

Chainwheel Chatter

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

Your Snohomish County Cycling Club

MAY 2019
VOL. 464

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

Prez Sez

May is Bike Month

If you somehow didn't get your bike out or volunteering in for the McClinchy Mile in April, don't worry. May is National Bike Month.

In the Puget Sound, we call it "Bike Everywhere Month." You don't need to take it that far, but every bike ride counts in the Bike Challenge May 1-31. And everyone can ride to a Celebration Station on Bike Everywhere Day on May 18.

Form a Team: the B.I.K.E.S. Ride in the Rain Team placed among the top in the region last fall. Miles, trips, new Challenge riders (yes, that means YOU), and encouraging others all count towards the score. Watch for posts on our Facebook and Rides pages to join a club team, or join one at work or school. It's great if local team registrants make sure to note "Snohomish County" and other connections so we can find each other.

Bike Day Stations, 6-9 a.m. May 18: Get up early to stop by a [Celebration Station](#) on your way to work or activities. They'll have coffee, snacks and goodies for you. B.I.K.E.S. will have a table at **Everett Station** and *we still need a few volunteers to help*. Contact Kristin, bikenbus@gmail.com

Benefit Concert, 5-8 p.m. May 18 at Café Zippy in Everett. Meet up with your Bike Challenge teammates, enjoy eclectic music, and order a beverage or light meal. This Bike Everywhere Day Concert benefits Sharing Wheels Community Bike Shop, a local nonprofit that serves adults and kids with refurbished bikes and free use of tools and space.

More Bike Month events and resources can be found:

- [May 18 Celebration Stations](#)
- [Bike Everywhere Challenge](#)
- [Community Transit Bikes page](#)
- [Cascade Events](#)
- [National Bike Month](#)

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!!

Club Elections May 10

Per our bylaws, the May meeting includes the election of the club officers who make up our board for the coming year. Will this be the year YOU will step up and help make BIKES a fun and effective force for bicycling in Snohomish County? Volunteering also builds job skills and personal confidence.

Like every organization, we need new blood. All positions will be open for nominations in May. Feel free to talk to a current officer to better understand what's involved in these important volunteer jobs:

President: Runs meetings, represents the club in the community, works with members and board to guide policy and direction of club, communicates with members, oversees or delegates event planning. 6-8 hours per month.

VICE president: Helps coordinate events and activities; performs duties of president in her absence; responsible for planning programs (speakers, slideshows, topics) for general meetings. 3-5 hours per month.

Secretary: Shall attend and keep the minutes of all business meetings; shall perform other administrative duties as needed, such as letter writing or possibly assisting with website. 3-5 hours per month.

Treasurer: Maintains club financial records, pays bills, coordinates club insurance coverage, manages membership, reports out to club monthly. 6-8 hours per month.

Club meeting is 7 p.m. Thursday, May 10 at Everett PUD, 2320 California St. Dinner before the meeting TBD.

Skagit Spring Classic May 12

The Skagit Spring Classic is just around the corner. Checkout this year's [Skagit Spring Classic Bicycle Ride](#) on Saturday, May 12. North Puget Sound Bike Alliance club members (BIKES Club of Snohomish, Whidbey Island Bicycle Club, Skagit Bicycle Club & Mt Baker Bicycle Club) are eligible for a \$10 discount.

Use discount code **NPSBA2018** when you pre-register on [Active.com](#). If you register by mail include the code on the paper registration form. Registration costs \$45 in advance and \$55 on day of ride.

This year in conjunction with the Classic Skagit is **raffling an Electric Bike** donated by [Hilltopper Electric Bicycles](#). You can purchase tickets when you register on [Active.com](#) or [learn more about the prize and buy tickets](#).

The ride offers distances from 25 to 100 miles, and homemade cookies.

Fix Kids Bikes – No Experience Needed

It takes lots of love – and volunteers – to keep kids bikes rolling in our community.

Get greasy practicing your mechanic skills or simply cleaning and primping kids bikes for Sharing Wheels Community Bike Shop's 16th Annual Kids Bike Swap on June 10. No experience is needed – just bring some friends along to make it fun. (In fact, post on the [club Facebook page](#) when you'll be there, so others can join you).

