

Chainwheel Chatter

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

Your Snohomish County Cycling Club

OCTOBER 2016
VOL. 445

Next B.I.K.E.S. Club meeting on Oct. 13th @ 7:00 pm

Prez Sez...

State Bike Count

"We measure what matters." That phrase is always in my mind during the annual state bike count in the last week of September. BIKES Club members have helped in Snohomish County since the project started in 2008. One location I like to count is the Highway 529 bridge between Everett and Marysville. It's my commute route, and it's also a major barrier to bicycling.

I thought about that yesterday morning as I waited for someone, anyone, to come across that bridge outside a vehicle. Eventually, a guy in shorts and a sleeveless top rode south, and later "Dr. Phil," a family doctor and year-round bike commuter I have known for years, headed north. That was it – though I did count myself, too. Only two pedestrians came across during my shift.

There are good things and bad things about those low numbers. For a few years, there was no regular bus service across "the flats" between Everett and Marysville. I saw a lot of people walking back then, and on Sundays. Now, in addition to Community Transit buses every 15 minutes, Skagit and Island Transit also serve north Everett. I did see some buses with full bike racks, and I know there is high demand for rack space on the Everett to Marysville route.

But the bad news is, we have poor bike infrastructure in much of our county. Highway 529 has several bridges across the Snohomish Rivers and sloughs. Only the newest one near Marysville is built with a standard bike lane and walkway – and that one is so wide it encourages cars to speed. The Hewitt Avenue Trestle Trail next to Highway 2 provides a much less stressful ride across the river, but doesn't draw that many more people on bikes. There is poor access on the Lake Stevens side – not only a steep hill, but also busy roads designed for fast cars, not bikes or people.

Where are lots of bikes counted in the morning? Along the Interurban Trail – near the 112th Street Park & Ride in south Everett (55 bikes counted there last year), in Mountlake Terrace (a.m. high of 54 counted in 2014), and in other locations near trails and "activity centers" such as park & rides or colleges (North Creek Trail at 228th had 37 bikes last year).

I want to count more people on bikes near where I live, every day of the year. That will require roads and bike routes that people perceive as safe and comfortable. And that will require lots of advocacy with city, county and state planners and engineers.

Time to be a squeaky wheel.

[See the state bike count numbers yourself here.](http://wsdot.wa.gov/data/tools/bikepedcounts/)

Kristin



The 2016 B.I.K.E.S. Club Picnic was a great success! Many club members participated in rides, good food and lots of fun! Everyone had a great time and we are looking forward to another great year of cycling the beautiful Pacific Northwest!

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. See the [Rides calendar](#) for details.

NEWS YOU CAN USE!!

Ride Leader Breakfast

Volunteers who have lead at least three club rides this year should save the date of Saturday, Nov. 5. We'll be inviting you to breakfast as a thank you for your efforts. Bob's Burgers and Brew, 611 SE Everett Mall Way, Everett, WA 98208, 10:30 am - 12:30 pm

Offering grants for bike-related projects

Members - help spread the word about our grants: B.I.K.E.S. Club of Snohomish County is accepting grant requests. Snohomish County organizations that support bicycling and bike safety for children or adults are eligible. Previous grants have ranged from \$100 to \$1,000 and have supported children's bike helmets, bike racks, trail amenities, bike publications for libraries, and bicycles for low-income youth. Grant awards will not exceed a combined total of \$4,500.

Grant requests should include the purpose and type of program being funded, the number of people served, how the program relates to your organization, and contact information. **Requests must be received by Monday, Oct. 10, 2016.**

For more information, contact Kristin Kinnamon at (360) 658-2462 or president@bikesclub.org



Club meeting October 13th Fix a Flat Contest

Come join us for our monthly club meeting at 7 p.m. Thursday, October 3th at the Everett PUD, 2320 California St. Our meeting will start with a Flat-Fixing Race. Bring your own front wheel, tire tools and tube. Winner will get a \$25 gift card to Bicycle Centres, and can give the rest of us some tips. We'll review basics of how to fix a flat - a skill you need to have for club rides.

