

# Chainwheel Chatter

B.I.K.E.S.

Your Snohomish County Cycling Club for OVER 30 YEARS

## The Election of BIKES Officers will be held at the May Club Meeting

The MAY Meeting Agenda will include the election of Officers and board members for the year ahead. Will this be the year YOU will step up and help make BIKES an effective force for cycling in Snohomish County?

The following descriptions, other than the volunteer hour estimates, come directly from BIKES' constitution. Please take a few minutes and give some thought to making sure BIKES moves ahead in 2013.

**President:** Shall preside at all business meetings; shall be Chairperson of the Board of Directors; shall call business meetings and appoint Special Committee Chairpersons and Nominating Committee members; shall perform such other duties as his office may require; shall attend or appoint a delegate to all meetings with outside organizations. 5-8 hours per month.

**Vice President:** Shall oversee and coordinate the efforts of all Committees; shall perform the duties of the President in his absence; shall be responsible for the program at general membership meetings. 2-5 hours per month.

**Treasurer:** Shall keep an accurate account of all financial transactions of the organization; shall be responsible for all funds of the organization, receive and disburse all monies subject to the will of the Board of Directors; disbursements shall be made by check, by B.I.K.E.S. Debit Card, or by EFT. Checks shall be signed only by the Treasurer or President. Debit and electronic funds transactions shall be initiated only by the Treasurer or President. A debit card may be held by the Treasurer and/or the President; shall submit a financial report to the Board of Directors as required. All financial records shall meet specifications set by the Board of Directors; shall submit all required/requested State and Federal reports. 4-6 hours per month.

**Secretary:** Shall keep the minutes of all business meetings; shall maintain a record of B.I.K.E.S. procedures and motions passed by the membership and/or Board of Directors; shall perform other Secretary duties as needed. 2-4 hours per month.

MAY 2013

ISSUE 404

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### May

### Club Meeting

### THURSDAY

May 9th 7:00pm

Snohomish County PUD Bldg.

2320 California Ave, Everett  
Everyone's welcome and if time permits join other club members

at 5.30pm for an early

dinner at:

A New Spot

### VINTAGE CAFÉ

1510 Hewitt Ave

Everett WA 98201

425-252-8224

### Be part of RAPSody's 10th anniversary

This is the 10th year that five western Washington bike clubs have sponsored the Ride Around Puget Sound (RAPSody) as a fundraiser for the Bicycle Alliance of Washington.

BIKES is one of five sponsoring clubs, and we have a goal of 10 riders from each of the sponsor clubs this year (last year BIKES had 5 club riders). Everyone who's done the ride has been happy they did. Come on some training rides, check out the event website for special anniversary incentives and plan on buying a jersey, too - our club logo is on the back.

RAPSody has raised more than \$100,000 for statewide advocacy and education programs. In honor of the 10th anniversary, the organizing team is challenging clubs around the state to help get participants from all 39 counties.

[www.rapsodybikeride.com](http://www.rapsodybikeride.com)

### Check out the new place to eat before the May meeting

Starting in June

### CHANGES COMING TO THE RIDE GUIDE

At the April Meeting it was discussed and decided to add the additional pace classification as Cascade has done by changing the social pace to 10-12 MPH and adding a Steady pace of

12-14 and adjusting the Moderate speed at 14-16 MPH

(as depicted on the chart to the right)

Now ride Leaders can more easily determine the pace they wish to lead rides and those joining them will have a better idea of pace and terrain on each ride.

### Ride Guide

#### PACE & Terrain

**L**eslurely / Under 10 MPH

**S**ocial / 10-12 MPH

**S**teady / 12-14 MPH

**M**oderate / 14-16 MPH

**B**risk / 16-18 MPH

**S**trenuous / Over 18 MPH

**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.

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

**Steve Arnhold**  
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president@bikesclub.org

**Rick Schranck**  
Vice President  
Vice  
president@bikesclub.org

**Doug Andrews**  
Secretary  
secretary@bikesclub.org

**Gery Oswieccki**  
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**Linda Hunter**  
Frequent Rider Miles  
Coordinator  
ridermiles@bikesclub.org

**Club Miles Compiled to**

**The Frequent Rider Miles program is a fun benefit for BIKES Club members. Ride 100 miles or 500 miles or 1000 miles, or more, on club sponsored rides and earn a reward. Miles are tracked from BIKES Club rides as reported by 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 Updates 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.

