

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

**NOVEMBER 2020**  
**VOL. 495**

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

## Prez Sez

November 2020

The days are shrinking and the nights are getting longer while the weather gets cooler making it a challenge to get out for a quality bike ride on a regular basis. The colors of fall and the crunch of leaves under bike tires add character to our rides when we do get out.

BIKES Club rides with a limit of 5 riders, including the Ride Leader, with social distancing and precautions has been a popular way for BIKES members to get out and ride their bikes during this time of COVID-19 era restrictions. As the weather this time of year gets cooler, it can be more difficult to be outside, but maintaining social distancing while being outside is considered safer than being indoors with other people. Bike riding is a good outdoor activity.

### Next BIKES Club Meeting

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

The next BIKES Club meeting is set for 7 PM November 12<sup>th</sup> and will be via Zoom due to the COVID-19 crisis. BIKES Club members will be e-mailed the agenda and Zoom meeting details.

### New Phase 2 and 3 COVID-19 Reopening Requirements

**Update for October 6th, 2020:** The link below goes to the new (released October 6th, 2020) Washington state "Phase 2 and 3 outdoor bicycle, running, cross country skiing, and non-motorized boating: races, tours, and rides COVID-19 Reopening Requirements". These new requirements appear to apply to activities with more than 12 participants, and not apply to activities such as ". . . 'fun runs' without participant timing . . .".

[https://www.governor.wa.gov/sites/default/files/COVID19%20Phase%20%20and%203%20Biking%20Running%20Etc.%20Guidance.pdf?utm\\_medium=email&utm\\_source=govdelivery](https://www.governor.wa.gov/sites/default/files/COVID19%20Phase%20%20and%203%20Biking%20Running%20Etc.%20Guidance.pdf?utm_medium=email&utm_source=govdelivery)

No immediate changes are expected to the present BIKES Club Rides During the COVID-19 Crisis policy as described elsewhere on our BIKES Club website [www.bikesclub.org](http://www.bikesclub.org). These new requirements will be discussed at the next BIKES Club meeting.

Stay well and have a great ride!

Rick Proctor  
President, BIKES Club of Snohomish County

*More of Prez Sez in "News You Can Use"*

## 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.

## NEWS YOU CAN USE!

### Online Ride RSVP

We recognize the inconvenience of the present RSVP process, waiver signing and waiver document storage. There must be a better way to do what needs to be done – something modern. A few energetic and knowledgeable members are developing a new process where:

- Ride Leaders will post rides direct to the rides Calendar page on our website.
- Riders will need to login and RSVP, or register, online through the ride posting on the Calendar page, then receive an e-mail confirmation. Riders may also cancel.
- Riders will electronically check a box to “sign” the waiver as part of registration.
- Ride Leaders will be able to access the list of registered riders.
- Information will be retrievable for who “signed” the waiver, when, and for which ride.

### Signing the paper waiver before every BIKES Club ride is still required until further notice.

**A temporary phase is presently underway where a few rides are posted to the Ride Calendar with online registration (a.k.a. RSVP). This phase will require electronic waiver “signing” as part of the testing and signing the paper waiver as usual in a parallel testing scheme.**

**Please use the electronic online registration if it is available for the ride.**

**Please continue signing the paper waiver for all BIKES Club rides until further notice.**

This new process will be a significant improvement for BIKES Club activities. More information will be provided as the process matures in development.



## NEWS YOU CAN USE!

### Support Sharing Wheels this season

B.I.K.E.S. Club and its members have been long-time supporters of Sharing Wheels Community Bike Shop. The cancellation of the McClinchy Mile fundraising event due to COVID means the club didn't have grant money for Sharing Wheels or anyone else in 2020.

Members can still support our local nonprofit bike shop:



- [Nov. 8 is a kids bike repair party](#) for BIKES Club members only.
- Donate [like-new kids \(or adult\) bikes](#) to the cause
- [Donate cash](#) to help buy all the new parts needed - about \$30 per bike to make it shiny and new for a low income child this holiday season.
- **Be a customer** - Sharing Wheels has lots of quality used parts and accessories, as well as refurbished bikes (in case you need another one - for rain? for mountain biking? towing kids?)



## Goals

Rick Proctor

We all have things we want to do. When we decide what to do, we are setting a goal. We are planning when we decide how to achieve the goal and we are executing the plan as we work toward the goal. Achieving the goal is satisfying because we get what we wanted to begin with and because we know we nailed our goal setting, planning, and executing phases.

