

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

OCTOBER 2018  
VOL. 469

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

## Prez Sez

### October BIKES Club Meeting

Mark your calendars – the 2<sup>nd</sup> Thursday of each month from September to May are BIKES Club meetings for members. No meetings in the summer.

The next meeting is Thursday, October 11<sup>th</sup>, 2018

Meetings start at 7 PM at the Snohomish County PUD building, 2320 California St., Everett, WA 98201

Optional dinner & pre-meeting socialization 5:30 PM at Brooklyn Bros Pizza, corner of Hewitt Ave & Lombard Ave in Everett.

### E-Bikes

I find the development of e-bike technology interesting and have observed from afar the growth of e-bike use in areas of the world where the infrastructure is suitable for them. E-bike use here in the US is in catch-up mode. A few years ago I went to an e-bike expo at the South Center Mall where I test rode 15 different Class 1 e-bikes on a test track. Even though I am an avid bicyclist, and a former motorcyclist, I understand the advantages electric power assist can provide on a bicycle whether for a handicap, make up for a rider's power loss due to age, or commuters who would like to ride to work without breaking into a sweat. The extra power provided also allows e-bikes to be ridden in an excessively sporty and hazardous manner. Some bike clubs have addressed whether or not to allow e-bikes.

A recent telephone call to our club insurance, American Specialty Insurance & Risk Services, Inc., was made regarding e-bikes on our club rides. E-bikes that meet what Washington state calls Class 1 are covered by our insurance on BIKES Club rides and events. Class 1 e-bikes provide assistance only when the rider is pedaling and ceases to provide assistance when the bicycle reaches the speed of 20 mph. A majority vote at the September BIKES Club meeting allows Class 1 e-bikes only on all BIKES Club rides and events.

Washington state also defines Class 2 and Class 3 e-bikes, which are not allowed on BIKES Club rides and events.

The link below will provide more information regarding the new e-bike law that went into effect June 7, 2018:

<http://wabikes.org/2018/06/06/heres-need-know-washingtons-new-e-bike-law/?platform=hootsuite>

### Non-Member Rides

While on the telephone with our club insurance, an inquiry was made about non-member insurance coverage on our club rides. Non-members of the BIKES Club are covered by our insurance for only one ride. A majority vote at the September BIKES Club meeting limits non-members to only one club ride. A second ride for non-members is not allowed due to lack of insurance coverage. Note: "guests" are non-members.

Have a great ride,

Rick Proctor

President

BIKES Club of Snohomish County

## RIDE GUIDE

### PACE

<b>Easy</b>	under 10 mph
<b>Social</b>	10–12 mph
<b>Steady</b>	12-14 mph
<b>Moderate</b>	14-16 mph
<b>Brisk</b>	16-18 mph
<b>Strenuous</b>	> 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!!

A Note from the Editor:

As many of you may have noticed, there was no September edition of the Chainwheel Chatter. Unfortunately due to the timing of our bicycle tour of Oregon I was unavailable to produce the newsletter. I hope that you were able to get club news from the club website. I tried to have the newsletter ready to go before we left on our trip but it wasn't to be.

Bob Biesiedzinski, Editor  
Chainwheel Chatter

### SR522 – Paradise Lake Road Interchange Open House

Learn about the concepts being considered by WSDOT to ease congestion and improve safety at this important regional transportation interchange.

When: Tuesday, October 2, 4:30 – 7:00 pm

Where: Maltby Community Club, 8711 206<sup>th</sup> St SE Snohomish, WA 98296

**You're invited!**

Join us for the SR 522 - Paradise Lake Road Interchange Open House to learn about concepts to ease congestion and improve safety.

**Event details**  
Tuesday, October 2  
4:30 - 7:00 p.m.  
Stop by on your way home from work!  
Maltby Community Club  
8711 206th St SE Snohomish, WA 98296

**SR 522 - Paradise Lake Road Interchange**

**Why is WSDOT studying this area?**  
Drivers regularly experience heavy congestion at the SR 522 - Paradise Lake Road interchange, currently managed by a traffic light. The congestion frequently spills over onto side streets as drivers try to find ways around the bottlenecks on the highway.  
We want your input to help us select the interchange concept that will meet the needs of the community, increase traffic flow, decrease congestion, improve travel times and reduce the risk of collisions during stop-and-go traffic.

