

Chainwheel Chatter

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

Your Snohomish County Cycling Club

JULY 2015
VOL. 430

B.I.K.E.S. CLUB PICNIC—AUGUST 9TH!

July Rides: Weekends & Weekdays

WEEKDAY RIDES

Pedal Pusher Rides

- [Thursday, July 2—Pedal Pushers Ride Log Boom to Gas Works Park](#) 10:00 am at Log Boom Park, 22 miles, A terrain, Ride leaders Linda and Brent Hunter (425) 771-2824 or hunterbl4345@comcast.net
- [Wednesday, July 8th South Whidbey Island Loop](#) 9:30 am at Mukilteo Ferry Dock for 10:00 ferry. 20 miles, hilly terrain, social pace. Ride leader Fred Koch 425 487-3221.
- [Thursday, July 16th Seattle Wanderings](#) 10:00 am at Gas Works Park, 17-22 miles, some hills, Ride leaders Dan & Elaine Scott 425 355-4510 or scott.d.l@verizon.net
- [Wednesday, July 22nd Gas Works Park to Alki Beach](#) 10:00 am at Gas Works Park, 15-20 miles, mostly A terrain, social pace, bring cash for water taxi, Ride leaders Marcia Stedman and Fred Koch 425 487-3221
- [Wednesday, July 29th Ride to lunch and a concert](#), 10:00 am at Thornton A. Sullivan Park, 20 miles, A terrain, social pace, Ride leader Mary Jo Gerst (206) 546-0645 or maryjo1532@hotmail.com

Tuesday Lunch Time Rides

- [Tuesdays, July 7, 14, 21 & 28](#), 10:30 am start at Silver Lake Bicycle Centre, 12-15 mile loops, low-moderate pace with regroup, various ride leaders, see club calendar for details
- [Tuesdays, July 7, 14, 21 & 28](#), 12:00 noon start at Silver Lake Bicycle Centre, 10 miles, social pace, A terrain with a few very, very short hills, various ride leaders, see club calendar for details

Tuesday Evening Rides

- [Tuesdays, July 7, 14, 21 & 28](#), 5:30 pm at Everett Station, 20-30 miles, high-moderate to brisk pace with hills, Ride coordinator Bob Nyberg, bobnyberg@msn.com or (206) 795-1363

Thursday Morning Rides

- [Thursdays, July 9, 16, 23 & 30](#), 9:00 am at McCollum Park West Lot, 22 miles, steady pace, A terrain, Ride Leader Rick Proctor, 425-293-3153, BikeHound@comcast.net

WEEKEND RIDES

- [Saturday, July 4, Celebrate the 4th Bike Ride!](#) 9:30 am at Echo Lake Park, 25 miles, steady pace, A & B terrain, Ride leader Mary Jo Gerst, maryjo1532@hotmail.com
- [Saturday, July 11, Milk Carton Derby & Ballard Seafood Fest](#), 30 miles, steady pace, A & B terrain, Ride leader Mary Jo Gerst, maryjo1532@hotmail.com
- [Sunday, July 12, TRAINING RIDE](#), 8:30 am at Cedarcrest Middle School, 79 miles with 54 mile option, brisk pace, A & B terrain, ride leader Kristin Kinnamon, 425-923-7868
- [Sunday, July 12, Snohomish Figure 8](#), 9:30 am at Stanwood Haggens, 33 miles, A, B & C terrain, steady pace, Ride leaders Dan & Elaine Scott, 425-4510
- [Saturday, July 18, McCollum Park to Seattle Pier 70](#), 60 miles, steady pace, A & B terrain, Ride Leader Rick Proctor, 425-293-3153, BikeHound@comcast.net
- [Saturday, July 25, Rattlesnake Lake to Hyak](#), 40 miles, social pace, A & B terrain, Ride leader Bill Weber, 425-327-3516 bbweberwa@comcast.net.

See the club [ride calendar](#) for more details on each ride or click on the ride title to hyperlink to the ride listing!

