

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: JANUARY 14TH

December Rides: Weekends & Weekdays

WEEKDAY RIDES

Tuesdays, December 1, 8, 15, 22, 29 – 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 regroupings. Ride leaders Dan Scott [425-501-6198](tel:425-501-6198), Rick Proctor 425-293-3153. Heavy rain cancels. Call if in doubt.

Tuesdays, December 1, 8, 15, 22, 29 – 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 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 contact ride leader. Ride leader Mike Dahlstrom, mike.dahlstrom@frontier.com.

Thursdays, December 3, 10 & 17—Giro di Sentieri Meet at McCollum Park west parking lot for an 11am 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. Ice, snow, or steady rain cancels, check the Rides Updates page or call/text if in doubt.

WEEKEND RIDES

Sunday, December 6—Ride to Redmond & Molbaks This is a fun, mostly trail ride to lunch at QFC in Redmond. On our way back we will detour through Woodinville to admire the beautiful displays at Molbaks and partake in some complimentary, traditional Kringle and coffee. We may even get to gather 'round Santa for a fun group photo! Pace is high social and mostly A, very little B terrain. About 25 miles. Nasty weather cancels which includes rain, showers, and temps under 40 degrees. If in doubt please check Ride Updates or contact Ride Leader Allyson Welsh at 206 356-8134. Hope you can join us!

Sunday, December 13 (7th day of Hanukah) - Doughnut Ride Meet at Bicycle Centres of Everett, Silver Lake Location for a 12:30pm start. Donuts being a traditional treat for this ancient holiday, lets ride to Mill Creek to visit Frost Doughnuts. About 15 miles, Social Pace, terrain B. Ride leader Gery Osowiecki, 469-358-2887. Extremely cold weather (less than 40 degrees), steady rain, ice, or snow cancels the ride. But please come to the donut shop anyway, unless it's really unsafe. If conditions look iffy, please check Ride Updates page before leaving home, or text/call Gery to confirm.

Friday, December 18 – Decorated Bike Ride Meet at the Northeast corner of Garfield Park in Everett (2 blocks East of Walnut on [23rd Street](#)) for a 6:30pm start. Light your bike, tinsel yourself, or grow a tree on your rack. It's time for a Christmas light viewing ride around Everett. A 5-10 mile leisurely ride around town. This is a night ride, headlight and taillight required, decorations are optional (but fun). Snow, ice and/or heavy rain will postpone, watch ride changes page for updates. Warm post ride beverages will be available. Ride leader Bill Weber [425-327-3516](tel:425-327-3516) email bbweberwa@comcast.net.

Saturday, December 19 – Round the River Everett to Snohomish Starting at Emerson ES in Everett, south parking lot at 10am. Ride into north Everett, out to Snohomish via Home Acres Rd. and Riverview Rd. Food stop in Snohomish, return via River Road and climb back up to Emerson ES. Low moderate pace, A/B terrain, ~30 miles. Ride leader Dan Scott 425-501-6198.

Sunday, December 27 - Doughnut Ride (2.0) Meet at Bicycle Centres of Everett, Silver Lake Location for a 12:30pm start. A relatively short loop involving parts of the Interurban Trail, climb up to Paine Field, and stop at a nice little “mom and pop” donut shop on 112th St. About 12 miles, Social Pace, terrain mostly A, a little bit of B. Ride leader Gery Osowiecki, 469-358-2887. Extremely cold weather (less than 40 degrees), steady rain, ice, or snow cancels the ride. But please come to the nearby L'Artisan Bakery anyway, unless it's really unsafe. If conditions look iffy, please check Ride Updates page before leaving home or text/call Gery to confirm.

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

Easy	under 10 mph
Social	10–12 mph
Steady	12-14 mph
Moderate	14-16mph
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.

Prez Sez...

End year with party, start with tour planning

At least 25 members and guests will be at our Dec. 5 awards dinner and white elephant gift exchange. There's still room for you!

Please RSVP to president@bikesclub.org by Wednesday, Dec. 2 so we bake enough ham.

The club's annual fundraiser, the McClinchy Mile Bicycle Ride, is scheduled for Sunday, March 20, 2016. Basic information about the ride is on our website now.

Current club members save \$5 off registration fees. We also need 25 volunteers the day of the ride to make it happen, and help in advance as well.

Put us in your plans for 2016.

Speaking of plans, make some ambitious ones at our Overnight Tours Planning meeting on Jan. 3 (mostly for potential leaders and coordinators).

Everyone can get inspired at our first club meeting of the year on Jan. 14. We'll get lightning presentations on 6-8 tours you might want to do - or at least enjoy the photos. Contact Kristin if you'd like to share your 20-slide tour.

- Kristin Kinnamon, president

Dinner, Awards, White Elephant Dec. 5

The BIKES Club Year-End Party and White Elephant Gift Exchange starts at 6 p.m. Saturday, Dec. 5. Members and their guests are invited to join us for a potluck dinner, rider miles awards, ride leader thank-you, and a white elephant gift exchange.

The Club provides ham for the main dish. Members bring their favorite appetizer, side dish or dessert to share. Also BYOB – bring your own beverages, alcoholic or non. Club will provide coffee and tea.

The party is at the club house at **Carriage Club Estates, [13320 Highway 99](#)** in south Everett. Member Warren Bare is our host, but we count on other members to help with set-up and cleanup before and after the event.

