

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

[Next B.I.K.E.S. Club meeting on January 14th @ 7:00 pm](#)

## January Rides: Weekends & Weekdays

### WEEKEND RIDES

**Saturday, January 2 - Giro di Sentieri** Meet at McCollum Park west parking lot for an **11am** start. Loop ride including sections of the Interurban, Burke-Gilman, Sammamish River, North Creek trails and interconnecting streets. Coffee, lunch, and rest stops expected. 34 miles, social pace (10 – 12 mph), A & B terrain. Ride leader Rick Proctor [425-293-3153](tel:425-293-3153). Ice, snow, or steady rain cancels, check the Rides Updates page or call/text if in doubt.

**Sunday, January 17, 2016—Eagle Ride** Starting out at 11:00 am from Edgewater Park, just across the river from Mount Vernon. A 32 mile social pace ride over mostly A terrain. Bring snacks as we will stop at a midway point for refreshment. We'll do an eagle count along the way and head over to the Skagit Co-op for hot soup or snacks at the end of the ride. Rain, snow or below 35° F. will cancel. Check the updates page before you leave home! Ride leaders Bob & Viv Biesiedzinski. 206-595-3822 or [bobbez@gmail.com](mailto:bobbez@gmail.com). RWGPS Map <http://ridewithgps.com/routes/896091>

**Saturday, January 23 – Stinky Spoke at Redhook Brewery at Noon** Carpool from Everett Station meets at 10am to arrive in time for packet pickup, etc. Sign-up for this [mountain bike poker ride](#) on the alleged "worst weather day of the year" (they haven't heard of McClinchy). It will be cold, muddy, challenging, and fun! Hot beverages (and a cold one after the ride) included in registration fee. Cost \$50-\$60. Contact Kristin Kinnamon for carpooling options, 425-923-7868.

**Saturday, January 23 - Giro di Sentieri** Meet at McCollum Park west parking lot for an **11am** start. Loop ride including sections of the Interurban, Burke-Gilman, Sammamish River, North Creek trails and interconnecting streets. Coffee, lunch, and rest stops expected. 34 miles, social pace (10 – 12 mph), A & B terrain. Ride leader Rick Proctor [425-293-3153](tel:425-293-3153). Ice, snow, or steady rain cancels, check the Rides Updates page or call/text if in doubt.

### WEEKDAY RIDES

**Friday, January 1 - New Year's Day Ride the North End of Centennial Trail** Park at the Aramar Rd. trailhead (167th Ave NE) for a 10:30am start. Ride to the north end of Snohomish County's Centennial Trail and return. Bring snacks, food stop in Arlington near the end of the ride. Approximately 25 miles, Steady pace, A terrain. Rainy-snowy-freezy weather cancels. Ride leaders Dan & Elaine Scott 425-501-6198

**Tuesdays, January 5, 12, 19, 26 – 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, low-moderate pace with re-groups. Ride leaders Dan Scott [425-501-6198](tel:425-501-6198), Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels. Call/text if in doubt.

**Tuesdays, January 5, 12, 19 26 – Silver Lake Noon 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 contact ride leader. Ride leaders Rick Proctor 425-293-3153 and Cindy Proctor 425-293-3152. Ice, snow, or steady rain cancels, check the Rides Updates page or call/text if in doubt.

**Thursdays, January 7, 14, 21, 28 - Giro di Sentieri** Meet at McCollum Park west parking lot for an 11am start. Loop ride including sections of the Interurban, Burke-Gilman, Sammamish River, and North Creek trails and interconnecting streets. Coffee, lunch, and rest stops expected. 34 miles, steady pace (12 – 14 mph), A & B terrain. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels, check the Rides Updates page or call/text if in doubt.

**For Ride Updates, see the club ride updates webpage.**

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### RIDE GUIDE

#### PACE

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

I am a buy – and bike – local kind of person. That's why I belong to B.I.K.E.S. Club of Snohomish County.

