

Chainwheel Chatter

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

Your Snohomish County Cycling Club

SEPTEMBER 2015
VOL. 432

B.I.K.E.S. CLUB MEETING: SEPTEMBER 10TH

September Rides: Weekends & Weekdays

WEEKDAY RIDES

Tuesdays, September 1, 8, 15, 22, 29 – PreRide to the Noon Ride Meet at Silver Lake Bicycle Centre for a 10:30 am start, routes will vary. These loop rides are set up to return riders for the start of the Silver Lake Lunch-Time Rides. 12 -15 mile loops, A/B terrain, moderate pace with regroup. Ride leaders Dan Scott 425-501-6198, Rick Proctor 425-293-3153

Tuesdays, September 1, 8, 15, 22, 29 – Silver Lake Lunch-Time Rides Join Gery for a short Silver Lake and Mill Creek loop. Meet at Silver Lake Bicycle Centre for a 12 pm start. Social pace (10-12mph), 10 miles, A terrain with just a few very very very short hills. Ride leader Gery Osowiecki 469 358-2887.

Wednesdays, September 2, 16, 30 – Giro di Sentieri! Meet at McCollum Park west parking lot for a 9 am start. 34 miles, low moderate pace (14 – 16 mph), A & B terrain. Ride leader Rick Proctor, 425-293-3153.

Thursday, September 3 – Pedal Pushers Ride Sammamish River Trail to Marymore Park Meet at gravel parking lot "Chicken Park" at Sammamish River Park in Bothell for a 10am start. Ride Leader: Bette-Ann Shroyer (206) 300-7825 or kiteflyer1@comcast.net .

Wednesday, September 9 – Pedal Pushers Ride Padilla Bay to Anacortes Meet at Bay View State Park for a 10 am start. 28 or 18 miles, A terrain on level road and paved trail, social pace. Ride leader Nancy Graham (425) 493-1952 or nancycycles@gmail.com.

Thursdays, September 10, 24 – Giro di Sentieri! Meet at McCollum Park west parking lot for a 9am start. 34 miles, low moderate pace (14 – 16 mph), A & B terrain. Ride leader Rick Proctor, 425-293-3153.

Thursday, September 17 – Pedal Pushers Ride Centennial Trail North Meet at the Centennial Trail at 2nd and Maple in Snohomish for a 10am start. 20+ miles on paved level trail. Ride leader: Bette-Ann Shroyer (206) 300-7825 or kiteflyer1@comcast.net.

Wednesday, September 23 – Pedal Pushers Ride to Port Orchard Meet at the Fauntleroy/Southworth ferry dock at 9:45am to take the 10:20am boat. 25 miles, mostly A terrain with a few short rolling hills, social pace. Ride leader Fred Koch (425) 487-3221 or fredkoch@hotmail.com.

WEEKEND RIDES

Saturday, September 5 – Lake Washington Loop Meet at Bothell Landing at 9:45am for a 10am start. 50 miles, A/C terrain, moderate pace. Ride leaders Kristin Kinnamon and Kristi Knodel, kinnamonk@aol.com or (425) 583-4584.

Sunday, September 6 – Three Ferries to Bremerton Blackberry Festival Meet at the North end of Centennial Park at 8:45am, leave at 9am to catch the 10:45 ferry. Steady pace, 35 miles, A-B terrain. Ride Leader Mary Jo email: maryjo1532@hotmail.com

Saturday, September 26 – Snohomish Tweed Ride Meet at [Snohomish Center 506 4th St, Snohomish](#) at 9:30 for a 10:00 start time. A terrain, Leisurely pace. Ride leader Bill Weber. Cell phone 425 327-3516. Weather allowing optional start at 8:30am from Garfield park.

WEEKENDS & TOURS

Saturday – Sunday, September 12 – 13: Birch Bay / Whatcom County Farm Tour Join Jack & Janell for their annual weekend at Birch Bay State Park. Saturday's ride stops at various farms along the Whatcom County Farm Tour route. Last year included sampling cheese, apples and distilled spirits made from apples! These are stay together rides and mostly A/B terrain. Camp at Birch Bay State Park or stay at local motels. Contact Jack McClincy for more information, 360-435-5978 or jmclincy@msn.com . Cell phone for ride is 425 322-6478.

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.

See the club [ride calendar](#) for more details on each ride or click on the ride title to hyperlink to the ride listing! Always remember to check the [ride updates](#) for any changes!

