

Chainwheel Chatter

The Monthly newsletter of B.I.K.E.S. Club of Snohomish County

Your Snohomish County Cycling Club

**AUGUST 2014,
VOL. 419**

August Rides: Weekends & Tours

TOURS

Monday – Wednesday, August 11-13 – Explore the Discovery Trail - Visit the Elwha River, bike the Discovery Trail, ride around Sequim. Check the members-only tour page for more details about this three-day get-away and ride leader contact information.

[Look for upcoming tours listed later in this newsletter and on the club website!](#)

WEEKEND RIDES

Saturday, August 2nd: North to Little Mountain - Start in Silvana ready to ride at 9:00. Rolling terrain + Little Mountain, uses roads + Centennial Trail, snack and regroup stops, lunch at the Skagit Co-op in Mount Vernon. <http://ridewithgps.com/routes/5255565>
Distance, Pace and Terrain Code (A, B, C, D); 55 miles, moderate (14-16 on the flats) pace, mostly B terrain plus 1 hill. Ride leader; Dan Scott [425-355-4510](tel:425-355-4510), [425-501-6198](tel:425-501-6198) cell. Steady rain or snow cancels

Sunday, August 10th: Stillaguamish Figure Eight - Start in Silvana, ready to ride at 10:00. Rolling terrain with some hills, rural, snack and regroup stops, eat at Silvana afterwards. Distance, Pace and Terrain Code (A, B, C, D); 31 miles, steady (12-14 on the flats) pace, B terrain + one steep hill. Ride leader Dan & Elaine Scott [425-355-4510](tel:425-355-4510) home, [425-501-6198](tel:425-501-6198) cell. Steady rain or snow cancels.

Sunday, August 17th: FRESH PAINT Art Festival - Start at Silver Lake's *Thornton Sullivan Park* at 10am and ride to Everett Marina for FRESH PAINT art and artists on display. Bring your lunch or buy from vendors at the festival. **Social pace, approximately 22-24 miles RT. Terrain A and B.** I plan on spending some time looking around so if you're in a hurry to return, you're on your own. Ride leader Mike Dahlstrom, [425-337-0887](tel:425-337-0887). Day of ride [360-348-0549](tel:360-348-0549); mike.dahlstrom@frontier.com

Saturday August 23rd - San Juan Island for a Day - Arrive by 8.30 to depart on the 9.00am Anacortes ferry, Leave from Friday Harbor on this steady paced 30 mile with B and C terrain ride. Landing shortly after 10.00am we will ride to Roche Harbor for lunch. Then head to Lime Kiln Point to see if Orca are in the area before returning to Friday Harbor for an early return on the 3.45 ferry or dining before catching the 6.30 return ferry. Ferry fares are Adult \$12.95, Sr. \$6.45 and a \$4.00 bike surcharge westbound only. Please RSVP ride leader Warren Bare [425-743-7593](tel:425-743-7593) – bare.warren@gmail.com if planning to ride or for further information. <http://ridewithgps.com/routes/5346072>

Saturday August 30th – Twin Lakes – Stanwood - This 35 mile Steady ride will start at Twin Lakes Park at 9.30am. We will ride McCray, Happy Valley and Happy Hollow roads on this A-C terrain before hitting the flats to Stanwood. We will have a food /snack stop in the Stanwood area. Ride Leader Warren Bare [425-743-7593](tel:425-743-7593) – bare.warren@gmail.com. Map - <http://ridewithgps.com/routes/5327129>

[For Weekday Rides, see the club rides webpage.](#)

RIDE GUIDE

PACE

Easy	under 10 mph
Social	10–12 mph
Steady	12-14 mph
Moderate	14-16 mph
Brisk	16-18 mph
Strenuous	< 18 mph

TERRAIN

Mostly flat: Flat or gentle grades only (trails, Norman Rd)

Rolling: Most climbs are short and easy (Granite Falls, Kitsap)

Hills: Frequent steeper and/or longer hills (Whidbey Island)

Difficult: Many hills, long, steep grades (RAMROD, mt. pass)

Pace is based on speed on flat ground. Contact the Ride Leader if you are unsure whether a ride is right for you.