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

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

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

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

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

Pace is based on speed on flat ground. Contact the Ride Leader if 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.

WEEKENDS & TOURS

- [July 2—6, Northwest Tandem Rally](#), 9:00 am in Bellingham, Join BIKES members at this fun weekend bicycle rally. Check the BIKES ride calendar for details as the date approaches. Rally information can be found here <http://nwtr.org/2015/>
- [July 11 & 12, STP](#), 7:00 am in Seattle, Join BIKES members for STP. Watch for BIKES training rides to help you get ready for a two-day, 200 mile trek. STP fills quickly, find important details here <http://www.cascade.org/ride-major-rides-group-health-stp/about-ride> Check the BIKES ride calendar for details as the date approaches.
- [July 16—19, Tualatin Scenic Bikeway](#), Banks and Forest Grove, OR. Bike the Tualatin Scenic Bikeway, visit wineries and stay at a Grand Lodge. Go to the Weekends & Tours page for details.

SUMMER = CONSTRUCTION SEASON

It's that time of year when road construction escalates to go along with the longer hours of daylight and the improving weather conditions. This often leads to a direct impact on many of our club rides and to the safety of the riders. For information about road construction visit: <http://snohomishcountywa.gov/1816/Roads-Update> . To help keep everyone safe always follow these Rules of the Road for bicyclists as presented by The League of American Bicyclists, <http://bikeleague.org/> .

Follow the Law

Your safety and image of bicyclists depend on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going.

Be Predictable

Make your intentions clear to everyone on the road. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

Be Conspicuous

Ride where people can see you and wear bright clothing. Use a front white light, red rear light and reflectors when visibility is poor. Make eye contact with others and don't ride on sidewalks.

Think Ahead

Anticipate what drivers, pedestrians, and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and other road hazards. Cross railroad tracks at right angles.

Ride Ready

Check that your tires have sufficient air, brakes are working, chain runs smoothly, and quick release levers are closed. Carry tools and supplies that are appropriate for your ride. Wear a helmet.

Prez Sez...

The days are long, the weather is beautiful. Get out and ride. Enough said?

For inspiration, see both our [Ride Calendar](#) and our [Weekends & Tours](#) pages (contact Tour Leader in advance).

And don't forget the [Ride Updates](#), where any member can post a last-minute ride. Other bike-related news or events can be posted in the "[Member Forum](#)" community page, which shows up on the home page.

To post, you need to log-in with the email address to which this newsletter comes. If you forgot your password, just reset it. Once you are logged in, you can add Ride Updates, and Community page items. You can also view the member directory, in case you want to contact someone.

Perhaps you are training in June for these two upcoming July events:

The Northwest [Tandem Rally](#) in Bellingham, July 2-6. Many BIKES Club tandemers plan to be there - we might plan a Friday night potluck in the camping area? See or post to Ride Updates, and watch out for Tango! Also, single bikes are always welcome at tandem rallies, and the routes and support are great.

[Seattle to Portland July 11](#) - Come on a Training Ride to help you get ready. See or post to Ride Updates to arrange some BIKES Club pacerines or meetups along the way.

Kristin

Editor Note: July has been a slow month for club news. I apologize for the delay in posting and for some reposted content. If you have a thought or would like to add content to the newsletter send it to me at editor@bikesclub.org.

Bob Biesiedzinski, Chainwheel Chatter Editor



A weekend ride on the Olympic Discovery Trail!

Thanks to new and former club officers

Elections were held at the May meeting, and the following officers and support positions were filled:

Club president: Kristin Kinnamon, president@bikesclub.org

Vice president: Bill Weber, vicepresident@bikesclub.org

Treasurer: Debby Grant, treasurer@bikesclub.org. Many thanks to Gery Osowiecki for 3+ years in the club's most demanding and exacting position.

Secretary: Mary Jo Gerst, secretary@bikesclub.org, continuing a long stretch of taking our minutes - except when she is out riding - and other duties as required

Online Content Coordinator (non-board role): Allyson Welsh is helping to manage our club [Meetup](#) page and will also assist with our website Ride Calendar and other content.

