

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 February 11th @ 7:00 pm](#)

February Rides: Weekends & Weekdays

WEEKEND RIDES

[Saturdays February 6th, 20th - Giro di Sentieri \(social pace\)](#) 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, social pace (10 - 12 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.

[Saturday, February 13 – Ride 'Round the River with Debby & Marietta](#) Meet at Everett Station for a 10am start. We'll ride along River Rd on the way out to Snohomish, head up the trail to Machias, cruise thru downtown Lake Stevens and return to Snohomish for a snack stop before returning to Everett. A/B terrain, high steady pace, 25-30 miles. Ride leaders Debby Grant & Marietta Zander. 206 353-0249 or debby@jaygrant.com. Rain or other inclement weather cancels, check the Ride Updates page.

[Sunday, February 21st – The Soup Is Good Ride](#) Meet at the Snohomish Public Library parking lot for a 10:30 am start. We'll take a coffee/light lunch at the Stilly Coffee House in Arlington. 45 miles, A terrain, steady/social pace. Bob & Viv Biesiedzinski ride leaders. RSVP to Bob @ 206-595-3822 or Viv @ 206-5953823 or bobbez@gmail.com. Steady rain will cancel so watch the Ride Update page.

[Saturday February 27th - Lake Washington Loop Ride](#) Meet at Log Boom Park for a 9:00 AM start. Loop ride clockwise around Lake Washington. Coffee, lunch, and rest stops expected. 52 miles, steady pace (12 – 14 mph), B & C terrain. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels, check the Ride Updates page or call/text if in doubt.

WEEKDAY RIDES

[Tuesdays, February 2nd, 9th, 16th, 23rd - Pre-Ride to the Noon Ride](#) Meet at Silver Lake Bicycle Center for a 10:30 am start, route will vary. These loop rides 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, steady pace (12-14 mph) with regroup. Ice, snow or steady rain cancels. Ride leaders Dan Scott 425-501-6198, Rick Proctor 425-293-3153. Check the Ride Updates page or text/call if in doubt.

[Tuesdays February 2nd, 9th, 16th, 23rd - Tuesday Noon Ride](#) Join BIKES for a short Silver Lake and Mill Creek loop. Meet at Silver Lake Bicycle Centre for a 12pm (noon) start. Social pace (10-12mph), 10 miles, A terrain with just a few very short climbs (like less than one block each). Optional lunch and/or coffee after the ride. Nasty weather cancels the ride, but not the coffee – please check the Ride Updates page before leaving home. 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 February 4th, 11th, 18th, 25th - Giro di Sentieri \(steady pace\)](#) 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.

[Tuesday, February 9, 16, 23 - Gery's Noon Ride SOUTH](#) 10:30 Borrego Holiday Home Park, space 53, Borrego Springs, California A tour of the De Ansa Golf Club and surrounding areas followed by lunch (there's no bakery in town). 10-15 mile, A terrain, social pace. Elaine Scott, 360 348-6934. Check the Ride Update Page.

[Monday, February 15 - Cherry Pie Ride](#) 10:00 Borrego Holiday Home Park, space 53, Borrego Springs, California. A tour of the points of interest around a small desert community followed by dessert of some sort. 10-15 mile, A terrain, social pace. Dan & Elaine Scott 425-501-6198. Check the Ride Update Page.

[For Ride Updates, see the club ride updates webpage.](#)

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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 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...

We had a great club meeting in January, with inspirational talks about member's various tours around the U.S. If you are ready to try bicycle touring yourself, check out our club [Tours web page](#). Contact the tour leader to learn more and let them know you are interested. The first tours are in April.

Our Feb. 11 meeting will have a presentation on Community Transit's plans for [Swift II](#) between Bothell and Boeing. There are some implications for bicycles, and they want input. Our business meeting will focus on [McClinchy Mile](#) – it takes at least 30 volunteers to host a successful ride. We still need help with marketing (delivering or handing out flyers), route marking (in advance), rest stops and sag support the day of the ride.