There are several work parties scheduled for anyone to drop in:

6 to 9 p.m. Thursdays, every week through June 7

10 a.m. to 1 p.m. Sundays, and any other time the [shop is open](#)

Advanced Bike Mechanics Class

Wednesdays May 2-23, 6 to 9:30 p.m - Give your bike an overhaul while you learn about brakes, derailleurs, hubs, bearings, and more.

Sharing Wheels Community Bike Shop is located at 2531 Broadway in Everett (entrance at the back).

Benefit Concert at Cafe Zippy

Friday May 18, 5 to 8 p.m. - Celebrate Bike Everywhere Day with us by enjoying an evening of eclectic music and raffles. Proceeds support our programs for low income kids and adults.

Kids Bike Swap - Sunday June 10 - We'll need lots of help all day - both skilled mechanics and basic friendly volunteers. Please save the date.

More NEWS YOU CAN USE!!

Support Northern Clubs, Earn a Triple Crown

The **North Puget Sound Bike Alliance** is made up of four bicycle clubs in northwest Washington. We invite you to join us for one or more of our remaining event rides in 2018:

May 12: [Skagit Spring Classic](#)

August 18: [Tour de Whidbey](#)

August 26: [Chuckanut Classic](#)

For NPSBA (North Sound Bike Alliance) club members only: Save \$10 on registration for partner club events (for Skagit Classic use discount code **NPSBA2018**)

Triple Crown: Register and ride any distance in three of the four event road rides, and earn a special Triple Crown memento: a custom headset cap for your bike! If you ride three of the four *century-length* distances, you'll also earn a gift certificate for a local bike shop. In 2017 four people earned the Century Triple Crown!

Washington State Ferries Online Open House

Participate in the [online open house](#) April 10-May 24, attend an open house in a ferry community, and sign up for email updates. [More information](#)



**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

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.

BIKES Club Meeting MINUTES

Attending: Kristin Kinnamon, Warren Bare, Rick Proctor, Patrick Robertson, Kristin Knodell, Drew Ellison, Kay Peterson, Clarence Elstad, Gabe Rinkes, Tim Wise, Jack McClincy, Janell Reich, Bill Weber, Robert Bean, Perry Walker, Dave Fox, Mike Dahlstrom, Debby Kawamoto, Mitch Pedo, Marilyn Larson, Suzanne Campbell, Jack Willis, Jim Bloss

Introductions: "Signs of Spring"

MCCLINCHY OVERVIEW

- Map of Routes
- Permits
- Route Marking
- Rest Stops
- Registration
- Incentives
- Promotions
- Sponsors
- Food Purchasing
- Trail Warning Signs (needed two weeks in advance)

DAY OF LOGISTICS:

MAPS

We have in stock 200 paper maps which should be enough considering most are using GPS now.

REGISTRATION

Separate lines for century riders, pre-registration and day of riders.

Three categories of riders (three colors of wrist bands)

- Riders who have pre-registered and are getting the burger/beer/mug
- Day of registration riders who have paid \$10.00 for the burger/beer (NO mug)
- Day of registration riders (no food, no mug)

TRIPLE CROWN: these are only members of the north end clubs (Snohomish, Skagit, Whatcom and Whidey). If these members ask for the \$10.00 discount, highlight their names on the registration forms. If they are doing a century ride, make a note on the form and they will get a bib number to distinguish them from other riders. We should try to give the century riders priority in registration.

**** note to bring highlighters to start line.**

SAG SAG vehicles should plan to pick up their kits at Haller Park and be on the road by 7 or 7:30 for the morning SAG shift. SAG Coordinator will be Cindy Proctor.

SAG drivers may be asked to finish marking or re-mark route signs (Dan Henrys) or place road signs on their routes.

SAG drivers in the afternoon should be on the lookout for lagging or late riders and alert the coordinator and or rest stop volunteers.