**Frequent Rider Miles – As of 4/21/12**

Warren	Bare	470
Bette-Ann	Shroyer	284
Gery	Oswieccki	277
Pier	Fiorentini	226
Bill	Weber	218
Bill	Lutterloh	215
Tim	Wise	174
Bob	Nyberg	173
Dan	Scott	163
Steve	Linari	142
Kristin	Kinnamon	111
Tom	Weber	106
Debby	Grant	101
Kristi	Knodell	100
Dorothy	Lindstrom	81

Kathy	Riddle	78
John	Carlin	68
Mark	Atkinson	66
Diana	Traxler	66
Robert	Pahlman	58
Pam	Hallanger	57
Mike	Dahlstrom	44
Nancy	Graham	42
Susie	Paquette	42
Linda	Hunter	40
Brenda	Ferguson	37
Robert	Tipton	37
Dick	Nicholson	36
Sarina	Elliott	34

Kathryn	McDaniel	34
Cheryl	Walchi	31
Diane	Gordon	31
Jack	McClincy	31
Janell	Reich	31
Peter	Pisani	27
Elaine	Scott	26
Fred	Koch	24
Kala	Koch	24
Dan	Cornelissen	15
Tina	Rainforth	15
Clarence	Elstad	12
Kay	Peterson	12
Kevin	Schroeter	11

**Bike to Work Day**

**Monthly Ride Coordinator** leadaride@bikesclub.org May 18 is National Bike to Work Day. Help promote BIKES Club at a morning celebration station in Snohomish County, or plan to bike to work yourself that day.

To volunteer in Lynnwood or Mill Creek contact [mark.melnyk@commtrans.org](mailto:mark.melnyk@commtrans.org)

To volunteer in Everett contact [Matthew Coomes 425-257-7780](mailto:Matthew.Coomes@425-257-7780) (or join Bill Weber and the Everett mayor on the celebration ride from the county campus at 7:30 a.m. May 18).

There are also stations in Edmonds and Bothell.

**Bike Commute Challenge**

May is National Bike Month. Participate in the local or national Bike Commute Challenge and ride to work (or the grocery store) all month (or all summer), track your trips, and earn some fun prizes and . See <http://commutechallenge.cascade.org/> or [nationalbikechallenge.org](http://nationalbikechallenge.org).

**Doug Andrews is the June  
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** / 10–12 MPH
- Steady** / 12-14
- 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.*

## Monthly Ride Calendar

UNABLE TO FIND A RIDE THAT WORKS FOR YOU?  
CHECK OUT THE RIDE UPDATES ON THE WEBSITE.  
STILL NOT FINDING ONE OF INTEREST –  
Enter one on the Ride Updates on the Web.

### Weekday Rides

**Wednesday, May 1 – Pedal Pushers Echo Lake to Green Lake:** Meet at 9:45am at Echo Lake Park and ride to Green Lake on the Interurban trail & low-traffic streets. RT 17 miles, A terrain, low-social pace. Snack break near Green Lake. Ride leader Warren Bare.

**Thursday, May 9 – Pedal Pushers Centennial Trail North from Snohomish:** Meet at 9:45am at the Centennial Trail at 2nd and Maple in Snohomish and ride north on the trail. RT 14 - 20 miles, A terrain, low-social pace. Snack break along the way. Ride leader Nancy Graham.

**Wednesday, May 15 – Pedal Pushers Log Boom Park to Redmond Town Center via Bothell:** Meet at 9:45am at Log Boom Park and ride on the Burke Gilman Trail and quiet roads thru Bothell to Redmond Town Center. Return is on Sammamish River Trail. About 25 miles RT, A terrain, low social pace. Snack break at half way point. Ride leader Debby Grant.

