

Chainwheel Chatter

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

Your Snohomish County Cycling Club

[Next B.I.K.E.S. Club meeting on Jan. 12th @ 7:00 pm](#)

Prez Sez...

We don't let winter get us down ... too much. BIKES Club members are still out riding, despite rain, snow and windstorms.* For tips on how we do it, see this Herald article ["Bicycling in foul weather doesn't have to be miserable."](#)

But perhaps you're ready to dream of warmer days and different places. That's what our January meetings can help you do.

First, on **Jan. 8**, people interested in leading a tour for fellow BIKES Club members are encouraged to attend a coordination meeting at Dan & Elaine Scott's house at 2 p.m. Anyone interested in planning a weekend or multi-day bicycle tour next year is encouraged to attend. The goal of the meeting is to discuss tentative dates and locations, get inspired, and avoid overlap.

Our **Jan. 12** club meeting will be a series of quick bike tour slide shows - pictures (including videos) from bike tours our club members lead or had an opportunity to ride in 2016. If you'd like an opportunity to give a 5-minute presentation of your favorite photos from your tour(s) this past year, contact club Vice President Kay Petersen in advance: <mailto:kep165@yahoo.com>.

Tour leaders, please be prepared to talk briefly about tours you are planning for 2017 (date, where, etc.)

This second annual event starts at 7 p.m. at the Everett PUD. Dinner before the meeting at Brooklyn Brothers Pizza on Hewitt Ave.

Year-end wrap up: Just a quick thank you to Warren Bare and Elaine Scott for hosting our BIKES Club year-end party again this year. The location and the ham were great, and so was the company. About 45 club members attended (we'll need a banquet license if we hit 50!). My favorite parts were the empty parking lot thanks to so many carpoolers, the Christmas sweaters and Santa spandex, and the returning White Elephant gifts.

The annual club miles count started anew after the party. For 2016, Rick Proctor rode the most club miles, topping out around 3329 miles. Cindy Proctor is the woman with the most club miles in 2016 with 1811 miles. Coincidence or conspiracy?

Congratulations to everyone who got out and rode with the club in 2016. I look forward to seeing you out on the road as our new year begins.

*See the club [Facebook group](#) for inspirational photos – yes, you need to have a Facebook account and ask to join the group first. But lots of members post photos and fun there).

Kristin

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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!!

Tours Planning Meeting Jan. 8

Anyone interested in planning a weekend or multi-day bicycle tour next year is invited to a coordination meeting at 2 p.m. Jan. 8 at Dan & Elaine Scott's house in Everett. The goal of the meeting is to discuss tentative dates and locations, get inspired, and avoid overlap as much as possible.

New Year's Day Ride

2017 New Year's Day Ride! Centennial Trail: Arlington - Nakashima Barn on Sunday, Jan. 1st at 11:am. Start/End at Arlington's Legion Park. Come join me in celebrating the new year with a 16-mile, steady-paced, flat, fun, scenic route. Please bring water bottles & snacks. Post-ride lunch optional. Extreme weather cancels. Check our club website's Ride Updates 2 hrs before for any cancellations. Ride Leader Raquel Haunreiter <https://ridewithgps.com/routes/18213783>

Triple Crown Challenge

Need a goal for 2017? How about riding three centuries? (they get easier, I hear). Or exploring three of the best event rides north of Seattle from May through September?

There are now four bike clubs in the North Puget Sound Bike Clubs Alliance:

- BIKES Club of Snohomish County
- Skagit Bicycle Club
- Mount Baker Bicycle Club in Whatcom County
- Whidbey Island Bicycle Club

Each club hosts an annual bicycle ride that supports their club and their community. Members of all partner clubs will get the member -discount registration price for all rides. Plus, since each event has a century option, if you ride 3 of the 4 possible centuries, you'll earn a special "triple crown" prize (TBD).

Our McClinchy Mile is the first ride of the series. Put the full list on your calendar:

- McClinchy Mile, April 30.
- Skagit Spring Classic, May 13
- Tour de Whidbey, Aug. 19
- Chuckanut Classic, Aug. 27

Volunteer opportunities

BIKES Club members are encouraged to have the following dates on your calendars for 2017. Volunteers – and riders – will be needed to support these events.