FOOD PICKUP

Rest Stop volunteers should plan to pick up their supplies at Haller before going on to their stations. Estimated rest stop hours are:

- Bonnhoefer Gardens: 9:00 am to 3:30 pm
- Granite Falls – 8:00 am to 4:00 pm
- Stanwood – 8:00 am to 4:00 pm

There will be a work party to set up tables and signs on the Saturday (April 28th) before at 3:00 pm at Haller Park. Clarence and Mitch will load the supplies from the storage unit and deliver to Haller.

Volunteers for morning McClinchy duties should plan on being at **Haller Park by 6:00**. Registration lines will officially open at 6:45 and close at 10:00. The Family Ride will start at 11:00 am.

We will have a few volunteers at the entry way to Rocket Alley off the Centennial Trail to help riders find the location. There will be secure bike parking compliments of Sharing Wheels.

Upcoming Events:

Next Meeting: May 10th – Elections!

May 18th – Bike Everywhere Day (Gabe Rinkes has volunteered to be at Everett Station this year)

May 2nd – Dinner and a Movie night with Bikes Club – Everett Mall (need to purchase tickets in advance)

July 7th – BIKES Clubs hosts the first Hidden Gems ride.

August 5th – BIKES Club summer picnic in the park at Silver Lake.

End of Meeting.

MILL TOWN TRAIL

JUNE
2ND
2018
10AM



Mill Town Trail

Everett Waterfront History Bike Tour

June 2, 2018

1205 Craftsman Way, Everett WA 98201

9:30am: Check-in

10am: Waterfront History Presentation by Jack O'Donnell, Port of Everett Blue Heron Room

10:50am: Ribbon Cutting by Mayor of Everett, at starting line, Fishermans' Memorial

11am: Bike ride begins on Mill Town Trail

12:30pm: End of Bike Tour/Cleanup by 1pm

New signs have for Everett's "Mill Town Trail" have recently been placed around the city's peninsula. Please join us June 2, to celebrate the opening and the history of the Everett Waterfront. All ages and skill levels are welcome on this mostly flat recreational trail. We'll follow the history of the waterfront with a presentation by Jack O'Donnell before starting the bike ride at the Fishermans' Memorial at the Port of Everett in front of Scuttlebutt restaurant. Advanced cyclists are encouraged to show their support by starting on the Mill Town Trail and extending their ride on other local trails like the Interurban.



June 2, 2018 / 11am-1pm
Bike Tour on Mill Town Trail

Cosponsored by the Port of Everett
and Historic Everett

Starts at POE 1205 Craftsman Way, going north, turn right on 110th Street, left on W. Marine View Dr, pass Legion Park, south on E. Marine View Dr, take Y south of E. Grand Ave, right on 23rd St, (crossing lights at Walnut St, Broadway, Colby Ave) continue west past Grand Ave, 1/2 block to paved alley turn left, go 2 blocks to 25th St, turn right and cross on overpass over W. Marine View Dr, go north on W. Marine View Dr, left on Port Gardner Way, right on Craftsman Way to finish line.

Club Member Submissions!

Brake Time

Rick Proctor

Way back in the early days of bicycle development, when the steering was crude and before brakes, riding was risky. There must have been some wild rides. Those who survived without too much brain damage probably felt the need to slow and stop the contraption with a brake system providing both effectiveness and reliability. Over a century of bicycle technology evolution since then has given us a couple of major types of brake systems to choose from: rim and disc. Both types are hand actuated since the feet are occupied on the pedals. Other brake types, including drum, coaster, and fixie, are not sufficiently successful with the majority of bicyclists today for whatever reasons.

When you're rolling along nicely on your bike and need to reduce speed, you typically reach for brake levers and give them a pull proportional to how much braking force you think is needed. A satisfying feel of controllable speed reduction with a soft braking sound is usually observed when everything functions as advertised. You may feel like the master of your machine. Sometimes the brakes, either rim or disc, may provide sounds of chattering, grinding, or even howl like a scalded cat, indicating need for adjustment, cleaning or replacement of pads. Unexpected brake sounds can cause the rider to not brake as hard as is needed leading to a situation of too much speed for conditions.

