

Chainwheel Chatter

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

Your Snohomish County Cycling Club

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

Prez Sez

December 2020

The shortest days and longest nights of the year are arriving while cold weather becomes the seasonal normal. When it's too cold to ride, the time can be used to plan rides for the warmer months ahead.

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.

BIKES Holiday Online Party

Hey BIKES members, so many events and gatherings have been cancelled this year. Well, we've got some good news for you!

BIKES is having an online holiday party. Thursday, December 10th from 7 - 8 pm!

We're planning some big fun for all. Bob and Viv Biesiedzinski will be our online party hosts.

Get ready for these activities:

- * **Ugly\Not Ugly Sweater:** wear your favorite holiday sweater to the party (ugly sweater or not).
- * **Decorate a helmet:** (like you're going on a Christmas light ride) and show it off at party (along with your sweater).
- * **Games:** bike trivia. Be amazed!
- * **Santa:** Rumor has it Santa will pop in for a visit
- * **Slide Show** – 2020 on 2020. What a year it's been! Bike picture highlights include Bike Bingo & Where Am I? challenges, small group rides, online ride registration implementation, Coffeeneuring, Riding In The Rain November challenge, Sharing Wheels volunteer participation and more...

Click Register in the Calendar listing to sign up for the party. A day before the Party you'll receive a reminder email with the Zoom party link.

Stay well and have a great ride!

Rick Proctor
President, BIKES Club of Snohomish County

More of Prez Sez in "News You Can Use"

DECEMBER 2020
VOL. 496

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.

NEWS YOU CAN USE!

Online Ride RSVP

We recognize the inconvenience of the present RSVP process, waiver signing and waiver document storage. There is a better way being built 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 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.

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.**

Wild Apricot is the commercially available host for our <https://www.bikesclub.org> website. The Online Registration Process makes use of available features offered by Wild Apricot without special modifications. This new process will be a significant improvement for BIKES Club activities.

We are approaching operational readiness for the Online Registration Process.

BIKES Poll #16 McClinchy Mile 2021 Results

The results of this poll were shared at the BIKES Club meeting on Thursday, November 12th. The Details, Results Summary, and Results with Comments Summary are available for BIKES Club members only on our website under the "Member-only" tab, then select "BIKES Polls 2018 - 2019 - 2020", then scroll down to select the file of your choice for BIKES Poll #16 McClinchy Mile 2021. A one-page Summary of Results and the one-page BIKES Fund Raiser Qualitative Feature Comparison chart are elsewhere in this Chainwheel Chatter.

Next BIKES Club Meeting

BIKES Club has monthly club meetings for members on the 2nd 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 January 14th and will be via Zoom due to the COVID-19 crisis. BIKES Club members will be e-mailed the agenda and Zoom meeting details.

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:

- 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?)

More NEWS YOU CAN USE!

BIKES Poll #16 McClinchy Mile 2021

Summary of Results

November 12th, 2020

Should BIKES Club provide the McClinchy Mile event in 2021?	Would you support the McClinchy Mile as a volunteer on the day of the event in 2021?	Would you help plan the McClinchy Mile event for 2021?
Yes - 24	Yes - 22	Yes - 16
No - 19	No - 21	No - 27
Number of Names Provided:	5	5

E-Mail Delivery Data							
#	E-Mail Date	Participants	Failed	Delivered	Opened	Clicked	Responses
1	Nov 1st	180	1 (1%)	179 (99%)	122 (68%)	49 (27%)	29
2	Nov 5th	177	0 (0%)	177 (100%)	95 (54%)	18 (10%)	14
							Total: 43

