the ride. Nasty weather cancels the ride, but not the coffee – please check the Ride Updates page before leaving home, or call / text. Ride leaders vary. For questions, contact leaders listed with the PreRide.

**Wednesday, November 25 – Giro di Sentieri!** Meet at McCollum Park west parking lot for a 10am start. Loop ride including sections of the Interurban, Burke-Gilman, Sammamish River, and North Creek trails and interconnecting streets. Coffee, lunch, and rest stops expected. 34 miles, steady pace (12 – 14 mph), A & B terrain. Ride leader Rick Proctor, 425-293-3153. Steady rain cancels, check the Rides Updates page or call/text if in doubt.

**Thursdays, November 5, 12, 19 – Giro di Sentieri!**

Meet at McCollum Park west parking lot for a 10am start. Loop ride including sections of the Interurban, Burke-Gilman, Sammamish River, and North Creek trails and interconnecting streets. Coffee, lunch, and rest stops expected. 34 miles, steady pace (12 – 14 mph), A & B terrain. Ride leader Rick Proctor, 425-293-3153. Steady rain cancels, check the Rides Updates page or call/text if in doubt.

### WEEKEND RIDES

**Saturday, November 7 – Lake Stevens Challenge.** Meet at Lake Stevens Library for a 9:30am start and a fast, hilly ride east of Lake Stevens to Storm Lake and Three Lake Road. Approximately 28 miles plus optional 12 mile loop around Lake Stevens itself. Moderate and brisk pace (16mph), rolling hills. Regroup at turns and enjoy a snack/hot beverage in Lake Stevens before optional lake circumnavigation. Ride leader Kristin Kinnamon, 425-923-7868 (looking for social or moderate pace co-leader). Heavy rain cancels - check Ride Updates the night before.

**Saturday, November 14 – Denny's to Conway Loop.** Meet at the Denny's parking lot in Arlington for a 10am start. This will be a coffeeneuring ride with a stop for coffee in Conway. 34 miles, A & B terrain, moderate pace. Bob & Viv Biesiedzinski ride leaders. RSVP to Bob @ 206-595-3822 or Viv at 206-595-3823 or [bobbez@gmail.com](mailto:bobbez@gmail.com). Rain will cancel with option to reschedule Sunday, November 15<sup>th</sup>.

**Saturday, November 21 - Skagit Loop.** Meet at the Rexville Grange (Summers Rd just off of Best Rd) for a 10:30am start. We'll pedal across Fir Island then on to Mt. Vernon (think Skagit Co-op), back over the Skagit River and return. 21 miles, steady pace, A terrain. Ride leaders Dan & Elaine Scott 425-501-6198. Lousy weather may cancel; check Ride Updates. <http://www.bikely.com/maps/bike-path/fir-island-snow-goose-scramble>

**Saturday, November 28 – After Thanksgiving Diet Ride.** Meet at the Snohomish Public Library parking lot for a 10 am start. We'll take a coffee/light lunch stop in Arlington along the Centennial Trail. 44 miles, A terrain, moderate pace. Bob & Viv Biesiedzinski ride leaders. RSVP to Bob @ 206-595-3822 or Viv @ 206-595-3823 or [bobbez@gmail.com](mailto:bobbez@gmail.com). Rain will cancel with option to reschedule for Sunday, November 29<sup>th</sup>.

See the club [ride calendar](#) for more details on each ride or click on the ride title to hyperlink to the ride listing! Always remember to check the [ride updates](#) for any changes!

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### RIDE GUIDE

#### **PACE**

<b>Easy</b>	under 10 mph
<b>Social</b>	10–12 mph
<b>Steady</b>	12-14 mph
<b>Moderate</b>	14-16 mph
<b>Brisk</b>	16-18 mph
<b>Strenuous</b>	> 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.

# Prez Sez...

Even when we aren't out bicycling, BIKES Club of Snohomish County members can often be found out supporting two-wheeled travel.

It was BIKES Club members who helped organize the last [Green Drinks](#) (thanks Mike Dahlstrom & Clarence Elstad), a monthly happy hour for people who support environmental causes. About half the attendees were club members.

A few blocks down the road, other club members (Brent Hunter, Mike Snodgrass and Kristi Knodell) were wrenching away on kids bikes at [Sharing Wheels](#). The community bike shop has a goal to fix 100 bikes for Christmas House, which serves thousands of low income families each December. Work parties continue every Wednesday night through November, 6-9 p.m. at 2531 Broadway, Everett (enter at back of building).



What other ways are BIKES Club members involved in our communities? VP Bill Weber is chairman of the city of Everett's Transportation Committee. Perhaps you have taken the time to research and comment on your city's road or bike plans (opportunities abound - see below). Or to complain - politely - about stoplights that don't trigger for bicycles, or bike lanes full of debris, or the need for bicycle racks at your local park.