Also on the agenda are: McClinchy Mile 2017; community grant application review and awards; club promotional items.

Join us for dinner before the meeting starting around 5:30 p.m. at Brooklyn Brothers Pizza, 1919 Hewitt Ave., Everett.

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.

October Rides: Weekends & Weekdays

WEEKEND RIDES

Sundays October 9th, 16th, 23rd, 30th.

New North McClinchy Mile Route Exploration

Meet at Bryant Centennial Trail Park (across hwy 9 from Bryant General Store) for a 9am start. Loop and/or out and back rides to the N, S, E, & W from Bryant, different each week. Moderate pace (14 – 16 mph), 30 – 40 miles, ABC terrain up to 2,300 feet of elevation gain. Coffee / lunch / rest stops expected. Ride leader Rick Proctor 425-293-3153. Ice, snow or steady rain cancels. Check the Ride Updates page or call/text if in doubt.

Saturday October 22nd

Bayview to Anacortes Coffeeneuring Adventure

Meet at the Padilla Bay Trailhead parking lot on 2nd Street in Bayview at 10am for an approximate 36 mile ride at a social/steady pace, A terrain with a nice hill in the middle. We'll be making a loop around March Point either on the way to coffee, or on the way back! We can choose from lots of places, but Calico Cupboard has a great selection of items that will add some zip to your ride!! Bob & Viv Biesiedzinski, Ride Leaders. Please RSVP to Bob at 206-595-3822 or Viv at 206-595-3823. Steady rain will cancel. Check the ride updates posting for any changes that we may post! Hope to see you there!!

Sunday October 23rd

Mill Creek Area Steady Ride

Meet at McCollum Park and Ride (near the poolside parking lot) for a 9:30 a.m. start. 24 miles, steady (probably low steady!) through east area of Pioneer Trails/Seattle Hill Road out to Willis Tucker Park and down to Cathcart road and back up Puget Park and through central Mill Creek, stop at Tambark Park, back through the Town Center, where we will stop for a coffee/tea break at Starbucks and then continue back to McCollum Park. Terrain is rolling (B), 1200+ feet of elevation gain. Mostly quiet residential back streets. Ride leader Cindy Proctor, 425-293-3152. Rain showers will cancel, check ride updates if forecast looks iffy!

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



WEEKDAY RIDES

[Tuesdays October 4th, 11th, 18th, 25th: PreRide to the Noon Ride \(2 pace groups\)](#)

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 10 – 15 mile loops, A/B terrain, moderate pace group (14 – 16 mph) and social pace group (10 – 12 mph) both with regroup. Ice, snow or steady rain cancels. Ride leaders Dan Scott 425-355-4510, Rick Proctor 425-293-3153 and Cindy Proctor 425-293-3152. Check the Ride Updates page or text/call if in doubt.

[Tuesdays October 4th, 11th, 18th, 25th: Tuesday Noon Ride \(2 pace groups\)](#)

Join BIKES for a short Silver Lake and Mill Creek loop. Meet at Silver Lake Bicycle Centre for a 12pm (noon) start. Social pace group (10 – 12 mph), 10 – 12 miles, A terrain with just a few short climbs (less than one block each). Moderate pace group (14 – 16 mph) 13 – 17 miles, A/B terrain. Optional lunch and/or coffee after the ride. 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.

[Thursday October 6th: North Seattle Parks Loop \(steady pace\)](#)

Meet at Shoreline Park & Ride (Aurora Ave N & N 192nd St) south parking lot for a 10am start. Loop ride on trails and streets near Puget Sound through Golden Gardens, Chittenden Locks, Discovery Park, Gas Works Park, UW, Ravenna Park, Green Lake, and Greenwood Park. We will walk the bikes through Chittenden Locks area (1/2 mile). We will forage for coffee / lunch along the way. 36 miles, steady pace (12 – 14 mph), A & B terrain with 1,800 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow or steady rain cancels. Check the Ride Updates page or call/text if in doubt.

