

Chainwheel Chatter

B.I.K.E.S. Club of Snohomish County
July 2023



Prez Sez

NAIL POLISH

A number of years ago, I took possession of a beautiful used red steel lugged frameset I had purchased off of a forum on the interweb someplace. As I do with all my bikes, I wanted to touch up the chips in the paint. Dabbing a little nail polish is an inexpensive, quick and easy method for touch ups on steel and aluminum bikes. (Please don't do this on carbon bikes.) I looked through my small collection of previously used nail polishes (from touching up other bikes) but alas, no red which was close to this bright fire engine red bike. Strike one.

The next logical place to look was in my wife Becky's collection. She had no collection — she doesn't wear nail polish. Strike two.

So off to Rite-Aid I go. Walking into the store with the frameset slung over my shoulder (really, yes), I turned right to head to the nail polish department. Do you know how many different reds there are in nail polish? Between color shades and flakes and sheens, there must be at least a million choices. I suspect some of you readers will understand this and that it is critical to pick just the right one.

As I was pulling little bottles off the shelves and holding them up to the frameset, I couldn't decide which was the best match. Fortunately, a sales associate walked by and I thought it would be a good idea to get a second opinion. The associate looked at me with this weird little tilted head look and said something I couldn't hear, and then walked away. She wasn't much help. So I checked a few more little bottles and finally picked one that was good enough, thinking that if I ride fast enough no-one will notice if the touch-up is not perfect.

I get home and tell Becky about my excursion. She says, "You know she thought you wanted your nails to match your bike, right?" Strike three, I'm out.

Keep on pedalin',

Prez Drew

president@bikesclub.org.



Vice Prez Sez

A Tale of Two Potholes



It was the best of rides, it was the worst of rides... Have you ever been enjoying a nice urban ride on a quiet morning, smooth and even pavement, zooming along and suddenly come upon a tire grabbing crack in the bike lane, or a bike swallowing pothole? Oh my gosh, lucky you saw that one...wonder if the next cyclist will be so lucky to see it in time? Or maybe there is a stretch of city or county bike lane that hasn't been swept in recent memory?

Did you know that you can report these hazards to your local city or county quite easily, and perhaps save someone from a dangerous situation or crash?

Each jurisdiction has a contact for Public Works you can report these hazards and maybe save yourself or another cyclist from a dangerous crash. I've done this several times myself and it is surprising how quickly they respond to these requests (most of the time) and get them resolved.

It helps them if you can manage to take a photo and make a note of the exact location of the hazard.

Here are a few links you can report hazards:

Snohomish County Public Works: contact.pwrm@snoco.org (email)

City of Everett Public Works: 425-257-8800 or (link to form):

<https://www.everettwa.gov/FormCenter/Public-Works-5/Public-Works-Service-Request-45>

Snohomish County Parks (for trails):

parks@snoco.org

City of Mill Creek: Mike Todd, Public Works Director -

miket@cityofmillcreek.com

Ride safe, and...

Tailwinds

Vice Prez Cindy

vicepresident@bikesclub.org.



Trip Reports....

Tour de PNW Phase 2: Mill Creek – Vantage

by Rick Proctor



Only two BIKES Club members, Paul Heydron and I, chose to continue our journey across the Pacific NorthWest region in this Phase 2 covering central Washington from Snohomish County to the Columbia River. Phase 1 was accomplished from Rialto Beach to Snohomish County back in April 2023. Phase 3 for the eastern third of Washington and most of Idaho will be described in a separate trip report. Here's what we did to cross the central third of Washington.

[Read On >>>](#)

Tour de PNW Phase 3: Vantage – Montana

by Rick Proctor

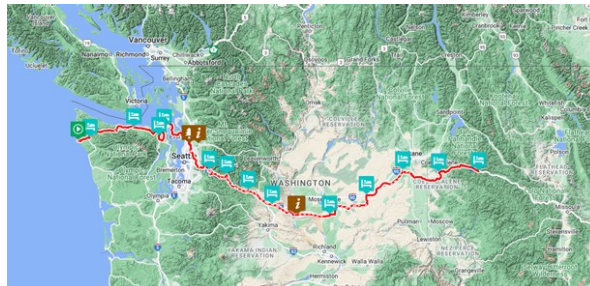


Following a rest day after the end of Phase 2 near the Columbia River, Paul Heydron and I continued our journey across the Pacific NorthWest region in this Phase 3 covering the eastern third of Washington and most of Idaho. An extra day was added for us to reach Montana. In Phase 1, four BIKES Club riders crossed the western third of Washington from Rialto Beach to Snohomish County in April 2023. Phase 2 covered mid Washington from Snohomish County to Vantage near the Columbia River ending 2 days before this Phase 3 began.

[Read On >>>](#)

Ride to Montana? Great! Just let me get my bike ... but which bike?

by Paul Heydron



The route showed mostly paved roads but also included the unpaved Palouse to Cascades trail from North Bend to Thorp. The plan included two (very welcome!) rest days which meant a chance to do laundry twice, but still meant packing clothing and gear for four days stints along routes with minimal services.

