

Chainwheel Chatter

B.I.K.E.S.

Your Snohomish County Cycling Club

From the President

This year's Ride Leader's Breakfast is Saturday, November 13, at the Cabbage Patch restaurant in Snohomish. It's the Club's opportunity to buy breakfast for its ride leaders and other volunteers who contribute significantly throughout the year. If you're one of those but didn't receive your E-vite, please remind me at president@bikesclub.org. If you're not a ride leader come out after breakfast and join Tim Wise or Bill Lutterloh on a ride and take time to thank this year's volunteers. Find the ride descriptions on page 3 in the Chainwheel Chatter or on the Rides page on the website.

Almost thirty cyclists joined BIKES for the Sister Clubs Ride on October 9th. TWBC Past-President Carla Gramlich and her friend Peggy made the trek from Tacoma and a host of COGS members came out for a half-dry, half-wet ride. We made it part way through the 25-mile route when the clouds let loose. Only a few die-hards continued on to complete the 34-mile loop, the rest of us decided that it was ok to pack it in and head to lunch at the Pizza Palace Café in Snohomish. BIKES ride leaders Warren Bare, Kristi Knodell, Bill Weber, Geri Osowiecki and Bob Nyberg led moderate, social and brisk paced groups and showed off our great riding terrain (photo on pg 5)

BIKES is moving its membership management database and website to Wild Apricot. At the September meeting Tim Wise and I demonstrated some of Wild Apricot's features and attending members approved a motion to move forward. I hope to give a short overview at the holiday party in December and "go live" in January.

Cool weather makes good cycling conditions – have fun and enjoy our great northwest fall season.

Pedals Up,

Debby Grant

NOVEMBER 2010

ISSUE 374

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Club Meeting

November 11 – 7pm

Snohomish County Pud Bldg
2320 California Ave, Everett

2011 McClinchy planning is slated for the November meeting. We're in the suggestion and idea phase so come put yours on the table and help make it happen.

Social hour & no-host dinner before the meeting at 5:30pm:

The Irishmen
923 Colby Ave
Everett

Frequent Rider Miles Program – Needs a Volunteer

Your club needs your help. Steve Hudspeth is stepping down as Frequent Ride Miles Coordinator at the end of the year. **If we don't replace Steve this popular program won't continue.** This doesn't take too much time and is a good job for someone who wants to get involved and help other members have fun. It doesn't require meeting attendance, all correspondence is via email and a spreadsheet is used to track miles. **Please contact a club officer about this fun and important job!**

B.I.K.E.S. Club Officers & Support Information

Debby Grant

President

president@bikesclub.org

Vacant Position

Vice President

vicepresident@bikesclub.org

Doug Andrews

Secretary

secretary@bikesclub.org

Kristi Knodell

Treasurer

treasurer@bikesclub.org

Tim Wise

Web Master

roster@bikesclub.org

John Carlin

Newsletter Editor

editor@bikesclub.org

Steven Hudspeth

Frequent Rider Miles

Coordinator

ridermiles@bikesclub.org

Monthly Ride Coordinator

leadaride@bikesclub.org

Frequent Rider Club - Miles thru mid-October

Warren	Bare	1667	Peter	Pisani	103
Rod	McDonald	1389	Bob	Huey	100
Bill	Lutterloh	1305	Laura	Elmore	99
Denny	Andrie	1148	Fred	Koch	94
Wendell	Hultman	953	Kala	Koch	94
Kathy	Riddle	753	Linda	Hunter	92
Tim	Wise	692	MJ	Gerst	91
Debbie	Grant	613	Kay	Peterson	83
Doug	Andrews	608	Cheryl	Walchi	77
Kayo	Downey	577	Pam	Hallanger	75
Evelyn	Rayburn	570	Richard	Johnson	74
Bob	Nyberg	567	Pete	Pias	65
Bill	Weber	566	Liz	Raemont	56
Tom	Weber	494	John	Schwartz	49
Steve	Linari	489	Nancy	Graham	49
Lena	Sullivan	465	Dan	Cornelisser	43
Kristi	Knodell	459	Ginger	Decker	40
Kristin	Kinnamon	459	Mike	Cundiff	40
Allyson	Welsh	372	Tom	Crisp	40
Dorothy	Lindstrom	291	Anne	Schreibogl	37
Art	Arneson	280	Al	Currier	37
Dan	Scott	218	Robin	Schwartz	28
Roger	Frost	192	Scott	Moore	27
Gery	Osowiecki	178	Bruce	Deitz	24
Brian	Elmore	169	Joel	Niemi	24
John	Carlin	155	Tom	Radford	23
Steven	Hudspeth	144	Patty	Garrett	22
Sally	Davies	135	Perry	Walker	22
Mike	Dahlstrom	132	Mareda	Cornelisser	20
Clarence	Elstad	122	Pam	Deitz	20
Jack	McClincy	115	Glen	Moffitt	19
Michael	Snodgrass	105	Don	Sperlin	19

Mileage stats continue on page 5

Ride Coordinators

Ride leaders may send their ride listings to the "leadaride" address. The email will automatically forward to the current month's ride coordinator.

