

Chainwheel Chatter

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

Your Snohomish County Cycling Club

JULY 2017
VOL. 454

[Next B.I.K.E.S. Club meeting on Sept. 14th @ 7:00 pm](#)

Prez Sez

Summer in the Northwest can't be beat. Though it hit 80 yesterday, this morning is starting with that cool marine air that keeps our weather moderate. It won't be too hot to enjoy a ride today or most days through September.

Of course, the coldest ride I've ever been on was an August day on Whidbey Island. We hadn't anticipated serious rain, and only had windbreakers and shorts on. I remember wringing out our socks at a rest stop to see who could get the most water. Or maybe it was that ride with the club on San Juan Island, another unexpected grey summer day. We stopped at the thrift store for extra layers before we took the ferry home.

I start the month at the Northwest Tandem Rally, which is hosting riders from all over the country in Seattle. Though the event is technically in Seattle, the routes include Snohomish County roads and a rest stop in Snohomish - because we have great places to ride around here.

Indeed, I recently met a group of Mongolian cyclists from Seattle who were so happy to discover Homeacres and Swan Trail Road between Everett and Snohomish - they loved the low traffic and bucolic scenery.

Finally, I spent last weekend with new club members Mike and Christina DeCarufel as well as long-time member Mike Dahlstrom (who dates back to the 80s). Bob Nyberg stopped by on a solo club ride. Such nice people we have in our club - all with our own interesting tales of biking adventures.

Great weather, great riding, and great people. See you out there this summer.

Kristin Kinnamon, president



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 steep-er 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!!

Hidden Gem Rides with Northern Clubs

July 8 - We are planning to lead routes from Snohomish/Everett at several paces. If you would like to help, please contact Bob Nyberg, bobnyberg@msn.com

August 5 - Skagit Bicycle Club ride

September 9 – Mount Baker club ride out and about in Whatcom County Northern Club Rides

BIKES members save \$10 off registration at these upcoming rides hosted by our friends in the Northern Bike Clubs Alliance:

Tour de Whidbey - August 19

Chuckanut Classic - August 27

Discount generally provided as a refund at the start line – they will have our current membership list, so make sure you have renewed!

We enjoyed hosting many Northern Clubs members at McClinchy, and braved the rain at the Skagit Classic. Let's give these upcoming rides our support as well.

Anyone working on the Triple Crown? You need to ride three of the four centuries offered during the Northern Clubs event rides. Prize at the end TBD.

Club Picnic Aug. 13

Save the date for rides and a BBQ at Silver Lake in south Everett. Club provides the main dish, members bring potluck sides and desserts. If you'd like to help with the cooking, set-up or clean-up, please contact Kristin, president@bikesclub.org.



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

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.

July Rides: Weekends & Weekdays

WEEKEND RIDES

Be sure to check the "[Ride Updates](#)" page for any added or changed weekend rides! We hope the weather will improve and we will all be able to get out and RIDE, RIDE, RIDE!

Saturday July 1st:

[Haller Park – Lake McMurray Loop](#)

Meet at Arlington Haller Park a few minutes early for a 10am start. Loop ride to Lake McMurray and Bryant on country roads of north Snohomish / south Skagit counties and the north Centennial Trail. Moderate pace (14 - 16 mph), 35 – 40 miles, A & B terrain 1,200 – 1,400 feet of elevation gain. Rest & snack stops expected. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels. Check for Ride Updates or call/text if in doubt.

Saturday July 15th:

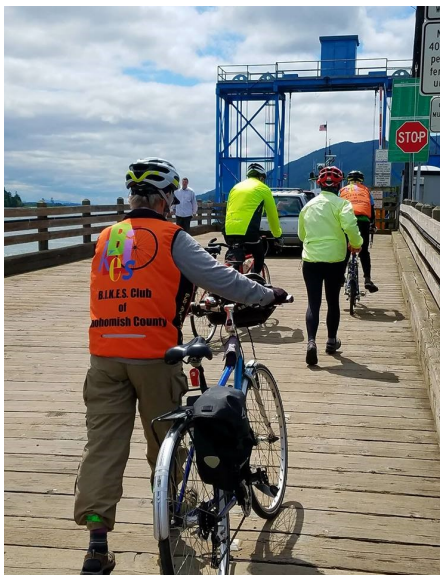
[McCollum Park to Monroe via High Bridge Loop Ride](#)

Meet at McCollum Park west parking lot a few minutes early for a 10am start. Loop ride east and south along the High Bridge route, cross the Snohomish River, then north to Monroe, northwesterly through Snohomish for a lunch stop, then on to Everett and south to complete the loop. Bring snacks and plenty of water. Moderate pace (14 – 16 mph), 46 miles, A & B terrain with 2,100 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.

