

Chainwheel Chatter

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

Your Snohomish County Cycling Club

JULY 2018
VOL. 466

[Next B.I.K.E.S. Club meeting on September 13th @ 7:00 pm](#)

Prez Sez

A meeting of the [Trail Coalition of Snohomish County](#) was held the evening of June 21st at Willis Tucker Park. The main topic discussed was the plans for trail development across Snohomish County. A trail map from a 2012 master plan was presented by [Snohomish County Parks and Recreation](#) showing existing trails, in-progress trails, and proposed trails. With the Centennial and Interurban Trails running north – south, more trails running east – west are planned to create a ladder type network to eventually connect the major population areas of Snohomish County. However, development of this trail infrastructure will require more funding than the present SnoCo Parks budget can support any time soon. Progress may seem slow, and priorities may shift due to political pressures. Note that trails, bikeways, and other bike infrastructure within cities is planned, funded, and built by each city.

A new Washington state law went into effect on June 7, 2018 regarding e-bikes. [Washington Bikes](#) put together a good overview of the new law that defines e-bikes, allowable performance limits, and where they can and cannot be ridden. <http://wabikes.org/2018/06/06/heres-need-know-washingtons-new-e-bike-law/?platform=hootsuite>. B.I.K.E.S. Club does not have a policy at this time regarding e-bikes although a couple of e-bikes are known to have participated in B.I.K.E.S. rides over the past year. Ride leaders typically plan routes for what are considered by most people as normal bikes. E-bike riders, and riders of other non-normal bikes, could ask the ride leader if the route is suitable for their particular configuration of bike. E-bikes in B.I.K.E.S. club rides will be discussed further at a club meeting later this year.

A few months ago the Adventure Cycling Association ran their 11th annual survey of members to determine how they are doing and what they should be working on. As an Adventure Cycling member myself, I participated. A 25% survey response rate provided Adventure Cycling some useful data regarding bicycle touring <https://www.adventurecycling.org/membership/annual-survey/>. While much of their survey targeted membership concerns, there are a few nuggets of info useful to bike clubs like ours. The results show what kind of bikes and what type of surfaces are commonly ridden: mostly road and touring bikes on paved roads and bike paths. These results seem similar to the types of rides offered by the B.I.K.E.S. Club.

Have a great day,

Rick Proctor, B.I.K.E.S. Club 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!!

B.I.K.E.S. Club Picnic

Don't forget the annual B.I.K.E.S. picnic is Sunday, August 5 at Silver Lake. We generally have 2 rides that will start from the park before the picnic so you can get some mileage in before you eat lunch. The club provides hamburgers, Costco polish sausage, salmon burgers or veggie burgers plus buns, condiments, plates, silverware and napkins. We'll also have ice tea available. B.I.K.E.S. members bring chips (crackers, etc), salad or dessert to share. Hope that you will plan on joining us for a fun day. We have reserved the picnic shelter so bring a lawn chair so you can relax with your cycling friends.

Elaine Scott

Sharing Wheels Bike Valet



Hello Sharing Wheels Supporters!

Thanks to the wonderful volunteers who made our bicycle valet service at the Everett Sortaculture Festival a success! Despite a weekend of clouds and rain, we provided parking for the three day event. The forecast for our events in July however is blue skies and lots of sun.

We will be providing valet bicycle parking for the Everett Farmer's Market on **Sundays in July**. The market is located at Boxcar Park by the marina. Take a look at this [sign-up sheet](#), and if you would be able to volunteer during any of the time slots, we would appreciate the help!

The job is simple - be friendly, follow our bike check-in process, and hang out in a fun place. We aim for 2 people per shift so you can have company and breaks. If you have access to a van or truck, we need someone to transport the supplies before and after the events as specified on the sign up sheet.

Even if you can't volunteer to help us, take a Sunday spin down to the market and check out all they have to offer!

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:

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!



