

# 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 April 8th @ 7:00 pm](#)

## Prez Sez

April 2021

### April BIKES Club Activities

Spring has arrived and each day is longer providing more daylight time to get out for a ride. Go for it!

There are BIKES Club rides scheduled through April on the [Calendar](#). Rides can be cancelled or changed 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](#).

### BIKES Club Picnic

The annual BIKE Club picnic is back in the plan for this year on Saturday, July 31<sup>st</sup> at Hauge Homestead Park in south Everett next to Silver Lake. This 11 AM – 3 PM event will be a bring-your-own-lunch event. No alcohol allowed per Everett Parks rules. More details later. Club rides before the lunch are expected. Please register online so we will know how many plan to attend.

### Rides Coordinator

Dan Scott is our new Rides Coordinator. As the online ride registration process was developed, the function of the Rides Coordinator has evolved. Raquel Haunreiter, as the prior Rides Coordinator, previously posted all rides to the Calendar that were sent to her. The online ride registration process now encourages Ride Leaders to post their own rides onto the Calendar. Dan will assist Ride Leaders who need help getting rides posted to the Calendar.

### 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 April 8<sup>th</sup>, 2021 and will be via Zoom due to COVID-19. BIKES Club members will be e-mailed the agenda and Zoom meeting details.

Stay well and have a great ride!

Rick Proctor  
President, BIKES Club of Snohomish County  
[BikeHound@comcast.net](mailto:BikeHound@comcast.net)

**APRIL 2021**  
**VOL. 500**

## 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 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!

### Reminders for Ride Leaders:

- All rides require online registration through the ride posted on the Calendar.
- There is no known way for paperless online registration using only Ride Updates, hence the requirement for all rides must be on the Calendar page.
- Post the ride on the Calendar page before using Ride Updates to advertise the ride. Rides must be posted on the Calendar page at least 12 hours before the ride start to allow ample opportunity for members to register.
- Be sure to register for your ride as soon as it is posted.
- After registering, add "Ride Leader" in the note section of your record for the ride.
- Ride Leaders should "check-in" riders at the ride start or within a week afterwards. Only those who actually participated in the ride should be checked-in.
- To cancel a ride, edit the ride posting to add the word "CANCELLED: " to the ride title, then do a Ride Update to advertise the ride is cancelled.
- Once a ride is posted it should never be deleted.

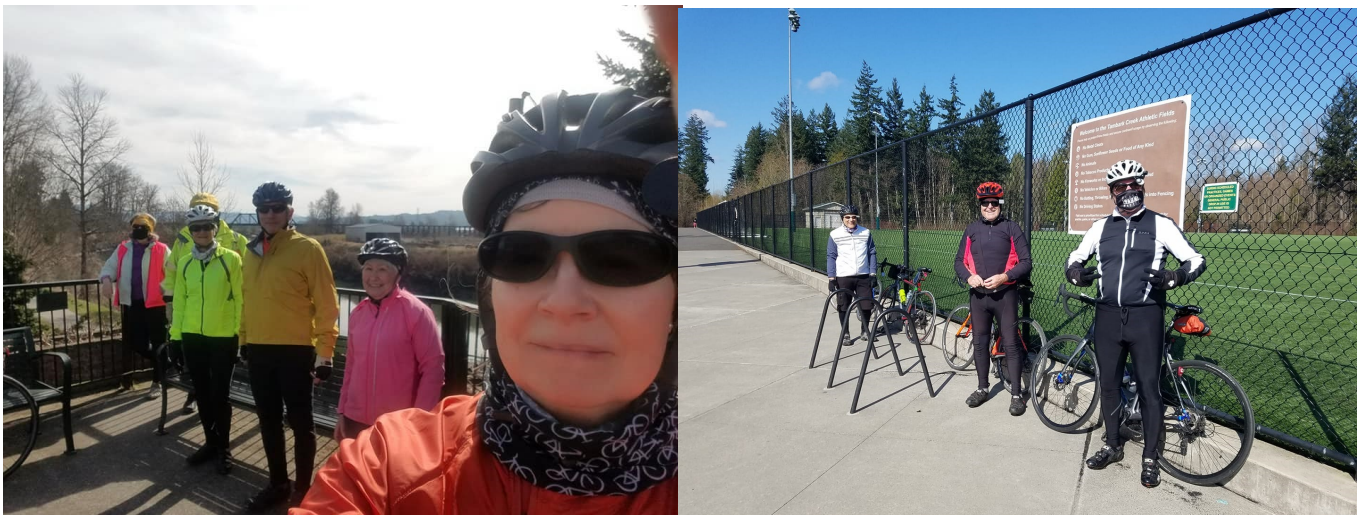
We are all learning where the bumps and potholes are in the road of this new process. We are tweaking the process accordingly. Updates to the Ride Leader Guidelines to accommodate the tweaks are in work.

