

Chainwheel Chatter

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

Your Snohomish County Cycling Club

JANUARY 2018
VOL. 460

[Next B.I.K.E.S. Club meeting on Jan. 11th @ 7:00 pm](#)

Prez Sez

Seasons Greetings!

As we welcome the new year, let's look back at the old. In 2017, here's a rundown of some of our club activities:

Club Rides: Offered more than 100 free rides for members to enjoy thanks to 20 dedicated ride leaders

Oso: Helped host the Ride to Remember Oso in March.

McClinchy: Moved the event to April and enjoyed burgers and beer with a great new route and venue for 268 riders hosted by 45 club volunteers

Bike Month: BIKES helped promote and host Bike to Work / Everywhere Day in May.

Alliance: Partnered with new North Puget Sound Bike Club Alliance to promote our events in Snohomish, Skagit, Whidbey and Whatcom counties.

Bike Bash: well, this event was sort of a bust, but it did bring old and new club members together, and we like supporting things that promote bicycling.

Hidden Gem: Hosted a group ride for northern clubs to explore our county

Tours: Yakima, Oregon, Whatcom and other great destinations made for lasting memories

Picnic: Filled up with great food and company at Silver Lake – 40+ attendees

Cycle the Wave: Raised \$1,800 for domestic violence programs with 9 women riding Cycle the Wave

Grants: The club gave away \$5,000 to support bike helmets for Christmas House, Sharing Wheels Community Bike Shop, and a water bottle filling station on the Centennial Trail in Arlington

Challenges: Placed 2nd in the regional Ride in the Rain challenge with 10 club members. Many members also did Bike Month and Coffeeneuring challenges

Parade: Biked in the Merrysville for the Holidays lighted parade, and had a few parades of our own in Everett so show off our Christmas spirit

Year-end party: Gave great gifts and enjoyed food and awards with 50 club members at a new venue in Snohomish

We'll enjoy more of the same – biking and friends – in 2018. Plus, if you want to add something different to the mix – such as a special ride, meeting program, tour or challenge – you just need to volunteer and do the work of planning and motivating.

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 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](#)

NEWS YOU CAN USE!!

Ride Leader Breakfast, Tours Planning Jan. 6

Club volunteers who led at least three rides in 2017 or made other major contributions (like editing this newsletter!) will be invited to a breakfast hosted by BIKES at Bob's Burgers & Brew across from Everett Mall at 10 a.m. Saturday, Jan. 6.

We'll be having a tours coordination meeting at the same location, starting around 11:30 a.m. Anyone interested in planning a weekend or multi-day bicycle tour next year is encouraged to participate. Contact Dan Scott scott.dan.l@frontier.com in advance to get access to a tours calendar spreadsheet. The goal of the meeting is to discuss tentative dates and locations, get inspired, and avoid overlap as much as possible.

Thanks to 2017 Ride Leaders

All of the following volunteer ride leaders deserve a special pat on the back for helping to fill our social and fitness calendars in 2017. If you'd like to become a ride leader in 2018, we plan to host an orientation and roundtable in March. Meanwhile, give these folks some kudos.