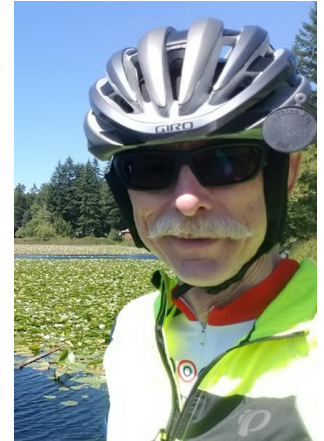
Goals can be anything we want, and the whole process from setting to reaching a goal can be a unique experience that is different for each goal. The journey to reach the goal can be as important as the goal itself. Sometimes a goal can be rather fuzzy when the destination is unknown, but we know what kind of journey we want. A goal can be pursued with plans made on the fly making the journey an adventure. When goals are clearly defined with intermediate steps the plan is easier to build. A good plan will show the best way to get there, which will help ensure the goal is reached with efficiency.

A simple bike riding goal could be to go on a club ride where someone else has determined the route and will lead the way. The goal is set and planned by the Ride Leader. We commit to the goal by signing up for the ride. All we need to do for this goal is ride a bike and follow the leader to reach the goal. Easy!

Another level of a bike riding goal could be to string together enough club and solo rides toward a long range goal of X miles in a week, Y miles in a month or Z miles in a year. Set a long range goal (X, Y or Z) and the intermediate goals are each ride. Reaching our long range goals will shape our character and build our confidence during the journey. The long range goal process is a unique human capability that contributes to our success over the other critters roaming our planet.

Sometimes circumstances beyond our control may raise the need for a goal to be revised. That can be ok if there is peace with the decision. For example, a goal of riding a bike for 100 miles in a particular week may become impractical or impossible due to foul weather.

Goals can be thought of as life targets of things we want to do. Completed goals become milestones of our accomplishments and define who we are as individuals. Set a goal, plan realistic steps to get there, then go for it. You will be amazed what you can do.



**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.



**BIKES Club of Snohomish County**

BIKES Club of Snohomish County

October Minutes

October 8, 2020

Note: This meeting was held online via Zoom.

In Attendance: Rick Proctor, Fred Koch, Debby Grant, Kristin Kinnamon, Lou Rivetti, Dan Scott, Cindy Proctor, Paul Heydon, Mike Dalhstrom, Bob & Viv Biesiedzinski, Drew Ellison, Leslie Strickland

Kristin provided this bike related information before meeting started:

Sharing Wheels needs help fixing kids bikes for the holidays. Volunteers can work on bikes at Sharing Wheels or at home. <https://sharingwheels.org/volunteers/fix-kids-bikes/>

State Bike-Ped Count is Oct. 20-22. May have locations in Snohomish Co.

<https://wsdot.wa.gov/travel/commute-choices/bike/count>

Washington COVID Reopening Phases: Snohomish County is still in Phase 2. No immediate changes are expected to BIKES Club Rides (number of riders on a club ride is still five).

Washington state new requirements "Phase 2 and 3 outdoor bicycle, running, cross country skiing, and non-motorized boating: races, tours, and rides COVID-19 Reopening Requirements". These new requirements, posted 10/6/20, appear to apply to activities with more than 12 participants.

[https://www.governor.wa.gov/sites/default/files/COVID19%20Phase%20%20and%20%20Biking%20Running%20Etc.%20Guidance.pdf?utm\\_medium=email&utm\\_source=govdelivery](https://www.governor.wa.gov/sites/default/files/COVID19%20Phase%20%20and%20%20Biking%20Running%20Etc.%20Guidance.pdf?utm_medium=email&utm_source=govdelivery)

Budget/Financials: Debby provided a status on the BIKES budget. BIKES is in good shape financially. Total Assets: \$13,124.37 Total Liabilities: \$12,670.00 (includes prospective 2021 McClinchy Mile expenses and Memorial Fund \$1,465) Cash on Hand: \$454.37.

McClinchy Mile: Though planning is on hold, a 2021 McClinchy Mile event is still a possibility.

A decision on whether to have the event will be made in the next few months.

Ride Sign-In Revisions: A transition to the online registration is gradually taking place. Some ride leaders are successfully using the online registration system. The RSVP texting to ride leader/signing paper release method continues for other rides. Drew will schedule a ride leader meeting in the next couple weeks.

