

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

**MARCH 2020**  
**VOL. 487**

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

## Prez Sez

March 2020

### Let's Ride!

The [BIKES Club website](#) has been reorganized a bit. Some information has been clarified and expanded to help members and visitors explore what we do.

There is now a *Let's Ride* main page (next to Home) featuring sub-pages for *Joining Us for a Ride* and *Ride Safety Guidelines* with information for all riders.

There is also an *E-Bikes* page under *Let's Ride*.

The *Ride Leaders* page (under the *Member-only* main page) has been expanded with sub-pages for *New Ride Leaders*, *Ride Planning Guidelines*, *Ride Posting Guidelines*, *Ride Leader Events* and more to better serve the Ride Leaders.

### March BIKES Club Activities

Spring officially kicks in on March 19<sup>th</sup> when the day is as long as the night. The days this month are getting longer faster than any other time of the year. There might be a last winter weather blast before the feel of spring sticks around for the season. March usually brings some good bike riding days too.

There are BIKES Club rides scheduled through March on the [Calendar](#), plus more rides on short notice when Ride Leaders see a good weather opportunity. Rides can also be cancelled when weather conditions are forecast to be sufficiently foul. The determination of how "foul" the weather is varies among Ride Leaders and which forecasts they think may be accurate. Keep up with ride changes by subscribing to [Ride Updates](#).

### Next BIKES Club Meeting

The 2<sup>nd</sup> Thursday of each month from September to May offer BIKES Club meetings for members. No meetings in the summer or December.

### The next meeting is Thursday, March 12th, 2020

Meetings start at 7 PM at the Snohomish County PUD building, 2320 California St., Everett, WA

Optional dinner & pre-meeting socialization 5:30 PM at Brooklyn Bros Pizza, corner of Hewitt Ave & Lombard Ave in Everett

### Equipment Donations for a BIKES Club Memorial

The BIKES Club is looking for donations of good bike stuff to be sold at the Seattle Bike Swap on March 22nd. The BIKES Club is continuing the fundraising effort from last year for a BIKES Club Memorial on the Centennial Trail. If you have bicycle related stuff you are willing to donate please contact Drew Ellison at (425) 239-8700 or idrew@me.com by March 6th to arrange for pickup or drop-off at Drew's house.

- Examples of donatable items include:
    - OBike parts including derailleurs, handlebars, brakes, pedals, saddles, shifters, etc.
    - OBike tools including wrenches, pumps, stands, etc.
    - OBike frames.
    - OComplete bikes.
    - OBike clothing like jackets, jerseys, gloves, etc. must be clean.
    - OAll donated items should be in good to like new condition.
    - OAll donations are not returnable.
    - ODrew need all donations by March 6th 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 to commemorate members who have passed away.

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.

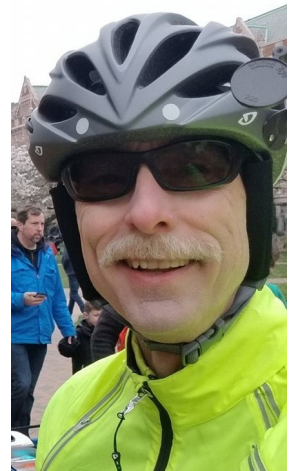
## Bicycle Efficiency Advantages

Rick Proctor

The human powered bicycle is the most efficient transportation machine, or vehicle, ever invented. The modern ground transportation environment today is dominated by motor vehicles which are incredibly inefficient from an energy perspective. Motor vehicles do offer a significant time savings with a speed advantage over a bicycle, which can be good if distances are great and time is short. Modern environmental considerations these days are leaning towards giving energy efficiency a higher priority than has been historically seen.

Vehicle efficiency is the ratio of useful power output at the wheels compared to the power input to the motor whether from an onboard gallon of fuel or a distant power plant. Gasoline and diesel powered vehicles are typically less than 25% efficient, electric motor vehicles are typically in the 50s – 60s% efficient, and modern human powered bicycles can be in the upper 90s% efficient. A human riding a bicycle for transportation is something like 3 times more efficient than walking. This means for the amount of energy a human would put into walking a mile, a bicycle could be ridden 3 miles. Nothing else is known to come close.

Think about how much more a motor vehicle weighs than the human driver. Most of the energy used by the motor vehicle goes into moving the motor vehicle. One human occupant is around 3% - 15% of the weight of the motor vehicle. Carpooling helps improve this number, but it will fall far short of the human powered bicycle. A bicycle's weight is typically a fraction of the human's weight and most of the energy put into the bicycle goes into moving the human.