Ron Andersen - *new this year! thanks and welcome the ranks of club volunteers*

Bob Biesiedzinski

Viv Biesiedzinski

Mike Dahlstrom

Clarence Elstad

Pier Fiorentini

Cheryl Funkhouser

Mary Jo Gerst

Nancy Graham

Debby Grant

Raquel Haunreiter

Linda Hunter

Fred Koch

Bill Lutterloh

Bob Nyberg

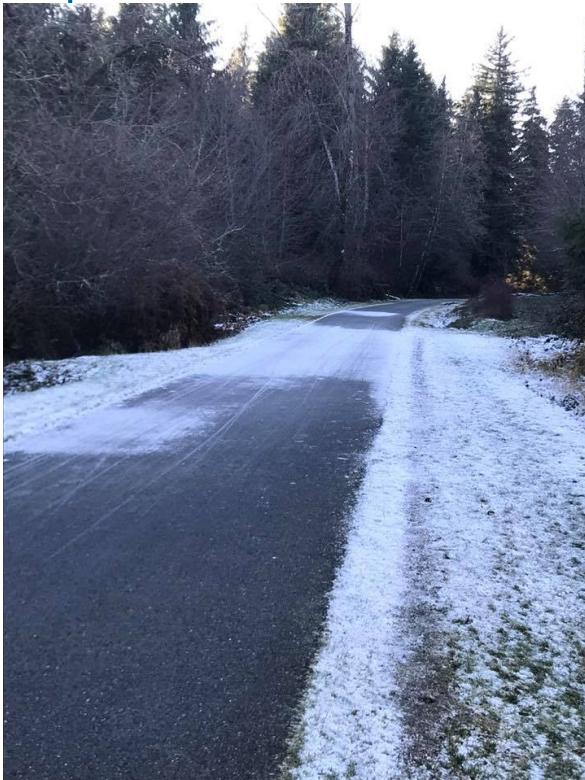
Rick Proctor

Cindy Proctor

Elaine Scott

Dan Scott

Bette-Ann Shroyer



Icy Roadways = Potential Disaster

We all wear protective helmets and gloves to protect our heads and hands in the event of some unforeseen incident. Ice however poses a particularly nasty situation, often without our even knowing what happened. Sometimes icy roadways can be seen as in the picture to the left. Sometimes we may encounter "black ice", that really dangerous surface that can take an unsuspecting rider to the ground in a heartbeat! And watch out for any painted stripes on the roadway such as fog lines. They are typically slick when wet, but they become even more treacherous when the temperature falls near or below freezing. What can we do to help stay safe? Try these tips:

- ◆ Slow down your pace, faster speeds mean less time to react!
- ◆ Make sure your tires are properly inflated and have good tread.
- ◆ Allow a little more following distance when riding in a group.
- ◆ Be aware of exposed areas of the roadway where the wind can make the road surface colder and more likely to be icy.
- ◆ If you can't avoid the ice don't make any sudden moves, try to ride it out, with feet ready to come off of the pedals.
- ◆ Pick your roads carefully, try to avoid untreated roads if you can. In our area you can usually identify treated roads (calcium chloride) by the wet looking stripes on the road surface.

More NEWS YOU CAN USE!!

Northern Club Events

We would like to invite you to visit northwestern Washington and ride our signature rides in 2018!

Mussels in the Kettles - March 3, 2018

McClinchy Mile - April 29

Skagit Spring Classic -May 12

Tour de Whidbey - August 18

Chuckanut Classic - August 26

These events are hosted by clubs in the North Puget Sound Bike Alliance, an unofficial group made up of four north-county clubs in NW Washington:

Mount Baker Bicycle Club (Whatcom County),

Skagit Bicycle Club (Skagit County),

Whidbey Island Bicycle Club (Island County), and

B.I.K.E.S. Club (Snohomish County).

Mountain Biking on Whidbey

If getting muddy, slow-speed keel-overs, and challenging conditions put a smile on your face, head to Whidbey Island March 3 for [Mussels in the Kettles](#). It's a 9, 12 or 15 mile mountain bike ride hosted by our North Puget Sound Bike Alliance partner Whidbey Island Bicycle Club. Contact Kristin for carpooling arrangements: bikenbus@gmail.com.

Tours Planning Meeting

We'll be having a tours coordination meeting at the Bob's Burgers & Brews, 1611 SE Everett Mall Way, Everett starting around 11:30 a.m. after the Volunteer Breakfast. Anyone interested in planning a weekend or multi-day bicycle tour next year is encouraged to participate.

Contact Dan Scott scott.dan.l@frontier.com in advance to get access to a tours calendar spreadsheet. The goal of the meeting is to discuss tentative dates and locations, get inspired, and avoid overlap as much as possible.



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

 DUES \$25 Annually (FAMILY) Renewal

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.

Club Member Submissions!

Comfortable Speed

Sometimes while I'm pedaling along at a comfortable speed, gliding through a piece of the world and deep in thought, another cyclist passes from behind with a terse "on yer left" and gains distance ahead. A primal instinct kicks in to "chase and catch" . . . well, maybe. My mind does a variety of quick computations in a virtual flow chart: Do I want to catch up? If no, then back to my thoughts. If yes, is the combination of my bike and I capable? Did the passing cyclist appear to be sprinting or cruising? While people vary with their level of sustainable effort on a bike, and there are differences in bike equipment than can translate into speed potential, air resistance is what is usually felt the most when trying to pedal your bike faster.