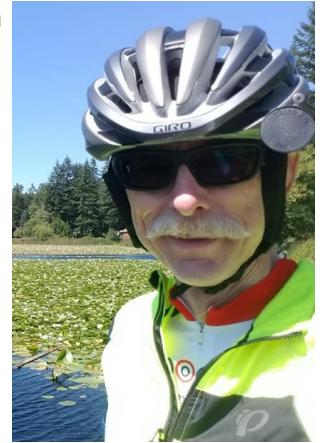
Comments:	
1	Immunizations, should they become readily available in 2021, won't begin to impart a modicum of herd immunity among the general population likely until 2022. Bottom line: not safe yet for a McClinchy Mile. albiet, unless testing planned to be done for each rider perhaps.
2	I want to ride too.
3	Only hold the event after Covid is under control.
4	The risk/reward isn't worth it. This event is fun and attempting to plan and hold it under restrictions makes no sense.
5	Actually, the last question answer would be a maybe, depending on what the planning entails. (name redacted)
6	I don't believe there can be an event in April as before. I believe it's too soon, since we do not know the future of this Pandemic.
7	(name & e-mail redacted)
8	I think it might be too early Maybe we should find another was to make money for the club Let me know. (name redacted)
9	(name & e-mail redacted) I will volunteer for parking and possibly rider support vehicle. It's my opinion that riders won't care if they bunch up once out on the trail. They'll still draft and race as they have. What will suffer is the family ride before the normal McClinchy ride, which is unfortunate for families that are needing something to help and open the country again.
10	I plan to be in Arizona till early May.
11	(name redacted)
12	To have such an event would be irresponsible. We are in a global pandemic, in case anyone has forgotten. When Everett Clinic and Providence Hospital no longer require masks to enter is the earliest possible date.
13	You are 1 year away or more for this type of group riding event to take place. Not until after an effective vaccine has been developed and deployed to the majority of the population will it be safe for this event to occur.
14	I am willing to help in a socially distant manner. It would be better to save our resources for a future time beyond this COVID-19 era.
15	Currently, with record new cases of the Covid-19, I don't see how thing will change by April that I would feel comfortable participating.
16	I think it would be better to not have a 2021 McClinchy Mile event. It's difficult to plan and run an event during a pandemic. I also don't think there will be enough participants to make it worth the amount of required effort.
17	(name & e-mail redacted)
18	(name & e-mail redacted)
19	I would enjoy riding McClinchy Mile!! BUT being in the virus high risk group I lean much towards not riding nor volunteering. Planning? --> it would be very difficult, discouraging to plan and then not be able to ride nor volunteer. This virus is the shits. Just like everyone I don't want it, and don't want to pass it on to another individual.
20	we should wait until there is a vaccine before having this ride. Too risky.
21	(name & e-mail redacted)

Cold Weather Ride

Rick Proctor

It's cold outside and I have a bike ride to do. I peek out a window as dawn is breaking to see frost under clear skies. It'll be a nice and chilly day for a ride with friends in a couple of hours. I go through my cold weather ride prep routine putting on layers appropriate for the weather conditions, then head downstairs.

A good breakfast will get me started with the fuel I'll need. My bike is ready to go with the tires pumped to the soft side of normal pressure for improved traction on cold surfaces. The front tire, as always, is 5 PSI less than the rear tire. The chain is lubed, brakes are good, and lights are charged. Install a freshly filled water bottle, stuff a couple snacks in my pocket, add outer layers from head to toe, then open the big door and roll out. Power up the lights and nav system, remember to close the big door (I've forgotten before), then start rolling.



I will usually know within the first block if I am under or over dressed for the conditions, expecting to warm up as I ride. Experience has helped me get this right most times. Cold weather reduces tire traction, even on clean, dry pavement, so I take it easy, especially when braking and cornering. The temperature was several degrees above freezing as I left home, although colder pockets are possible in low areas or shade. The lighter color pavement areas in sunlight are probably dry and the darker areas of pavement, particularly in shade, mean dampness that could be frozen as black ice. I've had several slips and complete falls on ice, and I know from experience this is where the fun can end. If conditions are too icy, I stay home.

I meet my friends and we are all ready to go. No one wants to hang about and chat, we need to get going to generate heat. I can feel my body giving up heat with every breath and moving through the air strips away body heat too. But pedaling a bike wearing multiple layers is more work that generates heat. Those extra layers also increase aero drag slowing the pace – a good thing in cold conditions. Hills are more welcome as a way to generate heat, and then I pedal easy on downhills to keep the juices circulating for a more even heat distribution to my extremities. When I've warmed up, removing or opening layers for venting becomes important to maintain a just-right temperature feel balancing sweat retention and coldness.

