

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

**JULY 2019**  
**VOL. 479**

[Next B.I.K.E.S. Club meeting on September 12th @ 7:00 pm](#)

## Prez Sez

July 2019

### Summer BIKES Club Activities

There will be lots of BIKES Club rides and tours through the summer months. Check the [Rides calendar](#), [Ride Updates](#), and [Overnight & Tours](#) pages of our [BIKES Club website](#). There has been, and will be more, changes.

### Minor Crash!

I was out on a solo bike ride on a fine Sunday afternoon in June and had stopped at an intersection due to a red traffic light. I was visibly positioned at the time, wearing a hi-vis vest, and had a flashy red tail light. While waiting for the traffic lights to change a car rammed me from behind, knocking me and my bike to the ground. I got up quickly ready to scramble away, but the car had stopped with my bike about half way under the front of the car. The driver was apparently distracted and impatient. Since there was other traffic through the intersection the bike and car were moved off the road, then I called 9-1-1 to get the police involved.

I know I was lucky on many points: no serious injury, the driver stayed on the scene, the police came shortly after the 9-1-1 call, and the driver's insurance appears to be covering damage to my bike. No damage to the car, but I think the driver was rattled. I certainly was rattled! As crashes go, this one was minor, but could easily have been much worse. As cyclists we are "vulnerable users" and we trust motor vehicle drivers to do the right things to avoid colliding with us. In the bigger picture we are all people, and people make mistakes, which are learning opportunities.

### BIKES Club Picnic Sunday August 4th

Join us for our annual BIKES Club picnic on Sunday August 4<sup>th</sup> from 1 – 4 PM at Hauge Homestead Park in the Silver Lake neighborhood of Everett. There will be a variety of rides before the picnic too. More info later.

Have a good 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](#) for details.

### Bike Tour

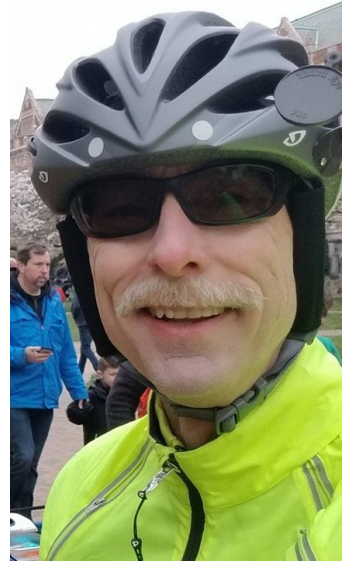
Rick Proctor

Riding a touring bike loaded for a multi-night self-contained tour is a different kind of bike ride than a day ride or a supported tour on a lightweight sport bike.

The first thing you'll notice is the bike's weight with all your gear onboard. The steering may be sluggish prompting you to take it easy. Getting up to a comfortable speed and climbing hills is slower, so it's nice to have lower gearing set up for heavy loads. Downhills can be thrilling with the extra weight of gear onboard. Wind drag on the extra gear can help keep the downhill speeds reasonable. Good brakes are certainly a necessity too.

Just like there are motor vehicles built for different uses, there are different types of bikes. The loaded touring bike will handle more like a truck than a sports car. The physical challenge is still there on a bike tour, but the parameters are different than for a sport ride. It's more about enjoying the journey through a memorable scenic landscape than chasing numbers for a soon-forgotten ride result.

A loaded touring bike, with weight properly distributed between front and rear and side to side, can be a joy to ride. The fatter tires and steel frame of a loaded touring bike will flex more to smooth out the ride. The rider's position on the bike can be more relaxed for comfort. There is satisfaction in carrying your stuff and knowing you did it. Bike touring is an adventurous, economical and environmentally friendly form of travel – and travel is among the most rewarding experiences you can have.



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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

