

Chainwheel Chatter

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



Prez Sez

TEN RANDOM THOUGHTS FROM THE PREZ

1. Before going on a ride on a hot day, start hydrated by drinking a bottle of water during the 30 minutes prior.
2. Do you have a watch with a recurring timer? On your next ride, set it for 15 minutes and take a drink every time it goes off.
3. Do you know how to fix a flat? Have you actually tested out your pump or CO2 inflator? Is the spare tube in your saddle bag the right size? If your answers to all of these questions is not yes, then take a Fix A Flat class from Sharing Wheels and practice.
4. How old is your helmet? If you said five years or more, it's time for a new helmet.
5. Don't pass another cyclist on the right, and if you do then give loud and clear notice.
6. Do you get hot spots or pressure points on your feet? Take your shoes to the local Bike Shop and get a set of good insoles.
7. Do you know another cyclist who is not a member of BIKES Club? Invite her or him to join.
8. Sign up for receiving community stuff updates and ride updates. It's easy to do, they won't clog up your inbox, you'll know what's going on in the club.
9. Send a postcard to a friend you haven't seen in a year and tell them you miss them.
10. Don't forget to thank your Ride Leader! They keep the club going!

Keep on pedalin',

Drew

Vice Prez

Hi BikesClubbers!

I am pleased to be the club's new VP for the coming year, and am looking forward to helping the Board and membership improve our offerings, gain new members, and be of service to the community. My position includes organizing the programs for our club meetings, so I'd love to know what topics you would like the club to present. We are planning to start off with one or two sessions on how to make the most of Ride with GPS to plan your perfect ride, and to find and use existing rides on our RWGPS BikesClub ride library. Did you go on an epic biking adventure last year, that you could tell us about? Maybe you are a gearhead excited about the latest biking tech, we would love to hear your insights. Send me your ideas or requests for programs, at vicepresident@bikesclub.org , and with your help we will have a fun and inspiring set of programs this coming year.

- Jim.

News You Can Use...

Chip Seal Buzz

Do you get an annoying amount of buzz through your handlebars and saddle when riding your bike on *chip seal* pavement? Some of the best bike rides anywhere are on chip seal roads. Here's a bit of the what-and-why of the chip seal buzz, and what you can do about it to help you enjoy those chip seal rides.

[Read More >>>](#)

New Membership options:

[Membership Benefits>>>](#)



Coming Up...

August Club rides

There will be a variety of BIKES Club rides scheduled through August 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 September 8th, 2022. Details to follow

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.



Ride Leader Corner:

Ride leaders

A bunch of us, myself included, are forgetting now and then, to make sure we are listed as the Ride leader for rides we list. Oddly enough, it doesn't happen automatically when you list a ride. After you register for your ride, you need to go back into the template and add this. The directions are posted on the website:

14. Click on your ride and then register yourself.

15. Designate the Ride Leader in the Event:

15.1. Select "Admin View" in the upper right corner of the web page.

15.2. Select the event in "Event List".

15.3. Click "Registrants and Invitees" tab.

15.4. Click on the Ride Leaders name.

15.5. Click "Edit".

15.6. Enter "Ride Leader" in the first line of the Internal Notes section.

15.7. Click "Save", then "Back" to the Registrants page.

And keep on riding and listing rides. That's what makes this a good club.

Thanks.

Dan Scott,

Ride Leader Coordinator

leadaride@bikesclub.org

COVID-19 persists

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

Max Group Sizes

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 - Step by Step>>>](#)

[Online Registration Process for Ride Leaders >>>](#)



Rider Miles Top riders for July

Linari	Steve	1803
Proctor	Rick	1536
Tweedy	Christine	1123
Kawamoto	Debbie	1058
Heydron	Paul	959
Elmore	Brian	924

[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 News

B.I.K.E.S. Club at Everett Farmers Market

Help educate the community about bike helmets, bike routes, and B.I.K.E.S. Club. Volunteers are needed the third Sunday of each month to help staff a biking-related booth at the Everett Farmers Market in downtown Everett. Sharing Wheels provides tent, bike trivia, and table. B.I.K.E.S. has donated some prizes (you might recognize from McClinchy) and volunteers should bring your own chair and weather-appropriate attire (from raincoat to sun hat).

Upcoming dates are Aug. 21 and Sept. 18. [Sign up for a 3-hour shift here.](#)

Learn basic Bike Mechanics August 10 or 24

Learn the basics of bike repair every bike owner should know. This 3-hour class at Sharing Wheels includes: how to fix a flat, chain care, adjusting gears and brakes, and identifying when to take your bike into a bike shop. Learn more visit Sharing Wheel website. [To sign up](#)

Sharing Wheels Volunteer orientation

Wednesday Aug. 17 or Sept. 21 at 5:30 p.m.

Learn about our local nonprofit bike shop and the ways you can help at [the monthly Volunteer Orientation](#).. You'll get a Zoom link to attend the session with Sharing Wheels Executive Director Christy Cowley (also a BIKES Club member!).

To learn more about volunteering, you may also give the shop a call at 425-252-6952, stop by the shop during open hours, or [email us](#).

Help Fix Adult Bikes August and September from 12:00 p.m to 4 p.m

Do you enjoy being around bikes and bike geeks - but sometimes want to be inside? Sundays are designated as work party days at the shop. Anyone willing to get greasy is welcome to come by between noon and 4 p.m. Learn and practice bike repair skills - from fixing flats to learning about bearings and hubs - if you want to. Sharing Wheels has lots of cool old bikes that need TLC. Show up on a Sunday to give a bike some love.

Adult bike work parties will take place August through September (except Labor Day weekend). RSVP on the Sharing Wheels calendar so we have snacks on hand.

Sharing Wheels wants customers

Did you know that in addition to refurbished used bikes, Sharing Wheels has both new and used parts and accessories for sale? If you need a bike bag, rack, replacement shifter or bike-related doo-dad you didn't even *know* you needed, shop your local nonprofit first. Sharing Wheels is open Wednesday through Sunday at 2531 Broadway Ave., Everett, WA. Parking and entrance at the back.

See all the events at [Sharing Wheels Calendar](#)

[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](#)