Pedal Pushers

B.I.K.E.S. partners with the Lynnwood Senior Center to welcome and encourage older adults to bicycling. Bring your bike if you like and we'll do minor fit and safety checks. **Lynnwood Senior Center** Wednesdays and Thursdays, alternating weeks. See the [Rides calendar](#) for details.

Prez Sez...

Prez Sez,

Pres Sez August 2014

BIKES Club annual picnic is to be held at Thornton A Sullivan Park at Silver Lake on August 16th. The club was going to reserve a location possibly at a different location but I didn't move soon enough to locate a facility that wasn't already taken. So I will be scrambling to grab some tables at Silver Lake and enjoying the lakeside ambience a little sooner than planned.

As usual we will have rides starting at the park that will return with appetites ready to devour their pot luck items and the food and drink Dan and Elaine Scott have volunteered to buy and bring. Watch the Ride Updates pages for the listed rides, pace and leaders.

More people on bikes are good. With that in mind Snohomish County is perusing grants for added trail parking at two locations and this past month asked that BIKES send letters of support for the two acquisitions. The first is at Bryant along the Centennial trail to be located adjacent to the trail on the west side where the crossing is at Highway 9. The current parking area is many times full and inadequate for use by those that want to enjoy the northern most portion of the trail. The second is to acquiring a 3.2 acre, Oso Mill Trailhead property located in a key near the center location along the Whitehorse Trail. The Whitehorse Trail is a 27 mile trail between the City of Arlington and the Town of Darrington and is a critical piece of non-motorized infrastructure that has taken on even greater significance since the recent Oso Landslide. These are goals that will require some time to complete but if these steps are not started they never will be done and we applaud the county's vision that works to make improvements for all of us.

Everyone gets behind once in a while like me with this piece to the editor. But I have noticed that some people seem to do it more than others. Ride Leaders who go to the effort to plan a ride a Month or more in the future deserve the courtesy of the riders joining them to be ready to ride at the start time. So when joining a club ride please be ready to ride at the start time.

Oh and if joining me on San Juan Island in August the ferry in Anacortes may not wait if your late.

Warren Bare

Are you interested in leading a club ride? Contact our ride coordinator at leadaride@bikesclub.org to get your ride on the calendar!

<http://www.bikesclub.org/Ride-Leader-Guide>



Can you name that mountain?

Member News

Let's all welcome our new B.I.K.E.S. Club Members:

Claire Kline

Robert White

Marietta Zander

THANKS for renewing their membership:

Clarence Elstad

Genadi Osowiecki

Allyson Winter



Rider Miles August 2014

Bob	Nyberg	1694
Warren	Bare	1130
Pier	Fiorentini	1092
Dan	Scott	1029
Gery	Osowiecki	629
Tim	Wise	586
Bette-Ann	Shroyer	527
Bill	Weber	522
Gary	Broughton	515
MJ	Gerst	498
Susan	Hausmann	475
Steve	Linari	462
Brenda	Ferguson	427
Tom	Weber	398
Debby	Grant	380
Robert	Pahlman	374
Adrienne	Dorf	347
Bill	Lutterloh	339
Larry	Kennedy	338
Bobbie	Laue	329
Fred	Koch	324
Joanne	Kennedy	321
Jim	Barrett	315
Stephanie	Roche	308
Elaine	Scott	300
Kathy	Riddle	293
Michael	Sheldrake	280
Craig	Cameron	273
Nancy	Graham	250
John	Carlin	243
Kala	Koch	240



Mike	Dahlstrom	221
Diane	Slenkamp	220
Erik	Westlund	212
Allyson	Welsh	188
Kristin	Kinnamon	188
Kay	Peterson	178
Bob	Biesiedzinski	175
Vivian	Biesiedzinski	175
Chuck	Garrity	174
Leslie	Strickland	159
Kristi	Knodell	151
Linda	Hunter	149
Marcia	Stedman	138
Debbie	Kawamoto	130

