

Chainwheel Chatter

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

Your Snohomish County Cycling Club

OCTOBER 2015
VOL. 433

B.I.K.E.S. CLUB MEETING: OCTOBER 8TH

October Rides: Weekends & Weekdays

WEEKDAY RIDES

Tuesdays, October 6, 13, 20 & 27 – PreRide to the Noon Ride Meet at Silver Lake Bicycle Centre for a 10:30am start, routes will vary. These loop rides are set up to return riders for the start of the Silver Lake Noon Rides. Food stop follows the Noon ride. Distance 12 -15 mile loops, A/B terrain, moderate pace with regroup. Ride leaders Dan Scott [425-501-6198](tel:425-501-6198) , Bob Nyberg bobnyberg@msn.com or (206) 795-1363. Heavy rain cancels. Call if in doubt.

Tuesdays, October 6, 13, 20 & 27 – Silver Lake Lunch-Time Rides Join BIKES for a short Silver Lake and Mill Creek loop. Meet at Silver Lake Bicycle Centre for a 12pm start. Social pace (10-12mph), 10 miles, A terrain with just a few very short climbs (like less than one block each). Optional coffee after the ride. Nasty weather cancels the ride, but not the coffee – please check the Ride Updates page before leaving home, or call / text. Ride leaders vary. For questions, contact leaders listed with the PreRide.

Wednesday, October 7 – Pedal Pushers Ride Mountain Loop Hwy to Barlow Pass Meet at the Verlot Ranger Station for a 10am start. It's a steady gentle climb from the ranger station to the top of Barlow Pass. Or you can choose to stop at Big Four Ice Caves picnic area and shave off about 8 miles. RT 39 or 30 miles, A/B terrain on paved road, social pace. Bring food and water, there is no place to buy food en route. Ride leader Allyson Welsh, 206 356-8134 or allysonw@outlook.com . Rain probably cancels, check the Ride Updates page if in doubt.

Thursday, October 15 – Pedal Pushers Ride Log Boom-Marymoor Park-Gas Works Park Meet at Log Boom Park for a 9am start and join us for our end-of-season trail ride. We're the strongest at the end of summer so let's see what we can do! We'll ride to Marymoor Park, return to Log Boom, then head into Seattle to Gas Works Park. Lunch break along the way. RT 50 miles, A terrain on paved trail, social pace. Ride leader Linda Hunter (425) 771-2824 or hunterbl4345@comcast.net . Rain probably cancels, check the Ride Updates page if in doubt

WEEKEND RIDES

Saturday, October 17 Everett-Mukilteo-Snohomish Loop Meet at Emerson Elementary School, 7th Ave SE in Everett for a 9:30am start. Ride to Mukilteo, then out Mukilteo Blvd and River Rd to Snohomish, return via N. Everett. Food stop en route. About 40 miles, low moderate pace, A/B/C terrain. Ride leader Dan Scott 425 501-6198.

Saturday, October 24: Rexville Grange – Anacortes Meet at the Rexville Grange for a 10am start (Google Maps for directions). 40 miles, low moderate pace, A/B terrain, lousy weather cancels. Food stop in Anacortes. Ride leaders Dan & Elaine Scott 425 501-6198. <http://ridewithgps.com/routes/8028917>

Editor Note: This month we have seen a dramatic drop in ride listings. It is important that if you would like to lead a ride, even if you have never done so, that you let the monthly ride coordinator know of your wishes. If you would like to add a ride you can use the [Ride Updates](#) page to list the date, time and details about a ride. If you are new to leading a ride contact the ride coordinator listed on the club website and he/she will work with you to arrange an experienced ride leader to join you in your ride!

As we approach the end of the calendar year there is still time to get in a ride and earn more club rider miles! Let's Roll!

Bob Biesiedzinski

Editor, Chainwheel Chatter

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!

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.

Prez Sez...

Wednesday Work Parties – Fix Kids Bikes

It takes a lot of elves tinkering to get bikes in the hands of low income kids at Christmas House.

Join Sharing Wheels for a work party 6 – 9 p.m. every Wednesday through November. All levels of mechanical ability are welcome from the professional mechanic to the spit and polisher.

BIKES Club will host the Oct. 14 work party by buying pizza for all volunteers - members or not. Come see what the local community bike shop is all about.

Sharing Wheels is located at 2531 Broadway, Everett - entrance in the back.

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

Gift Exchange*

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.

- 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.

Thank you to these members who have renewed their membership or who have recently joined B.I.K.E.S.!

- Randy Barber
- Steve Carlsen
- Tom Crisp
- Chuck Garrity
- Debby Grant
- Jay Grant
- Ed Hawkinson
- Bob Nyberg
- Jim Roosma

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 is on Vacation
Updated miles will be posted in the November Newsletter!

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 Klausner	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 Winknwider	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