**Membership**      **\$25 Annual (INDIVIDUAL)**       **New Member**

**DUES**              **\$35 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.

## July 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
30	Jul 1 10:00 AM <a href="#">LaConner - Anacortes</a>	2 10:00 AM <a href="#">Tuesday Ride (Steady Pace)</a>  10:00 AM <a href="#">Tuesday Ride (Brisk Pace)</a> 10:00 AM <a href="#">Tuesday Ride (Moderate Pace)</a> 10:00 AM <a href="#">Tuesday Ride (Social Pace)</a>	3 10:00 AM <a href="#">Pedal Pushers: Blyth Park - Metropolitan Market on Burke Gilman Trail</a>	4	5	6
7 10:00 AM <a href="#">Farmer's Market</a>	8	9 10:00 AM <a href="#">Tuesday Ride (Steady Pace)</a> 10:00 AM <a href="#">Tuesday Ride (Brisk Pace)</a> 10:00 AM <a href="#">Tuesday Ride (Moderate Pace)</a> 10:00 AM <a href="#">Tuesday Ride (Social Pace)</a>	10	11 9:00 AM <a href="#">Centennial Trail: Full Lap -- RSVP</a>  6:00 PM <a href="#">Thursday Evening Rides with Bob &amp; Viv!! -- RSVP pls</a>	12	13 10:00 AM <a href="#">Moderate Hidden Gem Ride</a>
14	15 <a href="#">Eugene Bike trails</a>  10:00 AM <a href="#">Maltby</a>	16 10:00 AM <a href="#">Tuesday Ride (Steady Pace)</a>	17 10:00 AM <a href="#">Pedal Pushers: Wilmot Gateway Park to Marymoor Park</a>	18 9:00 AM <a href="#">Mid-Lake Washington Loop Ride - RSVP</a>	19	20 9:00 AM <a href="#">McCollum - Green Lake - Bothell Loop</a>  9:30 AM <a href="#">Ride Whatcom County -- RSVP!</a>

Want to join in a weekend or longer bicycle tour? Check out the club

[Overnight/Tours Page!](#)

**Use the Ride Updates Page!**

Don't see a ride on the calendar that "entices" you? You can post up a ride that you like to do! Many club members have used this feature to host several rides throughout the year 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!



## BIKES Club of Snohomish County

## Meeting Minutes

May 9, 2019

**In Attendance:** Clarence Elstad, Leslie Strickland, Dan Scott, Glen Pickus, Kristin Kinnamon, Michael Dahlstrom, Ron Anderson, Bill Weber, Rick Proctor, Cindy Proctor, Debby Grant, John Carlin, Debbie Kawamoto, Bob Getz, Raquel Haunreiter, Drew Ellison, Kathy Riddle, Fred Koch, Mitch Pico, Cheryl Walchli, Linda Hunter, Brent Hunter.

**Introductions:** Rick asked members to introduce themselves and if members present had any specific bike plans. Some members will be going on bike tours that are being offered this spring and summer through the BIKES Club. Others will enjoy biking close to home.

**McClinchy Mile results/budget/financials:** BIKES had a very successful McClinchy Mile with 335 paid riders. Arlington had 167 pre-registered and 47 registered day of. Stanwood had 79 pre-registered riders and 42 day of. No major incidents. Debby passed out a copy of McClinchy Income/Expense and a copy of Club Revenue/Expenses for club members.

**McClinchy Mile Improvements:** Rick passed out a spread sheet for improvements for the 2020 McClinchy Mile. Club members with ideas for improvements can e-mail Rick. Include your e-mail address so you can be contacted.

**McClinchy Trademark:** Bob recommended that BIKES Club Name, and the McClinchy Mile Ride be trademarked. Bill made motion to approve trademark registration. Bob seconded. Motion passed.

**Club Storage:**

BOB Trailer - Discussion of selling or looking for a volunteer to store the trailer. Steve Fox via e-mail had indicated willingness to store the trailer at his home with the club's bike box.

Paint storage - Club has a number of cans with unused paint in the storage unit. The used paint cans will be dropped off at a hazardous waste disposal site.

Mike's McClinchy Mile T-shirt collection - Members discussed taking pictures of Mike's T-shirt collection and adding the pictures to club album. Our 35<sup>th</sup> McClinchy Mile will be in 2020 and members felt we should have the shirts on display.

**New Jersey:** Kurt volunteered to help design new club jerseys. A brief discussion regarding design and color was held. If club members have any ideas in design and colors they can e-mail Rick.

**New Ride Leader Vests:** Only two ride leader vests are left in sizes XL and XXL. No discussions on new design.

**Bicycling advocacy news:**

Bike Everywhere Day Friday May 17<sup>th</sup>. BIKES will set up a small table at Everett Transit in recognition of Bike Everywhere Day. Other events in recognition of Bike Everywhere day will be a 2.2 mile community bike ride at Wetmore Theater Plaza hosted by Sharing Wheels. Fisherman's Village will host a music festival.

Family ride in Marysville Ebey Waterfront Park and Ride, 3.8 miles RT per Dave Hall, Athletic Supervisor, Marysville. No date has been set and volunteers are needed for this event. Kristin indicated Sharing Wheels is interested.