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.

Expect to see bike parts, accessories, and art, golf gear (we do have other interests), elegant household goods, and watch out for the "ice nudes" ice cube tray.

Wrap your gift up nicely, as we expect to play by some new rules this year. Santa Bill Weber will preside.

RSVP to Kristin at president@bikesclub.org by Wednesday, Dec. 2. We need to know you are coming so we bake enough ham!

Bicycle Safety: It's Everybody's Responsibility

It's every bicycle riders worst nightmare, and one that came close to home.

Accident on Today's Ride

Words you never want to see in an email subject.

From Bob Nyberg: About 10:20 am on Nov 4, I joined up with Mason Rutledge near the 52nd St PUD substation on the Interurban trail for his listed ride ... Mason's front wheel touched my rear tire and he went down hard. He was laying face down in the middle of the lane unconscious for about 1 - 2 minutes. I called 911 and his wife Brenda.

From Mason (a few days later): Thanks for everything. My face is healing quickly. No broken bones just a dislocated (painful) shoulder and a brain that needs rest. Bike is okay too. Helmet is totaled.

From Dan Scott (upon reflection): This is, unfortunately, a good reminder to all of us who lead rides to carry a copy of the club accident and insurance forms as well as completed sign-up sheets. I know I've been a bit lax at times about the sign up process; I need to be more insistent about emergency contact numbers too, including my own.

From Kristin Kinnamon: Bottom line, bicycling is relatively safe when done with skill and awareness, but crashes can and do happen. On club rides we prepare for but seek to prevent crashes by:

- Reviewing rules of the road before all rides
- Collecting emergency contact info on sign-in
- Wearing a helmet – not a cure-all, but it sure can help (see above!)
- Following group riding etiquette – like pointing out obstacles
- Having insurance – and carrying the accident form to complete if needed.

Our insurance protects the club from liability, and it also can help injured riders with medical coverage if costs exceed their other policies. Only members and first-time guests are covered by club insurance.

Editor Note: Ride Leaders be sure to carry copies of the club ride info packet with you when leading your rides! Be sure to collect signatures and emergency numbers.

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	2882		Claire	Kline	310		Michael	Sheldrake	90
Dan	Scott	2328		Kristi	Knodell	306		Diane	Gordon	82
Pier	Fiorentini	1410		Jim	Roosma	298		Susan	Hausmann	73
Rick	Proctor	1386		Larry	Kennedy	296		Carin	Lawrence	68
Fred	Koch	1220		Leslie	Strickland	292		Brad	Coats	67
Marcia	Stedman	1145		Janell	Reich	279		Diane	Slenkamp	63
Mason	Rutledge	1135		Joanne	Kennedy	269		Abe	Osowiecki	62
Elaine	Scott	987		Linda	Hunter	256		Annie	Peterson	62
Steve	Linari	934		Marietta	Zander	253		Glenn	Sanneman	59
Bill	Lutterloh	881		Kathy	Riddle	232		Jim	Stewart	56
Robert	Pahlman	854		Erik	Westlund	230		Cathy	Tanner	52
Debbie	Kawamoto	805		Kurt	Haunreiter	230		Sarah	Bernstein	52
Bette-Ann	Shroyer	783		Eva	Clougherty	225		Gerald	Bernstein	52
Tim	Wise	778		Pamela	LaVergne	203		Stephanie	Roche	48
Clarence	Elstad	666		Jean	Henderson	190		Matt	Roybal	48
Mike	Dahlstrom	658		Judy	Lang	189		Laura	Elmore	46
Warren	Bare	630		Chuck	Garrity	188		Will	McMahan	45
Bill	Weber	613		Dorothy	Lindstrom	182		Dick	Nicholson	38
MJ	Gerst	609		Brenda	Ferguson	179		Pam	Hallanger	37
Kala	Koch	564		Brent	Hunter	178		Brian	Hlynosky	36
Gary	Broughton	558		John	Carlin	178		Peter	Pisani	34
Debby	Grant	557		Libby	Krochalis	168		Jennifer	Winson	30
Jack	Willis	535		Audrae	Coury	165		Ed	Culnane	30
Kristin	Kinnamon	522		Steve	Lodholz	153		Doug	Andrews	28
Gery	Osowiecki	496		Henriette	Klauser	150		Shirley	Slade	28
Nancy	Graham	477		Sean	Wilson	142		Craig	Cameron	26
Chris	Clougherty	444		Bobbie	Laue	140		Kay	Peterson	25
Adrienne	Dorf	439		Ron	Andersen	131		Donald	Mohs	23
Cindi	Proctor	423		Adrienne	Reynolds	129		James	Wright	23
Tom	Weber	412		Peter	Smith	129		Weldon	Smith	23
Jack	McClincy	395		Mark	Olson	126		Sue	Regan	23
Pete	Pias	391		Ken	Winkwider	120		Steven	Hudspeth	22
Raquel	Haunreiter	378		Judi	Chadwick	113		Kevin	Patterson	17
Juanita	Pias	365		Matt	Petersen	112		Tone	Hutton	12
Bob	Biesiedzinski	358		Tom	Crisp	97		Ed	Hawkinson	11
Vivian	Biesiedzinski	358		Robert	Smith	91		Jim	Shaw	11
Linda	Lee	335						Bruce	Deitz	6
Allyson	Welsh	312						Pam	Deitz	6