**Stay informed**

- Visit [wsdot.wa.gov/Projects/SR522/Widen/ParadiseLkIC/](http://wsdot.wa.gov/Projects/SR522/Widen/ParadiseLkIC/)
- Sign up to receive project updates at [service.govdelivery.com/accounts/WSDOT/subscriber/new](http://service.govdelivery.com/accounts/WSDOT/subscriber/new)
- If you are unable to attend the open house, contact the project team at [Geremi@consultant.wsdot.wa.gov](mailto:Geremi@consultant.wsdot.wa.gov)

### Washington State Trails Coalition Conference

The Washington State Trails Coalition is a non-profit whose sole purpose is to provide an effective forum centering on protecting, promoting, and enhancing a statewide system of trails for both motorized and non-motorized outdoor recreation and transportation.

The primary forum is a biennial WSTC Trails Conference that hosts trail users, supporters, government agencies, elected officials, outdoor recreation sponsors and pretty much anyone interested in motorized or non-motorized recreational, educational, and transportation that trails can provide. We exchange information, news, and ideas about the development of trails in Washington State.

The next conference is Oct 25-27, 2018 in Wenatchee.

<http://washingtonstatetrailscoalition.org/conferences/2018-conference/>

The Washington State Trails Coalition Conference for 2020 will be hosted by Snohomish County Parks, Recreation & Tourism in Monroe. The BIKES Club has been invited to participate as part of the organizing committee. We can discuss this more at the October 11<sup>th</sup> BIKES Club meeting.

## More NEWS YOU CAN USE!!

### BIKES Polls

BIKES Poll #12 McClinchy Mile Souvenir is active from 25 September to 10 October 2018 to ask your preference for a 2019 McClinchy Mile souvenir for those who register to ride early enough and for BIKES Club members who support the McClinchy Mile. A follow-up poll is likely if there are other suggestions.

BIKES Poll #11 Club Jerseys is active from 20 September to 4 October 2018 to ask you what you want regarding new BIKES Club jerseys.

Four separate polls initiated on August 22nd have closed.

- Poll #7 Social Pace Rides
- Poll #8 Steady Pace Rides
- Poll #9 Moderate Pace Rides

Poll #10 Brisk Pace Rides

Polls 1 - 6 provided results for the club overall for all pace groups. Polls 7 - 10 provide results specific to each pace with the same questions for all four polls.

Results of closed BIKES Club Polls are available under the "Members-only" tab, then select "BIKES Polls 2018" to find .pdf copies of the general description and results.

These polls are intended to help ride leaders and other BIKES members understand better what the club members prefer regarding bikes rides. Your responses to these polls will help shape the future of the BIKES Club.

### Ride Leader Breakfast

What: Recognition breakfast for BIKES Club Ride Leaders who have led at least 3 club day rides or at least one overnight tour in the past year.

When: Saturday, November 10<sup>th</sup>, 2018, 10:00 am to 12:00 noon

Where: Patti's Egg Nest, 303 128<sup>th</sup> St SW, Everett 98204

Who: Ride Leaders and BIKES Club officers. Spouses are invited but must cover their own meal costs.

**B.I.K.E.S.-Membership** P.O. Box 5242, Everett WA 98206

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email \_\_\_\_\_

<b>Membership</b>	\$20 Annual (INDIVIDUAL)	<input type="checkbox"/> New Member
<b>DUES</b>	\$25 Annually (FAMILY)	<input type="checkbox"/> 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****September 13<sup>th</sup> 2018**

**In Attendance:** Dale Shoup, John Carlin, Jay Bonner, Bob Getz, Kay Peterson, Bill Weber, Patrick Robertson, Michael Fenlin, Jim Bloss, Mike Dahlstrom, Cindy Proctor, Rick Proctor, Debby Grant, Kathy Riddle, Kristin Kinnamon, Gabriel Rinkes, Drew Ellison

**Introductions:** Rick asked members to introduce themselves, what they do for the BIKES Club and relate their favorite summer experience with BIKES Club.

Welcome to new member Jay Bonner who joined BIKES and was at our Sept. Meeting.

**Wireless Video Projector:** Rick researched cost of Wireless Video Projector. Informed the Club it was too expensive at \$300 - \$900.