Sunday July 16th

[Cycle the Wave - Bikes Club Team Ride – Haller Park to Lake McMurray](#)

Meet at **9:30** at Haller Park in Arlington for a 41 mile ride that goes into Skagit County, in the north Stanwood area and down past Lake McMurray and then down the Centennial Trail back into Arlington. This was one of the routes that was on the McClinchy Mile this year that everyone raved over. We will plan to stop at Bonhoeffer Gardens for a snack/rest break. Bring enough food and water for the ride, the only place to stop and get food along the way will be at the little store near Lake McMurray. This ride is mostly on rural, low traffic roads, and has over 1500 feet of elevation gain. **A & B terrain. High "Social" pace, probably about 12-13 mph** on the flats. A good training ride if you are planning to do the CTW 45 mile route this year! Nothing too steep, max grade is 6%, but some long climbs. Rain will cancel ride, check ride updates before leaving. You are welcome to join the ride even if you aren't doing the Wave ride. Ride leader Cindy Proctor. 425-293-3152. Ride with GPS link: <https://ridewithgps.com/routes/22426400>



WEEKDAY RIDES

Tuesdays July 4th, 11th, 18th, 25th:

[Tuesday Moderate Ride – 10 am start](#)

Meet a few minutes early at Silver Lake Bicycle Centre for a 10 am 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.

Tuesdays July 4th, 11th

[Tuesday Ride \(Social Pace\)](#)

Meet at Bicycle Centre Silver Lake, at 9:45 for a 10:00 a.m. start. Mileage will vary between 18-22 miles, A and B terrain in the Mill Creek residential area. We will meet for lunch/coffee after the ride between 12:30 and 1:00 p.m., varying locations. Expected pace to be between 10-12 mph, and you should have a bike in good working order, tires inflated. Even though "social paced" this is not a "beginner" ride, as we do quite a bit of elevation gain on this route - between 800-1000 feet. Rain showers may cancel, be sure to check ride updates. Rider leader Cindy Proctor. 425-293-3152

Wednesday July 5th

[Pedal Pushers Skagit Classic Redo](#)

Meet at 9:45am at Bay View elementary school in Burlington for a 10am start. We'll ride on quiet mostly flat roads in Skagit County with some grade on the return. Bring a snack or sack lunch for a picnic along the way. RT 20 - 25 miles, Social pace, A terrain. Poor weather cancels, check Ride Updates. Ride leader Linda Hunter, (425) 478-6287 or hunterbl4345@comcast.net.

Thursday July 6th, 20th:

[McCullum – Mukilteo – Everett Loop](#)

Meet a few minutes early at McCullum 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.

Wednesday July 12th

[Pedal Pushers Centennial Trail](#)

Meet at 9:45am at Maple and Pine in Snohomish for a 10am start. Ride to Lake Cassidy and back. Bring a snack or lunch and water. RT 22 miles or turn around earlier for a shorter route, Social pace, A terrain. Poor weather cancels, check Ride Updates. Ride leader Ron Andersen, 425 742-5508 or ronk22446b@gmail.com.

Thursday July 13th

[Giro di Sentieri](#)

Meet a few minutes early at McCullum 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.

Wednesday July 19th

[Pedal Pushers Mill Creek Ramble](#)

Meet at 9:45am at the parking garage behind the Mill Creek Town Center (behind Boston Pizza) for a 10am start. Optional lunch after the ride at Boston Pizza. RT about 20 miles, Social pace, mostly flat with a little elevation gain but nothing too strenuous. Mostly residential roads with some arterials but all with a bike lane. Poor weather cancels, check Ride Updates. Ride leader Cindy Proctor, (425) 293-3152 or proctorcj28@comcast.net.

Wednesday July 26th

[Pedal Pushers Sammamish River Trail to Molly Moon Ice Cream](#)

Meet at 9:45am at Blyth Park in Bothell for a 10am start. We'll ride out and back on the Sammamish River Trail to famous Molly Moon Ice Cream. RT 22-24 miles, Social pace, A terrain. Ride leader Allyson Welsh 206 356-8134.

Weekends & Tours—2017

BIKES Cub tours and weekends are put together with the idea that riding and sight-seeing are more enjoyable for a group. We would hope that if you want to diverge from the intended routes that you would communicate with the ride leader and be able to find your own way.

Have your bike in good repair, and be ready to ride some hills and the distances involved. Everyone should have the equipment and know how to deal with a flat tire.