ANACORTES 2ND ANNUAL **OPEN STREETS EVENT**
SUNDAY, SEPTEMBER 13 11 AM TO 3 PM

Experience Old Town Anacortes as never before...let's all meet on the streets!! **OLD TOWN ANACORTES** is closed to automobiles so citizens can bike, walk, roller blade, roller skate, socialize, to enjoy downtown Anacortes. **An event for families and people of all interests and ages!** Retro bike display and ride, music, health and exercise demos, minor bike repairs, BMX and Mountain bike demos, information displays and more. Downtown restaurants and shops will be open as usual. Sponsored by: The City of Anacortes Island Hospital, Skagit Regional Health, Skagit Bicycle Club, Fidalgo Island Rotary Club. Organized by: The Anacortes Bicycle and Pedestrian Advisory Committee **FACEBOOK-** Anacortes Bikes & Walks - Upcoming events: **OPEN STREETS**

Want to show your classic/special bike? Contact Steve Jahn-
 425-830-4981 stevedianjahn@gmail.com

*The Skagit Bicycle Club and the Anacortes Bicycle and Pedestrian Advisory Committee are
 part of ANACORTES OPEN STREETS EVENT
 present the*

**NINTH ANNUAL
 CONCOURS D'ELEGANCE CLASSIC BIKE SHOW**
 11 am-3pm SUNDAY, SEPTEMBER 13th
 210 Commercial Street, Anacortes -(Across from BIKE SPOT)



- **BRING YOUR OLDEST, MOST STYLISH, MOST UNUSUAL , BICYCLE AND COSTUME (Optional but desirable!) ALL INTERESTING BIKES WITH PROUD OWNERS WELCOMED!**
- **PRIZES IN VARIOUS CATEGORIES . Crowd favorite judging.**
- **BE A PART OF THE ANACORTES OPEN STREETS EVENT**

ANACORTES OPEN STREETS event closes Old Town Anacortes streets to "non-motorized" traffic from 11 am to 3 PM. 2000+ people will bike, roller blade/skate , skate board, walk, run , and convey themselves through streets of music, interesting displays , and activities. This will be an easy ride for cyclists with old, special or unusual bicycles. The event is free . All cyclists are welcome, with or without special bikes and costumes.

Contact: John Pope popejm@comcast.net 360-202-1928
 Jerry Ziegler jerry.ziegler@hotmail.com 253-906-7975
 Steve Jahn stevedianjahn@gmail.com 425-830-4981

Prez Sez...

2015 B.I.K.E.S. Club Picnic

Our well-attended club picnic (44 revelers!) and our busy weekday ride schedule are evidence of a healthy club – one whose members enjoy biking and eating together. I enjoyed meeting many new members and visiting with long-time friends.

The next opportunity to do (some of) that is our club meeting on Sept. 10, which we start early at Brooklyn Brothers Pizza. There will be important topics to discuss during the business meeting, including volunteer recognition, club grants, and yes, our March 2016 McClinchy Mile.

In addition to club rides, there are some fun local bike events around the region in the next month, so read through the newsletter and consider rallying club members to join you by posting to the "Ride Updates" or "Member Forum."

All club members can log-in to the website and post ride updates and bike-related items (such as bikes for sale, or community events or meetings). Start by typing in your email address at the top right of the website. If you don't know your password, it's easy to reset.

Once logged in, you can "Create topic" on the Ride Updates page, or go to the Community section "Member Forum" page to post community events of interest to club members.

Our [club Facebook page](#) is a great place to share photos of the latest club ride, or share links to other news of interest. Yes, you have to belong to Facebook, ask to join our page, and log-in to view our page.

Club meeting Thursday, Sept. 10

Join us for our first meeting of the fall at 7p.m. Thursday, Sept. 12 at Everett PUD, 2320 California Ave. Who wants to share their summer bike vacation? We'll also talk about upcoming events, ride leader and volunteer recognition, the club budget (do we have money for grants?), and McClinchy Mile (yes, already).

Dinner before the meeting at Brooklyn Brothers Pizza on Hewitt Avenue starting around 5:30 p.m.

Save the Date: Year-End Party Dec. 5

The BIKES Club Year-End Party and White Elephant Gift Exchange* is Saturday, Dec. 5 in south Everett.

- Club provides main dish
- Potluck dinner and BYOB
- Rider Miles Awards

*** What is a White Elephant Gift Exchange?** It's a chance to re-gift that attractive doo-dad that Aunt Martha gave you but doesn't suit your taste. Or that unattractive, crazy game your kids didn't take when they moved out.

Sure, nice gifts sneak in, too, because "one person's meat is another person's poison." Plus it keeps 'em guessing.

Expect to see "ice nudes" ice cubes, bike parts and accessories, bike art, golf gear (we do have other interests), etc.

Wrap it up nicely, as we may play by some new rules this year.