December: Tim Wise

January: Kristin Kinnamon

leadaride@bikesclub.org

Ride Guide

Pace		Terrain	
Leisure	Under 10 MPH	A	Mostly flat / Norman Rd
Social	10-14 MPH	B	Rolling Terrain / McClinchy
Moderate	14-16 MPH	C	Rolling steeper hills / Kitsap Peninsula
Brisk	16-18 MPH	D	Difficult Terrain / Whidbey Island
Strenuous	Over 18 MPH	E	Very Difficult / RAMROD

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.

Saturday November 6th, 10 AM – Echo Lake – Seattle Ride. We will do 30-35 miles on this Social / Moderate ride with regroup. A-B terrain and plan on a food stop along the way. Horrible ugly disgusting weather cancels and Warren Bare is ride leader 425-478-9594 Bare.Warren@gmail.com

Sunday November 7th - McCollum Park to 3rd Place Books - Starting at 10am at McCollum Park and Ride parking lot. Social moderate pace with regroup. 30-35 Miles. Heavy rain cancels. Leader Tim Wise (425-754-7916) tcjwise@frontier.com

Saturday, November 13th, Everyone Welcome - **After the Ride leader Breakfast RIDE** – Start near the public restrooms at 10:30am. Ride from Snohomish to Monroe and back CCW via Airport Way, Springhetti, Broadway, Connelly Road, Elliott Road, High Bridge Road, Crescent Lake Road, Tualco Road, Monroe Duvall Road, Main St, Old Snohomish Monroe Road back to Snohomish. Approximately 25 miles, A/C terrain. Heavy Rain cancels. Social Moderate pace. Ride leader Tim Wise 425-754-7916, tcjwise@frontier.com

Saturday, November 13th, Everyone Welcome - **After the Ride Leader Breakfast RIDE** - Ride Social pace up the Centennial Trail. Leader Bill Lutterloh 425-870-6418. Meet at the public restrooms at 10:30am and rain cancels.

Saturday, November 20th. 10am start @**Emerson ES (Everett)**. Ride the Interurban Trail out & back to Butternut Road, and return via Mill Creek for doughnuts. Social pace, heavy rain cancels. Dan Scott 425-355-4510

Saturday November 27th. TOO MUCH TURKEY RIDE (where's Jack) Start at McCollum Park at 10am for this 35-40 mile ride to burn off some of those recently applied calories. Social/ Moderate with regroup (so the leader can catch up) A-B terrain and serious rain cancels. Warren Bare 425-478-9594 Bare.Warren@gmail.com

Word from our Sponsor Dept:

For Sale: BIKES member Pier Fiorentini is selling a complete Apple computer set-up. See his listing at this Craigslist link: <http://seattle.craigslist.org/sno/sys/1947474025.html>

For Free: Women's Shimano bike sandals size 39-40, worn very little. I have had them about 5 years but have only worn them a few times. Something about the straps just doesn't work for me. If you think they can work for you they are yours. Linda Hunter 425-771-2824 or hunterbl4345@comcast.net.

Advocacy Corner

BIKES Dollars at Work

In late October, Cascade Bicycle Club Education Foundation personnel began instructing Edmonds School District P.E teachers on the Bicycle Education Safety and Transportation (BEST) practices for teaching 3rd, 4th and 5th graders cycling skills. The first students enter the BEST program in November. Earlier this year BIKES awarded a \$1000 grant to the Edmonds Bicycle Advocacy Group to help get the program off the ground.



BIKES' President Debby Grants co-worker Eric Christensen with the City of Lynnwood Senior Center was counted on the Interurban Trail on his way to work.

2010 WSDOT Bicycle and Pedestrian Documentation Project

Warren Bare and other BIKES members took shifts between October 5 and 7 and participated in this year's count. Cascade Bicycle Club, on contract with Washington state, recruits and manages volunteers. In 2009, over 250 volunteers counted bicyclists and pedestrians in more than 150 locations state-wide. Communities in South Snohomish County were added this year.

