

Chainwheel Chatter

B.I.K.E.S. Club of Snohomish County
March 2022





Prez Sez

Spring officially kicks in on March 20th 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 final winter weather blast before the feel of spring sticks around for the season. March usually brings some good bike riding days too.

Rick Proctor

President, BIKES Club of Snohomish County

BikeHound@comcast.net

Walk and Roll: WSDOT Active Transportation Update of 2sday, 2-22-'22

Here's a whole lotta walk & roll info from the most recent [Walk and Roll: WSDOT Active Transportation Update \(govdelivery.com\)](#).

A couple of articles from this update might be of interest:

WSDOT Safe System Approach Work Highlighted in FHWA Magazine

Washington's a Great Place to Recreate

[Read More >>>](#)



Coming Up...

March Club rides

There will be a variety of BIKES Club rides scheduled through March on the [Calendar](#). Some rides may be posted the day before the scheduled activity. Rides can be cancelled or changed when weather conditions are forecast to be sufficiently foul as determined by the Ride Leaders and which forecasts they think may be accurate. Keep up with ride changes by subscribing to [Ride Updates](#).

[Rides Calendar >>>](#)

Next BIKES Club Meeting

The next BIKES Club meeting is set for 7 PM March 10th, 2022 and will be online using Zoom due to the persistent COVID-19 situation. BIKES Club members will be e-mailed the agenda and meeting details.

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.

Li'l Kids

When I go out for a bike ride, I try to make a friendly connection with other people if they are looking my way by giving a friendly wave, a nod, or a smile. I might even say hi, g'day, or buon giorno. Pedestrians, other cyclists, joggers, dog walkers, even car drivers when I can see through the tinted glass. I believe it's a good policy, in general, to get on the positive side of as many people as possible. Most people seem to reciprocate the positive vibe.

Sometimes little kids in the toddler to pre-school age range will just stare at me in stunned silence, mouth hanging open, as though they have never seen someone riding a bike. I suppose there's a first time for everything and the li'l kid hasn't been around very long. Maybe I appear to be top heavy and unhuman with the strange bike stuff I'm wearing. Waving, nodding, or smiling doesn't work on them yet. But if I ring the bell on my bike the kid may snap out it with a look of cheerful enthusiasm. The ringing of a bell seems to stimulate young ears with a jolt to the li'l kid happy control center.

[Read More >>>](#)

Some Fun Cycling Goals

At our last BIKES Club meeting, we had a program about setting some cycling goals for the year. "But wait!", you say. "I don't want to set any goals, I just want to have fun and enjoy riding my bike." Wonderful! So maybe you want to set some goals around things that make riding your bike fun.

Here are some fun goals and some just-plain-fun things you could try.

- Stop at at least one new-to-you coffee shop every month.
- Try to spot at least 1 bird per mile of your ride. In a 20 mile ride, look for 20 birds.
- Ride one mile without going faster than 7 MPH. Easy? Then try 5 MPH. Then 3 MPH.
- Unclip one foot and see how far you can ride. Then try the other foot. It's harder than it sounds.
- Take a sandwich and stop for lunch at a different lake every week during the summer months. And don't repeat the sandwiches.
- Create some Strava art. If you don't know what that is, just google Cycling Strava Art.

[Read More >>>](#)



News You Can Use...

McClinchy Mile / Camano Climb

Sunday April 24 2022

If you haven't yet heard, after a two-year hiatus McClinchy Mile is on! We're excited to once again partner with Stanwood-Camano Kiwanis to offer scenic and challenging routes on Camano Island. We'll have a single start location in Stanwood and offer a 15-mile Stanwood Farms loop in addition to the 50 and 35 mile loops on Camano Island. Routes may be combined for a metric or full century.

Club members can save \$5 off registration (coupon code coming soon) and are the most important marketing tool we have. Please help spread the word among your bicycling friends about our beautiful ride. The club McClinchy page has current details <https://bikesclub.org/McClinchy> .

Kristin Kinnamon is McClinchy Coordinator. Other club volunteers are taking on key roles to help spread the load. Sign up early to make sure you get your favorite volunteer job. Log onto the club website and add your name to the volunteer list <https://bikesclub.org/McClinchy-Volunteers> .

Attend the next club meeting on March 10 for the latest update (meetings will be online via Zoom).

Ride Coordinator Corner:

As spring approaches some of you might be thinking about becoming ride leaders. It's not hard to do, the procedure is outlined on the Members section of the website, and there's lots of help available. And you get to pick the ride! Contact me if you have questions.

Dan Scott, ride leader coordinator

leadaride@bikeclub.org

COVID-19 persists

[Temporary Precautions for BIKES Club Ride During the COVID-19 Crisis.](#)

Online Ride Registration, the new normal for BIKES members

All rides require online registration as described in the ride posting on our website Calendar page. Efforts are underway for future non-member riders to use online registration. BIKES Club is moving toward 100% paper free for all registrations and waivers.

Max Group Sizes

Ride groups may now have 10 riders or less as determined by the Ride

Ride groups may now have 12 riders or less as determined by the Ride Leader. The number includes the Ride Leader. The ride posting and registration page should indicate the maximum number of riders for the ride

[Online Reg - Tips for Ride Leaders >>>](#)

[Online Reg - Tips for Everyone >>>](#)



Rider Miles

Top riders for February

Proctor	Rick	321
Heydron	Paul	257
Linari	Steve	215
Tweedy	Christine	215
Triaggiani	John	185

[How many Club miles do you have?](#)



Club meeting minutes

Catch up here to read the most recent meeting minutes. Log on to the club website to access all meeting minutes.

[Meeting Minutes >>>](#)



Sharing Wheels

Sharing Wheels Update

Garage Sale at Sharing Wheels

It's our 20th year as a community bike shop, and we've collected a lot of great bikes, parts and accessories. Help clean out our storage rooms at this blow-out sale from noon to 4 p.m. Saturday, March 26 in Everett. If you need a quality used bicycle or anything related to biking (tires, shoes, racks), we just might have a great deal for you. Volunteers will also be needed to help with the sale.

[Learn more on our website.](#)

Upcoming events:

Bike Repair Work Party March 13

Want to learn about bikes, hang out with nice people, and help Sharing Wheels?

New and experienced volunteers can help repair adult bikes, clean stuff, organize shop, etc. from noon to 4 p.m. the second Sunday of every month. If you are willing to get your hands dirty, we have a job for you (and gloves, if you prefer clean hands). Each work party starts with a free fix a flat class.

[Learn more on our website](#) and make sure to register in advance. *Masks are required when inside the shop*; full COVID vaccination strongly recommended.

Snacks provided. Please bring your own water.

Sharing Wheels Garage Sale March 26

[Sharing Wheels Website >>>](#)

Other Links

League of American Bicyclists

Click on the link below to read the League blog and catch up on League efforts around the country. BIKES is a member of the League of American Bicyclists and it is through the League that we purchase our club insurance.

[League of American Bicyclists>>>](#)

Adventure Cycling

Whether you like your adventures in the saddle or from the armchair, Adventure Cycling will inspire. You might also find reviews of new bikes and equipment and tips on how to enjoy or improve what you already have.

[Adventure Cycling >>>](#)



bikesclub.org

Comments or suggestions? Send an email to:

[Newsletter Editor](#)