

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

**AUGUST 2019**  
**VOL. 480**

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

## Prez Sez

August 2019

### 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.

The BIKES picnic is Sunday, August 4 at Hauge Homestead, 1819 121st ST SE, Everett on Silver Lake. The club will provide hamburgers, polish hot dogs, salmon burgers or veggie burgers. We'll also provide buns, condiments, plates, napkins and silverware. Please bring appetizers, salads, desserts to share as well as something to drink (NO alcohol permitted at the park).

Please email Elaine Scott at [Scott.elaine.m@frontier.com](mailto:Scott.elaine.m@frontier.com) with your choice of burger, polish dog, salmon or veggie burger by **Friday, August 2.**

There will be several rides before the picnic that will start at the park so be sure to look on the calendar to find the ride that you'd be interested in. Parking is VERY limited so think of carpooling. The BBQ probably won't get started before 12:30 but come early, stay late and enjoy your bike friends. Bringing your own picnic chair is always a plus for this gathering.

### 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.

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 Gear and Equipment

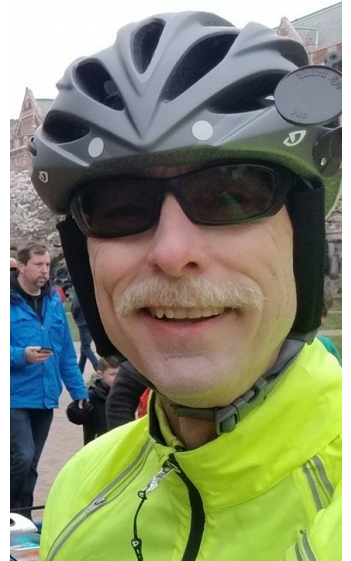
Rick Proctor

What do you really need to bring on a self-contained bike tour? There are books available to guide you through the process. Here’s a condensed version to help you power up some brain cells and figure it out for your unique situation in the universe.

Make a detailed list of the gear and equipment, or “stuff”, you must have every day. Of course, you’ll need a good bike with all the stuff you normally take on a regular day trip. It’s the “tour” stuff that gets complicated.

Answer these questions and expand your list, including every accessory you can think of:

- Do you like to wear the same clothes all day, every day, both on and off the bike? Perhaps extra clothes to wear while the others are being washed and dried? Clothes add bulk and weight, but not having enough can present awkward social situations.
- What are your minimum personal hygiene items?
- What kind of foul weather is likely? Your foul weather gear for bike riding may be different than what you want when the ride is over for the day.
- Will you be tent camping or hoteling it? Tent camping and sleeping gear adds weight and bulk, while hotels add significant cost.
- You will get hungry, so will you carry food and prepare it? Or rely on restaurants?
- You’ll also need copious amounts of water, so how much will you carry and where will you get more along the way? Will you want coffee, tea or other beverages too?
- Will you use maps? Do you need assistance for route finding and tracking with electronic instrumentation? What about re-charging your electronics and lights?
- What about bike repairs? Is your bike sufficiently durable and reliable?
- Are bugs expected? Would you rather use repellent, bug nets or a good, old fashioned hand smack to squash ‘em? Effectiveness vs environmental friendliness vs yuk . . .
- How will you carry all this stuff? Panniers, frame bags or a trailer? SAG vehicles are not part of the self-contained bike tour adventure scene.



There are a couple of approaches for considering what to bring on a bike tour. The minimalist approach is bring only what’s needed every day assuming every day will be perfect. Another approach is bring everything you *might need*, which adds weight and bulk. Somewhere in between is probably best. Each of your list items has pros and cons – you get to decide.

Do a 100% load check and a test ride before your tour. The load check will help ensure you have a place for everything on the bike. Position the weight of your stuff on the bike divided between front and rear, and balanced side to side. Carry heavy items low. Weigh the loaded bike. Do a test ride with turns, stops and hills, then reconsider all the above.

A loaded touring bike can be a joy to ride. 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.