**Thursday, May 23 – Pedal Pushers Centennial Trail North from Snohomish:** Meet at 9:45am at the Centennial Trail at 2nd and Maple in Snohomish and ride north on the trail. RT 14 - 20 miles or more, A terrain, low social pace. Snack break along the way. Ride leader Clarence Elstad.

**Monday May 27th - Centennial trail end to end**, Pace 12-14 mph, lunch stop at Haggens in Arlington, start time 9:00 at Snohomish end near Maple and Pine, heavy rain cancels, Leader Bill Weber - 425 327-3516

**Wednesday, May 29 – Pedal Pushers Bay View State Park to Anacortes:** Meet at Bay View State Park at 9:45 and pedal the Padilla Bay trail along the water and then on into Anacortes. RT 28 or 18 miles, A terrain with one bridge, low social pace. Snack break at Gere-a-Deli in Anacortes. Ride leader Nancy Graham.

### Weekend / Tours

#### Jack's Yakima Wine Weekend

##### May 4 & 5

Bicycle through wine country in Yakima where it's usually drier and warmer than Snohomish County in the spring. Many of the group camp at Sportsman State Park but Yakima offers plenty of motel options within close driving or biking of the park. Drive to Yakima on Friday or early Saturday morning. Winery tour on Saturday; Naches loop on Sunday; Saturday evening potluck dinner at the park. See the website Weekends & Tours page for details. <http://www.bikesclub.org/Weekends.Tours>

##### May 17, 18, 19

#### Potholes Reservoir and Columbia Wildlife Refuge

Spend 3 days in one of the most interesting and spectacular areas of sunny Eastern Washington. In addition to biking and hiking, you can go kayaking, canoeing or paddle boarding. Saturday and Sunday rides from the Mardon Resort; optional ride or other activities on Sunday. See the website Weekends & Tours page for details. <http://www.bikesclub.org/Weekends.Tours>

*(And a Heads up for next months Hood River Weekend)*

#### Hood River and The Dalles

##### June 14, 15, 16 and 17

There are lots of options for riding in the Hood River area, some hilly and some flat. Another option is The Historic Columbia Gorge Highway ride which is being held on June 15.

Check the web-site for added details

## Weekend Rides

**Saturday May 4th, A Ride of Quality.** 22 miles, east of Mill Creek, Hills Aplenty, social+ pace, heavy rain cancels. 10:00 start at Hauge Homestead Park (corner of Bothell-Everett Hwy & 121st St SE, on Silver Lake). Food stop somewhere. <http://www.bikely.com/maps/bike-path/Mill-Creek-East-w-hills> Dan Scott 425-501-6198 cell.

**Sunday, May 5 – McCollum Park to Everett.** Meet at 10am at McCollum Park. Do a scenic loop around Everett then stop for lunch. Moderate pace, 35 miles, A/B terrain. Ride Leader Mary Jo email : [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com)

**TR Saturday May 11 - Skagit Classic Training Ride.** Register in advance by mail (by May 6) or online for \$35 fee which includes food stops and post-spaghetti feed. We'll meet up as a group at 8 a.m. by Kristin's white truck to discuss training tips and ride together on the 62-mile route (or not - you can pick your own distance and pace). The [Skagit Spring Classic](#) features splendid marine views, flat to rolling terrain, and supports the Skagit Bicycle Club, More information can be found at: <http://www.skagitspringclassic.org> ( **See Skagit Classic Below**)

**Sunday May 12 - Bainbridge Island Ride** Meet at 9:30 at the north end of Centennial Park (Myrtle Edwards Park) leave at 9:45 to catch the 10:35 ferry. Moderate pace, B terrain, 35 miles. The island is hilly but there are some nice flat areas along with water with great views. We will make a stop for lunch. Ride Leader Mary Jo email: [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com)

**TR Sunday, May 12 – RAPSody STP Training Series:** Lynnwood to Everett on the Interurban Trail then looping through Snohomish on River Rd before returning to Lynnwood. This is the second half of weekend back-to-back rides. Meet at South Lynnwood Neighborhood Park for a 9:30am start. A/B terrain, approximately 50 miles, high-social pace. We'll take a short snack break in Snohomish – bring food or plan to purchase. Ride leader Debby Grant, [debby@jaygrant.com](mailto:debby@jaygrant.com) or [206 353-0249](tel:2063530249). Rain or severe weather forecast cancels – call if unsure.