If you'd rather support the club by spending March 20 riding McClinchy, that's good, too. Members save \$5 on registration – sign-up via the paper form on our web page. Another way we need every member to help with the ride is by spreading the word. Promote McClinchy on your next group ride, post the event on your Facebook page, put some flyers out at your health club or favorite bakery, brewery, or other biker hangout. ([Print flyers](#) from our website, pick some up at the next meeting, or stop by Sharing Wheels Community Bike Shop during open hours).

Speaking of supporting the club, I want to thank **Linda Hunter** for being our Rider Miles Coordinator for the past several years, and **Debby Grant** for coordinating our monthly ride calendar. Both have recently been replaced by new volunteers: **John Carlin** is tracking club miles and **Cindy Proctor** is encouraging ride leaders to plan for the following month. Thanks to all four of these members for contributing to B.I.K.E.S. Club of Snohomish County.

Also, a shout out to **Allyson Welsh**, who updates the content of our website and also manages our [MeetUp page](#) (yes, you have to join this free service to see our page, but it's a great place to find people with shared interests). And, don't forget to post your ride photos and bike-related thoughts on the club [Facebook page](#).

Kristin Kinnamon, President

Toast the Planet at Greendrinks

On Feb.17 from 5 to 7pm GreenDrinks will be hosted at Basecamp and Sponsored by Everett Maker Market at 1420 Hewitt Ave in Everett.

Basecamp is a collaborative, creative space for local entrepreneurs, creatives and musicians. **Everett Makers Market** is a curated monthly popup shop located in downtown Everett. Each month they aim to feature a new variety of local artistic entrepreneurs.

Support Smart Growth through Audubon

At the end of 2015, Futurewise closed its Snohomish County field office. Kristin Kelly has been the Smart Growth director for Snohomish and Skagit Counties for over 13 years. She can continue in that role through the support of the Pilchuck Audubon Society. However, they need to raise \$12,000 by March.

Without the Smart Growth Program, there will not be a paid advocate for protection of our land and natural resources or an advocate for good policies that ensure more sustainable communities as our county continues to grow. BIKES Club has collaborated with Smart Growth on Livable Communities summits and other efforts.

You can send checks made out to PAS Smart Growth: Kristin Kelly, at: 1429 Avenue D, #198, Snohomish, WA 98290. To pay by credit card, click on: <https://www.chi-cash-advance.com/sforms/appeal1038/Contribute.aspx>. Click "Smart Growth" in the "Designation" drop-down box.

Member Bike Shop Discounts

Ask for your 10% off as a BIKES Club member from the following shops. Limitations often apply, and you may need to have proof of membership (we'll be sending out new cards soon).

- Bayside Bicycles, downtown Everett
- Bicycle Centres, Everett and Silver Lake
- Snohomish Bicycles, Snohomish and Lake Stevens
- Tim's Bike Shop, Everett
- Harvey's Bike Shop, Lynnwood

More shops coming soon.

McClinchy Mile Bicycle Ride March 20 in Arlington

Start your 2016 training with a scenic, well-supported bicycle ride in Arlington, Wash. B.I.K.E.S. Club of Snohomish County invites you to explore the rural roads and quiet trails north of the Stillaguamish River Valley north of Seattle.

How far is a McClinchy Mile? That's up to you. Choose from flat or hilly routes: 34, 48, 52 or 100 miles. We'll be there rain or shine – how about you?

Food stops every 15-20 miles (including hot drinks!). Mechanical and vehicle SAG support on all routes.

Cost is \$35 on the day of the ride, or save \$5 by signing up early. *First 200 registrants get a reflective McClinchy backpack.*

McClinchy Mile supports recreational bicycling, advocacy, and bike-related local grants through B.I.K.E.S. Club of Snohomish County. We have hosted the ride for more than 30 years.

Riders can register and start from 8 - 10 a.m. Sunday, March 20. The course closes at 4 p.m.