Gasoline and diesel are typically refined from crude oil out of the ground. The electricity to recharge e-vehicle batteries usually comes from power plants powered by coal, oil, gas, nuclear, hydroelectric, wind or solar. These energy sources all have some form of a negative environmental impact plus impacts of manufacturing the engines, motors, batteries and etc. However, the human bicyclist is fueled by potable liquids and digestible solids from our widely varied human food supply. Coffee and donuts are good examples. Or plain water and bread if you're on a tight budget. What could be more environmentally friendly?

**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.

## NEWS YOU CAN USE!!

### Bike Classes at Sharing Wheels

Sharing Wheels offers bike classes open to the public. The goal is to give people the skills to work on their own bikes – as well as to train future volunteers who can help in the shop.

*All classes are at the shop, 2531 Broadway Ave., Everett, WA 98201. Entrance is in back of building.*

**Advance registration is required for all classes.** <http://sharingwheels.org/classes/>



**April 26, 2020**

**McClinchy Mile is Sunday, April 26.** Sign up now to get your favorite volunteer job. Help out before the event, the day-of the event, or after the event. Pick what works best for you and don't delay!

Sign onto the club website at [www.bikesclub.org](http://www.bikesclub.org) and go to Members Only/McClinchy Volunteers. Follow the directions to open the spreadsheet. The spreadsheet is only shared with BIKES members. It takes many hands to pull off a successful event and yours are needed.

## March Rides: Weekends & Weekdays

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
26	27	28 10:30 AM Tuesday Ride (Moderate Pace)  10:30 AM Tuesday Ride (Social Pace)  10:30 AM Tuesday Ride (Brisk Pace)  10:30 AM Tuesday Ride (Steady Pace)	29	30 10:30 AM Centennial Trail Moderate Ride -- RSVP	31 10:00 AM Jack's January 2020 Rides	Feb 1
2	3	4 10:30 AM Tuesday Ride (Moderate Pace)  10:30 AM Tuesday Ride (Social Pace)	5	6 10:30 AM McCullum Park -- Blyth Park Loop -- RSVP	7	8 10:30 AM Stanwood Park & Ride - Conway Loop - RSVP
9 10:00 AM Lake Ballinger Park	10 10:00 AM Fir Island - Mount Vernon -- RSVP	11 10:00 AM Tuesday Ride (Brisk Pace)  10:30 AM Tuesday Ride (Moderate Pace)  10:30 AM Tuesday Ride (Steady Pace)	12	13 7:00 PM BIKES Club Meeting	14	15

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!

**WE WANT YOU FOR  
A RIDE LEADER!**



We're on the web at  
[www.bikesclub.org](http://www.bikesclub.org)

## BIKES Club of Snohomish County

February Minutes

February 13, 2020

**In Attendance:** Patrick Robertson, John Fountain, Shirley Slade, Rick Proctor, Cindy Proctor, Kathy Riddle, Jim Stewart, Mike Dahlstrom, Ron Anderson, Bill Weber, Kristin Kinnamon, Debby Grant, Drew Ellison, Cheryl Walchli, John Carlin.

**Introductions:** Rick asked members to introduce themselves and preferred bike riding pace. Pace varied among members from social to brisk.

**Budget / financials:** Debby provided a status on BIKES budget and passed out copies of the BIKES Budget, Club Revenue/Expenses, and BIKES Balance Sheet. Debby noted BIKES has only 188.32 Cash on Hand. Total Assets \$11,393.32, Total Liabilities \$11,205. Memorial Fund has \$425 with more dollars coming from Bike Swap Meet held on March 22<sup>nd</sup>. \$550 is budgeted for insurance to cover officers, ride leaders and volunteers.

**Feather Flag:** Shirley brought in the feather flag that BIKES will use for events and to promote BIKES Club. We all agreed that the feather flag will be a good visible display for promoting our club.

**Sandwich boards:** Tara was not present at the meeting. No update on sandwich boards.

**Step Ladder:** Rick provided a picture of the step ladder for members to see. Cost was \$60. with old step ladder going to Sharing Wheels.

**Jerseys, shorts, caps:** Kurt was not present at meeting. Rick showed colors of the two shorts that will be available to purchase. Blue and black shorts won the majority vote by members. No pictures of caps were available for club members to see. Jerseys have two weights, winter weight and summer light weight.