**Budget:** Debby went over finances and passed out budget for 2018. Expenses and revenue were discussed. It was determined the club had \$2,564.50, to give in grants.

**Club Grants:** Cindy made motion to split proceeds between Christmas House and Sharing Wheels. \$1000 to Christmas House, \$1000 to Sharing Wheels, \$564 to be determined. Bill Weber seconded the motion. Motion passed with a majority vote.

Cindy informed club regarding Triple Crown. It was decided that more communications were needed between Skagit, Mt Baker and BIKES Club.

Lengthy discussion on BIKES Policy with American Specialty Insurance and BIKES Coverage regarding new riders and E-Bikes. Rick checked with our Insurance Company. The Insurance Co. clarified that non-members are currently covered on their first club ride only. Bob Getz motioned that non-members should not be able to join a club ride for a second time without joining the club. Kay Peterson seconded the motion. Motion passed with a majority vote.

Upon further discussion with our insurance Rick was informed that only Class 1 E-Bikes (pedal assist) are covered by our insurance. Debby motioned only Class 1 E-Bikes be allowed on Club Rides and McClinchy. Cindy seconded the motion. Motion passed with a majority vote.

Polls: Rick's Poll Results can be found on the BIKES website under the Member-Only tab.

Ride Leaders Breakfast will be Nov. 3rd. Cindy volunteered to check location and time.

Year End Party will be Dec. 8th 2018. Kay Peterson volunteered to lead or help.

**Future Programs:**

October: Jim Bloss will discuss Advocacy Activities and Trails.

November: Debby Grant will present a Slide Show Presentation of a potential Bike and Barge Trip.

**McClinchy Mile:** McClinchy Mile Planning Meeting September 18th at 6:00PM at Brooklyn Bros. Mill Creek. Kristin Kinnamon discussed the upcoming planning meeting and her plans for applying for a **Snohomish County Tourism and Economic Development Grant**. Members present were in agreement on the goal of using grant money for the purpose of promoting the McClinchy Mile and covering marketing and other expenses in preparation for our April 28<sup>th</sup> event.

Work Party for Sharing Wheels every Thurs night. On Sunday, Oct. 28th there will be a Work and Pizza Party hosted by BIKES Club. Debby motioned to allow \$100.00 for work party expenses. Gabriel seconded the motion. Motioned passed with a majority vote.

Meeting adjourned.

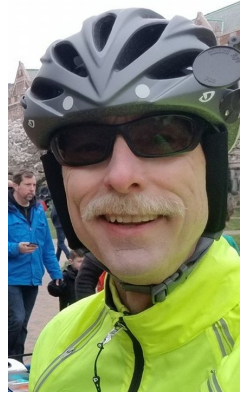
## Club Member Submissions!

### Major Ride

Rick Proctor

What did I get myself into? Several months earlier I had signed up with Cascade Bicycle Club to do the Seattle to Portland (STP) bike ride. I had done the STP training series to build endurance and group riding skills. At 04:30 am (oh-dark-thirty!) and 50 degrees, I arrived at the UW parking lot to find what seemed like chaos. Cars, RVs, bicyclists and pedestrians in a tangle of assertive efforts to park, prepare bikes and gear, drop off baggage, and get to the start line. An enthusiastic announcer at the start line could be heard to the farthest parts of the parking lot. I had a nagging feeling of not being sure I could really do this – a great way to start an adventure.

I got to the start line as a group of energetic 1-day riders were released through the starting gate. Every 15 minutes another group of riders were released to ease congestion on the roadways. I was in the 1<sup>st</sup> group of 2-day riders. There were at least a hundred cyclists in this group with varying levels of bike handling skills, preferred speeds and bike types all at the crack of dawn. Many had sunglasses on too early, contributing to the uncertainty effect. Several miles later the groups strung out into one long multi-file string of 10,000 cyclists, all pedaling along passing, weaving, dodging, chatting, and “on-yer-lefting” on the 206 mile ride to Portland. I was doing it and enjoying the adventure.



One particular memory stays with me – riding on Lake Washington Blvd as the sun rose across the lake. The orange, low-angle sunlight cast long shadows of cyclists riding south in the crisp morning air. I looked to my right and saw my own long shadow cast across the street and up yards to the houses along the way. The feeling of this moment has stayed with me ever since.