Bike rides in the cold are possible with a good measure of weather situational awareness. Observe the weather conditions, choose an appropriate route, make gear and equipment adjustments, and ride carefully are the major components of good cold weather bike rides. The great feeling of success when completing a cold weather ride will have you looking forward to the next one with enthusiasm.

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.



A feature comparison chart was shown and discussed at the November BIKES Club meeting regarding various potential BIKES Club fund raisers. COVID-19 era restrictions have changed the modern environment of any fund raising activities. As promised, a copy of this chart is included in this Chainwheel Chatter for your review. It could be discussed again at a future BIKES Club meeting.

BIKES Fund Raiser Qualitative Feature Comparison November 2020

	McClinchy Mile	Dues Increase	Ice Cream or Cookie Social	<u>Tour de Cascadia</u>
Promotes Bi-cycling?	Yes	No	Yes	Yes
1 Big Day?	Yes	No	Yes	No
Extra Insurance Required?	Yes	No	Yes	?
Food Handling?	Yes	No	Yes	No
Extensive Planning?	Yes	No	Yes	Yes
Awards Required?	Yes	No	Yes	Yes
Can Be Done In COVID-19 Era Phase 1?	No	Yes	?	Yes
Can Be Done In COVID-19 Era Phase 2 or 3?	Yes - with new reopening requirements	Yes	?	Yes

Looking for a gift idea? Check out what our friends at Sharing Wheels have up for auction on E-Bay! This, and many other items can be viewed at <https://bikesclub.org/memberforum/9395581> ! This is another great way to help support our partners at Sharing Wheels!



BIKES Club of Snohomish County November Minutes November 12, 2020

Note: This meeting was held online via Zoom.

In attendance: Rick Proctor, Debby Grant, Lou Rivetti, Dan Scott, Cindy Proctor, Mike Dalhstrom, Bob & Viv Biesiedzinski, Drew Ellison, John Carlin, Shirley Slade, Paul Verneulen, Christy Crowley, Debbie Kawamoto, Leslie Strickland.

WA state COVID-19 conditions: Governor Inslee spoke tonight about the rise in Washington COVID-19 cases. Inslee may announce new restrictions next week.

Budget/financials: Debby provided a status on the BIKES budget. BIKES is in good shape financially. Total Assets: \$13,744.56 Total Liabilities: \$12,935. (includes prospective 2021 McClinchy Mile expenses and Memorial Fund \$260) Cash on Hand: \$809.56.

Online ride registration (RSVP) process: A transition to the online registration is gradually taking place. Rick wrote a list of problems and issues remaining with the process. Hopefully these issues can be resolved. Drew will write instructions for online registration and schedule another ride leader meeting. The RSVP texting to ride leader/signing paper release method continues for other rides. Signing the paper waiver is still required for all rides.

Member forum page subscriptions: Rick reviewed the process for members to subscribe to the BIKES Ride Updates or Member Forums. There are two steps. To subscribe to Ride Updates members first go to Calendar\Ride Updates and select subscribe (on the right in the area above Topics). Next, in the member profile area, select edit Forum Subscriptions. Choose the preferred notification frequency option (daily, weekly, immediately). When adding a new forum topic, the creator should select subscribe immediately.

Help wanted – Webmaster: Discussions continue regarding the responsibilities of a webmaster. This includes managing the BIKES domain, miscellaneous club email accounts, and customizing web pages.

Centennial Trail BIKES table: BIKES will split the cost of a picnic table with the Trails Coalition. The tentative plan is for the table to be located close to the Centennial trail, .5 mile north of Hwy 92. More details will be worked out such as the plaque dedication (not memorial) script. Rick will continue working on this and will attend the next Trails Coalition meeting.

BIKES Holiday Party: The December 5th annual holiday party is cancelled. Suggestion to include holiday party celebration in next BIKES meeting on December 10th. Suggestions to include Ugly or Not sweater contest, looping slide show with ride pictures. Leslie will work on organizing the holiday party aspect.

