

Chainwheel Chatter

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

Your Snohomish County Cycling Club

MARCH 2019
VOL. 475

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

Prez Sez

March BIKES Club Meeting

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

Next meeting:

Thursday March 14th 7 PM

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

BIKES Club Overnights and Tours 2019

A few optimistic ride leaders used the gloom of winter to plan some awesome tours for this coming spring and summer. Go to www.bikesclub.org, then [Overnights / Tours](#) for more information.

May 18 – 19: Yakima Wine Ride, hub & spoke tour from Yakima area. Camp or motel.

May 28 – 30: Oregon Grand Tour Scenic Bikeway, part hub & spoke from Union and part self-contained to Baker City. Camp or motel in Union, motel in Baker City.

June 1 – 2: Hub & spoke day tours from motel or camp in Redmond, OR:

Oregon Madras Mountain Views Scenic Bikeway

Oregon Twin Bridges Scenic Bikeway

June 15 – July 4th: Oregon Coast from Cathlamet, WA to Crescent City, CA. Self-contained, mix of camping & motels, eat in restaurants when available.

June 22 – 25: Idaho Trails, hub & spoke from camps in Cataldo and Wallace.

Sept ____ - ____: Birch Bay Farm Tour, hub & spoke camp at Birch Bay State Park.

Sept 16 – 19: Trail of the Coeur d'Alenes, self-contained and hub & spoke mix from Wallace and Harrison, 5 motel nights, no camping, eat in restaurants.

Bike Lanes or Debris Lanes?

In February we had some awesome amounts of snow all over our home region that discouraged bicycling. Road maintenance crews sanded, salted, and/or chemically treated some of the roads to help motor vehicles move about, but not bicycles. The resulting slush migrated to the bike lanes, then melted, leaving behind a messy mix of sand, salt, chemicals and other debris. There is a higher than usual potential for flat tires when riding bikes in these debris lanes. The sloppy mixture in the debris lane is not likely to be healthy for either riders or bikes.

Eventually street sweepers will clean up the sand and debris, and the roads will again be nice for bike rides. I did a search of the [WSDOT](http://www.wsdot.wa.gov) website for sweepings to find out what happens to the swept up sand & debris. The debris part is screened out and sent to a landfill. The remaining sandy mess is treated to make it non-toxic and then goes to either a landfill or is used for road fill.

I am so ready for spring . . .

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.

McClinchy Mile: Camano Climb Edition

Sunday, April 28, 2019

Start in Arlington or Stanwood, WA

It's "Island Time" for McClinchy Mile participants. Camano Island is just a bridge away from the mainland, but a world away from the hustle and bustle of typical bike rides and busy roads.

This year's [McClinchy Mile Camano Climb Edition](#) offers **three new routes and an update to an old favorite.**

McClinchy Mile is the first of four event rides promoted by the [North Puget Sound Bicycle Alliance](#), which includes B.I.K.E.S., the Mount Baker Bicycle Club, Skagit Bike Club, and the Whidbey Island Bike Club.

Members of the respective clubs get a discount on each other's rides.

Current BIKES members can save \$10 off McClinchy when you register in advance using the discount code sent via club email. Of course, you can ride for free if you volunteer to help for a 3-4 hour shift on the day of the ride. We'll need early morning help with parking and registration (in two locations!) and AM and PM shifts for sag support and food stops, plus misc. other jobs. You can also ride for free if you volunteer to help with a route marking ride in March or April - see the [Rides calendar](#) for more information.

McClinchy is our club's largest fundraiser - and fun time - of the year. Please tell your biking friends about the ride, and plan to come, one way or another.

Discount code for BIKES Club members: **BIKESCLUB19**

online registration powered by



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.

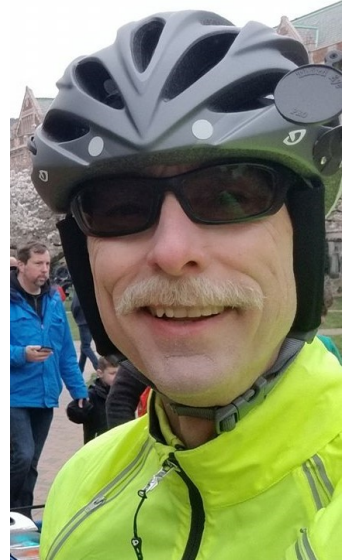
Chain of Trust

Rick Proctor

There is lots of stuff to keep in mind while moving around on this planet with a confident measure of safety. All forms of transportation used by our carbon-based life forms can be hazardous to our health. Even walking can be hazardous. We all depend on a common critical quality across all forms of transportation – trust. We trust everyone involved to do the right thing.