I took all the official STP rest stops and food stops along the route as the sunny skies brought increasing heat. I kept drinking to stay hydrated, and kept eating to keep my energy levels up. I saw riders with a variety of problems along the way – flat tires were a popular problem, although I had none. Later in the day overheating problems emerged for several riders as the temperatures rose into the nineties. Weariness grew as I pedaled onward. I began telling myself if I survive this ordeal I will never do it again.

I arrived at the mid-point of Centralia Community College at 1:00 where volunteers were handing out ice cream bars! There was shade from the sun, chocolate milk, and all the other amenities of a major rest stop. Maybe I would survive. This was also my planned stay for the night where I checked into a class room with a couple dozen strangers. I enjoyed the afternoon watching a Tour de France stage on a big screen TV in an outside beer garden as hundreds of riders passed through the mid-point rest stop on their way towards their destination for the day.

The next day I got an early start and continued the routine of pedal, drink, eat, look around and repeat as required all the way to Portland. At the finish line I was handed a STP Finisher emblem. I thought back over the past couple days, felt a strong sense of accomplishment and told myself I'm gonna do this again. And I did, 7 more times.

# October Rides: Weekends & Weekdays

## WEEKEND RIDES

### [Mid-Lake Washington Loop Ride, Saturday, October 6](#)

**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.

Ride Burke-Gilman Trail from Log Boom Park to 520 Trail across Lake Washington eastward, then streets and trails to the I-90 Trail westward, returning to the start point along the west side of the lake on streets and trail. Coffee, lunch, and rest stops expected. 42 miles, steady pace (12 – 14 mph), A/B terrain with 1,600 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. [BikeHound@comcast.net](mailto:BikeHound@comcast.net) Ride with GPS link: <https://ridewithgps.com/routes/28374480>

### [Northcreek Clearview Route, Sunday, October 7](#)

20 mile route, going east and south of the Mill Creek area, on mostly low traffic urban roads. Some walking is expected on this ride, as there are "shortcuts" between neighborhoods we have to walk around, usually gravel. We will take a short break at Tambark park at mile 14 for a food/snack stop. Bring food, no place to purchase food on this ride. This is the same route we did on the day of picnic...thanks to Dan Scott for scouting out this beautiful ride! A and B terrain, mostly rolling hills with a few short sharp hills of about 6 or 7%. Social pace, 10 - 12 mph. Ride leader: Cindy Proctor 425-293-3152 Rain cancels, check ride updates! RWGPS: [North Creek/Clearview Route](#)

### [Coffeeneuring Ride #2 – Coffee @ Gere-a-Deli, Saturday, October 13](#)

30 miles of "A" terrain at a social/steady pace. If the Farmers market is still running, we may stop before heading to Gere-a-Deli for coffee and food. After all this is part of the Coffeeneuring Challenge 2018! Ride leaders: Bob & Viv Biesiedzinski. Please RSVP to 206-595-3822 or [bobbez@gmail.com](mailto:bobbez@gmail.com). Rain or snow will cancel. Check ride updates for any changes to the planned ride! We hope you can join us!! Ride with GPS: <https://ridewithgps.com/routes/28673112>

### [Coffeeneuring Ride #3 – Tweets for Sweets & Coffee, Sunday, October 14](#)

14 miles of "A" terrain at a social/steady pace. If the weather is good we might add a few miles and ride out to the shore trail head on Sammish Island before heading to Tweet's in Edison for coffee and treats. This is also part of the Coffeeneuring Challenge 2018! Ride leaders: Bob & Viv Biesiedzinski. Please RSVP to 206-595-3822 or [bobbez@gmail.com](mailto:bobbez@gmail.com). Rain or snow will cancel. Check ride updates for any changes to the planned ride! We hope you can join us!! Ride with GPS: <https://ridewithgps.com/routes/28673119>

### [Moderate Hidden Gem Ride – RSVP, Saturday, October 20](#)

**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 across the street from the Everett Transit Station 3201 Smith Ave a few minutes early for a 10:00 AM start. Be aware of restricted parking areas. Loop ride to Lake Stevens North Cove Park, around Snohomish River valley on streets and a section of Centennial Trail. 41 miles, moderate pace (14 – 16 mph), 1,100 feet of elevation gain, A terrain. Lunch and rest stops expected along the way. Ride leader Rick Proctor 425-293-3153, [BikeHound@comcast.net](mailto: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/27853850>