HS=hub & spoke (stay all nights in one motel/campground)

Credit Card = stay in hotel/motel, carry own luggage

Self-contained = haul own luggage for camping

July

7/1 - 7/4 NWTR (tandem rally)

7-9/7-16 Erie Canal Biking Tour in NY July 9-16, 2017

There is still time for you to register (two months left) for the Buffalo, NY to Albany, NY bike ride along the Erie Canal. This is approx. 400 miles in 8 days. This is there 19th annual ride.

The ride starts on July 9th and goes through July 16th. (There is an optional, (free) ride on July 8th that goes from Buffalo, NY to Niagara Falls, NY and return)

The ride, Cycle the Erie Canal, is an annual ride that is coordinated by "Parks and Trails New York"

Here is the url; that will provide the details for the ride. (It would be great if we could get a few from the club to do this ride) <http://www.ptny.org/events/annual-bike-tour> (click heading; 'Annual Erie Bike Tour')

Please contact me with any questions you may have. (I am registered for the ride already)

Clarence Elstad celstad@gmail.com or 425-268-8550

715-7/16 STP

7/23 - 7/29 Trail of the Coeur d'Alene's (CC) with Rick & Cindy Proctor

For further information contact ride leader Rick Proctor, BikeHound@comcast.net by Friday March 17th, 2017.

7 days, tentatively Sunday July 23rd – Saturday July 29th, 2017.

6 hotel nights, no camping.

175+ bike miles.

Carry your gear on your bike for nights in hotels, using restaurants when available. Picnic lunches likely. A terrain at a steady pace on mostly paved surfaces:

Day 1 Drive 375 miles to Wallace, ID for 1st night.

Day 2 Bike 49 paved miles Wallace to Harrison for 2nd & 3rd nights.

Day 3 Bike 32 paved miles Harrison to Plummer round trip.

Day 4 Bike 49 paved miles to Wallace for 4th, 5th, & 6th nights.

Day 5 Bike 15 paved miles Wallace to Mullan round trip.

Day 6 rent MTBs or ride your own, bike the Route of the Hiawatha 30 gravel miles round trip.

Day 7 Drive 375 miles to home.

Weekends & Tours—2017 (cont.)**July** (cont.)**7/25-7/28 San Juan Islands (HS) with Clarence Elstad.**

Style: Motel, hotel, hostel, B&B, Airbnb

Jul 25 Meet at ferry dock at Anacortes and walk on with our bikes/luggage (pack light) and stay on San Juan Island for the 3 nights. We will have a chance to do some riding after checking into our lodging. Suggest riding to American camp and return. (I have made lodging reservations and they are not cheap-so make yours as soon as you can)

Jul 26 After breakfast we will ride to British camp and Whale Watch Park before touring, through the countryside, back to Friday Harbor.

Jul 27 Take the ferry to Lopez Island and bike for the day and return to San Juan Island for the evening.

July 28 Take ferry to Orcas Island and bike some of the quieter roads before returning to the ferry for the trip to Anacortes. (Store our luggage at Orcas while riding)

Contact Clarence Elstad at: 425-268-8550 or celstad@gmail.com if you have any questions or want to sign up to do the ride.

August

There are no scheduled weekend or tours this month! You can still add yours!!

September**9/7-9/11 Central Oregon Tour (HS) with MaryJo Gerst**

Style: hub & spoke, various loops/hotel

Thu – Meet in Sisters, Oregon

Fri - Bike from Redmond to Smith Rock. 30 miles

Sat – Bend Twin Bridges ride. 40 miles. Dinner in Bend after the ride.

Sun – Sisters Country Ramble. 35 miles

Mon – Bike Madras Scenic Bikeway. 30 miles. Stop in Madras on the way home.

Tues – Optional stay Monday night in Vancouver and ride in Vancouver.

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

Ride Leader: Mary Jo Email ride leader for cue sheets

maryjo1532@hotmail.com

9/8—9/10 Birch Bay Weekend (HS) Whatcom Farm Tour

Leaders: Bob & Viv Biesiedzinski

Style: hub & spoke, camp/motel

The ride starts at the Birch Bay State Park, Saturday, September 9th (Bob & Viv's campsite #31) at 9:30 am and travels east towards the town of Lyndon. We will be stopping at several cheese shops along the way. The route is primarily "A" terrain. We ride at a steady pace with stops to regroup, and refresh, along the way. Plan for a 50 mile round trip. We will stop for lunch along the route. There will be a "potluck" dinner at our campsite on Saturday evening after the ride. For more information and to R.S.V.P. contact Bob Biesiedzinski at 206-595-3822 or bobbez@gmail.com. There are still campsites available in the Birch Bay State Park. Go to

washington.goingtocamp.com/SequimBayStatePark to make reservations.