[Thursday October 13th: McCollum – Mukilteo – Everett Loop](#)

Meet at McCollum Park west parking lot for a 10am start. Loop ride through Harbour Point, Mukilteo, and Everett. Coffee / lunch along the Everett waterfront. 33 miles, moderate pace (14 – 16 mph), A & B terrain with 1,800 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow or steady rain cancels. Check the Ride Updates page or call/text if in doubt.

[Thursday October 20th: 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, moderate pace (14 – 16 mph), A & B terrain with 1,600 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels, check the Rides Updates page or call/text if in doubt.

[Thursday October 27th: North Seattle Parks Loop \(moderate pace\)](#)

Meet at Shoreline Park & Ride (Aurora Ave N & N 192nd St) south parking lot for a 10am start. Loop ride on trails and streets near Puget Sound through Golden Gardens, Chittenden Locks, Discovery Park, Gas Works Park, UW, Ravenna Park, Green Lake, and Greenwood Park. We will walk the bikes through Chittenden Locks area (1/2 mile). We will forage for coffee / lunch along the way. 36 miles, moderate pace (14 – 16 mph), A & B terrain with 1,800 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow or steady rain cancels. Check the Ride Updates page or call/text if in doubt.

[Monday October 31st ALL HALLOWS EVE Ride](#)

Join me, (if you dare), to ride to the Evergreen Park Cemetery and pay respects to the departed; making note of significant inhabitants of this hallowed place. Socially steady pace, depending on terrain (A-B) from Silver Lake park to Everett; approximately 20-22 miles. Ride begins at 10:30 AM. Lunch in Everett after touring the Cemetery. Interurban trail and streets. Ride leader Mike Dahlstrom, 425-337-0887; day of ride 360-348-0549.

[6th Annual Coffeeneuring Challenge: The Spirit of Coffeeneuring](#)

Now in its sixth year, the Chasing Mailboxes Coffeeneuring Challenge is a relaxed weekend, or weekday (see rule #4), cycling endeavor for cyclists everywhere. If you like riding a bike and enjoy drinking coffee or tea (or even hot chocolate or cider), consider this challenge.

In a nod to the French as well as randonneuring, the Coffeeneuring Challenge has its share of rules. Don't let them intimidate you, though. As those who have successfully completed the challenge will attest, they are all manageable. Essentially the challenge boils down to this:

- over the course of 7 weeks,
- ride your bike 7 different places,
- at least 2 miles round-trip each time,
- drink 7 cups of coffee (or similar), and
- take 7 pictures as proof of your coffeeneuring.

Complete rules are updated from last year, see the title link above, and include a *big change* I think many will like (see Rule 4). "Theme Within a Theme" received such positive response last year that it continues as an optional category for all you coffeeneuring creatives out there (see Rule 10).



Several club members have participated in this event in the years past and have had a great time! It's easy to do and you can even get a patch to show the world that you completed the challenge! Already on the October club ride calendar is at least one Coffeeneuring ride on the 22nd from Bayview to Anacortes. Check with the ride leaders for any of the already scheduled rides to see if they would like to make their ride a coffeeneuring ride!



Ride Pics from the B.I.K.E.S. Club Members!



August & September had many great rides! Thank you to all who posted photos of what we love to do...RIDE OUR B.I.K.E.S.!

If you would like to see your pictures in the newsletter you can send them directly to editor@bikesclub.org or post them on the club Facebook Page!

Facebook!

