

Chainwheel Chatter

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

Your Snohomish County Cycling Club

FEBRUARY 2019
VOL. 474

[Next B.I.K.E.S. Club meeting on February 14th @ 7:00 pm](#)

Prez Sez

February 2019

February 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, February 14th, 2019:

7 PM at the Snohomish County PUD building, 2320 California St. Everett
Optional dinner & pre-meeting socialization 5:30 PM at Papa’s Mexican Grill, 1909 Hewitt Ave just a few doors west from Brooklyn Bros Pizza in Everett

Seattle Bike Swap Gear & Equipment Donations for a BIKES Club Memorial

Do you have good bike stuff taking up space you would like to donate to a worthy cause? BIKES is starting a new fundraising effort for a BIKES Club memorial. If you have bicycle related stuff you are willing to donate to the BIKES Club for sale at the Seattle Bike Swap (a Cascade Bicycle Club event) on March 10th, please contact Drew Ellison at (425) 239-8700 or jdrew@me.com.

All donated items should be in good to like new condition.

All donations are not returnable.

Drew needs all donations by Saturday March 2nd to get it all organized, packaged, and priced.

All donated items will be priced to sell on the day of the Bike Swap.

Proceeds will be used for a future BIKES Club memorial structure to commemorate members who have passed away.

People for Bikes

[PeopleForBikes](#) is a national level bicycle advocacy organization that includes both an industry coalition of bicycling suppliers and retailers, as well as a charitable foundation. The foundation has major programs and engage individual members, affiliate organizations, and corporate sponsors.

Organizations and individuals can join for free to be counted as advocates for bicycling. There are over 1.3 million people for bikes and growing. Would you like to join as an individual?

The BIKES Club is now a member. We are listed at the top of the Local Groups for the state of Washington (it’s an alphabetical list – sometimes spelling matters).

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.

Ice

Rick Proctor

Frozen water on a riding surface can cause a bike to slip and the rider can fall to the ground in less than a second. Landings are rarely graceful and are usually painful. Several recent mishaps by BIKES Club members due to icy roads prove that even experienced riders can slip on an icy surface. Those who have experienced an icy slip know how fast it can happen and how it can ruin your day.

The potential for ice complicates winter bicycling. Freezing temperatures with moisture is the recipe for icy roads. Even as temperatures rise above freezing at home or the ride start location, icy conditions can exist nearby since temperature is not evenly distributed and frozen areas need time to thaw. Shaded areas in particular may be icy where just a few feet away a sunny area could be dry.

From my experience, when the air temperature is less than 40 F, be wary. If the pavement looks damp, or is in the shade, it *could* be icy. Black ice can look like rideable pavement but is very slippery. White frost on a surface *might* provide a little bit of traction. Bare wood surfaces, such as on some bridges, can also be slippery when wet at any temperature. What to do or not do when riding in slippery conditions can vary depending on the situation. Here's a starter list:

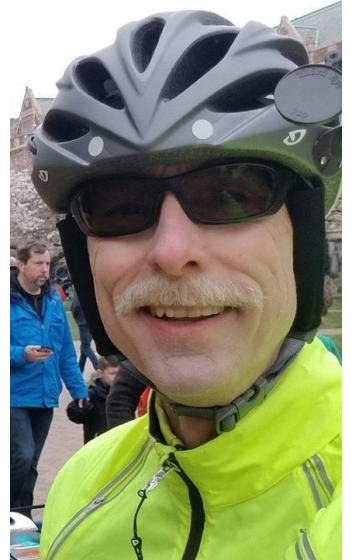
- Ride slower to provide more time to avoid those potentially slippery places.
- Avoid using the front brake in potential slippery situations. While it is bad enough to lose rear tire traction first and fall down, it is usually worse when the front tire loses traction first.
- If approaching a potential slippery patch that cannot be avoided, gently slow down and unclip your feet from the pedals before you get there.
- If you find yourself on a slippery patch, ride in a straight line coasting or pedaling easy with no braking, gear changing, turning, or other traction-breaking action and you *might* get across it.
- If you do lose traction and go down, having your feet free from the pedals may allow an instinctual foot deployment to help break the fall.

There are lots of things to consider during a fall, and so little time to think clearly.

Studded bike tires are commercially available that might fit your bike. Studded bike tires provide much better traction in slippery conditions, but ride quality everywhere else may not be what you like.

Walking is also a slippery endeavor on ice and bare wet wood, especially with bike shoes.

If riding conditions do not seem good for you, find something else to do. There will be better days and more rides ahead.



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.

News You Can Use!

Seattle Bike Swap Gear & Equipment Donations for a BIKES Club Memorial

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Bike Mechanic Classes at Sharing Wheels

Want to fix your own flat – or give your bike its own tuneup? Sharing Wheels has both basic and advanced bike maintenance classes coming up in January and February.

Please register in advance – classes without enough students get rescheduled.

[See website for bike mechanic class dates and registration.](#)

Subscribe to Ride Updates

Want to know whenever someone posts a new ride or adds a change to the Ride Updates page? Visit the [Ride Updates](#) page and click on the “Subscribe to Forum” link. You will be prompted to log-in (use the email address where you get club mail). Then, go to the Member Only section / Member Profile page of the website. Click the “Edit Profile” button and the “Email 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.