Tip #1: Brake as required to get safe, then fix the problem.

Rim brakes have been used on bicycles for many decades. They are sufficiently effective and reliable when kept clean and dry, but with the rim braking surfaces on the wheels next to the tires, keeping the rims clean and dry is a problem. If the rims are wet or otherwise gunked up it may take a rotation or more with brakes applied to dry or clean the wheel braking surfaces enough for effective braking, increasing the excitement experienced by the rider.

Tip #2: Brake early when wet or gunked up to stay safe.

Disc brakes have been used on bicycles for a couple of decades and are very effective and reliable. The disc rotor braking surfaces are located near the hub away from the tires. Disc brakes typically stay cleaner than rim brakes when riding in sloppy conditions. Disc brake rotors have slots or holes to help shed water and debris when braking, providing braking confidence when wet about the same as when dry.

Quick release skewers for wheel mounting have been used for decades with rim brakes to make it easy to quickly remove and replace a wheel in front and rear frame forks with slotted ends. When skewers are used with disc brakes, a loosened skewer could cause the wheel to come out of the fork when the disc brakes are applied, with bad results. The small tabs, sometimes called "lawyer tabs", at the bottom of the front fork dropouts may not prevent the skewer (with wheel attached) from coming out of the fork if the skewer is sufficiently loose, especially when using disc brakes.

Tip #3: Ensure the quick release skewers are secured properly before riding.

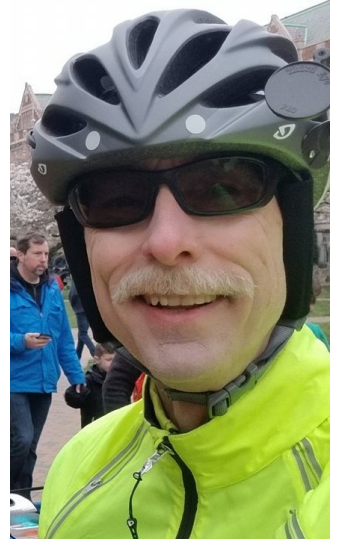
Tip #4: Test the brakes for proper operation before riding.

There is another big problem with quick release skewers and disc brakes. Some quick release levers could, if sufficiently loose, rotate open far enough while riding to interfere with the disc brake rotor, with bad results, especially if the front wheel is involved. The Consumer Product Safety Commission and the Bicycle Product Suppliers Association issued a recall for bicycles with disc brakes and quick release skewers sold 1998 – 2015.

Tip #5: If you have a bicycle with disc brakes and quick release skewers, go to www.quickreleaserecall.com for more information. If you are uncertain, any reputable bike shop should be able to help. If getting your brand of bike to the appropriate bike shop for the recall is too much hassle, you can buy a new skewer(s) for your disc brake bike for around \$15 each from a reputable bike shops. They are easy to remove and install, or get the bike shop to do it for you. Be safe. Don't worry, be happy.

Thru axles are a recent development to improve retention of the wheels in the forks. A thru axle is installed through a hole in one fork end, through the wheel hub, and is screwed snugly into the other fork end. No slots. Thru axles also contribute to a stiffer wheel attachment to the forks, although most of us recreational riders would not notice a difference in ride quality. The thru axle trade-off is giving up super quick wheel changes for more effective and reliable wheel retention with only a little bit of weight gain. Many bicycle manufacturers now provide thru axles on bicycles offered with disc brakes.

It seems bicycle technology continues improving. Modern bicycle brake systems offer both effectiveness and reliability, while safely increasing the fun and performance factors. Losing brakes or a wheel while riding certainly does not sound like my idea of fun.