Learn more about the ride at bikesclub.org/mcclinchy

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 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

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

Club Meetings are at 7 p.m. the second Thursday of the month at the Everett PUD, 2320 California St. Join us for dinner before the meeting at Brooklyn Brothers Pizza on Hewitt Avenue in Everett, gathering around 5:30 p.m.

Seattle Bike Swap Feb. 14

If you love bicycles, go to the Seattle Bike Swap on Valentine's Day. The Seattle Bike Swap is a bike bargain hunter's paradise. This huge bike garage sale will have great deals on new and used bike related goods of all types and sizes. Most sellers are cash only but some may take cards. Entry is \$7 until 1 p.m. and free for the last hour.

Sunday, Feb. 14 from 9 a.m. to 2 p.m. at Seattle Center Exhibition Hall.



Club Rider Miles

The Rider Miles for this month may not include all of the miles ridden through January as the list was closed early. See next month's list for the updated miles!



Bob	Nyberg	222
Dan	Scott	191
Rick	Proctor	134
Debbie	Kawamoto	111
Steve	Linari	89
Cheryl	Funkhouser	88
Sean	Wilson	60
Raquel	Haunreiter	54
Bill	Weber	50
Robert	Pahlman	50
Jack	Willis	47
Cindi	Proctor	44
Mark	Olson	42
Pier	Fiorentini	42
John	Reno	25
Tom	Weber	24
Allyson	Welsh	22
Bette-Ann	Shroyer	22
Jan	Johnson	22
Marcia	Stedman	22
Mike	Dahlstrom	22
Kristin	Kinnamon	17
Bob	Biesiedzinski	13
Vivian	Biesiedzinski	13
Warren	Bare	13
Frosene	Saco	13
Nancy	Graham	11
Clarence	Elstad	3



*Padilla Bay & Bald Eagles on the Annual Eagle Ride
Over 71 Eagles were counted on this year's ride!*



Kristin Kinnamon & Bill Weber at the 2016 Stinky Spoke Ride



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 to get your ride on the calendar!

2016 Club Tours

May 20, 21 and 22 - Yakima Weekend

Come and bike in Yakima where the sun is shining and the apples trees are blooming

Fri – Trail ride 28 miles

Sat – Tieton Loop, mostly flat with a few moderate hills. 40 miles

Sun – Cottonwood Loop, mostly flat with one short hill. 40 miles

Rides are steady pace with stops to enjoy the area scenery.

Ride Leader: Mary Jo Email ride leader for cue sheets and start locations. maryjo1532@hotmail.com

June 3-14 Pittsburgh to DC: GAP & C&O Bike Tour

Spend the weekend riding the trails around Pittsburgh. Then ride car free from Pittsburgh to DC on an abandoned railroad bed and then along the C&O Canal Towpath. Enjoy historic towns, parks, tunnels and awesome scenery on this spectacular tour.

Lodging will be in motels and inns along the trail.

Contact tour leader Mary Jo at maryjo1532@hotmail.com

July 14-19, 2016 – Biking Around Bend

Thu – Drive to Bend

Fri - Bike around Bend 40 miles

Sat – Twin Bridges ride. Lunch in Tumalo. 40 miles

Sun – Madras Scenic Bikeway ride. 40 miles

Mon – Bike around Bend. 40 miles

Tues – Stop for a bike ride in Vancouver on the way home

Rides are steady pace with stops to enjoy the area scenery.

Ride Leader: Mary Jo Email ride leader for cue sheets maryjo1532@hotmail.com

Aug 18-23, 2016 Eugene

Bike on the many bike friendly roads around Eugene and ride on the Covered Bridges Scenic Bikeway.

Thu – Meet in Eugene for an evening walk/ride along the river.

Fri - Bike around Eugene 40-45 miles

Sat – Bike the Covered Bridges Scenic Bikeway from Cottage Grove 36 miles

Sun - Bike around Eugene 40-45 miles

Mon – Return with an optional stop in Vancouver for a 25 mile trail ride.

Rides are steady pace with stops to enjoy the area scenery.

Ride Leader: Mary Jo Email ride leader for cue sheets maryjo1532@hotmail.com



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.