

Chainwheel Chatter

B.I.K.E.S.

Your Snohomish County Cycling Club

From the President

It's March and that means McClinchy Mile and Bike Expo. Back-to-back weekends filled with drooling over the possibility of a cool new bike at Expo and then riding one of the beautiful Snohomish County routes at McClinchy. It is possible to volunteer and ride so, if you haven't signed up for a job, don't hesitate. We can fit you into the schedule and make sure you hit the course along with the other 400 – 500 riders that will make the trek to Arlington on March 20th.

We've had some McClinchy administrative challenges this year. Increased rental fees at Haller Middle School and potential fee increases for use of the Centennial Trail are directly tied to making the event routes available to participants and will impact net proceeds. The Snohomish Health District is requesting that B.I.K.E.S. secure a food service permit for the McClinchy rest stops. The permit will impose yet another fee on the event. In the years that I've been involved, the Club has been careful to serve only low-risk foods that don't require refrigeration and observe safe food handling practices. We haven't finished evaluating the cost of the permit and additional restrictions against the cost to purchase all pre-packaged dry food and whole fruit.

Warren has scheduled route-painting rides for the week leading up to McClinchy. He's also working in the B.I.K.E.S. booth at Expo on Sunday, March 14th. He would love some company on the painting rides and no previous experience required, just a good sense of fun!

See you all at McClinchy and Expo...

Pedals Up,
Debby Grant

McClinchy Volunteers Still Needed: SAG Driver, Rest Stop Host, Registration



MARCH 2010

ISSUE 367

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March Club Meeting

March 11, 5:30pm

Join us to help wrap up McClinchy details and answer last minute Expo questions.

We'll enjoy dinner and then head over to the storage locker to sort and distribute supplies.

Bobby's Hawaiian Style
at the west end of Hewitt

Bobby's Hawaiian Style Restaurant
www.bobbyshawaiianstylerestaurant.com

1011 Hewitt Avenue
Everett, WA 98201-3976

(425) 259-1338



B.I.K.E.S.

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Support
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Approximately 25% of
BIKES Membership get
the Chainwheel Chatter
Electronically online
YOU TOO CAN GET YOUR
Newsletter Electronically
Email roster@bikesclub.org
and save a tree.

Monthly Ride Calendar

**UNABLE TO FIND A RIDE THAT WORKS FOR YOU?
CHECK OUT THE RIDE CHANGES PAGE ON THE WEB SITE.
STILL NOT FINDING ONE OF INTEREST —
Enter one on the Ride Changes Page.**

WEEKDAY RIDES

Monday Morning Motoring (Mar 1, 8, 15, 29)– Arlington (near Haller Middle School) - 10am start, 30+ miles, moderate pace, A-C terrain. Bring snacks and hydration. Call for directions. Also check the Ride Changes page for updates. Rain cancels. □ Ride leader Rick Schranck (425-737-8445)

AWW Arlington Wednesday Workout – Mar 3, 10, 17, 24, 31) - Arlington (near Haller Middle School) - 10am start, 30+ miles, moderate pace, A-C terrain. Bring snacks and hydration. Call for directions. Ride leaders Rod McDonald (425-359-6710) and Rick Schranck (425-737-8445). Also check the Ride Changes page for updates. Rain cancels.

March 15-16 or 18-19 Paint the Stanwood (34). Call Warren Bare if you have a window of time to paint the Stanwood route on these days. I will update on the ride changes page when set and rain, wet roads may delay. We will eat in Stanwood. Warren Bare 425-478-9594. Bare.Warren@gmail.com.

WEEKEND RIDES

Saturday March 6th - Ride the SWIFT, Bike the interurban. Meet at the Everett Transit Center at 10:00am, ride the SWIFT to the Aurora Village Transit Center then bike the trail back to Everett. OK to reverse and join us by bike at Aurora Village. Please RSVP to bbweberwa@verizon.net. Day of ride phone 425-327-3516. Social / leisure pace. Bring change for bus fare or an ORCA card and dollars for lunch. Ride leader Bill Weber.

Saturday March 13th - Painting The McClinchy (47) Start at 9:30am at the Haggens in Arlington. A-C terrain, Paint Speed (whatever that is). We will stop for food in Lake Stevens and rain or wet roads may cancel (I will try to paint all route portions in Arlington during the week prior and plan to complete during the week before McClinchy if rain delays). Feel free to join me on any of this if you have time. Warren Bare 425-478-9594 Bare.Warren@gmail.com.

Saturday March 20th - The McClinchy Mile - Ride or volunteer
Contact Debby at president@bikesclub.org for volunteer opportunities.