We trust everything associated with our transportation system including the infrastructure of surfaces we move on and the vehicles we use to move with through a process of design, build, maintain, and operate. We can call this process a *chain of trust*. The weakest link in this chain of trust is us, the humans, and we show up as links in the chain of our transportation system. There is a length of this chain for every element like roads, trails, bridges, vehicles, etc.

There are design reviews to help ensure the design by humans of the transportation system element was done right. Inspections are done in the build phase to help ensure the element is built per the approved design. Maintenance should ensure the element will continue to function as advertised. The human operator (end user) at the vehicle controls is trusted by everyone involved to stay awake, pay attention, and obey the rules and laws intended to keep us all safe.



For example, when a road is designed for multiple user types painted lines are included that through rules and laws define who should go where to avoid collisions. Motor vehicles like cars, trucks and busses roll around on those roads. Tracks cross the roads for vehicles like trains and trolleys. Bikes on a road are considered vehicles. There are also pedestrians in the mix. We trust everyone involved to do the right thing for everyone to stay safe.

A hundred years ago there wasn't much in the way of rules and laws to define who should go where. There were also lots of horses with minds of their own on the roads, sort of controlled by humans. Various localities had some traffic controls with rules and laws that likely did not match their neighbors. The first stop sign, as we know its octagon shape today, showed up in Detroit in 1914. How colorful and painful the chaos must have been! Over a century of transportation system development since then has brought us higher motor traffic speeds, higher motor traffic volumes, and although the horses now stay off the roads, the bikes and pedestrians are still around.

As vulnerable users, bicyclists and pedestrians can easily suffer the most in a collision with a motor vehicle. As stakeholders in the chain of trust, vulnerable users should be alert for breaches of trust by others and be ready to respond. As bicyclists, we should also do our part to be visible to motor vehicle drivers and ride safely.

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News You Can Use!

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.

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
24	25	11:00 AM Tuesday Ride (Social Pace) 11:00 AM Tuesday Ride (Moderate Pace) 11:00 AM Tuesday Ride (Steady Pace)	27	28 10:00 AM Giro di Sentieri	Mar 1	10:00 AM Mussel in the Kettles -- Coupeville 10:00 AM McClinchy Mile Route Marking -- RSVP
3 10:30 AM Conway-Fir Island	4	10:00 AM Tuesday Ride (Steady Pace) 10:00 AM Tuesday Ride (Social Pace) 10:00 AM Tuesday Ride (Moderate Pace)	6	7 10:00 AM North Lake Washington Loop Ride @ Log Boom Park - RSVP	8	9 10:00 AM McClinchy Mile Route Marking -- RSVP
10	11	10:00 AM Tuesday Ride (Social Pace) 10:00 AM Tuesday Ride (Moderate Pace) 10:00 AM Tuesday Ride (Steady Pace)	13	14 10:00 AM (copy) McCollum Park - Edmonds - Lynnwood - IU Loop	15	16 10:00 AM McClinchy Mile Route Marking -- 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!



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

Rick	Proctor	560		Larry	DeBardi	61
Lou	Rivetti	333		William	Weber	59
Bob	Nyberg	298		Raquel	Haunreiter	50
Linda	Thiem	249		Earl	Bardin	47
William	Paul	226		Lawrence	Gordon	47
Michael	Fenlin	219		Samantha	Cheng	40
Cindy	Proctor	180		Don	Martin	40
Bobbie	Laue	167		Ken	Brane	40
Steve	Linari	167		Michael	Dahlstrom	38
Cheryl	Funkhouser	160		Ed	Janonis	35
Bob	Biesiedzinski	133		Erin	Janonis	35
Viv	Biesiedzinski	133		Michael	Snodgrass	35
Richard	Dermody	133		Peter	Smith	34
Linda	Braun	124		Jack	Wolhart	34
Drew	Ellison	123		Jan	Johnson	30
Debbie	Kawamoto	114		Judy	Lang	30
Dan	Scott	108		Patrick	Robertson	30
Cheryl	Walchli	107		Allison	Quillen	29
Ron	Andersen	102		Dennis	Larson	28
Nancy	Graham	98		Pat	Rogers	24
Kristin	Kinnamon	87		Paul	Rogers	24
Mitchell	Pico	87		Joe	Self	24
Jack	Willis	85		Stephen	Fox	21
James	Shaver	80		John	DeNinno	20
Bob	Pahlman	79		Bette-Ann	Shroyer	19
Kristi	Knodell	78		Marcia	Stedman	19
Alison	Ahlgrim	72		Peter	Hallson	18
Bill	Lutterloh	72		Tim	Wise	18
Rick	Poffenroth	69		Sue	Regan	16
Janet	Leister	66		Kurt	Haunreiter	15
Brenda	Ferguson	62		Judy	Long	6
Kathy	Riddle	62				

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!



February 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](#)