I have been an active member of the statewide bicycling community since 1999, but I have never been a member of Cascade Bicycle Club. I have ridden Seattle to Portland three times (that's enough), enjoyed receiving and reading the Cascade Courier thanks to Bike to Work connections for many years, and attended many a Bike Expo, Bike Swap and Tour de France viewing courtesy of Cascade organizers.

I guess I never joined because I figured Cascade was big enough without me. Now, with the [merger of Cascade with Washington Bikes](#), the organization is even bigger. And I am one of the new members transferred over from Washington Bikes.

While I understand the reasons behind the merger and believe in the good intentions of all parties, I am concerned about the implications of an even bigger Cascade seeking to have a statewide impact. It will be hard for them to leave room on the ride calendar for smaller events like McClinchy, hard to help local advocates without co-opting us, hard to listen and respond to the diverse needs of so many different bicyclist-members.

So far, though, I can report that Cascade has responded well to my concerns about them having a monopoly on bike event promotion. They are giving us a 50% off nonprofit rate for our McClinchy flyer insertion into the Cascade Courier. The leaders and staff of the organization are anxious to expand their focus and do right by riders around the state.

Maybe in that spirit, this is the year for me to ride a Cascade event again. (I haven't forgotten the 5 pretzel-limit at a rest stop the year I did STP in one day, but maybe I can let bygones be bygones).

On the flip side, if you are among those who have only ridden Cascade events, expand your horizons in 2016 to discover the many other rides, routes, and more generous food stops : ) offered by other organizations.

There's a big world out there ready to be seen by bike.\*

*\*Attend our Jan. 14 meeting for inspiration.*

## **2016 B.I.K.E.S. Club Tour Planning**

**Sunday, January 3 - Tour Planning Meeting** A "tour" is a multi-day bicycle ride for BIKES Club members that is organized and hosted by BIKES Club members. Would you like to lead or partake in a tour in 2016? The goal of this meeting is to coordinate dates, discuss locations, and encourage each other to offer some fun outings.

Tour possibilities vary from "hub & spoke" – where you do day rides from an overnight base – to loops or one-way tours with or without vehicles to carry the gear. A tour might include camping, motels, or either option. Riders might cook shared food or eat out. The meeting is from 2:30-4pm, Sunday, January 3rd at Dan & Elaine Scott's home, 912 93<sup>rd</sup> St. SE, Everett.

For ideas and inspiration, see:

[BikeOvernights.Org](#) , [Adventure Cycling Association](#) , [Ride Oregon Ride](#)

## **B.I.K.E.S. Club Volunteers Needed**

This is a chance for you to give back to our club! The B.I.K.E.S. Club is currently looking for volunteers to take on the club tasks listed below. Please consider taking on one (or more) of these worthwhile ways to support the club and its membership!

### **Rider Miles Coordinator**

Track club member ride miles emailed to you by ride leaders. Provide monthly updates for newsletter and website. Current coordinator Linda Hunter is happy to help with the transition. She says: "This job only takes a couple of hours a month & is a fun way to stay involved with the club so I don't think it will be hard to find a replacement for me. The miles are kept on an Excel spreadsheet, so some knowledge of Excel is helpful." Contact Linda at [ridermiles@bikesclub.org](mailto:ridermiles@bikesclub.org) to volunteer.

### **McClinchy Flyer Delivery**

Need a reason to drive to south Seattle? Pickup the McClinchy Mile flyers in Lake Stevens and deliver 12,000 of them (a few boxes – any size car will do) to the Cascade Courier printer, Pacific Publishing, by Jan. 15. Contact Kristin to volunteer, [president@bikesclub.org](mailto:president@bikesclub.org).

### **McClinchy Flyer Postings**

Help promote McClinchy by delivering our flyers and posters for display in bike shops and other locations around Snohomish County. We also need someone to coordinate with Snohomish County Parks to post flyers and notifications along the Centennial Trail. **Attend the Jan. 14 meeting to get some flyers and help spread the word.**

## **McClinchy Mile is Sunday, March 20**

Location: Haller Middle School, 600 First St., Arlington Wash.