Riding a bike on a smooth level surface involves the cyclist putting enough effort (or energy) into the pedals to initially accelerate the weight of the cyclist / bike combo while also overcoming rolling resistance and drivetrain resistance. At a constant speed on a level surface the effect of weight is diminished. Weight becomes very prominent on hills, but that's a whole other story. Rolling and drivetrain resistances increase with speed, but are minimal compared to the increase in air resistance. You've probably noticed when you ride your bike beyond 9 or so miles an hour, air resistance becomes increasingly noticeable. That's because air resistance (also called drag) increases *exponentially* with speed. What does that mean? Basically, doubling your speed on a bike does not require twice as much energy from you, it requires about *8 times more energy* just to push your way through the air.

There are some simple steps a cyclist can take to reduce drag and ride faster for the same level of energy. The cyclist presents far more drag than the bike. While sitting upright on a bike a cyclist will push aside more air (more drag) than a cyclist crouched in a racer position (less drag). Loose fitting clothes are also drag sources. Bags and other items attached to the cyclist / bike combo add more drag and weight. Streamlining to become more *aero* will reduce the drag and enable higher speeds for the same level of effort from you, the cyclist. However, finding a comfortable fit on the bike is a top priority for most cyclists, and the perfect balance of comfort and *aero* is different for everyone.

If I was in a sporty mood I might catch that passing cyclist by crouching into a racing mode and hammering the pedals, but not today.

Rick Proctor

2017- A Year of Recovery

As I've gotten older I find myself physically breaking down far more often than I did in my youth! I suspect that is the case for many of us. The wear and tear of life takes its toll and we begin to succumb to reality. I, like many of you, have turned to riding my bike to get more exercise, improve my health, and explore the world at a much slower pace than riding in a vehicle. This past year I have spent more time convalescing than I ever thought I would. First recovering from shoulder surgery at the end of last year, then to knee replacement surgery in August of this year. I also realized during these days of recuperation just how much I miss riding! I hope to never take as much time out of the saddle as I have this past year.



Are there any lessons to be learned by my experience? Yes, although for me those lessons came much later than I realized and could have used. We need to take better care of ourselves when you are younger, i.e., more exercise, better diet, increased care when doing your daily work. Don't ignore the signs of injury and just say 'I can get through this'. You might be doing more damage by not taking care of those minor injuries as soon as they occur. Get plenty of rest, pushing oneself past your point of exhaustion can only lead to increased breakdown of your body. I realize that I am younger than other members of the B.I.K.E.S. Club and I am amazed as I watch their miles pile up as they continue their journeys on their bicycle, often after they themselves have gone through life's setbacks. I only hope that someday I can be an example to others as many of you have been to me!

Bob Biesiedzinski

A special request to club members: If you have a story you would like to share please send it to me at edi-tor@bikesclub.org. I want to include as much information as the members of our club wish to share! Be sure to include a picture of yourself to include in your story!

January Rides: Weekends & Weekdays

WEEKEND RIDES

Be sure to check the [Ride Updates Page](#) of the club website for any last minute changes to scheduled rides!

[Saturday, January 13, North Lake Washington Loop Ride 10 AM start @ Wilmot Gateway Park](#) Meet a few minutes early for a 10 AM start at Woodinville Wilmot Gateway Park (near the restrooms) on the Sammamish River Trail. Loop ride clockwise on the Sammamish River Trail, 520 Trail, and Burke-Gilman Trail and interconnecting streets. This new route includes crossing Lake Washington on the new 520 Trail section. 35 miles, steady pace (12 - 14 mph), A & B terrain with 1,100 feet of elevation gain. Coffee / tea / lunch at Metropolitan Market in the U district (mile 21 or so). More rest stops too. Ride leader Rick Proctor 425-293-3153 BikeHound@comcast.net. Ice, snow or steady rain cancels, check the Ride Updates page or call/text/e-mail if in doubt.

[Sunday, January 14, Lake Stevens/Sexton Road Loops Centennial Trail](#) Late morning trail ride starting in Snohomish, and taking two detours off the trail for something a bit different. 18 mile route, SOCIAL Pace, A and a little B terrain, some mile hills. Rest and snack stop at Lake Stevens North Cove Park. Optional lunch/coffee stop at the Snohomish Bakery after the ride. Rain, snow, icy trail conditions will cancel ride! Ride leader Cindy Proctor. 425-293-3152. <https://ridewithgps.com/routes/26617388>

[Saturday, January 20, Ride Around Swinomish Reservation](#) Meet a few minutes early at Gilkey Square (at end of Morris St in LaConner) for a 10am start. Public restrooms available on 3rd & Morris St. LaConner - Sneeh Oosh Rd - Anacortes - Reservation Rd. Scenic rural route with spectacular water views of Padilla & Fidalgo Bays & a dash of Anacortes charm!! Food/rest stop at Gere-A-Deli. Bring bike locks. Steady pace (12-14mph). 33 miles. 1,206 ft elevation gain. A-B terrain. Ride leader Raquel Haunreiter. 425-760-0805. Call/Text me for any questions. Steady rain, ice & snow will cancel. Ride with GPS: [Laconner - SneehOosh - Anacortes-Reservation Rd](#) RSVP by Friday, Jan 19. Check the Rides Updates page or call/text if in doubt.