Trail Coalition of Snohomish County Thur. 16<sup>th</sup> May, 5:30 – 7:30 PM, Christ King Community Church, Arlington.

Regional Trails Coalition Meeting Thur. 23<sup>th</sup> May, 1 – 2:30 PM. Mercer Island Community and Event Center.

WSDOT Active Transportation Survey open until June 30<sup>th</sup>.

**Program: Ride With GPS Training** - Rick gave a presentation to club members on benefits on how to use Ride With GPS. Planning a ride must be done on a computer. Once members become comfortable with the app they will be able to plan, navigate and share bike routes. Rick noted that you should never edit a route that has been created by another member. When on a ride one will be able to have verbal and turn by turn directions. It has not been determined at this time if ride leaders will automatically be route managers who create and add new rides to the route library. Ride Leaders who want to be route managers able to create and add routes to the club Ride With GPS account should e-mail Rick. If you have a problem with Ride With GPS please e-mail Rick and he will work with you to find a solution.

**Next Meeting:** Will be on Thursday, Sept. 12<sup>th</sup> at 7:00 PM.

Meeting Ajourned

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

Rick	Proctor	1826
Bob	Nyberg	1240
Lou	Rivetti	1056
Cindy	Proctor	1013
Linda	Thiem	851
Steve	Linari	759
William	Paul	728
Cheryl	Walchli	671
Cheryl	Funkhouser	629
Drew	Ellison	628
Debbie	Kawamoto	616
Ron	Andersen	611
Fred	Koch	502
Michael	Fenlin	492
Earl	Bardin	428
Bob	Biesiedzinski	412
Vivian	Biesiedzinski	412
Paul	Vermeulen	384
Janet	Leister	379
Bob	Pahlman	370
Stephen	Fox	366
Jack	Willis	353
Raquel	Haunreiter	350
Kala	Koch	305
Adrienne	Dorf	294
William	Weber	294
Linda	Braun	275
Rick	Poffenroth	269
Kathy	Riddle	242
Bill	Lutterloh	236
Brenda	Ferguson	227
John	Steyer	225
Christy	Cowley	216
Dan	Scott	216
Fred	Norouzi	212
Nancy	Graham	208
Alison	Ahlgrim	206

Debby	Grant	205
Mitchell	Pico	205
Deborah	Fox	201
Teresa	Haldorson	197
Bobbie	Laue	197
Leslie	Strickland	197
Ken	Brane	195
Gabriel	Rinkes	190
Patrick	Robertson	187
Marietta	Zander	184
Judy	Lang	183
Elaine	Scott	175
John	DeNinno	173
Michael	Dahlstrom	167
Marcia	Stedman	148
Jan	Johnson	147
Kit	Wennersten	144
Kurt	Haunreiter	143
Jay	Bonner	142
James	Shaver	137
Allison	Quillen	135
William	Brack	134
Richard	Dermody	133
Gary	Broughton	130
Kristin	Kinnamon	124
Larry	DeBardi	110
Tara	Fuller	108
Shirley	Slade	108
Jack	Wolhart	101
Judith	Izutsu	91
Marlys	LaVare	90
Linda	Hunter	79
John	Carlin	78
Kristi	Knodell	78
Faith	Sokol	76
Jack	McClinchy	68

Don	Martin	65
Dale	Shoup	64
Samantha	Cheng	63
Daryl	Bates	62
Gloria	Hammond	57
Peter	Smith	57
Perry	Walker	57
Dennis	Larson	53
Tim	Wise	51
Matt	Covert	50
Matt	Petersen	49
Joe	Self	48
Lawrence	Gordon	47
Catherine	Rudenick	45
Bruce	Berg	41
Kay	Peterson	37
Ed	Janonis	35
Erin	Janonis	35
Michael	Snodgrass	35
Drew	Gideon	32
Melisa	Atkins	28
Paul	Heydron	25
Janell	Reich	25
Dick	Nicholson	24
Pat	Rogers	24
Paul	Rogers	24
David	Stewart	24
Bill	Ferguson	21
Bob	Gar`	21
Pam	Snook	21
Jon	Bren	20
Bette-Ann	Shroyer	19
Peter	Hallson	18
Sue	Regan	16
Clarence	Elstad	11
Judy	Long	6

**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!



### FIVE THINGS I LIKE ALMOST AS MUCH AS RIDING MY BIKE

1. Looking at my bike
2. Talking about my bike
3. Watching television programmes that feature people riding bikes
4. Websites about bikes
5. Eating Cake

June 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](#)