Monthly Ride Coordinator: This important role will rotate each month. Send your ride descriptions and dates to leadaride@bikesclub.org.

Club picnic Aug. 9 at Silver Lake

The social event of the summer! We'll have rides before the barbecue, where the club provides the burgers, beverages, and fixin's, and everyone else brings something to share.

Note we have reserved a shelter at the south end of the lake this year - so we'll have space to call our own for the day of active socializing and eating.

More details later.

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

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (____) _____ - _____ Email _____

Membership	\$20 Annual (INDIVIDUAL)	New Member	<input type="checkbox"/>
DUES	\$25 Annually (FAMILY)	Renewal	<input type="checkbox"/>

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.



Frequent Rider Miles

Bob	Nyberg	1557
Dan	Scott	1070
Pier	Fiorentini	987
Mason	Rutledge	935
Steve	Linari	597
Bill	Lutterloh	531
Clarence	Elstad	425
Tim	Wise	423
Rick	Proctor	414
Bette-Ann	Shroyer	412
Debbie	Kawamoto	393
Bill	Weber	387
Debby	Grant	367
Mike	Dahlstrom	364
Elaine	Scott	361
Fred	Koch	339
Nancy	Graham	294
Marcia	Stedman	290
Kristin	Kinnamon	282
Gery	Osowiecki	271
MJ	Gerst	249
Robert	Pahlman	243
Erik	Westlund	230
Warren	Bare	229
Cindi	Proctor	227
Tom	Weber	225
Kristi	Knodell	199
Leslie	Strickland	194
Bob	Biesiedzinski	190
Vivian	Biesiedzinski	190
Gary	Broughton	180
Marietta	Zander	161
Jack	Willis	158
Linda	Lee	148
Adrienne	Dorf	147
Kala	Koch	145
Allyson	Welsh	142
Linda	Hunter	139
Kathy	Riddle	133
Kurt	Haunreiter	132
Raquel	Haunreiter	132
Steve	Lodholz	125

Chuck	Garrity	98
Brenda	Ferguson	92
Judi	Chadwick	91
Michael	Sheldrake	90
Henriette	Klauser	86
Janell	Reich	123
Jean	Henderson	120
Ken	Winknwider	120
Brent	Hunter	115
Claire	Kline	108
John	Carlin	102



Member News!

Welcome New Members of B.I.K.E.S. Club

- Mitchell Pico
- Suzanne Regan

THANK YOU for renewing your membership:

- Scott Koenig
- Sara Nelson
- Stephanie Roche

The editor apologizes in advance for any-one left off of this list! If you do not see your name, and you sent your info before May 31, 2015 let me know at edi-

Jack	McClincy	83
Pete	Pias	78
Brad	Coats	67
Ron	Andersen	65
Annie	Peterson	62
Libby	Krochalis	62
Glenn	Sanneman	59
Cathy	Tanner	52
Jim	Roosma	52
Juanita	Pias	52
Abe	Osowiecki	51
Diane	Slenkamp	46
Dorothy	Lindstrom	46
Laura	Elmore	46
Carin	Lawrence	46
Matt	Petersen	45
Judy	Lang	45
Adrienne	Reynolds	44
Peter	Smith	44
Dick	Nicholson	38
Tom	Crisp	38
Brian	Hlynosky	36
Pamela	LaVergne	33
Diane	Gordon	32
Jennifer	Winson	30
Pam	Hallanger	30
Ed	Culnane	30
Doug	Andrews	28
Shirley	Slade	28
Larry	Kennedy	27
Audrae	Coury	27
Donald	Mohs	23
James	Wright	23
Peter	Pisani	23
Weldon	Smith	23
Sarah	Bernstein	23
Gerald	Bernstein	23
Stephanie	Roche	22
Steven	Hudspeth	22
Robert	Smith	18
Chris	Clougherty	12
Eva	Clougherty	12