Diane	Gordon	116
Dorothy	Lindstrom	100
Steve	Lodholz	100
Jim	Stewart	96
Perry	Walker	89
Robert	Smith	86
Cheryl	Walchi	83
Victoria	Peters	75
Dick	Nicholson	65
Janell	Reich	61
Pam	Hallanger	59
James	Wright	57
Philip	Gay	50
Donald	Mohs	49
Peter	Pisani	49
Jack	McClincy	46
Jim	Roosma	42
Robert	Rotert	42
Jorden	Rotert	42
Laura	Elmore	40
Jay	Grant	39
Chad	Pritchard	37
Vickie	Stewart	35
Michael	Snodgrass	32
Jennifer	Winson	28
Bill	Ferguson	24
Pete	Pias	20
Clarence	Elstad	17
Lucie	Johns	17
Alec	Kutchma	11
Brent	Hunter	5

Saturday August 16

Thornton A Sullivan Park at Silver Lake

10am Club Rides -1pm Barbeque

The Club provides burgers, dogs, condiments and soft drinks. You provide side dishes & desserts.

Last name A-R: sides

Last name S-Z: desserts





Road Construction Updates!!!



Weekly update of construction closures in Snohomish County

SR 522: Snohomish River Bridge to US 2- widening and safety #8128

Mileposts: 20 - 24.14

[Mary Ann Reddell](#), Project Engineer, 425-225-8725

[Get project information](#)

I-5: Southbound I-5 Stillaguamish River Bridge - Major Bridge Rehabilitation #8582

Mileposts: 207.2 to 211.1

[Dave Crisman](#), project engineer, 360-848-7100

[Get project information](#)

Tuesday, July 22 through November - All southbound I-5 traffic is reduced to two lanes and will use a new crossover across the median to two lanes of northbound I-5 across the Stillaguamish River Bridge, crossing back over on the other side of the bridge, until the project is complete in November. Northbound I-5 is reduced to two lanes from SR 530 to 236th Street Northeast as well. Drivers should prepare for a 55 mile per hour speed limit in both directions in the work zone.

SR 9: 212th Street Southeast to 176th St. SE stage 3 widening #8140

Mileposts: 1.6 to 4.03

[John Chi](#), project engineer, 425-225-8741

[Get project information](#)

SR 530 Reconstruction #8630

Mileposts 36 -39

[Mary Ann Reddell](#), Project Engineer, 425-225-8725

[Get project information](#)

Monday, July 28 to Saturday, August 2 - Traffic will be flagged through in both directions of SR 530 in Oso from 6 a.m. to 6 p.m. daily to allow trucks to load and unload material. Wait times have typically been about 5 minutes.

For project updates, go WSDOT's construction update pages for [Snohomish](#) and [Whatcom](#) counties.

LINKS:

Snohomish County construction update report:

www.wsdot.wa.gov/Northwest/Snohomish/Construction/

Whatcom County construction update report:

www.wsdot.wa.gov/Northwest/Baker/Construction/

Washington Bike Law Pocket Reference: Don't Leave Home Without It!

You'll want to have several copies of this business card sized reference to share with your cycling friend who blows through stop signs or that co-worker who tells you bikes don't belong on the road.

The Washington Bicycle Law Pocket Reference is a synopsis of our state's bike laws with the applicable RCWs (Revised Code of Washington) cited for further information. This handy little resource fits easily into your pocket or wallet so you can always have it on hand.

The pocket reference is produced by Washington Bikes and is free for the asking. Email info@wabikes.org to request copies.

PROS Ride to Raise Funds for Statewide Bike Advocacy

Celebrate Labor Day with a bike ride! PROS: Perimeter Ride of Seattle offers great cityscapes, Puget Sound views and some lofty hills. This ride is organized by Cyclists of Greater Seattle (COGS) as a fundraiser for Washington Bikes.