[Sunday, January 21, Tea & Crumpet Ride](#) There have been "Bakery Rides" and "Donut Rides", so I thought we could call these "Tea & Crumpet" Rides. A Crumpet being any edible item one chooses. These will be **Social Pace (10-12)** rides with terrain and mileage changing as the ride ideas change. Cindy has graciously given me permission to use her Top Pot route (I do this — "steal" others' rides). This is a road ride with just an area or two of short and not difficult climbs. Meet at **McCullum Park at 10:45 for 11:00 start** (allowing time to warm up) Terrain is mainly **A with maybe a little B** (depending on your interpretation of climbing). **17 miles** round trip to Top Pot for our tea & crumpet stop. Foul weather (rain, snow, ice, heavy wind to name a few) will cancel the ride and I will post that on updates either the night before or early the morning of the ride. Leader: Nancy Graham, 425-345-0716

[Sunday, January 21, Eagle Ride](#) Starting out at 11:00 am from Edgewater Park, just across the river from downtown Mount Vernon. A 32 mile social pace ride over mostly A terrain. Bring snacks as we will stop at a midway point for refreshment. We'll do an eagle count along the way and head over to the Skagit Co-op for hot soup or snacks at the end of the ride. Rain, snow or below 40° F. will cancel. Check the updates page before you leave home! Ride leaders Bob & Viv Biesiedzinski. 206-595-3822 or bob-bez@gmail.com. RWGPS Map <http://ridewithgps.com/routes/896091>

[Saturday, January 27, North Lake Washington Loop Ride](#) Meet a few minutes early for a 10 AM start at Woodinville Wilmot Gateway Park (near the restrooms) on the Sammamish River Trail. Loop ride clockwise on the Sammamish River Trail, 520 Trail, and Burke-Gilman Trail and interconnecting streets. This new route includes crossing Lake Washington on the new 520 Trail section. 35 miles, steady pace (12 - 14 mph), A & B terrain with 1,100 feet of elevation gain. Coffee / tea / lunch at Metropolitan Market in the U district (mile 21 or so). More rest stops too. Ride leader Rick Proctor 425-293-3153 BikeHound@comcast.net. Ice, snow or steady rain cancels, check the Ride Updates page or call/text/e-mail if in doubt.

[Sunday, January 28, Mill Creek Hike & Bike](#) Can't decide whether to go for a bike ride or take a walk? Do BOTH! Less than 12 miles, it will be a short ride, but will include about 2 miles of walking (with your bike). SOCIAL Pace. A and some gentle B terrain. We will begin at the bike shop and wind through Mill Creek and take some of the "secret paths" that short cut between neighborhoods. We will walk a bit through some gravel and wooded areas, but most of the walking will be on the boardwalk path that runs through the North Creek trail and nature preserve that is in the south Mill Creek area. We will stop shortly after the boardwalk area and take a snack and coffee break at the QFC Plaza on 164th Street where there is a Starbucks or you can check out the goodies at Mon Amie bakery. We will finish the ride going through the Mill Creek Nature Preserve and Fish Ladder. As usual inclement weather will cancel. Ride leader Cindy Proctor. 425-293-3152. <https://ridewithgps.com/routes/26617424>

WEEKDAY RIDES

[Monday, January 1, First Miles 2018](#) Park at the Centennial Trail in Snohomish, near the Sno-Isle Library. 10:30 start. Uses trail and local roads to head north, swing through Lake Stevens, return via Schwarzmiller & Russell Roads and trail. 23 miles, steady pace, A terrain. Steady rain, snow, freezy stuff will cancel. Food stop after. Call if in doubt. Ride leaders Dan & Elaine Scott 425-501-6198. <https://ridewithgps.com/routes/20395629>

