

Chainwheel Chatter

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

Your Snohomish County Cycling Club

MARCH 2016
VOL. 438

[Next B.I.K.E.S. Club meeting on March 10th @ 7:00 pm](#)

March Rides: Weekends & Weekdays

RIDE GUIDE

WEEKEND RIDES

Sunday, March 6 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. Elevation gain: 1600 feet. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels, check the Rides Updates page or call/text if in doubt.

Sunday, March 6 Barn to Lake Ride Meet at the Nakashima Barn at the north end of the trail for a 10:30 am start. We'll ride the Centennial Trail to Lake Stevens at a social/steady pace. Mostly "A" terrain, approximately 45 miles. We'll find a spot in Lake Stevens to grab a coffee or a light lunch before heading back to the barn! Bob & Viv Biesiedzinski ride leaders. RSVP to Bob @ 206-595-3822 or Viv @ 206-595-3823, or either at bobbez@gmail.com. Steady rain will postpone the ride. Check the ride updates page for details. We hope to see you on the trail!

Saturday, March 12 Route Mark Ride Arlington-Granite Falls-Machias Loop, Ride your bike and help mark the 48 miles loop for the McClinchy Mile. Meet at Haller Middle School in Arlington for an 8am start. Steady pace (12-14 mph), A/B terrain, lots of stops for route marking, coffee, lunch, rest. Ride leader Rick Proctor 425-293-3153. Ice, snow, or rain cancels. Dry pavement needed for markings to stick. Check Ride Updates page or call/text if in doubt. Sunday, March 13 is the alternate date just in case!

Sunday, March 13 McClinchy Stanwood Route Marking Meet at 9 a.m. at Haller Middle School, 600 E. First St., Arlington. We'll ride the 34-mile Stanwood route, checking (and fixing) Dan Henry's along the way. Leader will ride at moderate (14-16) pace, but faster and slower riders welcome since route will be marked. We'll regroup at Jim & Willows Cafe in Silvana for a late breakfast/early lunch. Ride leader Kristi Knodell, 425-220-8973. Check ride updates if weather is iffy.

Saturday, March 19 OSO Strong Ride Meet at downtown Arlington Legion Park at 10 a.m. We will ride last year's Oso Strong route on Hwy. 530. Ride leader will turn around after passing the landslide zone for a 36 mile ride, but faster or more ambitious riders may continue to Darrington for a 56 mile round trip. We will stop in Oso for lunch on the return trip. 36 miles, a few hills (B) at moderate pace (14-16 mph). Other paces welcome as this is a more or less out and back route. Ride Leader: Kristin Kinnamon, 425-923-7868. Weather constraints: Remember last year's weather? We'll ride no matter what.

[Sunday, March 20 McClinchy Mile Ride!](#)

Join in as a volunteer or ride all or part of the loop. See info on page 3!

Saturday, March 26 Lake Washington Loop Ride Meet at Log Boom Park for a 9:00 AM start. Loop ride clockwise around Lake Washington. Coffee, lunch, and rest stops expected. 52 miles, steady pace (12-14 mph), A/B/C terrain. Elevation gain: 1900 feet. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels, check the Ride Updates page or call/text if in doubt.

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.

WEEKDAY RIDES

Tuesdays, March 1, 8, 15, 22 & 29 PreRide to the Noon Ride Meet at Silver Lake Bicycle Center for a 10:30 am start, route will vary. These loop rides 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, steady pace (12-14 mph) with regroup. Ice, snow or steady rain cancels. Ride leaders Rick Proctor 425-293-3153 and Cindy Proctor 425-293-3152. Check the Ride Updates page or text/call if in doubt.

Tuesdays, March 1, 8, 15, 22 & 29 Tuesday Noon Ride Join BIKES for a short Silver Lake and Mill Creek loop. Meet at Silver Lake Bicycle Centre for a 12pm (noon) start. Social pace (10-12mph), 10 miles, A terrain with just a few very short climbs (like less than one block each). Optional lunch and/or coffee after the ride. Nasty weather cancels the ride, but not the coffee – please check the Ride Updates page before leaving home. Ride leaders Rick Proctor 425-293-3153 and Cindy Proctor 425-293-3152. Ice, snow, or steady rain cancels. Check the Rides Updates page or call/text if in doubt.