Other Potential Fundraisers: Tour de Cookie: Fred provided information on the Phoenix model. The route is circular around Phoenix. Cookies are donated. Proceeds go to charity.

Rick presented more refinements to his Tour de Cascadia virtual ride concept.

Five categories of riders: Casual Cruiser (no mileage goals), Goal Setters, Commuters, Rouleurs, and Climbers. Ride period May – September 2021.

Proposed fees: \$10 registration and \$30 finishers package. Discussed other event merchandise possibilities (jersey, cycling cap, BIKES face mask, neck gaiters, etc.). Certificates could be emailed to participants.

Discussion followed on how the Tour de Cascadia would fulfill some of the goals of the McClinchy event, bringing interest to biking in Snohomish County and increasing BIKES club membership. The need for a reliable online Tour de Cascadia tracking system was also mentioned.

BIKES Leaders Roundtable: A roundtable meeting is postponed for now. The roundtable will be scheduled after the online registration process is ready for full implementation.

Results of National Bike Challenge:

The BIKES club has had good participation and done well compared to other area clubs.

First - number of miles in Washington, Second – number of rides in Washington behind Whidbey Island Bicycle Club, Second – number of riders after Amazon Bicycling Coalition.

Next Meeting: November 12, 2020

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

Rick	Proctor	1956	Bob	Biesiedzinski	239	Mike	Fenlin	76
Paul	Vermeulen	1698	Viv	Biesiedzinski	239	Brenda	Ferguson	73
Earl	Bardin	1402	Chad	Bronstein	237	Bob	Garrett	68
Lou	Rivetti	1366	Kathy	Riddle	229	Mary	Chesney	61
Drew	Ellison	1269	Kayla	Koch	228	Jim	Shavers	61
Linda	Thiem	1250	Bill	Brack	183	Jack	McClincy	59
Bill	Paul	1092	Marcia	Stedman	175	Tara	Fuller	56
Brian	Elmore	1090	Judy	Lang	173	Adrienne	Reynolds	54
Cheryl	Funkhouser	1019	Mike	Dahlstrom	168	Peter	Smith	54
Jim	Stewart	730	Debby	Grant	166	John	Whitehouse	51
Pidge	Hopper	680	Olivia	Getz	142	Linda	Hunter	48
Dan	Scott	680	John	Dennino	141	Karen	Berliner	47
Fred	Koch	615	Daryl	Bates	140	Dave	Stewart	46
Adrienne	Dorf	589	Gloria	Hammond	137	Tweety	Christine	42
Cindy	Proctor	579	Gary	Broughton	129	John	Carlin	35
Debbie	Kawamoto	544	Raquel	Haunreiter	111	Kurt	Haunreiter	31
Cheryl	Walchli	538	Bette-Ann	Shroyer	111	Bob	Getz	30
Ron	Andersen	525	Terri	Russel	108	Brian	Mendendorp	30
Christi	Cowley	501	Hilary	Heath	105	Mitch	Pico	30
Bob	Pahlman	494	Nancy	Graham	104	Tom	Weber	27
Bill	Lutterloh	429	Chuck	Hopper	101	Genelle	Reich	26
Fred	Norouzi	425	Bill	Weber	96	Erik	Westlund	23
Steve	Linari	385	Janet	Leister	94	Linda	Braun	22
Bob	Nyberg	385	Rebecca	Hollenbeck	90	Gabriel	Rinkes	21
Rick	Dermody	382	Tim	Wise	87	Alison	Ahlgrim	20
Ji	Kim	325	Peneolpe	Thompson	85	Matt	Covert	20
Leslie	Strickland	324	Kristin	Kinnamon	84	Shirley	Slade	20
Dayle	Iverson	304	Christine	Tweedy	84	Matt	Petersen	18
Jack	Willis	303				Francis	Philbin	18
Judy	Izutsu	294				Joe	Self	18
Elaine	Scott	287				Pam	Snook	18
Paul	Heydron	264				Patrick	Robertson	12
Vickie	Stewart	245				Kristin	Knodell	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!



MY TWO FAVORITE THINGS  
 IN LIFE ARE LIBRARIES AND BICYCLES.  
 THEY BOTH MOVE PEOPLE FORWARD  
 WITHOUT WASTING ANYTHING.  
 -PETER GOLKIN

October had many great club rides where everyone stayed safe! 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](#)