### [Log Boom – Lake Union – Golden Gardens Ride – RSVP, Saturday, October 27](#)

**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.

Ride on a variety of trails and streets from Log Boom Park, across the Montlake Bridge, around south side of Lake Union and Salmon Bay, across the Chittenden Locks (walking required for ½ mile) onward to Golden Gardens Park, then return along north side of Salmon Bay and Lake Union, and return to Log Boom Park. Coffee, lunch, and rest stops expected. steady pace (12 – 14 mph). 40 miles, mostly A terrain with 900 feet of elevation gain. Ride leader Rick Proctor 425-293-3153, [BikeHound@comcast.net](mailto: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/28543205>

### [Centennial Trail to Lake Cassidy with Lake Stevens Loop, Sunday, October 28](#)

24 miles. Ride up to Lake Cassidy on the Centennial Trail and then back taking a detour through old downtown Lake Stevens. We will take a snack/rest stop at the Lake Park. There is food to purchase at the grocery store nearby, also a Subway there, or bring your own. Social pace (10-12mph on flats) Mostly flat terrain, with some rolling hills through Lake Stevens. Ride leader: Cindy Proctor 425-293-3152 Rain cancels, check ride updates! RWGPS: [Centennial Trail Lake Cassidy/Lake Stevens Loop](#)

## WEEKDAY RIDES

### Tuesday Social Pace Ride, October 9, 16, 23 & 30

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 smoky 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 Steady Pace Ride, October 2, 9, 16, 23 & 30

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. Smokey or steady rain cancels. Check the Rides Updates page or call. Ride leader Cheryl Funkhouser 253-732-9308

### Tuesday Moderate Pace Ride, October 2, 9, 16, 23 & 30

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](mailto:BikeHound@comcast.net).

### Tuesday Brisk Pace Ride, October 2, 9, 16, 23 & 30

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

### RSVP for North Seattle Parks Loop – Revised, Thursday, October 4

**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](mailto:BikeHound@comcast.net).

### Swans Trail Farm, Friday, October 5

30 mile taking the Interurban Trail and River Road out to Snohomish. Brief rest stop at mile 13 in Snohomish, and then on to Swans Trail Farm where you can either bring a picnic lunch or purchase lunch at the farm.

Beautiful valley views and charming pumpkin farm. Hopefully not too busy on a weekday. A, B and probably some C terrain. Rolling hills. Max grade 7%. High social pace on the flats, appx. 12-13 MPH. Will stop to regroup. Ride leader: Cindy Proctor 425-293-3152 Rain will cancel, please check ride updates before leaving. RWGPS: [Swans Trail Farm Ride](#)

## MORE WEEKDAY RIDES

### Jack's Recurring October Wednesday Rides, October 10 & 24

The cooler October season is here....Lets go warm up for a RIDE!... staying indoors no fun... Join me instead as I pedal up, re-polish that rhythmic cadence... We'll take a Northern/Western/Eastern/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... **Rest stop:** Restrooms available at start and end of ride.

**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 1pm or earlier. 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 downhill! 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, cell 425 478-0429, [jack\\_on\\_cbr1000burner@yahoo.com](mailto:jack_on_cbr1000burner@yahoo.com)

### McCollum Mukilteo Everett Loop, Thursday, October 11

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 leader Rick Proctor 425-293-3153. Ice, snow or steady rain cancels. Check the Ride Updates page or call/text if in doubt. Ride With GPS link: <https://ridewithgps.com/routes/14651038>

### Coffeeneuring Kick Off 2018, Friday, October 12 – RSVP **\*\*Note this is a 5:00 PM start time!\*\***

Join us as we kick off the 2018 Coffeeneuring Challenge from Bay View to Skagit Valley Farmhouse restaurant. 7 miles of easy pedaling "A" terrain at a social pace. Ride leaders: Bob & Viv Biesiedzinski. Please RSVP to 206-595-3822 or [bobbez@gmail.com](mailto:bobbez@gmail.com). Rain or snow will cancel. Check ride updates for any changes to the planned ride! We hope you can join us!! Ride with GPS: <https://ridewithgps.com/routes/28673095>