### Reminders for Everyone

Changes in the COVID-19 requirements of Washington state has caused changes in our club.

- The BIKES Club limit is 8 maximum riders per group including the Ride Leader. Each ride description will specify the maximum number of riders for that ride.
- BIKES Club rides remain temporarily for BIKES Club members only.
- Rides on the website Calendar page will be visible for the public to see our activities and perhaps join.
- **All rides require online registration as described in the ride posting on our website Calendar page.**

We all need to continue our vigilance in maintaining good social distancing of 6 feet or more between each other with all activities until further notice. The primary social contact opportunities during a bike ride are check-in, traffic stops, and rest stops where social distancing of at least 6 feet is needed. Social distancing during a ride is easy when at least three (3) bike lengths of open space between bikes is maintained.

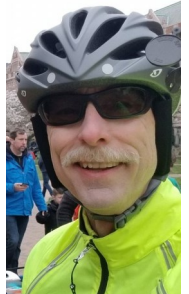


Bicycle Channel

Rick Proctor

Television is a wonderful entertainment and educational tool. Most of us grew up with TV as a common home utility, like hot water, flush toilets and refrigerators. As TV technology grew, so did the programming options, allowing us a choice of what we wanted to watch if we were available when the program of interest was offered. Were those really the good old days? Then a few recording options came along to let us watch what we wanted when we wanted. Nowadays we can choose what to watch when we want in high definition from a streaming service without the need to record it first. How convenient is that?

Back in those good old days, there was a program quality problem. I think I reached my lifetime quota of TV sitcoms and fantasies decades ago. Or maybe I've matured into a different zone of interests. Apparently, a lot of other people did too. New options have evolved for mainstream home TV where entertainment and education have merged into high quality documentaries about real people who did some really cool outdoor stuff, presented in interesting ways.



Bicycling is a good topic to explore. Several years ago, it was next to impossible to find anything regarding bicycling on TV. These days there are a considerable number of bicycling options to choose from if you have modern cable TV and/or internet streaming capabilities to your TV. Here are some we've found:

- [YouTube](#) offers an amazing array of videos made by both amateurs and professionals. Try a YouTube search for *bicycling* and you'll find a need to get more specific to focus the search results. *Bicycle touring* provides many interesting hits.
- [Bicycle Touring Pro](#), is a YouTube channel and how-to website with the bike travels of Darren Alff across our globe. Lots of bicycle touring info and spectacular travel scenery.
- [Path Less Pedaled](#), is a YouTube channel and website focused on noncompetitive party pace bike touring, technology, culture, and more by Russ Roca and Laura Crawford.

Other bicycle touring channels on YouTube where the tours were cut off by COVID-19.

- [GCN](#) is a UK based YouTube channel and website with a global reach covering bike performance, technology, culture, maintenance and lots more.
- NBCSports (channel 626 on Comcast cable), typically offers top-tier bike race coverage for Paris-Roubaix, Tour de France, Vuelta e Espana, and more.
- NBCSportsGold, a cable subscription service, offers more top-tier bike race coverage.
- NHK World (channel 115 on Comcast cable) offers a series called "Cycling Around Japan" where a cyclo-tourist is followed on travels all over this interesting island country. Some of these episodes may be found on PBS channels.
- [GCN+](#) is new this year as a subscription service offering new documentaries for those with interests in bike history, global adventure travel, performance, and more. This is the closest thing yet to a real *bicycle channel* focused only on the various aspects of bicycling, including race coverage not otherwise available in the USA.

Many of the bicycle touring videos provide outstanding scenery of our planet as seen from our favorite form of transportation. Bicycle touring is an adventurous, economical, and environmentally friendly form of travel – and travel is among the most rewarding experiences we can have. When we cannot travel physically, we can travel virtually via TV for a taste of life in far off lands we may want to add to our bucket list.

