

Chainwheel Chatter

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

Your Snohomish County Cycling Club

AUGUST 2018
VOL. 467

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

Prez Sez

Polls

A series of on-line polls have been started to ask you, as a BIKES Club member, some short & easy questions regarding your preferred ride details. Each poll starts with an e-mail in your e-mail Inbox from "B.I.K.E.S. Club of Snohomish County" with the subject line "BIKES Poll # ___". A hyperlink in the e-mail will take you to the polling page with more info. So far it appears the polling feature works better on a computer than some mobile devices. Each poll will be active for your response for 2 weeks and may overlap with another poll. Response summaries to these polls will be shared in the Chainwheel Chatter newsletter and some time soon on the club website at www.bikesclub.org.

The 1st poll, July 10th – 24th, asked about your preferred Ride Start Times. Results are shared elsewhere in this Chainwheel Chatter.

The 2nd poll, July 17th – 31st, asked about your preferred Ride Speed & Length. Results are not available yet at the time of this writing.

Questions and answer options are designed to provide actionable results for improvements.

Future polls will seek your preferences on other club concerns beyond riding, such as communication modes, social activities, etc. Your responses to all of these polls will help shape the future of the BIKES Club.

McClinchy Mile Route Revisions

During the last McClinchy Mile on April 29th, several riders mentioned riding their own variation of the routes, or mentioned ideas for improvement of the routes. Bike routes that were once awesome are becoming less so in some areas, making re-routes necessary to accommodate changing automotive traffic patterns as the population of Snohomish County grows, especially in areas where no bicycling infrastructure exists.

Now in mid-summer is a great time to re-visit those improvements and begin the process of route exploration leading to route documentation before winter weather complicates these activities. Please contact me if you would like to take on the role of being a route leader to lead the exploration, revising and documentation of one of these:

- ◆ Haller Park – Stanwood Route, 33 Miles with 708 feet of elevation gain.
Ride with GPS link: <https://ridewithgps.com/routes/26888860>
- ◆ Haller Park – Granite Falls Route, 28 Miles with 1,269 feet of elevation gain.
Ride with GPS link: <https://ridewithgps.com/routes/26888852>
- ◆ Haller Park – Lake McMurray Route, 44 Miles with 1,719 feet of elevation gain.
Ride with GPS link: <https://ridewithgps.com/routes/26888863>

See News You Can Use for additional information!

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

The annual BIKES picnic is Sunday, August 5 at Hauge Homestead Park at Silver Lake. We should have a couple of rides before the picnic so look in the Rides/Rides updates calendar to see the time, distance and pace. The rides will start at the park. We have reserved the picnic shelter for the day so bring a chair so you can enjoy the company of our fellow cyclists.

I will be purchasing hamburgers, salmon patties, veggie burgers and Costco polish sausage complete with buns. There will be a variety of condiments, plates, silverware, napkins and iced tea. No alcohol is allowed at the park. Bikes members bring salads, appetizers, desserts to share.

PLEASE email me at scott.elaine.m@frontier.com with your food choices before Thursday, August 2nd, so that I buy enough for everyone. Certainly wouldn't want anyone to go hungry. Our chef will be Tim Wise as usual. It usually takes 30 minutes to get the BBQ heated up so come about 12 - 12:30 if you're not riding. Lunch will be served as soon as the riders return and the BBQ is heated up.

Elaine Scott

Hidden Gems

Our BIKES Club hosted the Hidden Gems rides on Saturday, July 7th. The attached chart shows a summary of the rides and riders:

BIKES Club Hidden Gems Ride 7 July 2018

<i>Pace</i>	<i>Miles & Gain</i>	<i>BIKES Club of SnoCo</i>	<i>Skagit Bike Club</i>	<i>Mt Baker Bike Club</i>	<i>Whidbey Bike Club</i>	<i>Non-Member</i>	<i>Totals</i>
<i>Social 10-12 mph</i>	<i>29 miles & 1,500'</i>	<i>5 riders</i>	<i>1 rider</i>	<i>0</i>	<i>0</i>	<i>0</i>	<i>6 riders</i>
<i>Steady 12-14 mph</i>	<i>34 miles & 1,300'</i>	<i>4 riders</i>	<i>0</i>	<i>1 rider</i>	<i>0</i>	<i>0</i>	<i>5 riders</i>
<i>Moderate 14-16 mph</i>	<i>41 miles & 1,100'</i>	<i>7 riders</i>	<i>0</i>	<i>1 rider</i>	<i>0</i>	<i>0</i>	<i>8 riders</i>
<i>Brisk 16-18+ mph</i>	<i>46 miles & 3,500'</i>	<i>7 riders</i>	<i>1 rider</i>	<i>1 rider</i>	<i>5 riders</i>	<i>1 rider</i>	<i>15 riders</i>
<i>Totals</i>	<i>150 Miles</i>	<i>23 BIKES riders</i>	<i>2 Skagit riders</i>	<i>3 Mt Baker riders</i>	<i>5 Whidbey riders</i>	<i>1 Unaffiliated rider</i>	<i>34 Total Riders</i>

Upcoming Hidden Gem rides of other clubs in the [North Puget Sound Alliance](#) are:

[Skagit Bicycle Club](#) – Saturday August 4th

[Whidbey Island Bicycle Club](#) – Saturday September 8th

Details for these Hidden Gem rides will be posted in the Rides calendar or via Ride Updates when available.