**Sunday May 19th Everett – Snohomish Loop** for a social 20 mile ride. Meet at North East corner of Garfield Park (2 blocks east of Walnut on 23rd St in Everett) at 10.00 AM. Bring money as we will be stopping in Snohomish for a snack. Ride leader Thomas Weber 425 327-3516

**Sunday May 26 -- 3 Ferries to the Kitsap Harbor Festival.** Meet at 9:00 at the North end of Centennial Park(Myrtle Edwards Park) leave at 9:15 to catch the 10:45 ferry at Fauntleroy. Moderate pace,35 miles, mostly flat with a few short hills. We will take the ferry to Southworth and then ride to Port Orchard. Then the foot ferry to Bremerton for the waterfront festival and the Bremerton ferry to back to the Seattle waterfront Ride Leader Mary Jo email: [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com)

## Area Event Rides For June (These rides support BAW and other worthy causes)

**CAMANO CLIMB 2013 - SATURDAY, May 4th** - Sponsored By: Stanwood-Camano Kiwanis

Free Spaghetti Dinner Included!

This ride is fast becoming one of the true classic rides in Western Washington. Now in its 17th year, Start/Finish will be at the Camano Country Club clubhouse on Camano Island. Free spaghetti dinner for all riders following the ride at the Clubhouse.

**May Day Metric, Sunday, May 5th**

By Phil's South Side Cyclery, 2310 SW 336th St. Federal Way 98023. This supported ride has choice of three challenging routes of 50, 72 and 100+ miles. A portion of the registration fee will be donated to the Bicycle Alliance of Washington and the Orting Food Bank. For further details and to download a registration form go to [www.MayDayMetric.com](http://www.MayDayMetric.com) . A great ride for training for RAPSody and other events

**Skagit Spring Classic Saturday May 11, 2013 8:00 am ( See Kristin's 5/11Ride above)**

The Skagit Spring Classic features splendid marine views and rural forests of northern Skagit and southern Whatcom Counties. This ride includes world famous cookies baked by members of the Skagit Bicycle Club, showers at the finish (bring your own towels), and an end-of-ride pasta feed. More information can be found at the event webpage: <http://www.skagitspringclassic.org>

**7 Hills of Kirkland: Fighting to end homelessness May 27, 2013 8:00 am**

The 7 Hills of Kirkland offers three routes: the 40-mile traditional 7 hills course with approximately 3000' of elevation gain, the metric century with 11 hills and 4600' of climbing, and the full century with 14 hills and 7000' of elevation. This ride is a fundraiser for KITH. More info at <http://www.7hillskirkland.org>.

## **Basic Bike Mechanics**

*This is the perfect class for those wanting to learn how to keep their bicycle on the road. Classes cover:*

*Basic bike care*

*Flat tire repair*

*Brake adjustment and pad replacement*

*Derailleur shifting and adjustments*

*Bring your own bike or use one of ours, all tools are provided. \$35 must be prepaid to secure spot in class. 3 1/2 hour class. Call or come by to register.*



## **Advanced Bike Mechanics**

*This class is for those wanting to get into the heart and soul of their bike. Learn the parts of the bike and how to evaluate its' condition. Learn about the bearing systems and how to overhaul them. Demystify the cable systems and get your bike running smoothly. Bring your own bike or use one of ours, all tools are provided. \$95 must be prepaid to secure a spot in class. Class is limited to 4 students so sign up early. This is a 12 hour class. Call or come by to register.*