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**

May 10, 2018

In attendance: Jim Bloss, Gabriel Rinkes, Cindy Proctor, Kathy Riddle, Warren Bare, Bob Getz, Kristin Kinnamon, John Carlin, Mike Dahlstrom, Rick Proctor, Bill Weber, Debby Grant, Debbie Kawamoto, Drew Ellison.

Plans for May Bike Everywhere Month:

The booth for Bikes Club on May 18th (Bike to Work/Everywhere Day) at the Everett Transit Station will be run by volunteers **Gabe Rinkes and Drew Ellison**. **Debby Grant** volunteered to help with the Mount Lake Terrace Transit Station.

McClinchy Wrap up Report:

Numbers:

- 190 pre-registered riders
- 38 club members rode (29 BIKES & 9 Northern Clubs)
- 26 discounts (17 BIKES & 9 Northern)
 - 24 day-of riders.
 - \$786 was paid in liability insurance premiums.
 - \$9,176 in registration fees were collected in total
 - \$2,527 was the net profit (there are still some sponsorships which haven't been collected yet)
 - \$1,600 was paid in marketing including print and facebook advertising.

Successes:

- Location of start point at Haller
- Room set up the day before made the day of much easier.
- People really like the after ride burger and brew.
- Lake McMurray Route.

Improvements:

- Direction signs off the main road to the start point at Haller Park.
- Move Granite Falls rest stop to a more visible location.
- More "Bikes on Road" signs in certain areas with heavy traffic.
- Better signage for rest stops.
- Have coffee at Bonhoeffer Gardens.
- More signs/route markings for roundabouts (maybe a sandwich board or two?)
- Making the Granite Falls loop a requirement to do first and close the rest stop earlier.
- Having mechanical support at the rest stops (solicit bike shop?)

Election:

Debbie Kawamoto presented a slate of nominees for officers of the club. The nominees are:

- Rick Proctor – President**
- Jim Bloss – Vice President**
- Debby Grant - Treasurer**
- Kathy Riddle – Secretary**

Warren Bare made a motion to accept the slate of officers as presented by Debbie. It was seconded by **Gabriel Rinkes**. The members unanimously voted in favor of electing the slate of officers.

Upcoming Events:

- May 18th – Bike Everywhere Day (Everett Transit Station)
- Sharing Wheels – June 10th
- Hidden Gem Ride Hosted by Bikes Club – July 7th
- Bikes Club Picnic at Hauge Homestead Park (Silver Lake) August 5th

Meeting adjourned.

Club Member Submissions!

Gear Up

Rick Proctor

While riding your bike you probably shift gears as needed without thinking too much about gear ratios, at least until the hill you're climbing becomes too steep for the gears you have. Bike gears are commonly talked about with the numbers of teeth of the front chain rings and number of teeth of the sprockets in the rear cassette. An easy example is a 50 tooth large chain ring paired with a 25 tooth sprocket which will rotate the rear wheel 2 full times with one full 360 degree rotation of the crank. Each wheel rotation with a common 700C x 25mm tire provides about 83.5 inches of travel down the road. Each full rotation of the crank with the 50 tooth chain ring will drive the 25 tooth sprocket and rear wheel $2 \times 83.5 = 167$ inches.

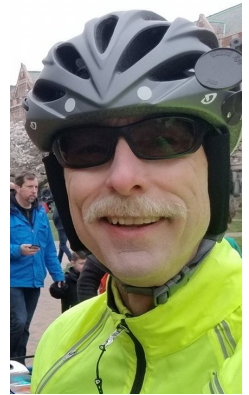
A 30 tooth small chain ring paired with a 30 tooth sprocket provides a 1:1 gear ratio, often considered good for climbing. One full crank rotation provides one full wheel rotation for 83.5 inches of travel.

The same 30 tooth chain ring paired with a 34 tooth sprocket provides, for each full crank rotation, 30 divided by 34 = .882 rotation of the rear wheel, which will drive your bike $.882 \times 83.5 =$ about 73.6 inches, a better setup for climbing.