Cost: \$30 in advance. \$5 off for current club members.

B.I.K.E.S. Club of Snohomish County invites you to explore the peaceful river valleys, rolling hills and picturesque farms of Snohomish County. Ride a 34-mile flat and scenic loop to Stanwood or choose from two more challenging loops – 48 miles thru Granite Falls or 52 miles when you add on the north-end extension to the Stanwood loop.

Club volunteers will be needed the day of the ride for registration, rest stops, and sag support. We also need you to help promote McClinchy in advance of the ride – invite your friends via social media or in person.

### **Need new gear? Seattle Bike Swap is Sunday, Feb. 14**

The Seattle Bike Swap is a bike bargain hunter's paradise. This huge bike garage sale at the Seattle Center Exhibition Hall will have great deals on new and used bike related goods of all types and sizes. Let's plan some BIKES Club rides or carpools to check out the deals.

### **Chainwheel Chatter Content**

It has been my pleasure to provide to you valuable information about B.I.K.E.S. Club activities, statistics, informational articles, etc. for the past two years. I look forward to continuing as the Editor of the Club Newsletter. I ask your help in creating an even better Newsletter for the club. If you have an interesting article, picture, ride, etc. that you would like to include in the next edition of the Chainwheel Chatter that you send it to me at [editor@bikesclub.org](mailto:editor@bikesclub.org) and I would be happy to include it! I'll even include your name as the submitting author!

May all of you have a very Healthy, Prosperous and Ride Safely New Year!

Bob Biesiedzinski, Editor  
Chainwheel Chatter



## Final Rider Miles for 2015

Congratulations to all those club members who recorded miles on club rides during 2015! The New Year provides an excellent opportunity to improve on last years miles! Safe riding to All!

Bob	Nyberg	2980
Dan	Scott	2514
Rick	Proctor	1556
Pier	Fiorentini	1440
Fred	Koch	1220
Marcia	Stedman	1156
Mason	Rutledge	1135
Elaine	Scott	1009
Steve	Linari	964
Debbie	Kawamoto	915
Robert	Pahlman	908
Bill	Lutterloh	881
Bette-Ann	Shroyer	805
Tim	Wise	778
Mike	Dahlstrom	669
Clarence	Elstad	666
Warren	Bare	652
Bill	Weber	633
Debby	Grant	619
MJ	Gerst	609
Kala	Koch	564
Gary	Broughton	558
Jack	Willis	535
Kristin	Kinnamon	522
Nancy	Graham	499
Gery	Osowiecki	496
Cindi	Proctor	495
Raquel	Haunreiter	451
Chris	Clougherty	444
Adrienne	Dorf	439
Tom	Weber	412
Bob	Biesiedzinski	404
Vivian	Biesiedzinski	404
Jack	McClincy	395
Pete	Pias	391
Allyson	Welsh	383
Juanita	Pias	365
Linda	Lee	335

Marietta	Zander	315
Claire	Kline	310
Kristi	Knodell	306
Jim	Roosma	298
Larry	Kennedy	296
Leslie	Strickland	292
Kurt	Haunreiter	292
Janell	Reich	279
Joanne	Kennedy	269
Linda	Hunter	256
Pamela	LaVergne	249
John	Carlin	240
Kathy	Riddle	232
Erik	Westlund	230
Eva	Clougherty	225
Dorothy	Lindstrom	204
Jean	Henderson	190
Judy	Lang	189
Chuck	Garrity	188
Brenda	Ferguson	179
Brent	Hunter	178
Libby	Krochalis	168
Audrae	Coury	165
Mark	Olson	156
Steve	Lodholz	153
Henriette	Klauser	150
Sean	Wilson	142
Bobbie	Laue	140
Ron	Andersen	131
Adrienne	Reynolds	129
Peter	Smith	129
Ken	Winkwider	120
Judi	Chadwick	113
Matt	Petersen	112
Tom	Crisp	97
Robert	Smith	91