May Rides: Weekends & Weekdays

WEEKEND RIDES

[Skagit Spring Classic – May 12](#)

Starting at Bayview Elementary School in Burlington at 8:00 a.m. (meet at 7:45) This is a ride presented by the Skagit Bike Club. You should register in advance (or morning of). Bikes Club members get a \$10 discount with code (see newsletter). 45 miles, **Low Steady Pace** (12-13 mph on the flats). A, B and C terrain. Spaghetti dinner will be served at the school after the ride. Sign up here: [Skagit Spring Classic](#) RGPS: <https://ridewithgps.com/routes/24945566> Rain will cancel this ride (but not the event, you can ride rain or shine if you want!) Ride leader: Cindy Proctor 425-293-3152

[North Lake Washington Loop Ride Steady Pace @ Blythe Park – May 26](#)

Please RSVP the ride leader by text or e-mail by 8am day of ride if you intend to go. Ride leader will go only if someone else commits to go via RSVP.

Meet a few minutes early for a 10 AM start at Blyth Park in Bothell (near the restrooms) on the Burke-Gilman 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. 34 miles, steady pace (12-14 mph), A & B terrain with 1,100 feet of elevation gain. Coffee / tea / lunch in the U district (mile 23 or so). More rest stops too. Ice, snow or steady rain cancels, check the Ride Updates page or call/text/e-mail if in doubt. Ride with GPS link:

<https://ridewithgps.com/routes/26742931> Ride leader Rick Proctor 425-293-3153 BikeHound@comcast.net.

[Tour de Muk – May 27](#)

Meet at 9:45 for a 10:00 am start. Route still being finalized, but about 25 -28 miles through Mukilteo and north Everett. Stop at Legion Park for a rest break. Brief stop at Jackson park for a zipline adventure (maybe?) After ride coffee/lunch at the Red Cup Cafe in Mukilteo (optional). Very hilly terrain, 1300+ feet of elevation gain. **High social/low steady pace.** (12-13 mph on the flats). A, B and some C terrain. Okay to be slow on hills! I will post final route GPS on ride updates before the ride. Rain cancels, check ride updates. Ride leader: Cindy Proctor 425-293-3152

Don't forget to check out the Tours & Weekends pages for upcoming rides!



WEEKDAY RIDES

Tuesday Social Pace Ride – May 1, 8, 15, 22 & 29

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 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 Steady Pace Ride – May 1, 8, 15, 22 & 29

Meet a few minutes early at Silver Lake Bicycle Centre for a 10am 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. Ice, snow, or steady rain cancels. Check the Rides Updates page or call. Ride leader Dan Scott 425-501-6198 **or** other competent BIKES ride leader.

Tuesday Moderate Pace Ride – May 1 & 8

Meet a few minutes early at Silver Lake Bicycle Centre for an 10 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. Ice, snow, or steady rain cancels. Check the Rides Updates page or call/text if in doubt. Ride leader Rick Proctor 425-293-3153, BikeHound@comcast.net.

North Seattle Parks Loop – May 3

Please RSVP the ride leader by text or e-mail by 8am day of ride if you intend to go. Ride leader will go only if someone else commits to go via RSVP.

Meet at Green Lake Park restrooms at SSW end of the lake (6200 West Green Lake Way N.) a few minutes early for a 10am start. Loop ride on trails and streets near Puget Sound through Greenwood Park, Golden Gardens, Chittenden Locks, Discovery Park, Gas Works Park, Kerry Park via Queen Anne hill, UW, and Ravenna Park. We will walk the bikes through Chittenden Locks area (1/2 mile). We will forage for coffee / lunch along the way. 32 miles, moderate pace (14 – 16 mph), A & B terrain with 1,900 feet of elevation gain. 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/23333989> Ride leader: Rick Proctor 425-293-3153, BikeHound@comcast.net.