Potential fund raisers in 2021:

Rick presented a quality comparison chart of various fund-raising ideas (McClinchy Miles, dues increase, Ice Cream\Cookie social, Tour de Cascadia). Quality categories (promotes bicycling, extensive planning, 1 big day, extra insurance, food handling, awards, extensive planning, can be done in COVID-19 eras under phase 1 and 2). The comparison chart will be posted to the next Chainwheel Chatter newsletter.

McClinchy Mile poll results: Should (Y – 24, N – 19), will support (Y -22, N – 21), Help with planning (Y -16, N – 27). Rick displayed a Washington state COVID-19 reopening requirements document for races, tours, and rides. There may be challenges meeting these requirements such as the limiting the number of people allowed at a rest stop (5) and finding volunteers to carry out sanitation protocols. Rick stated if someone wants to organize the McClinchy event they can volunteer (and should be aware of these state requirements) and contact Rick Proctor. A summary of the poll results will be posted to the website home page and next Chainwheel Chatter newsletter.

Discussion followed on BIKES financial status if there is not a 2021 fundraiser. Debby surmised BIKES is close to breaking even between member fees and operating expenses. BIKES should research this more. Online renewals with credit card transactions that include a service fee could help club gain more revenue. Many organizations offer the credit card transaction service fee option as a way to offset club credit card expenses.

Next meetings: December 10, 2020 at 7 pm, January 12, 2021 at 7 pm. These will be online Zoom meetings.

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

Rick	Proctor	2181	Vickie	Stewart	271	Mike	Fenlin	76
Paul	Vermeulen	1825	Bob	Biesiedzinski	264	Brenda	Ferguson	73
Lou	Rivetti	1558	Viv	Biesiedzinski	264	Bob	Garrett	68
Earl	Bardin	1491	Kayla	Koch	248	Jim	Shavers	61
Linda	Thiem	1377	Kathy	Riddle	248	Jack	McClincy	59
Drew	Ellison	1318	Chad	Bronstein	237	Tara	Fuller	56
Bill	Paul	1315	Christine	Tweedy	224	Kurt	Haunreiter	56
Cheryl	Funkhouser	1295	Marcia	Stedman	220	Adrienne	Reynolds	54
Brian	Elmore	1184	Judy	Lang	217	John	Whitehouse	51
Dan	Scott	910	Debby	Grant	193	Linda	Hunter	48
Jim	Stewart	836	Bill	Brack	183	Dave	Stewart	46
Pidge	Hopper	758	Olivia	Getz	179	Tweety	Christine	42
Fred	Koch	718	Gloria	Hammond	174	John	Carlin	35
Debbie	Kawamoto	673	Mike	Dahlstrom	168	Bob	Getz	30
Adrienne	Dorf	649	Raquel	Haunreiter	156	Brian	Mendendorp	30
Cindy	Proctor	624	Hilary	Heath	154	Mitch	Pico	30
Steve	Linari	597	Bette-Ann	Shroyer	151	Tom	Weber	27
Ron	Andersen	587	John	Dennino	141	Genelle	Reich	26
Cheryl	Walchli	586	Chuck	Hopper	141	Peter	Smith	23
Bob	Pahlman	568	Daryl	Bates	140	Erik	Westlund	23
Bob	Nyberg	558	Gary	Broughton	129	Linda	Braun	22
Christi	Cowley	550	Kristin	Kinnamon	122	Gabriel	Rinkes	21
Bill	Lutterloh	504	Tim	Wise	118	Alison	Ahlgrim	20
Ji	Kim	493	Terri	Russel	108	Matt	Covert	20
Fred	Norouzi	473	Nancy	Graham	104	Shirley	Slade	20
Dayle	Iverson	444	Mary	Chesney	96	Matt	Petersen	18
Rick	Dermody	408	Bill	Weber	96	Francis	Philbin	18
Paul	Heydron	372	Janet	Leister	94	Joe	Self	18
Leslie	Strickland	348	Rebecca	Hollenbeck	90	Pam	Snook	18
Judy	Izutsu	332	Karen	Berliner	85	Faith	Sokal	18
Jack	Willis	303	Peneolpe	Thompson	85	Patrick	Robertson	12
Elaine	Scott	287				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!



November 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 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](#)