

Chainwheel Chatter

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

Your Snohomish County Cycling Club

JANUARY 2019
VOL. 473

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

Prez Sez

January 2019

January BIKES Club Meeting

The 2nd Thursday of each month from September to May (except December) are days for BIKES Club meetings. No meetings in the months of June, July or August.

The next BIKES Club meeting is Thursday, January 10th, 2019:

- 7 PM at the Snohomish County PUD building, 2320 California St. Everett
- Optional dinner & pre-meeting socialization 5:30 PM at Brooklyn Bros Pizza, corner of Hewitt Ave & Lombard Ave in Everett

January Riding

So far this fall and winter the weather has allowed more days for nice bike rides than I would normally expect here in the North West. Perhaps this pattern will continue into January. Several optimists (a.k.a. "ride leaders") have scheduled rides in January for your recreational enjoyment. However, unpleasant weather or other circumstance may cause the ride leader to cancel or change the ride. Ride Updates are used to post ride changes. You can check the [Ride Updates](#) page frequently or you can choose to *subscribe* to Ride Updates so you will get an e-mail when a Ride Update is posted.

Visit the [Ride Updates](#) page and click on the "Subscribe to Forum" link. You will be prompted to log-in (use the e-mail address where you get club e-mail). Then, go to the Member Only section / Member Profile page of the website. Click the "Edit Profile" button and the "E-mail Subscriptions" link to how often you receive updates. We recommend you set "Ride Updates" to be delivered "immediately." Then click the "Save" button at the bottom.

Stopping!

Sometimes the ride leader, or other person in front of you, needs to convey the message of intent to slow or stop but both hands are needed to operate brakes, shifters and steering. Shouting out "stopping" or "slowing" is good, but there are times when the local environment is too noisy or other people nearby would make it un-cool for shouting. Un-clipping a foot from a pedal is also a way to convey the intent to possibly stop. Since most cyclists will stop pedaling before un-clipping a foot, I've learned to expect there is a reason the cyclist in front of me has stopped pedaling so I pay attention and get my hands to a ready-to-brake position. I'll also un-clip my preferred foot. A line of experienced cyclists can relay this simple message effectively and without drama.

Have a good ride!

Rick Proctor
President, BIKES Club of Snohomish County

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 steep-er 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](#) for details.

NEWS YOU CAN USE!



Long-time BIKES Club member Warren Bare passed away on Dec. 11, 2018, surrounded by family and friends.

Warren was an active member of BIKES starting in the 1980s. He served the club in virtually every role, elected and unofficial: president, vice president, newsletter editor, ride leader, McClinchy volunteer. When the BIKES holiday party got too big for a private home, Warren hosted us for many years in his community clubhouse.

Warren was a strong, steady rider who often topped the charts for club miles. But he also was patient and supportive of new riders. In recent years he lead Pedal Pushers rides and drove the van for the Lynnwood Senior Center until health issues interfered. Warren was also active with the Edmonds Bike Advocacy Group and in other local and state bike advocacy efforts.

A memorial for Warren will take place on the morning of Wednesday, Jan. 16 when his ashes will be spread on Puget Sound from the Edmonds Ferry. A short BIKES Club ride will be posted to encourage people to join his family on the ferry and meet for coffee and "tell stories," per Warren's wishes. A longer ride on the Kitsap Peninsula will be scheduled in early May in memory of Warren.

More details will be posted later.

Editors Note:

One of my earliest memories of Warren was when Viv & I joined him on his Eagle Ride in January 2014. We had just joined the club and were excited to be getting out on the road with an experienced ride leader. I recall he set a pace that we were amazed at and felt lucky to be able to keep up! As Warren posted on Facebook we saw 19 Eagles that day. Now years later we have continued the tradition of leading the ride in January/February in search of Eagles along the same route that Warren led us on that cold morning. Rest in Peace Warren!

Bob Biesiedzinski



Photo borrowed from Warren's Facebook Post 1/19/14

Club Member Submissions!