Thursdays, March 3, 10, 24 & 31 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.

Wednesdays, March 2, 9, 23 & 30 Over the Hump Ride Meet at McMenamins (about a block south of Bicycle Centres on Bothell Everett Hwy), for this 10 mile, social-pace B/C terrain ride, with an (optional) pint afterwards. Rain cancels the ride, but NOT the pint.... Call or text 469 -358-2887 if in doubt... The days are getting noticeably longer, however, do bring lights, just in case.... Rider Leader Geri Osowiecki.

Wednesday, March 23 Spring Ride Start @ 10AM. Meet at Lowell River Front Park (gravel lot at the foot of 52nd St). Ride to Snohomish and on to Machias for 25 miles RT trip Social pace, mostly A with some B terrain. Lunch in Snohomish on return. Ride leader Mike Dahlstrom, mike.dahlstrom@frontier.com, 425-337-0887. Day of ride 360-348-0549. Rain cancels.

Prez Sez...

McClinchy Mile Bicycle Ride March 20



Start your 2016 training with a scenic, well-supported bicycle ride in Arlington, Wash. This year's McClinchy Mile Bicycle Ride will have 34 , 48, 52 and 100-mile options. First 200 registrants get a reflective McClinchy backpack.

Club members who register can save \$5 - register by mail using our paper registration form. Membership expires every 12 months - don't forget to renew!

Buy your BIKES Club Jersey!

Jerseys and shorts are for sale again! Cost is \$50 plus shipping - order with a friend and save. Order before March 18, when the price increase to \$60 for McClinchy weekend. Jerseys are the same design and Peak quality as last year.

Ride Leader Roundtable Thursday, March 10

Next month's club meeting is just for ride leaders - the most important volunteers we have. We hope to see all 32 of you at 6:30 p.m. Thursday, March 10 at the PUD training room, 2320 California St., Everett. Dinner provided by the club - you provide the discussion: What can we do as a club to make your job easier and our rides better? What kind of rules of the road should we all review? What about those non-members who keep coming back?



McClinchy Mile Bicycle Ride March 20 in Arlington

Start your 2016 training with a scenic, well-supported bicycle ride in Arlington, Wash. B.I.K.E.S. Club of Snohomish County invites you to explore the rural roads and quiet trails north of the Stillaguamish River Valley north of Seattle.

How far is a McClinchy Mile? That's up to you. Choose from flat or hilly routes: 34, 48, 52 or 100 miles. We'll be there rain or shine – how about you?

Food stops every 15-20 miles (including hot drinks!). Mechanical and vehicle SAG support on all routes.

Cost is \$35 on the day of the ride, or save \$5 by signing up early. *First 200 registrants get a reflective McClinchy backpack.*

McClinchy Mile supports recreational bicycling, advocacy, and bike-related local grants through B.I.K.E.S. Club of Snohomish County. We have hosted the ride for more than 30 years.

Riders can register and start from 8 - 10 a.m. Sunday, March 20. The course closes at 4 p.m.

Learn more about the ride at bikesclub.org/mcclinchy

Chainwheel Chatter Content

It has been my pleasure to provide to you valuable information about B.I.K.E.S. Club activities, statistics, informational articles, etc. for the past two years. I look forward to continuing as the Editor of the Club Newsletter. I ask your help in creating an even better Newsletter for the club. If you have an interesting article, picture, ride, etc. that you would like to include in the next edition of the Chainwheel Chatter that you send it to me at editor@bikesclub.org and I would be happy to include it! I'll even include your name as the submitting author!

May all of you have a very Healthy, Prosperous and Ride Safely New Year!

Bob Biesiedzinski, Editor
Chainwheel Chatter

B.I.K.E.S. Club Meeting

Club Meetings are at 7 p.m. the second Thursday of the month at the Everett PUD, 2320 California St. Calling all Ride Leaders! Club Ride Leader Roundtable is this month.



Club members -- join [BIKES' Facebook group](#). We've set the page up to share photos, ride reviews, bike or travel discussions, etc. Thanks to Dan Scott for managing our page, and to the many members who contribute interesting posts.