### McCollum Park Edmonds Lynnwood Loop, Thursday, October 18

Meet a few minutes early at McCollum Park west parking lot for a 10am start. Loop ride through Lynnwood, Perinville, Edmonds, Mountlake Terrace, Lynnwood, Mill Creek & more. Coffee shop stop in Edmonds, possible lunch after. 30 miles, moderate pace (14 – 16 mph), A & B terrain with 1,500 feet of elevation gain. Ride leader Rick Proctor 425-293-3153, [BikeHound@comcast.net](mailto: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/28619233>

### Centennial Trail Moderate Pace Ride, Thursday, October 25

**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 Snohomish Library on the Centennial Trail side parking for a 10am start. Ride to Armar Trailhead roundtrip, with a side trip during the return into the town of Lake Stevens across from North Cove Park area for lunch. 37 low stress miles on the Centennial Trail, moderate pace (14 - 16 mph), "A" terrain with 600 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. [BikeHound@comcast.net](mailto: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/26736362>



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

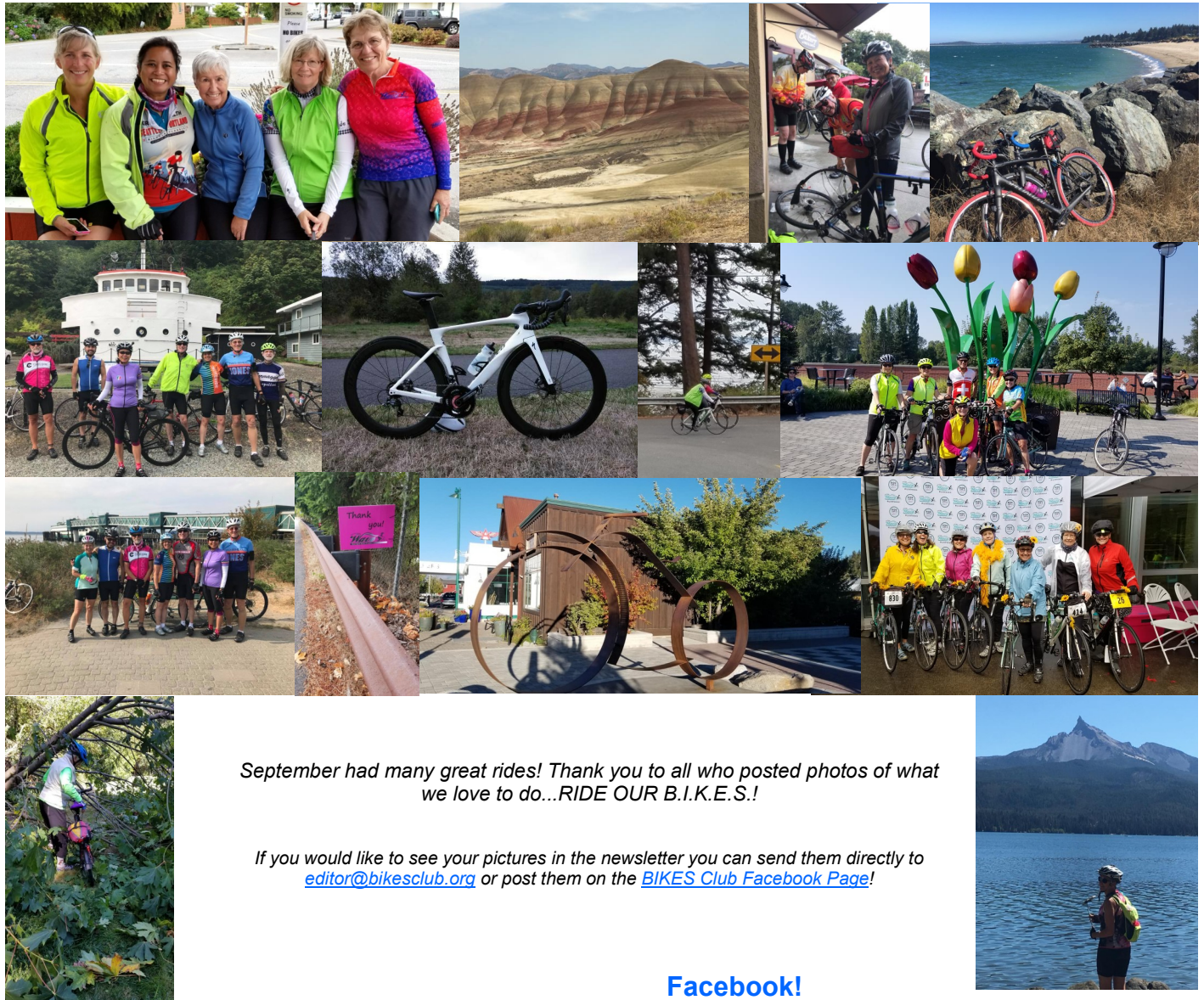
Rick	Proctor	2441		Tim	Wise	350		Faith	Sokol	131		Matt	Keller	39
Dan	Scott	1626		Bill	Lutterloh	339		Samantha	Cheng	128		Madeline	Norman	39
Bob	Nyberg	1570		Kaia	Koch	320		Bob	Getz	124		Dylan	Fiorini	36
Debbie	Kawamoto	1289		Jack	McClincy	304		Justin	Cabe	116		Will	McMahan	34
Cindy	Proctor	1080		Marlus	LaVare	286		Linda	Hunter	116		Cheyenne	Brett	33
Elaine	Scott	993		Don	Martin	279		Janet	Leister	116		Connie	Brett	33
Ron	Andersen	980		Mitch	Pico	271		Gloria	Hammond	110		Audrea	Coury	33
Cheryl	Funkhouser	967		Juanita	Pias	271		Debby	Grant	106		MJ	Gerst	33
Bill	Paul	935		Pete	Pias	271		Adrienne	Dorf	104		Teresa	Haldorson	33
Patrick	Robertson	909		Jan	Johnson	254		Bill	Weber	104		Dale	Shoup	30