Michael	Sheldrake	90
Diane	Gordon	82
Susan	Hausmann	73
Carin	Lawrence	68
Brad	Coats	67
Diane	Slenkamp	63
Abe	Osowiecki	62
Annie	Peterson	62
Glenn	Sanneman	59
Jim	Stewart	56
Cathy	Tanner	52
Sarah	Bernstein	52
Gerald	Bernstein	52
Stephanie	Roche	48
Matt	Roybal	48
Laura	Elmore	46
Will	McMahan	45
Dick	Nicholson	38
Pam	Hallanger	37
Brian	Hlynosky	36
Peter	Pisani	34
Jennifer	Winson	30
Ed	Culnane	30
Doug	Andrews	28
Shirley	Slade	28
Craig	Cameron	26
Kay	Peterson	25
Donald	Mohs	23
James	Wright	23
Weldon	Smith	23
Sue	Regan	23
Tone	Hutton	23
Steven	Hudspeth	22
Jim	Shaw	22
Kevin	Patterson	17
Ed	Hawkinson	11
Bruce	Deitz	6
Pam	Deitz	6



### Looking for more Ride Leaders!

Are you interested in leading a club ride but don't know how to begin? Check out the Ride Leader Guide at <http://www.bikesclub.org/Ride-Leader-Guide> . This page has all the info you might be looking for!

Contact our ride coordinator at [leadaride@bikesclub.org](mailto:leadaride@bikesclub.org) to get your ride on the calendar!

### Washington Bikes Merges with Cascade

Excerpted from a letter to clubs from the board of Washington Bikes:

On Tuesday, Dec. 8, 2015, the Washington Bikes Board of Directors voted to [merge with Cascade Bicycle Club](#). We are proud to join forces to become the nation's largest statewide bicycle nonprofit and are confident the merger will result in greater capacity to work with you in the future. Engagement with local clubs and advocacy groups will continue to be a priority of the merged organization.

We believe this merger will allow our mission to thrive and grow for several reasons.

- The Washington Bikes Board voted to approve the [2016 legislative agenda](#), previously reviewed with the Legislative and Statewide Issues Committee (which includes BIKES Club member Warren Bare). Former WaBikes now Cascade staffer Blake Trask will work to implement this agenda with all the strategic partners who have helped make us successful in Olympia.
- Former WaBikes Barb Chamberlain will lead the planning of the 2016 Bike Summit, which will include sessions and activities focused on collaboration and partnership with local clubs, along with statewide outreach and development of our work in bike travel/tourism. **Save the date and plan to attend: March 21-22 at the Tacoma Convention Center.**
- Current Washington Bikes Board members will participate in the development of a new strategic plan for the organization in March-April 2016. **You and other stakeholders will be invited to participate through meetings and other engagement opportunities.** Please continue to be a part of shaping our collective future.
- Three current members of the Washington Bikes board of directors—John Pope (Anacortes), Ted Inkley (Seattle), and Marie Dymkoski (Pullman)—will join the board of the merged organization for a one-year appointment effective January 1, 2016.

We hope you will continue to engage with and support our mission in 2016 and beyond.

#### B.I.K.E.S. Club Meeting

The club meets at 7 p.m. Thursday, January 14, 2016 at the PUD, 2320 California St., Everett. Check the club calendar for notice of an early dinner gathering location.

#### 2016 Tour Planning Meeting!

If you are interested in leading a multi-day tour in 2016 (or want to get them on your calendar early), a tour scheduling and planning meeting will be held at **2:30 p.m. Sunday, Jan. 3** at Dan and Elaine Scott's house in south Everett.

#### B.I.K.E.S. Member Forum

Are you aware of the B.I.K.E.S. Club Member Forum? This is a great location to quickly learn about, and share, information about club activities, announcements, etc. that is of interest to B.I.K.E.S. Club members. You can subscribe to the forum and if you have logged into the club website as a club member you can post your own information discussion topic. Check out the link below to go to the Forum page on the club website to see what you may have been missing!

[B.I.K.E.S. Member Forum](#)



**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**

**DUES \$25 Annually (FAMILY)**  **Renewal**

**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.