Between the unpaved trail and need to pack gear, the road bike was obviously out. Too bad because it's very efficient on pavement. I considered the Scott Sub 20 commuter bike that I used for the Phase 1 ride from Rialto Beach to Mill Creek. It rolls efficiently, has a wide gear range, can pack plenty of stuff, and the Brooks saddle on it is great for a long-haul ride. Then I looked at the 32C commuter tires and decided they weren't trail ready. Decision time: change the tires or pick a different bike?

[Read On >>>](#)



News You can Use....

ASK THE WRENCH

Dear Readers,

There are some things which you must hear, whether you like it or not. For to rise to an elevated state of cycling nirvana, it is necessary for the students to hear, learn, love, and live certain precepts which have been handed down through the generations from the wise ancients. Here are two.

First, it is NECESSARY TO HAVE PROPER TIRE PRESSURE! This is not optional. Proper tire pressure allows the bike to glide over the tarmac with minimal effort and allows the cyclist to enjoy the ride to the utmost. With good quality tires, proper pressure gives maximum speed *and* comfort. How does one know the proper tire pressure? First of all, ignore the little molded pressure range on the side of bikes tires. They're practically useless except to the greenest of novices. Instead use a real tire pressure calculator online. RBW recommends the version on silca.cc.

Second, use BOTH brakes to stop your bike. Your bike comes with two brakes for a reason and that reason is to use them, not to use only one. You may say "But if I use my front brake I may flip over." RBW says balderdash! When you want to stop, squeeze BOTH brake levers together, at the same time. This technique gives the cyclist the most stopping power and control of the bike. RBW has serviced multiple bikes where the rear brake pads are nearly gone while the front brake pads look brand new. Using just your rear brake will wear down those pads quite quickly. Alone, the rear brake has to work harder than the front brake since the rear brake actually has less stopping power than the front brake. And if you wear the pads down to nothing, it can get pretty expensive to replace the rotor also, not to mention what might happen if you're going down hill and your rear brake stops being effective. You get the idea, and the idea is use BOTH brakes.

Sincerely and Seriously, sort of,

—RBW

Road Bike Wrench

drew@roadbikewrench.com

Advocacy and Infrastructure News

by Rick Proctor

New additions to our [BIKES Club](#) website [Advocacy](#) page are shown below and will include the date added. Older information and links will be revised, replaced, or removed as new information becomes available.

Washington State:

[Bike Maps in Washington](#) - added 22-Jun-2023

US Federal Plans & Resources :

[Multimodal Connectivity Newsletter](#) - added 22-Jun-2023

[FHWA Bicycle and Pedestrian Planning, Program and Project Development Guidance](#) - added 22-Jun-2023

BIKES Club Meeting.

Summer Break

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.



Coming Up...

Save the date for the annual BIKES club July 29th

The [BIKES Club annual summer picnic](#) is on, and on the calendar! It'll be at Hague Homestead Park, Silver Lake in Everett

Be sure to sign up, so we will have enough food for the grill. Hit the link above to see all the details.

Also, you'll want to join a pre-picnic ride. This is a great way to work up a little appetite and justify that second hot dog you know you want to eat. Pre-picnic rides are not posted yet, but will be as Ride Leaders get around to it. Be sure to check the [calendar](#) periodically.

July Club rides

There will be a variety of BIKES Club rides scheduled through July 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 >>>](#)



Ride Leader Corner

Hello Ride leaders,

You and the rides you list are a huge part of what makes this club tick. So thanks for doing this fun but also serious task. Please make sure that your ride listing has all the necessary information. Which includes entering yourself as ride leader (if you're not sure how to do this or any other steps contact me through the Rides Coordinator link).

New item: under the Ride Leaders section of the website is a Ride briefing page, which shows the new approved unique-to-our-club pre ride briefing. Even if you're sure all your riders know this, it doesn't hurt to review.

One of the benefits of club membership is a basic RWGPS subscription, and we have lots of rides already in the club library that you can access. You can search in various ways, including distance.

As always, if you have problems listing, or would prefer that I list the ride for you, contact me through the Ride Coordinator link below.

Dan Scott,

Ride Leader Coordinator

leadaride@bikesclub.org

New Membership options

[Membership Benefits>>>](#)

[Online Reg - Step by Step>>>](#)



Rider Miles

Top riders for June

Linari	Steve	2894
Proctor	Rick	2137
Tweedy	Christine	1649
Heydron	Paul	1363
Rivetti	Lou	916

[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

Nonprofit partnerships make biking better

By Guest Writer Drew Ellison, Sharing Wheels board

SHARING WHEELS UPDATE:

If you haven't been into the shop lately, you ought to go. We've got a lot of great bikes and parts and accessories. Maybe you don't need a bike but maybe somebody in your family does. We've got bikes for all ages and all types of riding. Check it out!

Sharing Wheels is hosting a booth at the [Everett Farmers Market](#) on the third Sunday of every month. Take your kids or grandkids to the booth and have them spin the wheel to win some fun prizes. Better yet, sign up to help out at the booth yourself. You can promote BIKES Club and maybe recruit some new members - how cool would that be? Sign up here: [Sharing Wheels SignUp Genius](#).

And there's a lot of other activities and events going on at Sharing Wheels. Just keep an eye on the [Sharing Wheels Events Calendar](#) at sharingwheels.org.

Thanks for being a supporter!

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](#)