[Monday January 1, New Years Ride on the Centennial Trail – Arlington Start](#) Meet a few minutes early at Arlington's Legion Park by the red building for a 10am start. Ride the Centennial Trail: Arlington - Nakashima's Red Barn. Rest stop at the red barn. Post-ride meal at Blue Bird Cafe in Arlington (optional). Steady pace (12-14mph). 16 miles. A terrain. Ride leader: Raquel Haunreiter. 425-760-0805. Call/Text me for any questions. Weather constraints: Steady rain, ice & snow will cancel this ride. Other important details: <https://ridewithgps.com/routes/11504700> . RSVP by Sunday, Dec. 31st. Check the Rides Updates page or call/text if in doubt.

[Monday, January 1, Bowl Boycott Ride](#) Start out the New Year right by getting on your bike! Meet at the Bicycle Centers, Silver Lake parking lot at 12:00 Noon rollout. Note: late start time for those of you up late ringing in the New Year. Also, it's a good way to get off the couch and not watch those football games plus, burn off some extra holiday pounds. A steady up to moderate paced 35 mile loop that goes around the back side of Flower World, where we might see some goats and through Paradise Valley. A-C Terrain with rolling hills, the hardest hills are avoided. Weather constraints: Ice, snow or 35 degrees or lower temps cancels, light rain is ok. Fenders with flaps show you care! This route can easily be shortened if needed. Coffee/ snack break somewhere on the Woodinville Duvall Rd. Check ride up dates, I will post two hours prior if the ride won't happen. Cheers, Bob 206 795 1363

[Tuesdays, January 2, 9, 16, 23 & 30 Social Paced Ride](#) Meet at Bicycle Centre Silver Lake, at 10:45 for a 11:00 a.m start. Mileage will vary between 18-22 miles, A and B terrain in the Mill Creek 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. 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 or icy weather will cancel, be sure to check ride updates. Rider leader Cindy Proctor. 425-293-3152

[Tuesday, January 2 Steady Paced Ride](#) Meet a few minutes early at Silver Lake Bicycle Centre for a 11 am start. (Steady pace 12-14 mph) 20+ miles, A/B terrain. Loop ride routes vary. Mid-ride break with optional lunch and/or coffee after the ride. Ride leader Dan Scott [425-501-6198](tel:425-501-6198) or other competent BIKES ride leader. Ice, snow, or steady rain cancels. Check the Rides Updates page or call.

[Tuesdays, January 2, 9, 16, 23 & 30 Moderate Paced Ride](#) Meet a few minutes early at Silver Lake Bicycle Centre for a 11 am start. Moderate pace group (14 – 16 mph) 25 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.

[Thursday, January 4, North Lake Washington Loop Ride](#) Meet a few minutes early for a 10 AM start at Log Boom Park in Kenmore on the Burke-Gilman Trail. Loop ride clockwise on the Burke-Gilman Trail, Sammamish River Trail, 520 Trail, and interconnecting streets. This new route includes crossing Lake Washington on the new 520 Trail section. 35 miles, steady pace (12 - 14 mph), A & B terrain with 1,100 feet of elevation gain. Coffee / tea / lunch at Metropolitan Market in the U district (mile 26 or so). More rest stops too. Ride leader Rick Proctor 425-293-3153 BikeHound@comcast.net. Ice, snow or steady rain cancels, check the Ride Updates page or call/text/e-mail if in doubt.

[Thursday, January 11, Giro di Sentieri](#) Meet a few minutes early 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 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. Ride With GPS link: <https://ridewithgps.com/routes/20265589>

[Thursday, January 18, Centennial Trail Steady Ride 10 AM start @ Snohomish Library](#) Meet a few minutes early at Snohomish Library on the Centennial Trail side parking lot for a 10am start. Ride to Armar Trail Head roundtrip with a side trip during the return into Lake Stevens for a picnic lunch at North Cove Park. Bring your picnic lunch or buy one locally. 37 miles, steady pace (12 – 14 mph), "A" terrain with 600 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 With GPS link: <https://ridewithgps.com/routes/26399902>