Jack's Recurring May Rides – May 9 & 23

Weather's been iffy, wet and wetter. New month is finally here!.. Why stay indoors? Join me as I pedal up, re-polish up that rhythmic cadence... We'll take a Northern/Southern loop routes from our starting point, take Lynnwood urban roadways into Mukilteo, Everett and back. Let's see how far away we can go and incorporate some fun into this spin workout...20-25 miles, 900 ft. elev. gain, moderate pace (14-16mph on flats), stay together as a group. Meet at Alderwood Costco NW section of the parking lot across gas station. Restrooms available at start and end of ride. **Weather Cancels? Snow & rain cancellations Expectations:** PLEASE arrive at 9:45am or earlier to sign the waiver and hear safety briefing. Ride leader personally uses MapMyRide app and will briefly go through the routes summary prior to the start. We promptly roll out at 10am and return by noon. Front and rear lights are recommended. Everyone should be able to maintain the 14-16 Moderate pace on flat terrain, faster and brisk on rollers and downhills! We will regroup at crossroads and intersections as needed. Riders have to be independent when they have a flat and/or mechanical issues. Ride Leader: Jack Willis, jack_on_cbr1000burner@yahoo.com, cell 425 478-0429

Giro de Sentieri – May 10

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. 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> Ride leader Rick Proctor 425-293-3153. BikeHound@comcast.net.

North Lake Washington Loop Ride @ Log Boom Park – May 24

Please RSVP the ride leader by text or e-mail by 8am day of ride if you intend to go. Ride leader will go only if someone else commits to go via RSVP.

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. Coffee / tea / lunch in the U district (mile 23 or so). More rest stops too. 34 miles, moderate pace (14 - 16 mph), A & B terrain with 1,100 feet of elevation gain. Ice, snow or steady rain cancels, check the Ride Updates page or call/text/e-mail if in doubt. Ride with GPS link: <https://ridewithgps.com/routes/26634120> Ride leader: Rick Proctor 425-293-3153 BikeHound@comcast.net.

PEDAL PUSHER RIDES

[Pedal Pushers Ride: Centennial Trail – May 2](#)

Meet at 9:45am at Maple and Pine in Snohomish for a 10am start. We'll ride for 5, 10 or 22 miles. Social pace, A terrain. Choose your distance: ride to Lake Cassidy and back or shorten your distance and turn around at Machias or sooner. Bring a snack or lunch and water. Ride leaders: Nancy Graham nancycycles@gmail.com Linda Hunter (425) 478-6287 or hunterbl4345@comcast.net .

[Pedal Pushers Ride: Round the River – May 9](#)

Meet at 9:45am at Rotary Park (gravel lot) in Everett for a 10am start. RT 18 miles, Social pace, A terrain w/ one small hill. We'll ride to and from Snohomish using roads on both sides of the Snohomish River. Food/snack stop in Snohomish. Ride leaders Dan & Elaine Scott, (425) 501-6198.

[Pedal Pushers Ride: Sammamish River – May 16](#)

Meet at 9:45am at Blyth Park in Bothell for a 10am start. RT approximately 20 miles. A terrain – the trail is relatively flat with only a few small short inclines. Social pace (10-12 MPH). We will ride the trail to the Redmond Connector and into Redmond and stop at the Midori Bakery for coffee and snacks. Bring snacks or money to purchase at the bakery. We will return to Blyth Park after our stop. You can turn around on the trail at any time to shorten the distance but notify the ride leader if you decide to go back. Blyth Park: 16950 W. Riverside Dr., Bothell. Ride Leader: Ron Andersen, (425) 742-5508, ronk22446b@gmail.com, cell phone (425) 626-9187.

[Pedal Pusher Ride: Conway to Mount Vernon via Fir Island – May 23](#)

Meet at 9:45am at the ball field parking lot next to the fire station in Conway for a 10am start. RT 21 miles, Social pace, A terrain. Route is on paved road with little elevation and low traffic volumes. We'll ride from Conway to Mt Vernon via Fir Island along the west side of the Skagit River and return on the east side. Ride leader Nancy Graham, (425) 493-1952, nancycycles@gmail.com.

[Pedal Pushers Ride: Sammamish River/Willows Run Connector Trail – May 30](#)

Meet at 9:45am at Wilmot Gateway Station in Woodinville for a 10am start. RT 17 miles. Social pace. A Terrain. All trail. We will ride on the new section of the Redmond Connector Trail that parallels Willows Run Rd. We will have a brief rest stop at Marymoor Park, and then an (optional) stop at the Soul Food Cafe in Redmond for a cup of tea and pastry. Park in the lot across the street near the ball fields. Inclement weather will cancel. Ride with GPS link: <https://ridewithgps.com/routes/26690360> Ride leader Cindy Proctor- (425) 293-3152.