**Debby Grant is the March
ride coordinator.**

Ride leaders can simply send their ride ideas to the "leadaride" address, then the email will automatically forward to the current month's ride coordinator.

leadaride@bikesclub.org

Ride Guide**PACE**

Leisurely / Under 10 MPH

Social / 10–14 MPH

Moderate / 14-16 MPH

Brisk / 16-18 MPH

Strenuous / Over 18 MPH

TERRAIN

A Mostly flat / Norman Road

B Rolling Terrain / McClinchy Mile

C Rolling steeper hills / Kitsap Peninsula

D Difficult Terrain / Whidbey Island

E Very Difficult / RAMROD

Use this chart and the ride description to determine if a particular ride is right for you. Don't take on 50 miles when you haven't done 20, but don't be afraid to start out with us on a 20-30 mile ride if your butt and legs have handled 15.

Club Miles compiled to 02/18/2010

The Frequent Rider Miles program is intended as a fun benefit of BIKES Club membership. Ride 100 miles on club-sponsored rides, earn a club water bottle. Ride 500 miles, earn a club cycling cap, etc. (The miles below are compiled from BIKES Club Rides as reported by the ride leaders)

Ride Leaders: When reporting a ride, please remember that a ride is eligible for club miles when 1) the ride is listed in the newsletter and on the Rides web page; even if only the ride leader participates or 2) the ride is listed on the Ride Changes web page and the leader and one other person from a different address participates. When reporting, please include your name, name of your ride, ride date, number of miles, names of participants, member status.

Warren	Bare	400	Bill	Weber	27
Wendell	Hultman	320	Tom	Weber	27
Bill	Lutterloh	169	Dan	Cornelissen	23
Tim	Wise	132	Debby	Grant	23
Dan	Scott	127	John	Carlin	23
Kathy	Riddle	88	Tom	Radford	23
Doug	Andrews	73	Liz	Raemont	20
Steve	Linari	62	Clarence	Elstad	20
Allyson	Welsh	61	Glen	Moffitt	19
Mike	Dahlstrom	50	Laura	Elmore	12
Gery	Osowiecki	45			

Advocacy News

The Edmonds Bicycle Advocacy Group (EBAG) has taken on the challenge of facilitating a program through the Edmonds School District to provide Bicycle Safety and Skills Training with the Cascade bicycle "Basics of Bicycling Program" for grades 3,4 and 5 throughout the Edmonds School District.

Cascade has been instrumental in providing this basic cycling course to over 11,800 students in Seattle School District #1 last year and would teach/mentor P.E. teachers, paid and volunteer repair and maintenance of the bikes and placement and relocation of the trailer where the bikes are stored in the Edmonds School District.

EBAG indicated that the Edmonds School District and Cascade Bicycle are working on a formal agreement and hopes for endorsement from Edmonds, Lynnwood and Mountlake Terrace, the three main cities in the district.

EBAG is seeking funding sources for this program and they are substantial on start up by a factor of 6 or so for the trailer and new bikes plus the administration but will be reduced thereafter on a continuing basis.

BIKES commends EBAG for stepping up to this for the education, health and safety of cycling for our youth that can serve them throughout life.

Two BAW backed bills are Still alive

HB 3001, Bicycle & Pedestrian Safety Education in Traffic Schools was passed unanimously by the full House and is making its way through the Senate. (Currently through Transportation and)

SB 6345, which will make texting and using a handheld cell phone while driving a primary offense was passed by the Senate and is making its way through the House.

HB 2911, Creating a Complete Streets Grant Program was not voted on by the full House, and so it will not become law this session.

SB 5838, the Vulnerable Roadway User Bill was not voted on by the Senate. Therefore, it will not become law this session.

B.I.K.E.S. Club
P.O. BOX 5242
Everett, WA 98206

Stamp
Goes Here

Happy St. Patrick's Day

Renewing Members — Thanks

- Stephen Benson
- Dan & Mareda Cornelissen
- Mike Dahlstrom
- Roger Frost
- Rod McDonald & Kayo Downey
- Kay Peterson

New Members — Welcome

- Dennis W Andrie—Marysville
- Tom & Nan Radford—Monroe

Is it time to renew? →

Three riders on Norman Rd.
on a beautiful Spring Day
WAIT A MINUTE
02/20/2010
But it was nice weather anyway!



Get all of your new bells and whistles, lights, gloves, jerseys, tights or BIKES

or any related items at

Bike EXPO

March 13 - 14, 2010

Smith Cove Cruise Terminal 91

Chainwheel Chatter January 2010

NEWSLETTER SUBMITTAL

Please submit all material for the **April** newsletter by **March 18**

E-mail Warren Bare at editor@bikesclub.org

Club Bike Box and Trailer

Ready to travel with your bicycle? BIKES Club members can use our sturdy bike box for airline travel or our BOB trailer to tow gear behind their bicycle. Cost - **FREE** with a \$25.00 refundable deposit. Basically, these are club benefits we want people to use. To arrange for use contact Warren Bare at (425) 743-7593 or another club officer.

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

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (____) _____ - _____ Email _____

Membership \$15 Annual (INDIVIDUAL)

DUES \$20 Annually (FAMILY)

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.