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!

BIKES Poll #1 Ride Start Times Results

10 – 23 July 2018

37 responses, sent to 182 member e-mail addresses.

This poll asked for your choice of ride start times at this time of year (summer).

Which days do you prefer for a BIKES club ride? Select the days most important to you.

Tuesdays	20
Thursdays	18
Saturdays	18
Sundays	18
Mondays	17
Wednesdays	17
Fridays	12

If you prefer a weekday BIKES ride, what is your preferred start time? Select one.

Morning	29
Mid-day	3
11:00am	1
9:00 a.m. start is best	1
Early evening	1
Had to make a selection to submit	1
Late afternoon	1

If you prefer a weekend day BIKES ride, what is your preferred start time? Select one.

Morning	32
Mid-day	4
Late afternoon	1

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!

How Accurate is Your Bike Speed Data?

Rick Proctor

When riding with a friend have you ever compared how fast each of you are going based on your speedometer, bike computer, or whatever? Did your numbers match? Whose is correct?

If you use a GPS based device for speed functions there isn't much you can do to improve accuracy other than avoid anything that could cause disruptions to the reception of GPS signals. Trees, buildings, tunnels, overpasses, and mountains can effect GPS device accuracy. Have you ever seen your device indicate movement without really moving?

A modern bike computer counts wheel rotations, or distance travelled, over an interval of time to determine speed and accumulated distance traveled. A properly setup bike computer can be very accurate and reliable. The time interval measurement is an internal electronic function. The counting of wheel rotations is usually done with a magnet mounted on a spoke that passes by a sensor mounted on a bike frame fork, which causes an electronic beep that is picked up by the bike computer and compared to the time interval. The more beeps per time interval the faster the bike is moving. The bike computer also uses a wheel circumference that is usually selected from a menu when the bike computer is installed. Wheel circumference for this purpose is really the distance around the outside of the tire – the long way, and is exactly how far your bike will roll with exactly 1 wheel revolution.

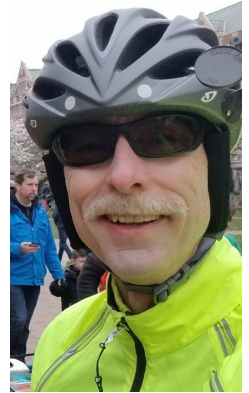
The standard menu selections for circumference may be inaccurate due to variations across tire manufacturers and product lines. Most bike computers will allow input of your own circumference measurement for improved accuracy. You can do this if you have the bike computer instructions.

To get a true measure of your wheel/tire circumference at normal inflation pressure:

1. Stretch out a tape measure long enough for a complete wheel rotation. 7 feet is usually enough.
2. Position the valve stem vertical next to 0 (zero) at the end of the tape measure.
3. Keep the bike upright and roll the bike as straight as possible next to the tape measure until the valve stem and wheel make exactly 1 revolution. This will be most accurate with your weight on the bike to depress the tire a bit like when being ridden.
4. Repeat a few times until you get a consistent measurement.
5. Most bike computers require a circumference measurement in mm (millimeters). There are 25.4 mm per inch. Most 700C tires have a circumference of 2,100 – 2,200 mm.
6. Input the wheel circumference per the bike computer instructions.

If you and your friend have done these steps, your speed comparisons should match.

A final suggestion about bike computers. Replace the batteries in both the sensor and bike computer annually to stay ahead of an unexpected mid-ride loss of data.



August Rides: Weekends & Weekdays

WEEKEND RIDES

Saturday, August 4th, 10:00 am HIDDEN GEMS RIDE #3 -- SKAGIT BICYCLE CLUB

Long - <https://ridewithgps.com/routes/22168395>

Med - <https://ridewithgps.com/routes/22974164>

Short - <https://ridewithgps.com/routes/23207801>

The Mount Vernon/Burlington area has a number of fine establishments for after ride food and drink. If a cold, freshly brewed adult beverage is desired Farmstrong Brewing is just across the river at 110 Stewart Rd, Mount Vernon. If food and drink is the order of the day the Skagit River Brewery at 404 S 3rd St, Mount Vernon is a good choice. The Train Wreck Bar and Grill at 427 E Fairhaven Avenue, Burlington is another excellent choice for food and drink. Hope you can make it!!