2018 Weekends & Tours**May 19-20 Yakima Wine Ride (HS)**

Bob & Viv Biesiedzinski, 206-595-3822, bobbez@gmail.com

Most people will camp at Yakima Sportsman State Park. If you are not a camper there are motels in the area. People need to make their own reservations in advance. Remote start both days. Saturday we'll stop at several wineries. Saturday evening potluck dinner at camp. Sunday Naches ride 24-32 miles. **RSVP to ride leaders no later than April 29.**

May 29-June 2 Old West Scenic Bikeway, Ore. (self-contained)

Dan & Elaine Scott, 425-501-6198 scott.dan.l@frontier.com

Self-contained*, luggage SAG, tenting and camping. 175 total miles, rated challenging; see link to Bikeway info. **RSVP to ride leaders no later than April 29.**

June 10-15 Centennial Trail to 9-Mile Falls, Idaho/WA (Credit Card)

Rick & Cindy Proctor BikeHound@comcast.net

4 days riding, starting in the city of Couer d'Alene/ 2 days driving (there and back).. 120 miles total, 22-34/day, paved trails & associated roads. No camping, but must haul gear from motel to motel. **RSVP to ride leaders by March 10th.**

June 22-24 Olympic Discovery Trail (HS)

Bob & Viv Biesiedzinski, 206-595-3822, bobbez@gmail.com

Camping or motel options. The ride starts at the [Sequim Bay State Park](#) and travels west through the town of Sequim and then through lavender fields as we make our way to the Straights of Juan De Fuca and the town of Port Angeles. The trail is primarily "A" terrain, with a few spots that are "B-C". We ride at a social pace with stops to regroup, and refresh, along the way. Plan for a 60+ mile round trip. Pack a picnic lunch as we will stop along the Straights for a picnic! There will be a "potluck" dinner at our campsite located at Elwah Dam RV Park east of Sequim on Saturday evening after the ride. If you wish to camp at Sequim Bay State Park go to washing-ton.goingtocamp.com to make your reservations. **RSVP to ride leaders by April 29th**

July 12–16 Eugene Cycle Oregon Weekend Plus

Mary Jo Gerst, maryjo1532@hotmail.com

Thur – Meet in Eugene

Fri –Ride the Row River Trail 40 miles, then dinner at Cycle Oregon Weekend Ride.

Sat – Cycle Oregon Weekend ride

Sun – Cycle Oregon Weekend ride

Mon- Eugene bike paths 30 miles

Sign up is now open for the **Cycle Oregon Weekend Ride** in Eugene. It sells out so **sign up soon.**

Aug. 12-17 Trail of the Couer D'Alenes, Idaho (Credit Card)

Rick & Cindy Proctor BikeHound@comcast.net

Four days of riding, 17-52 miles per day. Self-contained credit card tour, carry own luggage. Ride the entire paved trail, roundtrip. **RSVP to ride leader by May 12th**

2018 Weekends & Tours (cont.)**Aug. 14-17 Vancouver, BC (HS)**

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

Three days of riding, all paved. Hub & spoke with central accommodations. Contact ride leader for info. **RSVP to ride leader by July 1st**

Aug. 24-27 Port Angeles Area (HS)

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

Three days of rides on paved trails based out of Port Angeles motel. **RSVP to ride leader by May 1st.**

Sept. 10-13 Spokane, WA (HS)

MaryJo Gerst, maryjo1532@hotmail.com

Tues. Centennial Trial 50 mi; Centennial Trail west 30 mi; Thurs. Post Falls- Couer d'alene 34 miles; Fri. TBD. Hub and spoke with lodging/camping options. Steady pace with scenery stops. **RSVP to ride leader.**

Sept. 15-16 Birch Bay Farm Tour (HS)