Weekends & Tours—2017 (cont.)

September (cont.)**9/17 Cycle the WAVE****TBD Portlandia (HS) with Cindy Proctor & Allyson Welsh****9/24-9/28 San Juan's Island Hopping (CC) with Rick & Cindy Proctor**

Ride and stay on several islands.

For further information contact ride leader Rick Proctor, BikeHound@comcast.net by Friday May 12th, 2017.

5 days, tentatively Sunday September 24th – Thursday September 28th.

4 hotel nights, no camping.

Bike mileage TBD.

This is a multi-mode tour using your bike and ferries. Carry your gear on your bike for nights in hotels, using restaurants when available. Picnic lunches likely. A – B terrain at a steady pace on mostly paved surfaces:

Day 1 drive 65 miles to Anacortes, bike onto ferry to Lopez Island, bike around Lopez Island, ferry to Orcas Island & hotel for 1st & 2nd nights.

Day 2 bike Orcas Island.

Day 3 bike & ferry to Friday Harbor & hotel for 3rd & 4th nights.

Day 4 bike San Juan Island.

Day 5 bike & ferry to Anacortes, drive home.

October**TBD Portlandia (HS) with Cindy Proctor & Allyson Welsh****A note about the weekends and tours.**

A weekend tour may not always list that an R.S.V.P. is necessary, but it is a courtesy that the ride leaders really appreciate. For those rides that plan overnight stays and group meals it really is helpful to know who is coming so the proper amount of food and beverage is needed. If you plan to attend a weekend tour ride let the ride leaders know you will be there! If there are any last minute changes that are necessary contacts can be made to alert those who plan to attend on those changes.

Bob Biesiedzinski
Editor, Chainwheel Chatter



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



June 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

Rick	Proctor	1690		Vivian	Biesiedzinski	147		Pam	Snook	36
Pier	Fiorentini	998		Raquel	Haunreiter	136		Sparky	Lane	35
Dan	Scott	956		Bob	Biesiedzinski	135		Lou	Rivetti	35
Cindy	Proctor	839		Kathy	Riddle	131		Tim	Wise	35
Bob	Nyberg	698		Clarence	Elstad	127		Steve	Macauley	34
Cheryl	Funkhouser	575		Kurt	Haunreiter	123		Terry	Macauley	34
Bill	Paul	488		Shirley	Slade	121		Thea	Benjamin	33
Debbie	Kawamoto	476		Don	Martin	116		Pam	Hallanger	26
Bette-Ann	Shroyer	461		Bob	Getz	113		Marietta	Zander	26
Ron	Andersen	426		Kristin	Kinnamon	111		Bruce	Deitz	25
Mitch	Pico	422		John	Carlin	107		Morris	Maczels	25
Jack	Willis	403		Linda	Hunter	107		Matt	Petersen	25
Marcia	Stedman	378		Bill	Brack	105		Kenneth	Tang	25
Elaine	Scott	369		Debby	Grant	104		Bernie	Waterhouse	25
Nancy	Graham	328		Tom	Crisp	90		Mimi	Waterhouse	25
Mark	Olson	327		Mason	Rutledge	88		Robert	Wicklin	25
Judy	Lang	313		John	DeNinno	84		Judy	Agather	24
Bill	Lutterloh	311		Leslie	Strickland	79		Janet	Burks	24
Brenda	Ferguson	309		Madeline	Norman	72		Michael	Burks	24
Steve	Linari	303		Rick	Poffenroth	68		Audrae	Coury	24
Robert	Pahlman	270		Bill	Weber	64		Tom	Norman	24
Fred	Koch	252		Diane	Gordon	62		Jim	Shaw	21
Jan	Johnson	231		Adrienne	Dorf	51		Vila	Elihel	20
Gary	Broughton	229		Dale	Shoup	51		Jean	Henderson	20
Jack	McClincy	199		Simone	Studer	51		Libby	Krochalis	20
Linda	Braun	183		Lawrence	Gordon	50		Sarah	Sundin	20
Kala	Koch	182		Norm	Thaden	47		Ken	Winknwider	20
Joanne	Kennedy	172		MJ	Gerst	43		Frosene	Saco	18
Larry	Kennedy	172		Dorothy	Lindstrom	42		Sean	Wilson	18
Mike	Dahlstrom	168		Allyson	Welsh	39		Moe	Moosavi	12
Rick	Dermody	165		Connie	Brett	36		Tom	Weber	8
				Jim	Shaver	36				