Sunday, August 5th B.I.K.E.S. Club Picnic

We will have 3 rides:

9:30am start for Moderates: <https://ridewithgps.com/routes/27947063>

10:00am start for Social & Steady: <https://ridewithgps.com/routes/23914218>

All rides 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.

If you plan on joining us, please contact Dan & Elaine Scott: 425-501-6198 to let her know before Thursday, August 2nd, what you prefer: polish sausage or burger type? We have reserved the picnic shelter so bring a lawn chair so you can relax with your cycling friends.

No alcoholic beverages allowed! See Ride Updates for further details!

Saturday, August 18th, 10:00 am Full Lake Washington Loop Ride

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.

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. 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/28058852>

Saturday, August 25th, 9:00 am Ride to Maltby for Ice Cream!

Meet at **8:45** for a **9:00 am** start at McCollum Park and Ride on 128th Street. 29 miles, A, B and some C terrain. 1200+ feet of elevation gain. Mostly rural roads, with a small section on Highway 9. We will stop at the **Snoqualmie Scoop Shop** for an ice cream break. Bring a snack if you'd like or money for food. RWGPS: <https://ridewithgps.com/routes/28128492> Rain will cancel. Ride leader: Cindy Proctor 425-293-3152.

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

PEDAL PUSHER RIDES

Wednesday, August 1 – Pedal Pushers Ride 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. Ride leader Bette-Ann Shroyer 206 300-7825. Turning around at any time is acceptable.

Wednesday, August 8 – Pedal Pushers Ride Round the River

Meet at 9:45am at Rotary Park (gravel lot) in Everett for a 10am start. RT 18 miles, A terrain w/ one small hill, Social pace. 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 scott.dan.l@frontier.com or 425 355-4510.

Wednesday, August 15 – Pedal Pushers Ride Centennial Trail

Meet at Maple and Pine in Snohomish at 9:45am for a 10am start. Choose your distance - ride to Lake Cassidy and back for 22 miles RT or shorten your distance and turn around at Machias or sooner. Bring a snack or lunch and water. Ride leader Ron Andersen ronk22446b@gmail.com or 425 742-5508.

Wednesday, August 22 – Pedal Pushers Ride Echo Lake to Green Lake

Meet at 9:45am at Echo Lake Park for a 10am start. We'll ride to Green Lake on the Interurban Trail & low-traffic streets and take a snack break near Green Lake. RT 17 miles, mostly level with some grade on the return. Ride leader Ron Anderson ronk22446b@gmail.com or 425 742-5508.

Wednesday, August 29 – Pedal Pushers Ride Sammamish River/Willows Run Connector Trail

Meet at 9:45am at Blyth Park in Bothell for a 10am start. RT 21 miles, A Terrain, Social pace. This is all trail that includes the new section of the Redmond Connector Trail that parallels Willows Run Rd. We will have a brief rest stop at Marymoor Park. Inclement weather will cancel. Ride leader Cindy Proctor- 425-293-3152 or proctorcj28@comcast.net.



If you ever get a chance to visit Wenatchee be sure to check out the statue of the Coyote who saved the Salmon in Walla Walla Point Park. Located on the Columbia River Memorial Trail this is an interesting story of how an unlikely hero saved the salmon run that was crucial to the survival of the Native Americans of that area. A beautiful park on the banks of the Columbia River that includes a very nice paved trail that loops around the Columbia and Yakima Rivers with out & back extensions to Hydro Park to the south and Lincoln Rock State Park to the north. An added bonus is the fantastic views of Rocky Reach Dam!

WEEKDAY RIDES

[Tuesdays, August 7, 21 \(Elaine's 70th Birthday\) & 28, Social Pace Ride 10:00 am](#)

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.

[Tuesdays, August 7, 14, 21 \(Elaine's 70th Birthday\) & 28, Steady Pace Ride 10:00 am](#)

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.

[Tuesdays, August 7, 21 \(Elaine's 70th Birthday\) & 28, Moderate Pace Ride 10:00 am](#)

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.

[Tuesdays, August 7, 14, 21 \(Elaine's 70th Birthday\) & 28, Brisk Pace Ride 10:00 am](#)

Brisk paced (16+ mph) on varied routes. A stay-together ride with regroupings. 30 to 35 miles. Terrain B/C and D sometimes. Ride Leader: Bob Nyberg (206) 795-1363

[Thursday, August 2, 10:00 am McCollum Park Edmond's Brackett's Landing Loop](#)

Loop ride through Lynnwood, Perrinville, Edmonds, Mountlake Terrace, Brier, Martha Lake & more. Coffee / lunch along the Everett waterfront. 31 miles, moderate pace (14 – 16 mph), A & C terrain with 1,800 feet of elevation gain. Ride leader Rick Proctor 425-293-3153, BikeHound@comcast.net. 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/27949655>

[Thursday, August 9, 10:00 am North Seattle Parks Loop](#)

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.