Bob & Viv Biesiedzinski, 206-595-3822, bobbez@gmail.com

Camping and biking weekend based out of [Birch Bay State Park](#) – make your camping reservations early. Saturday Whatcom Farm Tour ride, approximately 50 miles. We plan to stop at several cheese shops along the route. Potluck dinner at campground site after ride. Sunday we will ride from Birch Bay State Park to the Peace Arch at the US/Canada border. **RSVP to ride leader by August 15.**

September California Coast (self-contained)

Rick Proctor, bikehound@comcast.net

Take 5 to 6 weeks to ride from Crescent City to the Mexico border. Self-contained tour with camping and hotels – no SAG. Will get to start via train and bus. Train & bus to start, train back to home. 1,200 miles, 30 - 60 miles / day, 1 - 2 rest days / week. Ride on the Adventure Cycling Pacific Coast Route. **RSVP to ride leader by June 1st**

Sept. 20-23 San Juan Islands (HS, Credit Card)

Debby Grant debby@jaygrant.com

Ride San Juan, Lopez and Orcas Islands. Details about start location, date and time still to be determined. 3 riding days, 30-35 miles/day, hilly, self-paced with regroupings, lots of local sights to see, maps and cue sheets available. Credit card Hub & Spoke w/luggage SAG, hotel w/possible camping option. **RSVP to ride leader by June 1st.**

Club Member Rider Miles

Rick	Proctor	912
Cheryl	Funkhouser	507
Cindy	Proctor	488
Bill	Paul	449
Bob	Nyberg	447
Patrick	Robertson	432
Debbie	Kawamoto	402
Ron	Andersen	380
Dan	Scott	321
Steve	Linari	314
Raquel	Haunreiter	296
Nancy	Graham	271
Jack	Willis	268
Robert	Pahlman	251
Mike	Dahlstrom	185
Bob	Biesiedzinski	183
Vivian	Biesiedzinski	183
Elaine	Scott	178
Kathy	Riddle	153
Drew	Ellison	149
Kristin	Kinnamon	143
Bette-Ann	Shroyer	142
Kristi	Knodell	141
Linda	Braun	135
Kurt	Haunreiter	132
Pier	Fiorentini	123
Allison	Quillen	120

Judy	Lang	119
Fred	Norousi	117
Gary	Broughton	113
Mason	Rutledge	109
Justin	Cabe	106
Rick	Dermody	106
Stephen	Fox	101
Dan	Bodien	93
Gabriel	Rinkes	90
Fred	Koch	89
Mark	Olson	86
Lou	Rivetti	80
Linda	Hunter	73
Tim	Wise	73
Mitch	Pico	70
Sharon	Broughton	69
Bill	Lutterloh	69
Jack	McClincy	67
Bill	Weber	66
John	DeNinno	65
Cheryl	Walchi	58
Moe	Moosavi	57
Marcia	Stedman	56
Deb	Fox	55
Rick	Poffenroth	53
Samantha	Cheng	46

Kaia	Koch	46
Brenda	Ferguson	44
Bob	Getz	41
Tom	Crisp	38
Dylan	Fiorini	36
Diane	Gordon	36
Cheyenne	Brett	33
Connie	Brett	33
Audrea	Coury	33
Janell	Reich	33
Adrienne	Reynolds	33
Jim	Roosma	33
Peter	Smith	33
Dimitri	Berks	25
Lucy	Johns	25
MJ	Gerst	23
Gloria	Hammond	23
Perry	Walker	23
John	Booth	22
Clarence	Elstad	22
Shirley	Kankelfritz	22
Madeline	Norman	22
Frosene	Saco	22
Peter	Pisani	19
Pam	Snook	19
Debby	Grant	18
Sue	Regan	16

How are BIKES Club Rider Miles Calculated?

Are you tracking your miles for the year? So are we - but only on official club rides. What qualifies for B.I.K.E.S. Rider Miles? Club rider miles are only counted for those rides and tours that are posted in the newsletter and website ride calendar or on the Ride Updates page. The idea is that club miles apply on rides where club members were notified in advance.

Note that only club member miles are listed. Any guests who ride would need to become a club member to see their miles listed.



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



April 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](#)