More details on potluck and party to come.

- Kristin Kinnamon, president

Help Count Bikes!

WSDOT is preparing for its eighth annual Bicycle and Pedestrian Count Sept. 29 through Oct. 1. The state agency and Cascade Bicycle Club are enlisting volunteers to help conduct the count in at least 38 communities statewide.

Those interested in helping can learn more by visiting [WSDOT's survey website](#), or by contacting Cascade Bicycle Club at cpa@cascadebicycleclub.org or calling 206-861-9890.

Participating cities include: Bothell, Everett, Lake Forest Park, Mountlake Terrace, Shoreline.

BIKES Club volunteers have long been an important part of the state Bike Count.

Labor Day Ride Around Seattle

The Perimeter Ride of Seattle—or PROS—is a Labor Day (September 7) ride organized by the **Cyclists of Greater Seattle** (COGS). Seattle’s hilly and ravine-divided landscape makes for a challenging but very rewarding ride. You will see Seattle from all sides, including spectacular city, mountain, Puget Sound and Lake Washington views.

The full PROS route entails 80 miles and 4,200 feet of elevation gain. PROS Lite is a shorter option of 60 miles and 2,700 feet of elevation gain, which eliminates the challenges of Seattle’s northern border. Snack stops – with Vietnamese sandwiches – are included.



PROS divides riders into groups based on their distance and riding pace, and provides ride leaders who pedal with you. And yes, you still get a cue sheet or you can use GPS.

Ready to sign up? Registration is \$35 (\$40 after August 31), includes lunch, and supports bicycle advocacy in Washington state. COGS donates all proceeds to Washington Bikes.

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	2218	Larry	Kennedy	255	Chris	Clougherty	103
Dan	Scott	1790	Marietta	Zander	253	Adrienne	Reynolds	94
Pier	Fiorentini	1085	Erik	Westlund	230	Peter	Smith	94
Rick	Proctor	941	Joanne	Kennedy	228	Matt	Petersen	91
Mason	Rutledge	935	Raquel	Haunreiter	215	Robert	Smith	91
Fred	Koch	799	Kathy	Riddle	203	Michael	Sheldrake	90
Elaine	Scott	762	Linda	Hunter	202	Diane	Gordon	82
Marcia	Stedman	760	Kurt	Haunreiter	195	Ron	Andersen	80
Steve	Linari	744	Allyson	Welsh	191	Eva	Clougherty	79
Bill	Lutterloh	726	Judy	Lang	189	Susan	Hausmann	73
Bette-Ann	Shroyer	619	Brent	Hunter	178	Carin	Lawrence	68
MJ	Gerst	609	Pamela	LaVergne	176	Brad	Coats	67
Clarence	Elstad	601	Chuck	Garrity	167	Diane	Slenkamp	63
Tim	Wise	599	Jim	Roosma	160	Tom	Crisp	63
Bill	Weber	587	Steve	Lodholz	153	Annie	Peterson	62
Debby	Grant	557	Brenda	Ferguson	150	Glenn	Sanneman	59
Mike	Dahlstrom	538	Henriette	Klauser	150	Cathy	Tanner	52
Debbie	Kawamoto	520	Libby	Krochalis	147	Abe	Osowiecki	51
Gary	Broughton	476	Sean	Wilson	142	Matt	Roybal	48
Kristin	Kinnamon	469	Bobbie	Laue	140	Laura	Elmore	46
Robert	Pahlman	461	Dorothy	Lindstrom	129	Dick	Nicholson	38
Warren	Bare	454	John	Carlin	124	Pam	Hallanger	37
Kala	Koch	451	Jean	Henderson	120	Brian	Hlynosky	36
Adrienne	Dorf	439	Ken	Winkwider	120	Jennifer	Winson	30
Tom	Weber	412	Judi	Chadwick	113	Ed	Culnane	30
Nancy	Graham	348				Doug	Andrews	28
Cindi	Proctor	347				Shirley	Slade	28
Gery	Osowiecki	340				Audrae	Coury	27
Linda	Lee	335				Kay	Peterson	25
Kristi	Knodell	306				Donald	Mohs	23
Pete	Pias	306				James	Wright	23
Bob	Biesiedzinski	299				Peter	Pisani	23
Vivian	Biesiedzinski	299				Weldon	Smith	23
Jack	McClincy	295				Sarah	Bernstein	23
Leslie	Strickland	292				Gerald	Bernstein	23
Jack	Willis	284				Sue	Regan	23
Claire	Kline	283				Stephanie	Roche	22
Juanita	Pias	280				Steven	Hudspeth	22
Janell	Reich	264				Kevin	Patterson	17