[Thursday, August 9 & 16, 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.

2018 Weekends & Tours**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 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.**

B.I.K.E.S. CLUB MEMBER RIDER MILES

Rick	Proctor	1996	Bette-Ann	Shroyer	276	Cheryl	Walchi	118	Matt	Keller	39
Dan	Scott	1340	Kurt	Haunreiter	265	Justin	Cabe	116	Madeline	Norman	39
Bob	Nyberg	1129	Judy	Lang	265	Linda	Hunter	116	Dylan	Fiorini	36
Debbie	Kawamoto	1083	Kaia	Koch	255	Joe	Self	112	Diane	Gordon	36
Cindy	Proctor	978	Mark	Olson	254	Bill	Weber	104	Will	McMahan	34
Cheryl	Funkhouser	947	Mitch	Pico	250	John	Carlin	102	Cheyenne	Brett	33
Elaine	Scott	895	Juanita	Pias	250	Dan	Bodien	93	Connie	Brett	33
Patrick	Robertson	772	Pete	Pias	250	Faith	Sokol	91	Audrea	Coury	33
Ron	Andersen	766	Deb	Fox	235	Gloria	Hammond	87	MJ	Gerst	33
Pier	Florentini	660	Bill	Lutterloh	235	Debby	Grant	85	Dale	Shoup	30
Robert	Pahlman	654	Gabriel	Rinkes	217	Pam	Snook	79	Kit	Wennersten	29
Raquel	Haunreiter	628	Marlus	LaVare	210	Bill	Brack	75	Dimitri	Berks	25
Steve	Linari	569	Marcia	Stedman	203	Judy	Izutsu	75	Lucy	Johns	25
Gary	Broughton	564	Linda	Thiem	201	Stuart	Butler	71	Gary	Osowiecki	25
Jack	Willis	547	Allison	Quillen	197	Sharon	Broughton	69	Jim	Shaver	25
Bill	Paul	537	Dennis	Larson	183	Samantha	Cheng	69	John	Booth	22
Kathy	Riddle	517	Bobbie	Laue	180	Sue	Regan	62	Pam	Hallanger	22
Fred	Koch	507	John	DeNinno	178	Michael	Fenlin	59	Shirley	Kankelfritz	22
Lou	Rivetti	492	Janell	Reich	173	Adrienne	Reynolds	59	Joanne	Kennedy	22
Kristin	Kinnamon	444	Bruce	Deitz	167	Peter	Smith	59	Frosene	Saco	22
Drew	Ellison	432	Pam	Deitz	167	Janet	Leisner	58	John	Reich	21
Linda	Braun	431	Jan	Johnson	162	Clarence	Elstad	57	Jeanne	Crisp	20
Kristi	Knodell	405	Mason	Rutledge	161	Moe	Moosavi	57	Morris	Maizels	19
Bob	Biesiedzinski	399	Catherine	Rudenick	157	Perry	Walker	51	Peter	Pisani	19
Vivian	Biesiedzinski	399	Earl	Bardin	155	Marietta	Zander	50	Sarah	Sundin	19
Nancy	Graham	358	Jim	Roosma	154	Tara	Fuller	48	Kathy	Schneider	18
Stephen	Fox	336	Tom	Crisp	152	Larry	Kennedy	48	Shirley	Slade	15
Mike	Dahlstrom	330	John	Stejer	147	Janet	Burks	46	Dick	Nicholson	12
Rick	Dermody	319	Fred	Norousi	146	Claire	Kline	46	Craig	Cameron	10
Tim	Wise	302	Trang	Salazar	138	Adrienne	Dorf	44	Susan	Hausmann	10
Jack	McClincy	283	Don	Martin	126	Brenda	Ferguson	44	Robert	Smith	10
Rick	Poffenroth	276	Bob	Getz	124	Lawrence	Gordon	41	Lesilie	Strickland	10
									Jim	Bradley	8

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.



OUCH!

While it may not look like much in the photo you can bet that Raquel was certainly not happy with being stung by a wasp (best guess) on a recent evening bike ride. This served as a reminder that all riders, and ride leaders, need to be prepared for any, and all types of emergencies! Simple first aid supplies and if at all possible first aid and CPR training can make the difference in what happens when the unexpected strikes. Some of our club rides are in areas with limited access by first responders so it is up to us to help those on our rides stay safe. This situation ended well with the application of an ice pack and some self-administered Benadryl. Hopefully we won't need to suffer the pain again!

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



July 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](#)