Gear pairings where the chain ring is larger than the sprocket are considered overdrive, meaning as the chain ring size increases beyond the sprocket size the distance traveled increases with each crank revolution, assuming you have the power to drive it. Gear pairings where the chain ring is smaller than the sprocket are underdrive. The .882 ratio from a 30 & 34 gear combination will provide slower travel, but will also provide the mechanical advantage for you to climb up hills with the power you have where other riders may need to get off their bikes and push. As you pass them you can snicker.

There are plenty of other terms used to describe bike gearing like gear ratios, gear inches, meters of development, etc. which are calculated differently, but basically provide a means to describe bike gearing. If you find this interesting and really want to sharpen your techno-geek skills, there are smart phone apps you can download and play with for various gearing options and results.

If this gear stuff has lost you, but you still want to climb better, then take your bike to your favorite bike shop and tell them you want to do steeper hills than the present gears will allow. Be prepared for \$\$\$ bike mods. Or maybe it's time for a new bike.



Attention All B.I.K.E.S. Club Members!

New club officers are:

Rick Proctor - President

Jim Bloss - Vice President

Debbie Grant - Treasurer

Kathy Riddle - Secretary

Congratulations to all those elected to their new position and a heart felt THANK YOU to those who have served in the past! Our club is what we make it.



July Rides: Weekends & Weekdays

WEEKEND RIDES

[Saturday, July 7, Hidden Gems #2 – B.I.K.E.S. Club of Snohomish County](#)

**B.I.K.E.S. Club of Snohomish County invites
our North Puget Sound Bike Alliance partner clubs to
2018's HIDDEN GEMS RIDE #2!!**

Meet across the street from the Everett Transit Station [3201 Smith Ave Parking](#) at 9:30 am for sign-ins and info for a 10 am departure. Be aware of signed restricted parking areas. There are restrooms and water in Everett Station. Optional post-ride coffee/meal at [Scuttlebutt Brewing - Restaurant and Pub](#) , 1205 Craftsman Way #101, Everett, WA 98201. Seating on a first-come/first-served basis.

Steady rain cancels. Please check BIKES Ride Updates page for updates: [B.I.K.E.S. Club of Snohomish County - Ride Updates](#) . Call/text if in doubt.

[Saturday, July 14, Lake Washington Loop Ride – RSVP](#)

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 Blyth Park for a 10:00 AM start. Loop ride clockwise around Lake Washington. Coffee, lunch, and rest stops expected. 50 miles, moderate pace (14 – 16 mph), A/B terrain with 2,000 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 leader Rick Proctor 425-293-3153.

[Sunday, July 15, Lynnwood Everett Snohomish Loop](#)

We'll ride on road and Interurban Trail to Everett and out to Snohomish and return. RT about 35 miles. Steady pace (12-14mph). A/B terrain. Short food stop in Snohomish, bring snack or purchase. Ride leader Debby Grant 206-353-0249 or debby@jaygrant.com . Poor weather may cancel, check Ride Updates on day of ride.

[Saturday, July 28, North Lake Washington Loop Ride Steady Pace - RSVP](#)

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. 34 miles, steady pace (12 - 14 mph), A & B terrain with 1,100 feet of elevation gain. 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. Coffee / tea / lunch in the U district (mile 23 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. Ride with GPS link: <https://ridewithgps.com/routes/26742931>

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



Young and Younger!

WEEKDAY RIDES

[Tuesday Ride Social Pace, July 3, 10, 17, 24 & 31](#) 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

Parking for Tuesday Rides from Silver Lake Bike Centre:

Car parking is intended for the strip mall customers and employees. Tuesday bike riders driving to the start should park in the lot in front of the building by the highway, behind the building, or east of the mini-market / gas station on the highway side of the lot in front of the strip mall. Do not park next to the front of the buildings. Do not take the last parking space in any of the lots.