Riders have two routes to choose from: a full perimeter 80+ mile route and a lite version of about 60 miles. Registration is \$35 (\$40 after August 25) and includes snack stops and lunch. Early registrants will be entered into drawings for a Washington Bikes jersey and a custom bike sketch by Andy Goulding. Register online: <http://wabikes.org/event-ride/pros2014>.

Nutrition 101 For The Endurance Cyclist - Ride Longer, Race Faster

Becoming a superior endurance cyclist takes dedication and good training. However, it is the nutrition and hydration choices you make before and during a race that will dictate performance.

No amount of training will help you if you do not devise an effective fueling plan. This plan should include the right balances of carbs, fats, electrolytes, proteins and the optimum level of fluids. Get this balance right and you will have the fuel and liquids on board to power you through the peak stages of your event and keep you going for longer.

Never Underestimate The Power of Carbohydrates

Fats and proteins, whilst important in a balanced diet, just cannot deliver energy at an efficient rate. It is carbohydrates that you should focus on - always. Carbs are the best fuel when your muscles are working hard. High intensity endurance cycling requires bursts of energy throughout an event or practice session. And without carbs, your body will slow, your muscles will burn and you will run out of steam, pure and simple.

Your daily carbohydrate needs are based on the number of hours per day you train and your weight. The daily carbohydrate needs of the endurance cyclist are as follows:

- 1 to 2 hours of daily training - 2.5 to 3.5 grams of carbohydrate per pound of body weight daily.
- 2 to 3 hours of of daily training - 3.5 to 4.5 grams of carbohydrate per pound of body weight daily.
- 4 to 6 hours of daily training - 5 to 6 grams of carbohydrate per pound of body weight daily.

Plan ahead for best results

With endurance racing, you need to plan for the long term and for the shorter, punchy energy bursts required along the way. Before practice rides and events, eat foods such as rice, pasta, potatoes, cereals, fruit, energy bars and wholegrain breads. Eating on your bike is a challenge and fuel choices here are a little limited. Choose light and easy to carry foods such as bananas and cereal bars. Drink plenty before and during the ride and drink before you start to feel thirsty. Grab your bottle at least once every 15 minutes to replenish your fluids and keep your body hydrated and strong.

Even the best endurance riders only have enough stored fuel in the tank for a couple of hours of strenuous cycling. Fluid can deplete even faster. By following the tips above, you can ensure you have the energy to power you through the peaks and see you through to the finish. Reprinted from Biking Zone.

Next Club Meeting

The club meets at 7 p.m. Thursday, September 11 at the PUD, 2320 California St., Everett.



“A beautiful ride through wine country!”

Each month we will feature a photo submitted by club members. Send your favorite bike ride photo to the editor each month and it just might get printed for all to see!

editor@bikesclub.org



OF EVERETT AND SNOHOMISH COUNTY

We're on the web at
www.bikesclub.org

Primary Business
Address

Is it time to renew? →

Primary Business Address

Chainwheel Chatter August 2014

Upcoming Events & Activities

September 4 – 8: Biking in the Islands (Thu - Mon) - Bike around Friday Harbor, Lopez Island, Vancouver Island and Victoria. Check the members-only tour page for more details.

Thursday: Friday Harbor/San Juan Island, 30 miles, steady pace, hilly.

Friday: Lopez Island, 35 miles, steady pace, hilly.

Saturday: Sidney to Victoria, 20 miles, steady pace, fairly flat

Sunday: Tour Vancouver Island, 45 miles, steady pace, some hills

Monday: Seaside Trail then back to Sidney, 45 miles, steady pace, mostly flat

Saturday – Sunday, September 13-14 – Birch Bay Farm Tour Weekend - This weekend coincides with the local farm tour. Camp at Birch Bay State Park or choose a nearby motel. Watch for updated ride details on the members-only tour page.

September 13 -18: Idaho Trails (Sat – Thu) - Centennial Trail, Trail of the Coeur d'Alenes, Route of the Hiawatha and maybe more. Check the club website for updates!

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.