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

<b>Membership</b>	<b>\$25 Annual (INDIVIDUAL)</b>	<b>New Member</b>	<input type="checkbox"/>
<b>DUES</b>	<b>\$35 Annually (FAMILY)</b>	<b>Renewal</b>	<input type="checkbox"/>

**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****March Minutes****March 11, 2021**

**Note:** This meeting was held online via Zoom.

**In attendance:** Rick Proctor, Jack Willis, Mitch Pico, Kristin Kinnamon, Cindy Proctor, John Carlin, Lou Rivetti, Dan Scott, Mike Dahlstrom, Francis Philbin, Cheryl Walchli, Leslie Strickland.

**Budget/financials:** Rick went over the balance sheet. Expect revenue and expenses to be within acceptable balance. No membership dues increase is needed. The budget showed a negative balance due to monies being held in reserve per club rules.

Total Assets: \$13,663.30

Total Liabilities: \$13,985.00

Net Available Cash on Hand: -\$321.70

**WA state COVID-19 conditions:** Washington state will go into Phase III on March 22<sup>nd</sup>. The current BIKES group rider limit is eight. Rick recommends and ride leaders have agreed to keep the group rider limit to eight riders for now.

**BIKES and Trail Coalition dedication table:** BIKES has \$2,870 (from donations and sale of donated bike items) to cover our \$1,750 share of the table. The table, located in Centennial Park (near 123<sup>rd</sup> Ave NE & 44<sup>th</sup> St NE), will include a proposed plaque that reads "Dedicated to the volunteers of the BIKES Club and Trail Coalition of Snohomish County 2021." Rick will coordinate the donation application with the Trail Coalition and Snohomish County Parks.

**BIKES website updates:**

**Calendar ride visibility.** Ride leaders are reminded to select visible to 'public' instead of 'restricted' when setting up their rides so non-members can see scheduled rides. Only club members can register for rides at this time. Ride leaders were also reminded to add "ride leader" to the notes section.

**Future Events:** The date for the annual BIKES club picnic has not been finalized. Possible dates are August 14<sup>th</sup> or 21<sup>st</sup>. The holiday party is tentatively set for December 4<sup>th</sup>. Projection for the next McClinchy Mile is April 24, 2022.

**Opportunities to make a difference:** Club officer nominations need to be in place by the April club meeting, with the election of officers and board members following in May. Cheryl Walchli, Jack Willis, and Mitch Pico volunteered for the nominating committee.

Rick urged folks to get involved, especially those who haven't done so before. A vice president candidate is needed, now and hopefully continuing on as president in the future. There are also board of directors vacancies.

**Trail news:**

**Palouse to Cascades Trail:** Rick proposed idea for a club 2022 supported cross Washington state ride to cover 350 miles of trail. Discussion followed. Some members expressed interest.

**Next meeting:** April 8, 2021 at 7 pm (online via Zoom).

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

Dan	Scott	552
Rick	Proctor	506
Drew	Ellison	381
Pidge	Hopper	376
Linda	Thiem	376
Paul	Vermeulen	376
Lou	Rivetti	363
Bill	Paul	360
Steve	Linari	330
Christine	Tweedy	330
Earl	Bardin	327
Debbie	Kawamoto	318
Brian	Elmore	313
Cheryl	Walchli	309
Adrienne	Dorf	244
Cheryl	Funkhouser	204
Elaine	Scott	203
Bob	Nyberg	173
Debby	Grant	170
Cindy	Proctor	145
Christy	Cowley	129
Jack	Willis	111
Patrick	Robertson	96
Bob	Biesiedzinski	79
Viv	Biesiedzinski	79
Rick	Dermody	78

John	Deninno	53
Dale	Iverson	52
Leslie	Strickland	52
Fred	Koch	50
Fred	Norouzi	50
Bob	Pahlman	48
Marcia	Stedman	48
Jim	Stewart	47
Mitch	Pico	46
Hilary	Heath	45
Kristin	Knodell	44
Bill	Lutteroh	41
Mary	Chesney	40
Mike	Dahlstrom	31
Laura	Elmore	31
Ji	Kim	28
Michele	Wolski	26
Tim	Wise	25
Alison	Ahlgrim	24
Ron	Andersen	22
Brenda	Ferguson	20
Kathy	Riddle	20
Judy	Izutsu	19
Kristin	Kinnamon	18
Frances	Philbin	16
Rebecca	Hollenbeck	9

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

**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!



March 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](#)