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



Rick	Proctor	2781	Jan	Johnson	188	Johnny	Kwan	39
Bob	Nyberg	2403	Diane	Gordon	174	Rajie	Barclay	36
Pier	Fiorentini	2055	Leslie	Strickland	167	Frosene	Saco	35
Dan	Scott	1577	Will	Neill	160	Linda	Brown	35
Robert	Pahlman	1562	Juanita	Pias	149	Simone	Studer	31
Cindy	Proctor	1543	Pete	Pias	149	Lou	Rivetti	30
Debbie	Kawamoto	1470	Robert	Cordner	148	Ellen	Spear	30
Fred	Koch	1427	Dan	Richetto	147	Tom	Rail	30
Bill	Paul	1338	Julie	Cox	142	EllsAnn	Bennett	30
Cheryl	Funkhouser	999	Henriette	Klauser	140	Dennis	Larson	29
Marcia	Stedman	985	Bill	Weber	137	Sean	Collins	29
Gary	Broughton	932	Dennis	Larson	137	Ji	Kim	29
Jack	Willis	870	Gerald	Bernstein	133	Tom	Rail	27
Steve	Linari	793	Linda	Brown	130	Wini	Neill	27
Bette-Ann	Shroyer	784	Ellen	Spear	127	Chris	Clougherty	26
MJ	Gerst	772	Gery	Osowiecki	120	Gloria	Hammond	26
Kala	Koch	702	Hatch	McAlister	119	Mimi	Waterhouse	26
Elaine	Scott	697	Kurt	Haunreiter	108	Judi	Chadwick	25
Ron	Andersen	657	Linda	Braun	99	Alan	Wales	25
Bill	Lutterloh	651	Tom	Crisp	97	Tone	Hutton	24
Nancy	Graham	633	Kristi	Knodell	92	Rick	Dermody	23
Rick	Poffenroth	607	Gloria	Hammond	92	EllsAnn	Norman	23
Mark	Olson	602	Patty	Rogers	88	Becky	Brindle	22
Clarence	Elstad	601	Adrienne	Dorf	87	Kathy	Johnson	22
Allyson	Welsh	585	Rick	Dermody	87	Karen	Berliner	22
Judy	Lang	566	Alec	Kutchma	80	Sean	Collins	22
Brenda	Ferguson	518	Audrae	Coury	76	Alan	Wales	22
Ken	Winknwider	508	Holly	Steekman	73	Pam	Hallanger	21
Raquel	Haunreiter	489	Dick	Nicholson	69	Pam	Snook	21
Mitch	Pico	482	Kay	Peterson	69	Chad	Sakaguchi	21
Libby	Krochalis	472	Jim	Brandly	69	Thea	Benjamin	20
Rick	Krochalis	437	Bob	Palm	67	Wini	Neill	20
John	Carlin	436	Linda	Brawn	64	Rena	Peterson	20
Bobbie	Laue	413	Jim	Brandley	62	Rick	Schrank	20
Debby	Grant	385	Jim	Stewart	61	Catherine	Cordner	20
Warren	Bare	381	Jeff	Wilcox	61	John	Borromeo	18
Joanne	Kennedy	366	Bernice	Tannenbaum	60	Sally	Lider	18
Larry	Kennedy	366	Susan	Hausmann	59	Robert	Smith	17
Mason	Rutledge	330	Brent	Hunter	58	Kathy	Suterson	17
Mike	Dahlstrom	319	Kenneth	Tang	57	Rick	Barclay	16
Bob	Biesiedzinski	314	Rena	Peterson	57	Ji	Kim	16
Marietta	Zander	314	Madeline	Norman	53	Don	Mohs	15
Vivian	Biesiedzinski	314	Stephen	Fox	50	Jim	Shaw	14
Kathy	Riddle	304	Linda	Braun	48	Rajie	Barclay	13
Matt	Petersen	288	Ji	Kim	47	Eva	Clougherty	12
Jean	Henderson	280	Tom	Snook	46	Johnny	Kwan	12
Judy	Izutson	268	Wini	Neill	45	Tom	Barton	12
Kristin	Kinnamon	253	Tom	Barton	45	Kathy	Johnson	12
Linda	Hunter	244	Tom	Weber	44	Sparky	Lane	12
Jack	Turner	229	Jim	Gillan	44	Jim	Gillan	12
Tim	Wise	212	Judy	Brackett	42	Kathy	Suterson	12
Shirley	Slade	211	Steven	Hudspeth	42	Thea	Benjamin	11
Sean	Wilson	192	Craig	Cameron	41	Shirley	Kankelfrey	10
Dorothy	Lindstrom	189	John	Reno	41	Rick	Barclay	10
John	Sacco	189	John	DeNinno	41	Jim	Brandley	10