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February 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29 11:00 AM Tuesday Ride (Steady Pace) 11:00 AM Tuesday Ride (Social Pace) 11:00 AM Tuesday Ride (Moderate Pace)	30	31 10:00 AM Magnuson Park - Lake Union - Locke - Golden Gardens Loop Ride! RSVP	Feb. 1	2 10:00 AM North Lake Washington Loop Ride @ Blyth Park - RSVP
3	4	5 11:00 AM Tuesday Ride (Steady Pace) 11:00 AM Tuesday Ride (Social Pace) 11:00 AM Tuesday Ride (Moderate Pace)	6	7 10:00 AM North Lake Washington Loop Ride @ Lake Room Park - RSVP	8	9 10:00 AM Magnuson Park - Lake Union - Locke - Golden Gardens Loop Ride! RSVP
10 10:00 AM Everett Arboretum and Pigeon Creek	11	12 11:00 AM Tuesday Ride (Social Pace) 11:00 AM Tuesday Ride (Moderate Pace) 11:00 AM Tuesday Ride (Steady Pace)	13	14 10:00 AM McCullum Park - Edmonds - Lynnwood - IU Loop	15	16 10:00 AM 2019 Eagle Ride
17	18	19 11:00 AM Tuesday Ride (Social Pace) 11:00 AM Tuesday Ride (Moderate Pace) 11:00 AM Tuesday Ride (Moderate Pace)	20 12:00 PM BIKES - Monthly Ride Request Due on 20th	21 10:00 AM Centennial Trail Ride (Moderate Pace) - RSVP	22	23 10:00 AM Carnegie Island Loop - RSVP



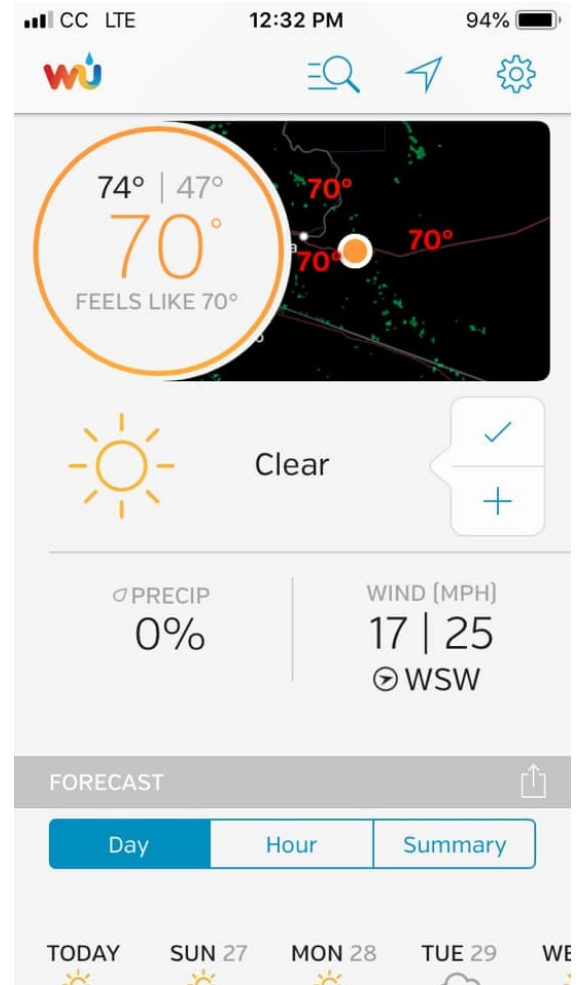
Use the Ride Updates Page!

During the winter months it is hard to plan scheduled rides as the weather is constantly changing. This is an excellent opportunity to use the Ride Updates Page to post rides on a shorter notice! If the weather forecast looks promising post up a ride that you like to do! We have used this feature to host several rides this month that otherwise would not have been on the calendar. Please allow at least 24-48 hours of lead time before the start of the ride when making your post so members can plan to join the fun!

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

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

Rick	Proctor	477	Brenda	Ferguson	43
Michael	Fenlin	219	Kathy	Riddle	43
Lou	Rivetti	209	William	Weber	41
Bob	Nyberg	197	Ken	Brane	40
William	Paul	177	Samantha	Cheng	40
Linda	Thiem	169	Larry	DeBardi	40
Bobbie	Laue	167	Don	Martin	40
Steve	Linari	167	Bob	Pahlman	38
Cindy	Proctor	161	Ed	Janonis	35
Cheryl	Funkhouser	139	Erin	Janonis	35
Bob	Biesiedzinski	133	Michael	Snodgrass	35
Vivian	Biesiedzinski	133	Peter	Smith	34
Richard	Dermody	112	Raquel	Haunreiter	31
Linda	Braun	110	Patrick	Robertson	30
Dan	Scott	108	Allison	Quillen	29
Ron	Andersen	88	Pat	Rogers	24
Cheryl	Walchli	88	Paul	Rogers	24
Mitchell	Pico	87	Joe	Self	24
Kristin	Kinnamon	69	Drew	Ellison	22
Rick	Poffenroth	69	Michael	Dahlstrom	19
Janet	Leister	66	Dennis	Larson	18
Jack	Willis	65	Earl	Bardin	17
Kristi	Knodell	60	Jan	Johnson	16
Bill	Lutterloh	58	Judy	Lang	16
Debbie	Kawamoto	55	Sue	Regan	16
Alison	Ahlgim	52	Kurt	Haunreiter	15
Lawrence	Gordon	47	Judy	Long	6
James	Shaver	47			



Coming soon to a bike ride near you! Thanks Dan Scott for sharing your current weather updates!

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!



January 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