*Dates:*

*April 3, 10, 17 and 24, 2013 6:00pm to 9:00pm (Wednesday Evenings)*

*Or*

*April 27 and 28, 2013 10:00am to 4:00pm (Saturday and Sunday) Bring your own lunch*

*Or*

*October 9, 16, 23, 30 6:00pm to 9:00pm (Wednesday Evening)*

*Sharing Wheels Community Bike Shop*

*"connecting unused bikes to people who need wheels"*

In preparation for their upcoming 11th annual Kids Bike Swap on June 9th, The Sharing Wheels Community Bike Shop is actively seeking the donation

Of working or repairable kids' bicycles sizes 16"-24". For more information see [Sharingwheels.org](http://Sharingwheels.org) or call [425-252-6952](tel:425-252-6952).

Sharing Wheels will be having Work Parties in preparation for the upcoming Kids Bike Swap.

**Wed May 1<sup>st</sup> 6-9 pm**

**Sat Mat 11<sup>th</sup> 10-3 pm**

**Wed May 15<sup>th</sup> 6-9 pm**

**Tues May 28<sup>th</sup> 6-9 pm**

**Wed June 5<sup>th</sup> 6-9 pm**

**Thurs June 6<sup>th</sup> 6-9 pm**

All levels of bike mechanic abilities are welcome



**SHARING WHEELS COMMUNITY BIKE SHOP**

**2525 Broadway**

**Everett WA 98201**

**425-252-6952**

## **Good News out of Olympia**

### **Neighborhood Safe Streets Bill (HB 1045) Passes - Last Vote Before Cutoff!**

(From Blake Trask with BAW.) 4/17/2013

We are so excited to let you all know that today the Senate conducted a special order of business 4:59 (5pm being the official cutoff) to move HB 1045 ahead for a vote. With that move, the Senate made HB 1045 its last vote before the session policy cutoff and passed it by a 45-2 margin!

Thank you to everyone who has helped us so much reach the bill's final passage. We couldn't have done it without you. Now to the governor's desk!

For more on the bill's passage: <http://bicyclealliance.org/2013/04/17/neighborhood-safe-streets-passes-washington-state-senate-45-2/>

At time of publication the bill is on the Governor's desk.

**www.bikesclub.org**  
**B.I.K.E.S Club**  
**P.O. Box 5242**  
**Everett WA 98206**

B.I.K.E.S  
Club

### New Members

**Thanks for joining**  
**Hope to see you on a ride**  
**soon**

Marie Gadbois

### Renewing Members

**Thanks for renewing**

Pamela Hallanger

Kristi Knodell &  
 Kristin Kinnamon (2Yrs)

## **Tuesday, May 7 - Pedal Pushers Flat Tire &**

### **Bike Care Clinic:**

If you want to be confident in your ability to change a flat tire and keep your bike lubed and running smooth, this clinic is for you.

You'll watch a short demonstration on changing a flat tire by friendly and well experienced bike riders before having the opportunity to change your own tire. After changing tires you'll learn how to clean, lube, grease and tighten bolts to keep your bike in top condition. On the day of the clinic, bring with you one of your bike wheels (rim, tire, and a spare tube), along with the tools you currently carry when you ride.

If you need assistance removing your wheel, bring the bike and one of the friendly instructors will help you take off your wheel.

If your wheel is greasy, consider wearing old clothes and using latex gloves. The Lynnwood Senior Center is hosting this free clinic.

Please call 425 670-5050 to register.

### **South County Survey**

The Verdant Health Commission (serving the former Stevens Hospital District) has given a grant to Cascade Bicycle Club to help make South Snohomish County more bike-friendly. Current actions include a survey to better understand barriers to cycling and desired improvements. Take the survey at <http://tinyurl.com/southsnohomishbikes>.

*Is it time to renew? →*

## **Chainwheel Chatter May 2013**

### **NEWSLETTER SUBMITTAL**

**Please submit all material for the June newsletter by May 20**

to 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 Annually (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.