[Tuesday Ride Moderate Pace, July 3, 10, 17, 24 & 31](#) 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.

[Tuesday Steady Pace Ride, July 10, 17, 24 & 31](#) 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.

[Thursday, July 5, McCollum – Mukilteo Loop – Everett](#) Meet a few minutes early at McCollum Park west parking lot for a 10am start. 33 miles, moderate pace (14 -16 mph). A & B terrain with 1,800 feet of elevation gain. Loop ride through Harbour Point, Mukilteo, and Everett. Coffee / lunch along the Everett waterfront. Ride With GPS link: <https://ridewithgps.com/routes/14651038> Ice, snow or steady rain cancels. Check the Ride Updates page or call/text if in doubt. Ride leader Rick Proctor 425-293-3153.

[Thursday, July 5 & 26, Centennial Trail Evening Ride](#) Join us as we de-stress after a day of work or chores for a relaxing ride from Snohomish to Lake Cassidy on the Centennial Trail!! Maybe a stop after the ride for refreshments? :-)) High social pace (12-13 mph) for approximately 23 miles. "A" terrain. Meet us at the Snohomish Public Library parking lot for a 5:45pm start time. Bring front/head lights for evening safety & visibility. Please RSVP ride leaders Bob & Viv Biesiedzinski at 206-595-3822 or at bobbez@gmail.com.

[Wednesday, July 11, Music on the Plaza -- Food Truck Ride](#) Ride to Snohomish & return to Everett courthouse plaza for food truck lunch & music!! 35ish miles, high steady pace (12-15mph), A/B terrain. Rain cancels. Ride Leader: Dan Scott 425-501-6198

[Thursday, July 12 North Seattle Parks Loop – RSVP](#) **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 rest-rooms 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.

[Friday, July 13, Tour de Muk](#) 25 miles. 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! We will try to keep to the pace, but this is a **no drop ride**, so we will stop to regroup as needed! Meet at 9:45 for a 10:00 am start at the Rosehill Community Center in Mukilteo. There is usually lots of street parking around there that time of day, but it is 4 hour. Just past the center is more parking with no time limit, or look for the dog park just down the road. Ride through Mukilteo and north Everett. Stop at Legion Park for a rest break. Route map: [Tour de MUK](#) Rain cancels, check ride updates. Ride leader: Cindy Proctor 425-293-3152

[Thursday, July 19, RSVP for Centennial Trail Ride \(Moderate Pace\)](#) **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 at Arlington Legion Park (red train station looking building) on the Centennial Trail for a 10am start. 38 low stress miles on the Centennial Trail, moderate pace (14 - 16 mph), "A" terrain with 840 feet of elevation gain. Ride to Lake Cassidy roundtrip, then Nakashima Barn roundtrip with a side trip in Arlington for lunch. 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 leader Rick Proctor 425-293-3153. Ride With GPS link: <https://ridewithgps.com/routes/26740752>

PEDAL PUSHER RIDES

[Wednesday, July 11, Pedal Pushers Skagit Classic Re-do](#)

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. RT 20 - 25 miles. Bring a snack or sack lunch for a picnic along the way. Ride leader Linda Hunter (425) 478-6287 or hunterbl4345@comcast.net .

[Wednesday, July 18, Pedal Pushers Sammamish River Trail](#)

Meet at 9:45am at Blyth Park in Bothell for a 10:am start. We'll ride out and back on the Sammamish River Trail to Whole Foods, grab a snack/light lunch and return. RT 22-24 miles, Social pace, A terrain. Turning around at any time is acceptable. Ride leader Bette-Ann Shroyer bicyclingfun4me@gmail.com

[Wednesday, July 25, Pedal Pushers McMenamins to Centennial Park](#)

Meet at 9:45am at Murphy's Corner near McMenamins for a 10am start. RT 19 miles on surface streets. Mostly A but some gentle B (hilly) terrain, Social pace. Optional lunch at McMenamins after the ride. Ride leader Cindy Proctor (425) 293-3152.