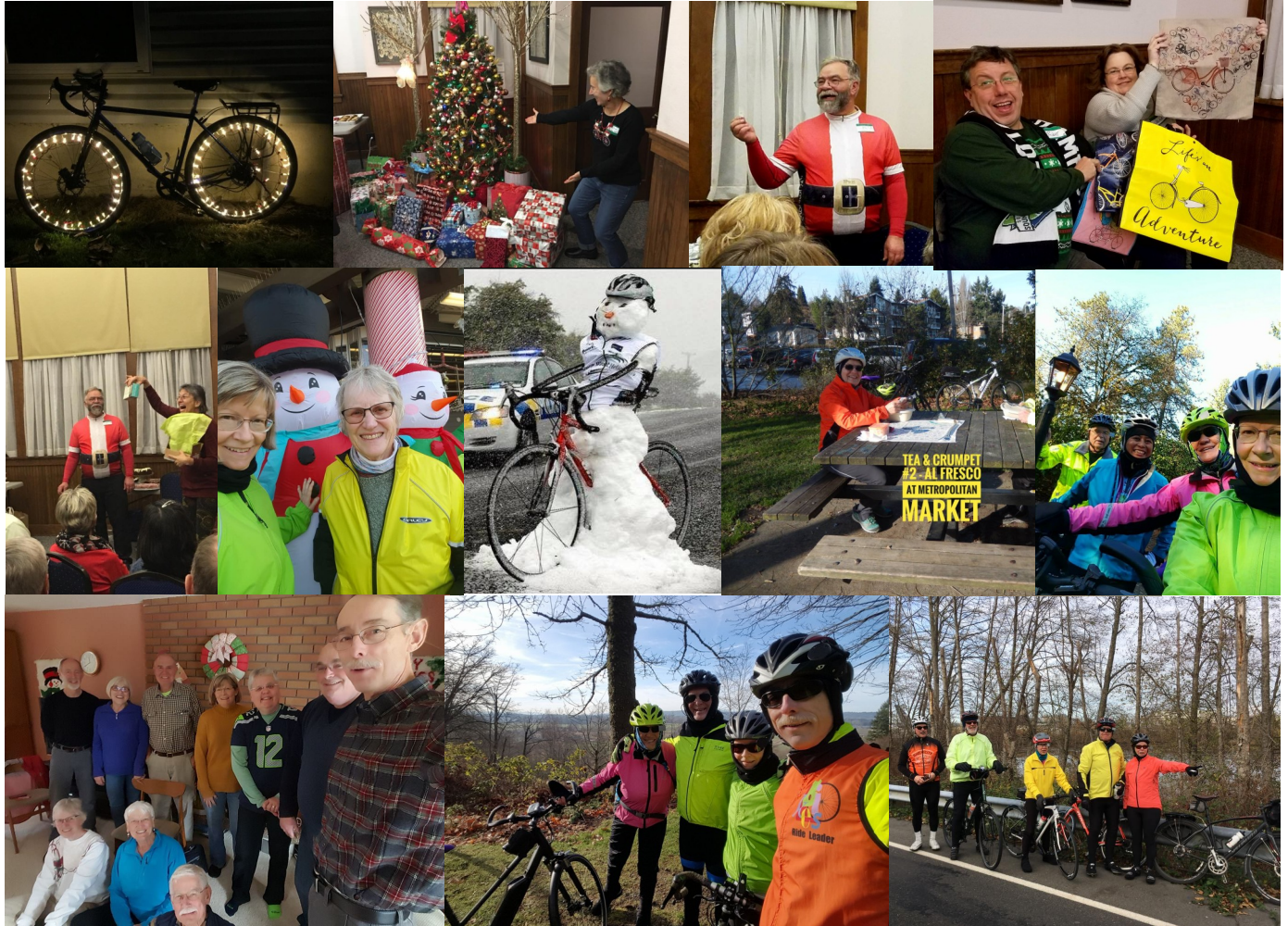
Club Member Rider Miles

Through December 31, 2017

Rick	Proctor	143
Cindy	Proctor	117
Dan	Scott	116
Bill	Paul	100
Ron	Andersen	83
Nancy	Graham	78
Cheryl	Funkhouser	49
Debbie	Kawamoto	49
Patrick	Robertson	47
Kristi	Knodell	43
Raquel	Haunreiter	41
Elaine	Scott	41
Linda	Braun	40
Jack	Willis	25
Bob	Nyberg	24
Robert	Pahlman	24
Kurt	Haunreiter	23
Kristin	Kinnamon	23
Mike	Dahlstrom	18
Bette-Ann	Shroyer	18
Marcia	Stedman	18
Steve	Linari	13
Bob	Biesiedzinski	10
Vivian	Biesiedzinski	10



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 [BIKES 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](#)