Club Ride

Rick Proctor

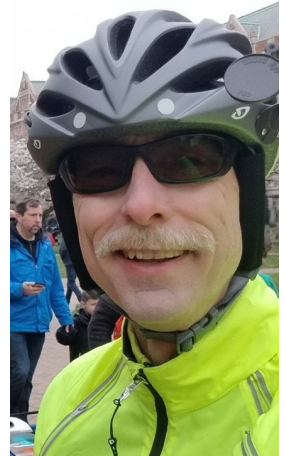
I noticed a BIKES Club ride on the website that looked interesting with the right combination of miles, elevation gain, pace and general route. The weather was good too, so I got ready and rode to the starting place.

I signed in with the ride leader and chatted with the other riders as we milled about waiting for the departure time. The ride leader spoke briefly about the ride then we rolled out of the parking lot forming a single file in a bike lane. Motor traffic passed us for few minutes as we rode along a busy arterial until we turned off onto a residential street. Several riders rode alongside other riders and the chatting continued. The ride leader led us through turns and intersections. Our group of experienced riders flowed smoothly through neighborhoods while the chattings were all over the map, changing topics as our ride unfolded before us.

The next turn was back onto an arterial roadway where we rode single file again. Perhaps the chats that were broken off can be remembered for later. Then onto a country road with no motor traffic where alongside riding and chatting happened again.

We rolled into a county park for a snack, a drink, a rest room break, and plenty more chatting about whatever until the ride leader indicated it was time to go. Out we rolled, eventually finding our way back to where we started, completing the loop ride.

The common thread throughout this ride was the opportunity for social interaction with other people with common interests. The light-hearted conversations, or chatter, with other riders while sharing the experience of a bike ride are what makes club rides so special.



We're on the web at
www.bikesclub.org

December Rides: Weekends & Weekdays

WEEKEND & WEEKDAY RIDES

In an effort to minimize duplication of information please use this [link](#) to visit the club ride calendar online. This is the best way to see current information as well as ride updates. If you prefer for the editor to continue listing the individual rides in the newsletter please send an email to editor@bikesclub.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 New McClinchy Mile Route Exploration	31	Jan 1 10:30 AM First Miles for 2019! Getchell to Nakashima Out & Back 11:00 AM Tuesday Ride (Social Pace) 11:00 AM Tuesday Ride (Moderate Pace)	2	3 10:00 AM North Lake Washington Loop Ride @ Log Boom Park - RSVP	4	5
6	7	8 11:00 AM Tuesday Ride (Steady Pace) 11:00 AM Tuesday Ride (Social Pace) 11:00 AM Tuesday Ride (Moderate Pace)	9	10 10:00 AM McCullum Park - Edmonds - Lynnwood - IU Loop	11	12
13	14	15 11:00 AM	16	17 10:00 AM	18	19 10:00 AM



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

Bob	Nyberg	91
Rick	Proctor	89
Richard	Dermody	47
Lawrence	Gordon	47
Lou	Rivetti	47
Linda	Thiem	47
William	Paul	46
Linda	Braun	40
Samantha	Cheng	40
Bill	Lutterloh	40
Don	Martin	40
Cheryl	Funkhouser	34
Kristin	Kinnamon	34
Ron	Andersen	23
James	Shaver	23
Jack	Willis	23
Bobbie	Laue	20
Michael	Fenlin	16
Bob	Pahlman	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!



December had many great rides! Thank you to all who posted photos of what we love to do...RIDE OUR B.I.K.E.S.!

If you would like to see your pictures in the newsletter you can send them directly to editor@bikesclub.org or post them on the [BIKES Club Facebook Page!](#)



Facebook!

Club members -- join [BIKES' Facebook group](#). We've set the page up to share photos, ride reviews, bike or travel discussions, etc. Thanks to Dan Scott for managing our page, and to the many members who contribute interesting posts.



[Check the Road Condition Before You Go!](#)

[Snohomish County Roads Central Updates](#)

[WSDOT Weekly Snohomish County Roads Weekly Update](#)



OF EVERETT AND SNOHOMISH COUNTY