We will be providing valet bicycle parking for the Everett Farmer's Market on **Sundays in July**. The market is located at Boxcar Park by the marina. Take a look at this [sign-up sheet](#), and if you would be able to volunteer during any of the time slots, we would appreciate the help!

2018 Weekends & Tours**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**

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 Trail 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.**

2018 Weekends & Tours (cont.)**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.**



*It's a long way to the top!
No, these are not the same place!!*

Club Member Rider Miles

Rick	Proctor	1565
Dan	Scott	973
Bob	Nyberg	918
Debbie	Kawamoto	883
Cheryl	Funkhouser	823
Cindy	Proctor	786
Ron	Andersen	614
Patrick	Robertson	607
Elaine	Scott	568
Raquel	Haunreiter	560
Robert	Pahlman	553
Bill	Paul	537
Pier	Florentini	518
Jack	Willis	500
Kristin	Kinnamon	444
Steve	Linari	423
Kristi	Knodell	405
Gary	Broughton	393
Bob	Biesiedzinski	376
Vivian	Biesiedzinski	376
Linda	Braun	364
Fred	Koch	362
Nancy	Graham	358
Kathy	Riddle	338
Lou	Rivetti	324
Drew	Ellison	320
Rick	Dermody	319
Stephen	Fox	281
Mike	Dahlstrom	269
Kurt	Haunreiter	265
Mitch	Pico	250
Bette-Ann	Shroyer	238
Deb	Fox	235
Kaia	Koch	234
Mark	Olson	204
Judy	Lang	200
Rick	Poffenroth	194
Marlus	LaVare	189
Marcia	Stedman	183
Bobbie	Laue	180

John	DeNinno	178
Tim	Wise	175
Alison	Quillen	174
Bill	Lutterloh	168
Mason	Rutledge	161
Dennis	Larson	155
Gabriel	Rinkes	148
Fred	Norousi	146
Jan	Johnson	139
Tom	Crisp	132
Earl	Bardin	125
Bob	Getz	124
Linda	Thiem	118
Cheryl	Walchi	118
Justin	Cabe	116
Linda	Hunter	116
Jack	McClincy	115
Bill	Weber	104
Don	Martin	103
John	Carlin	102
Dan	Bodien	93
Jim	Roosma	89
Debby	Grant	85
Stuart	Butler	71
Sharon	Broughton	69
Catherine	Rudenick	69
Joe	Self	69
Faith	Sokol	69
Gloria	Hammond	65
Adrienne	Reynolds	59
Peter	Smith	59
John	Stejer	59
Janet	Leisner	58
Clarence	Elstad	57
Moe	Moosavi	57
Juanita	Plas	56
Pete	Plas	56
Perry	Walker	51

Marietta	Zander	50
Janet	Burks	46
Samantha	Cheng	46
Brenda	Ferguson	44
Matt	Keller	39
Madeline	Norman	39
Sue	Regan	39
Pam	Snook	39
Dylan	Fiorini	36
Diane	Gordon	36
Judy	Izutsu	34
Will	McMahan	34
Cheyenne	Brett	33
Connie	Brett	33
Audrea	Coury	33
MJ	Gerst	33
Janell	Reich	33
Dale	Shoup	30
Larry	Kennedy	26
Dimitri	Berks	25
Lucy	Johns	25
Gary	Osowiecki	25
Jim	Shaver	25
John	Booth	22
Pam	Hallanger	22
Shirley	Kankelfritz	22
Frosene	Saco	22
Jeanne	Crisp	20
Bill	Brack	19
Morris	Maizels	19
Peter	Pisani	19
Sarah	Sundin	19
Kathy	Schneider	18
Shirley	Slade	15
Dick	Nicholson	12
Craig	Cameron	10
Adrienne	Dorf	10
Susan	Hausmann	10
Robert	Smith	10
Lesilie	Strickland	10

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.

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 [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](#)