The Washington State Documentation Project is an important step toward improving our system for collecting and analyzing bicycle and pedestrian data. Ultimately, this data will play a valuable role in planning, designing and funding bicycle and pedestrian projects, and will help us understand the factors that influence the levels of bicycling and walking in our communities. 2010 results will be posted on Cascade's website later this year.

Read Cascade's 2009 report at:

http://www.cascade.org/Advocacy/bicycle_counts.cfm

The Snohomish County 6 year TIP and 1011 Road Construction Schedule are being worked through the budgeting process like other expenditures. There is not much for cyclists to cheer about – most of the immediate funding is slated for larger projects already in progress:

Granite Falls Bypass

20th Ave SE (Lake Stevens area)

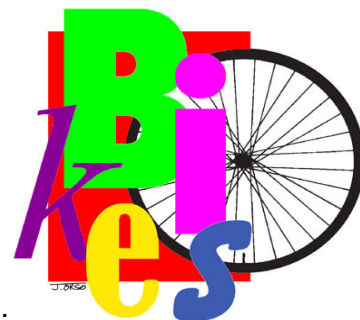
180th Ave SE (Millcreek to Broadway)

North Road (Where Edmonds School District located Lynnwood High School)

Cycling News

Bike Switzerland

by John Carlin



Bike Switzerland (“bikeswitzerland.com”) is something that should be on every cyclist's Bucket List. The ten day ride begins in Geneva and heads east to Rorschach, on the shore of Lake Constance. The price includes high end hotels and gourmet meals, not like the camping rides we see in our neighborhood. There are two choices, Lite and Challenge. The latter is further south and therefore higher up into the foothills of the Alps. I chose the Lite route. One difference from the rides most of us are used to is that we didn't get cue sheets. Instead, we went in groups with guides, in this case two for a group of about 20, which split after half a day into a slower and a faster group. We were supplied map books with a scale too large to be of much use. There were also GPS receivers available, with the route programmed in. Switzerland has a network of bike routes on country lanes and farm roads, mostly paved but some dirt. The routes are pretty well marked, with numbers and arrows on posts. Once we got out of Geneva, that's what we rode on. They supply a bike, a sturdy cross model. You could bring your own, but don't bring your road bike. You can also bring your own bike shoes and pedals. For the Lite ride, I chose to use my flat shoes and their pedals. We visited many quaint old towns. Lodging, 4 star or better, was in hotels old and new, converted abbeys, hospitals and other facilities. While there wasn't much elevation gain, there was enough to afford some beautiful views of towns on hills and in river valleys. At the finish in Arbon we dipped our front wheels into Lake Constance, (even though we hadn't dipped our back wheels into Lake Geneva at the start), rode to Rorschach, turned in our bikes and rode a cogwheel train up the hill for our overnight stay. The following day we rode the train back to Geneva and went out for a final dinner. A fun ride, nice people. Definitely worth the time and money.



Sister Clubs Ride,
Snohomish, October 9,
2010.

Photo courtesy of Carla
Gramlich.

Mileage, continued (editor is software-challenged)

Michael Snodgrass	105	Don Sperlin	19
Elaine Scott	104	Sharon Andrews	18
Dick Nicholson	103	Brent Hunter	14

www.bikesclub.org

**B.I.K.E.S. Club
PO Box 5242
Everett, WA**

**** Save The Dates ****

**Volunteer Breakfast
Saturday – Nov 13
If you didn't receive your
E-vite, send a message to
president@bikesclub.org**

**Holiday Party
Saturday – Dec 4
For Club Members & Guests**

New Members – Welcome

- Beverly Grosso
- Evelyn Rayburn
- Don Kusler
- Stephanie Roche

Renewing Members – Thanks

- Annie Peterson
- Dick Nicholson
- Steven Hudspeth
- Eric & Desiree Troili
- Bruce & Pam Dietz
- Debby & Jay Grant
- Tim Wise
- Art Arneson

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NEWSLETTER SUBMITTAL

Please submit all material for the December newsletter by Nov 15.
E-mail John Carlin 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 bikes. Cost – FREE with a \$25.00 refundable deposit. These are club benefits we want people to use. To arrange for use contact Warren Bare at (425) 743-7593 or a club officer.

**B.I.K.E.S. Membership
PO Box 5242, Everett, WA 98206**

Name _____

Address _____

City _____ State ____ Zip _____

Telephone (____) _____ Email _____

**Membership Dues \$15 Annual (individual)
\$20 Annual (family)**

Member Benefits: Club rides, Frequent Rider Club, monthly newsletter, social and advocacy activities, low-cost bike box and trailer rental, 10% discount at local bike shops with your member card.