We have plenty of [rides on the November calendar](#), but if the weather doesn't inspire you to go outside, find another way to make bicycling and bicyclists visible in Snohomish County.

Thank you to these members who have renewed their membership or who have recently joined B.I.K.E.S.!

- Kristin Kinnamon

City of Lynnwood  
Healthy Communities Action Plan  
Action Plan Preview  
Stakeholder Community Meeting  
5 - 6:30pm Thursday, November 12  
Verdant Community Wellness Center  
RSVP: [solson@ci.lynnwood.wa.us](mailto:solson@ci.lynnwood.wa.us)



*A great deal more.*



We're on the web at  
[www.bikesclub.org](http://www.bikesclub.org)

## 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.

## **B.I.K.E.S. Club Year-End-Party!**

**When: Dec. 5th, 6:00-9:00 pm**

**Where: 13320 Highway 99  
Everett, WA**

<https://www.google.com/maps/place/13320+WA-99,+Everett,+WA+98204/@47.8777872,-122.2745727,17.5z/data=!4m2!3m1!1s0x549004168d300201:0x80d7efb1b4964707?hl=en>

The BIKES Club Year-End Party and White Elephant Gift Exchange is Saturday, Dec. 5 in south Everett.

- Club provides main dish
- Potluck dinner and BYOB
- Rider Miles Awards

Gift Exchange\*

**What is a White Elephant Gift Exchange?** It's a chance to re-gift that attractive doo-dad that Aunt Martha gave you but doesn't suit your taste. Or that unattractive, crazy game your kids didn't take when they moved out.

Sure, nice gifts sneak in, too, because "one person's meat is another person's poison." Plus it keeps 'em guessing.

Expect to see "ice nudes" ice cubes, bike parts and accessories, bike art, golf gear (we do have other interests), etc.

Wrap it up nicely, as we may play by some new rules this year.

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Come join in the fun! This is a great way to celebrate the year we have had on our two-wheeled chariots!

Frequent Rider Miles

Bob Nyberg	2649	Raquel Haunreiter	303	Ken Winknwider	120
Dan Scott	2057	Jim Roosma	298	Judi Chadwick	113
Pier Fiorentini	1410	Leslie Strickland	292	Matt Petersen	112
Rick Proctor	1279	Janell Reich	264	Robert Smith	91
Fred Koch	1176	Linda Hunter	256	Michael Sheldrake	90
Mason Rutledge	1102	Larry Kennedy	255	Diane Gordon	82
Marcia Stedman	1014	Marietta Zander	253	Tom Crisp	74
Bill Lutterloh	865	Kathy Riddle	232	Susan Hausmann	73
Steve Linari	857	Erik Westlund	230	Carin Lawrence	68
Elaine Scott	846	Kurt Haunreiter	230	Brad Coats	67
Tim Wise	778	Joanne Kennedy	228	Diane Slenkamp	63
Bette-Ann Shroyer	755	Pamela LaVergne	203	Abe Osowiecki	62
Robert Pahlman	740	Jean Henderson	190	Annie Peterson	62
Debbie Kawamoto	698	Judy Lang	189	Glenn Sanneman	59
Clarence Elstad	666	Chuck Garrity	188	Jim Stewart	56
Mike Dahlstrom	635	Dorothy Lindstrom	182	Cathy Tanner	52
Warren Bare	630	Brenda Ferguson	179	Sarah Bernstein	52
MJ Gerst	609	Brent Hunter	178	Gerald Bernstein	52
Bill Weber	587	John Carlin	178	Stephanie Roche	48
Gary Broughton	558	Eva Clougherty	172	Matt Roybal	48
Debby Grant	557	Libby Krochalis	168	Laura Elmore	46
Kristin Kinnamon	522	Audrae Coury	165	Will McMahan	45
Kala Koch	520	Steve Lodholz	153	Dick Nicholson	38
Gery Osowiecki	496	Henriette Klauser	150	Pam Hallanger	37
Nancy Graham	465	Sean Wilson	142	Brian Hlynosky	36
Jack Willis	457	Bobbie Laue	140	Jennifer Winson	30
Adrienne Dorf	439	Ron Andersen	131	Ed Culnane	30
Tom Weber	412	Adrienne Reynolds	129	Doug Andrews	28
Cindi Proctor	400	Peter Smith	129	Shirley Slade	28
Pete Pias	391	Mark Olson	126	Craig Cameron	26
Chris Clougherty	391			Kay Peterson	25
Jack McClincy	380			Donald Mohs	23
Juanita Pias	365			James Wright	23
Linda Lee	335			Peter Pisani	23
Bob Biesiedzinski	334			Weldon Smith	23
Vivian Biesiedzinski	334			Sue Regan	23
Allyson Welsh	312			Steven Hudspeth	22
Claire Kline	310			Kevin Patterson	17
Kristi Knodell	306			Ed Hawkinson	11
				Jim Shaw	11