Robert	Pahlman	859		Mark	Olson	254		Pam	Snook	98		Kit	Wennersten	29
Lou	Rivetti	782		Earl	Bardin	248		Bill	Brack	96		Dimitri	Berks	25
Gary	Broughton	754		Marcia	Stedman	244		Judy	Izutsu	94		Lucy	Johns	25
Raquel	Hauvreiter	754		Gabriel	Rinkes	238		Dan	Bodien	93		Gary	Osowiecki	25
Steve	Linari	690		Deb	Fox	235		Tara	Fuller	93		Jim	Shaver	25
Pier	Florentini	660		Catherine	Rudenick	235		Lesilie	Strickland	93		John	Booth	22
Drew	Ellison	649		Michael	Fenlin	231		Sue	Regan	86		Pam	Hallanger	22
Jack	Willis	590		Dennis	Larson	230		Diane	Gordon	74		Shirley	Kankelfritz	22
Fred	Koch	564		Trang	Salazar	221		Stuart	Butler	71		Joanne	Kennedy	22
Kathy	Riddle	554		Allison	Quillen	220		Marietta	Zander	71		Bob	Palm	22
Kristin	Kinnamon	508		Joe	Self	211		Sharon	Broughton	69		Frosene	Saco	22
Linda	Braun	492		John	Stejer	211		Faith	Sakol	68		John	Reich	21
Kristi	Knodell	426		Janell	Reich	194		Brenda	Ferguson	67		Jeanne	Crisp	20
Bob	Biesiedzinski	422		Bobbie	Laue	180		Greg	Wetzel	61		Morris	Maizels	19
Vivian	Biesiedzinski	422		Fred	Noroussi	179		Adrienne	Reynolds	59		Peter	Pisani	19
Rick	Dermody	421		John	DeNinno	178		Peter	Smith	59		Sarah	Sundin	19
Nancy	Graham	400		Tom	Crisp	173		Clarence	Elstad	57		Kathy	Schneider	18
Stephen	Fox	394		Bruce	Deitz	167		Moe	Moosavi	57		Shirley	Slade	15
Judy	Lang	393		Pam	Deitz	167		Perry	Walker	51		Dick	Nicholson	12
Rick	Poffenroth	382		Mason	Rutledge	161		Larry	Kennedy	48		Craig	Cameron	10
Bette-Ann	Shroyer	378		Cheryl	Walchi	155		Janet	Burks	46		Susan	Hausmann	10
Mike	Dahlstrom	371		Jim	Roosma	154		Claire	Kline	46		Robert	Smith	10
Kurt	Hauvreiter	367		John	Carlin	142		Lawrence	Gordon	41		Jim	Bradley	8
Linda	Thiem	352												

**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!



September 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](mailto: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](#)