## August 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>.

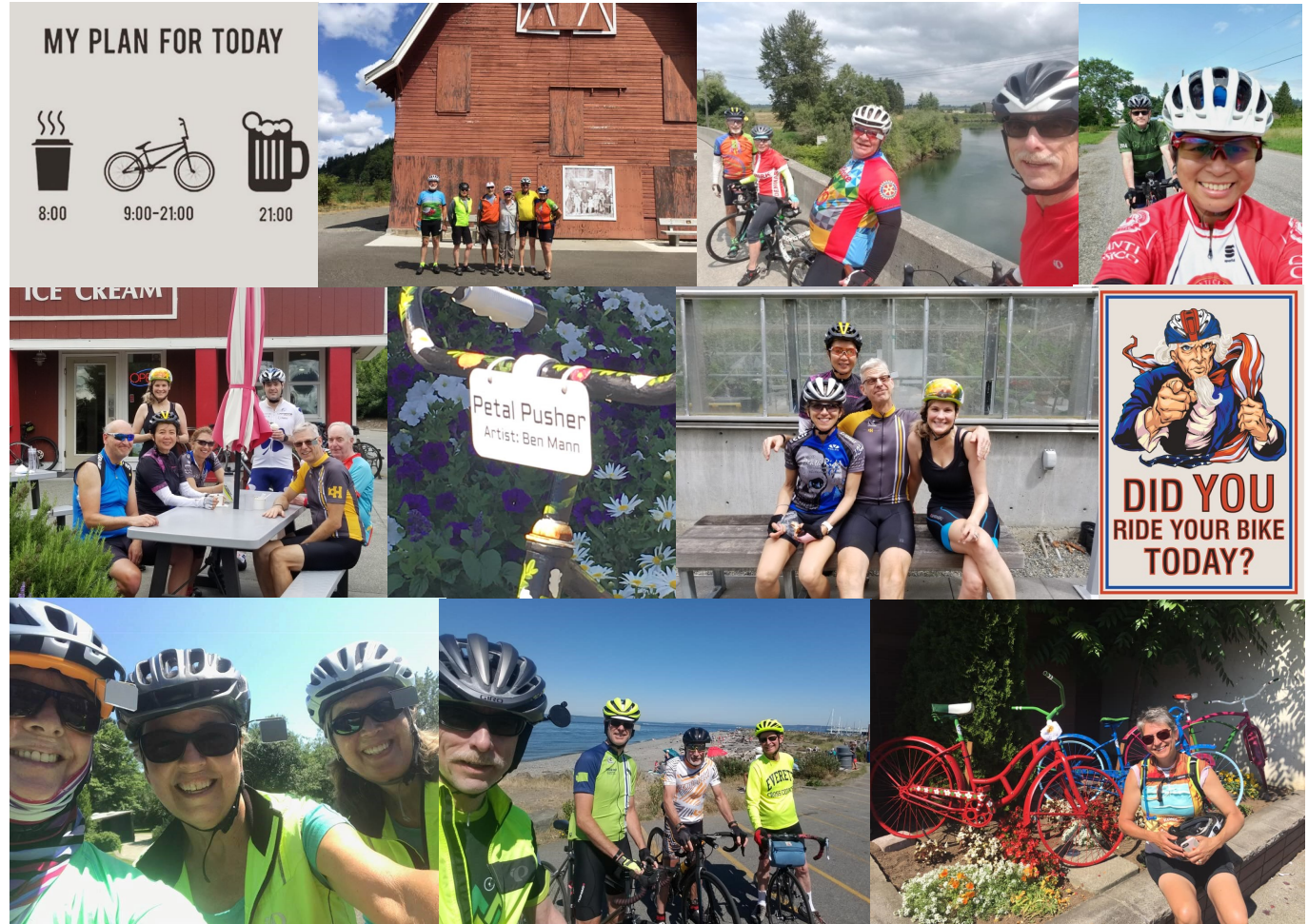
**Program: Ride With GPS Training** - Rick gave a presentation to club members on benefits on how to use Ride With GPS. Planning a ride must be done on a computer. Once members become comfortable with the app they will be able to plan, navigate and share bike routes. Rick noted that you should never 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



# Ride Pictures from the B.I.K.E.S. Club Members!



July 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](#)



OF EVERETT AND SNOHOMISH COUNTY