- Seattle Bike Expo, March 4-5. Contact Mike Dahlstrom to help staff our booth.
- Ride to Remember Oso, March 19. We'll be helping with ride support (sag) and more.
- McClinchy Mile, April 30. LOTS of volunteers and riders needed for our annual fund-raising ride.
- BIKES hosted ride, July 8. We'll be showing our partners in the northern clubs a special slice of Snohomish County.

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.

November Rides, Weekends & Weekdays

WEEKEND RIDES

New Year's Day Ride

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Sunday, January 15th

[Ride to Flying Apron Gluten-Free Bakery](#)

Social Pace Ride 22-24 miles, start 10:30AM, Blyth Pk. (Bothell) to Flying Apron (Redmond Sq.) via Sammamish Rv. Trail. Ride Leader: Bette-Ann Shroyer (206 300-7825). Bicyclingfun4me@gmail.com. Poor Weather or forecast cancels, check "ride updates" page.



The B.I.K.E.S. Club Year-end Holiday Party was a HUGE success and all the participants had a great time!

Ride Leaders please take note!

Many of the club members really like to challenge themselves by riding as many miles as they can during the year. It is always exciting to read the newsletter and see the miles add up! One thing that really helps to keep the mileage report accurate is the timely reporting of the miles that club members record each month. Please submit your ride mile reports to John Carlin (johnecarlin@comcast.net) no later than the 25th of each month. That way the miles will be accurately reported in the club newsletter. Thanks for your help in this fun and important part of the club activities!

Bob Biesiedzinski, Editor

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

WEEKDAY RIDES

Tuesdays January 3rd, 10th, 17th, 24th, 31st

Tuesday Moderate Ride

Meet at Silver Lake Bicycle Centre for an 11am start. Moderate pace group (14 – 16 mph) 20 or so miles, A/B terrain. Loop ride routes vary. Mid-ride break with optional lunch and/or coffee after the ride. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels. Check the Rides Updates page or call/text if in doubt.

Tuesday Social Paced Ride (NEW times/route/mileage)

New change for the Tuesday social paced ride. Meet at Bicycle Centre Silver Lake, at 10:30, but we will do a longer route (no longer stopping at noon at the bike shop for a 2nd loop). Mileage will vary between 20-24 miles, A and B terrain in the Mill Creek area. We will still meet for lunch/coffee after the ride at approximately 1:00 pm, varying locations. Expected pace to be between 10-12 mph, and you should have a bike in good working order. Even though "social paced" this is not a "beginner" ride, as we do quite a bit of elevation gain on this route - usually over 1000 feet. Rain or icy weather will cancel, be sure to check ride updates. Rider leader Cindy Proctor. 425-293-3152.

Thursday January 5th, 19th

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.

Lowell-Machias Bakery Ride

Social Pace Ride 24 miles, start 10:30AM, Rotary Pk. (Lowell) to Machias Trail Head via Snohomish Rv. Rd. & Centennial Trail. Return stop at Snohomish Bakery. Ride Leader: Bette-Ann Shroyer (206 300-7825). Bicyclingfun4me@gmail.com. Poor Weather or forecast cancels, check "ride updates" page.

Thursday January 12th

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.

Thursdays January 12th, 26th

Ride from Bothell to Whole Foods

Social Pace Ride 23 miles, start 10:30AM, Blyth Pk. (Bothell) to Whole Foods & vicinity via Sammamish Rv. Trail. Ride Leader: Bette-Ann Shroyer (206 300-7825), Bicyclingfun4me@gmail.com. Poor Weather or forecast cancels, check "ride updates" page.

Thursday January 26th

North Seattle Parks Loop

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.

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



December 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 Member Rider Miles



Dan	Scott	98
Rick	Proctor	92
Bob	Nyberg	64
Cheryl	Funkhouser	45
Ron	Andersen	40
Rick	Dermody	38
Steve	Linari	26
Bill	Paul	25
John	DeNinno	20
Cindy	Proctor	20
Bette-Ann	Shroyer	20
Jack	Willis	20
Kristin	Kinnamon	18
Allyson	Welsh	18
Robert	Pahlman	10
Bill	Lutterloh	8
Bill	Weber	8
Tom	Weber	8