[Check the Road Condition Before You Go!](#)

[Snohomish County Roads Central Updates](#)

[WSDOT Weekly Snohomish County Roads Weekly Update](#)



Club Rider Miles

Bob	Nyberg	398
Rick	Proctor	380
Dan	Scott	269
Cheryl	Funkhouser	235
Pier	Fiorentini	231
Robert	Pahlman	218
Cindi	Proctor	181
Debbie	Kawamoto	167
Steve	Linari	151
Raquel	Haunreiter	149
Bill	Paul	133
Mark	Olson	122
Bob	Biesiedzinski	85
Viv	Biesiedzinski	85
Jack	Willis	82
Elaine	Scott	78
Bill	Weber	76
Nancy	Graham	69
Mitch	Pico	69
Bette-Ann	Shroyer	67
Allyson	Welsh	65
Sean	Wilson	60
Warren	Bare	60
Bill	Lutterloh	59
Gery	Osowiecki	45
Jan	Johnson	45
Marcia	Stedman	44

Kurt	Haunreiter	41
John	Reno	41
Tim	Wise	38
Bob	Palm	35
Kathy	Riddle	33
Kristin	Kinnamon	33
Fred	Koch	31
Kala	Koch	31
Brent	Hunter	30
Linda	Hunter	30
Clarence	Elstad	27
Jim	Brandly	27
John	Carlin	25
Juanita	Pias	25
Pete	Pias	25
Rick	Poffenroth	25
Tom	Weber	24
Dorothy	Lindstrom	23
Mike	Dahlstrom	22
Dan	Richetto	22
Kristi	Knodell	16
Chris	Clougherty	14
Frosene	Saco	13
Jack	Turner	12
Michele	Wolski	11
Jim	Gillan	11



Looking for more Ride Leaders!

Are you interested in leading a club ride but don't know how to begin? Check out the Ride Leader Guide at <http://www.bikesclub.org/Ride-Leader-Guide> . This page has all the info you might be looking for!

Contact our ride coordinator at leadaride@bikesclub.org to get your ride on the calendar!

2016 Club Tours

May 20, 21 and 22 - Yakima Weekend

Come and bike in Yakima where the sun is shining and the apples trees are blooming

Fri – Trail ride 28 miles

Sat – Tieton Loop, mostly flat with a few moderate hills. 40 miles

Sun – Cottonwood Loop, mostly flat with one short hill. 40 miles

Rides are steady pace with stops to enjoy the area scenery.

Ride Leader: Mary Jo Email ride leader for cue sheets and start locations. maryjo1532@hotmail.com

June 3-14 Pittsburgh to DC: GAP & C&O Bike Tour

Spend the weekend riding the trails around Pittsburgh. Then ride car free from Pittsburgh to DC on an abandoned railroad bed and then along the C&O Canal Towpath. Enjoy historic towns, parks, tunnels and awesome scenery on this spectacular tour.

Lodging will be in motels and inns along the trail.

Contact tour leader Mary Jo at maryjo1532@hotmail.com

July 14-19, 2016 – Biking Around Bend

Thu – Drive to Bend

Fri - Bike around Bend 40 miles

Sat – Twin Bridges ride. Lunch in Tumalo. 40 miles

Sun – Madras Scenic Bikeway ride. 40 miles

Mon – Bike around Bend. 40 miles

Tues – Stop for a bike ride in Vancouver on the way home

Rides are steady pace with stops to enjoy the area scenery.

Ride Leader: Mary Jo Email ride leader for cue sheets maryjo1532@hotmail.com

Aug 18-23, 2016 Eugene

Bike on the many bike friendly roads around Eugene and ride on the Covered Bridges Scenic Bikeway.

Thu – Meet in Eugene for an evening walk/ride along the river.

Fri - Bike around Eugene 40-45 miles

Sat – Bike the Covered Bridges Scenic Bikeway from Cottage Grove 36 miles

Sun - Bike around Eugene 40-45 miles

Mon – Return with an optional stop in Vancouver for a 25 mile trail ride.

Rides are steady pace with stops to enjoy the area scenery.

Ride Leader: Mary Jo Email ride leader for cue sheets maryjo1532@hotmail.com



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.