**Bike Swap March 22<sup>nd</sup>:** Drew will be collecting bicycle related stuff in good condition to be sold at the Seattle Bike Swap on March 22<sup>nd</sup>. Proceeds will be going to BIKES Memorial Fund. Please contact Drew by e-mail or phone by March 6<sup>th</sup>, to arrange for pickup or drop off at Drew's house. Information can be found on BIKES Club of Snohomish County.

**LAB and American Specialty Insurance Webinar, Wednesday Jan 15<sup>th</sup>:**

Events, including tours, shall not exceed 5 days. If a tour is over 5 days extra dollars maybe needed for insurance

Non-owned / hired auto liability extra cost (SAG vehicles) Rick is looking into insurance cost that would cover liability for SAG vehicles.

**Bicycling advocacy news:**

New laws for bicyclists in Washington: As of January 1<sup>st</sup>, Washington drivers must give cyclists and pedestrians 3 ft. of space or more if passing bikes on the road.

White Center Bicycle Playground: Rick suggested it would be a good idea if Snohomish County adopt something similar to the White Center Bicycle Playground that King County Parks has. The playground is the size of two tennis courts and be a great place for kids to learn to ride their bikes in a safe environment.

Trail Coalition of Snohomish County:

Thursday Feb 20<sup>th</sup>, 5:30 – 6:30 Willis Tucker Park

May help with funds for BIKES Memorial:

Need \$\$ estimate from SnoCo Parks

Name – Memorial Station?

Washington State Trails Coalition Conference October 29 - 31, 2020

Edward D. Hansen Convention Center (a.k.a. Angel of the Winds Area)

BIKES Club as **Exhibitor (\$110 entry fee)**, Sponsor or Presenter? No decision made.

**Nominating Committee:** (3 members) needed to nominate vice present and secretary for presentation in April for May election. Secretary and vice-president positions will be open. Treasurer and president will continue.

**McClinchy Mile – Camano Climb:** Debby gave an update on McClinchy Mile – Camano Climb there will be no food truck. Debbie Kawamoto will be in charge of food. Help is needed for storage pick up and return. Cost of ride will be \$45 through April 6<sup>th</sup>, \$50 through April 24<sup>th</sup> and \$55 day of ride. There will be an on line sign-up sheet for members to request positions that they would like to work. Debby suggested to sign up early to get the position you would like.

**Ride Program Updates:** A discussion was held making clarifications to BIKES Ride program. One concern was “route managers” and who should have access. Other clarifications were made regarding, Joining a Ride, Ride Leader Mentoring and clarifications to Ride Leader Guidelines. Ride Program updates will be posted to the website.

**Next Meeting:** Will be Thursday 12<sup>th</sup>, March 2020, 7:00 PM

Meeting Adjourned

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

Rick	Proctor	286
Linda	Thiem	249
Paul	Vermeulen	249
Lou	Rivetti	214
Drew	Ellison	211
Bob	Nyberg	205
Jim	Stewart	161
Cindy	Proctor	159
Dan	Scott	144
Bill	Paul	139
Patrick	Robertson	122
Earl	Bardin	120
Rick	Dermody	115
Nancy	Graham	104
Vicki	Stewart	90
Cheryl	Walchli	89
Steve	Linari	88
Christi	Cowley	86
Ron	Anderson	85
Mike	Dahlstrom	78
Kala	Koch	77
Elaine	Scott	77
Bill	Weber	76
Chad	Bronstein	75
Adrienne	Dorf	66
Brian	Elmore	62
Judy	Izutsu	61
Bob	Pahlman	55

Janet	Leister	53
Cheryl	Funkhouser	52
John	Whitehouse	51
Karen	Berliner	47
Fred	Koch	47
Debbie	Kawamoto	46
Bill	Lutterlow	46
Dave	Stewart	46
Paul	Heydron	42
Kathy	Riddle	38
Marcia	Stedman	34
Jack	McClincy	33
Bob	Biesiedzinski	31
Viv	Biesiedzinski	31
Bob	Garrett	31
Debby	Grant	31
Jack	Willis	30
Brenda	Ferguson	25
Raquel	Haunreiter	25
Dale	Iverson	25
Bette-Ann	Shroyer	23
Gabriel	Rinkes	21
Bill	Brack	20
Jim	Shaver	17
Kristen	Kinnamon	7
Kristi	Knodell	7
Tom	Weber	7

**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 Pictures 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](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](#)

