

Chainwheel Chatter

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

Your Snohomish County Cycling Club

APRIL 2016 VOL.
439

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

Prez Sez...

The club hosted our 35th-plus successful McClinchy Mile last month. Thanks to all the club members who supported the McClinchy Mile Ride. We kept 30 volunteers busy the day of ride, and several others helped in advance. Many club members came to participate, which was very friendly :) The approximately 200 riders who came to Arlington enjoyed pretty good weather – just a few raindrops to keep things interesting. Participants really appreciated our friendly and tasty support, and several people rode a century that day. We'll have a more complete report on McClinchy financials at the April meeting. Suffice to say we made some money, and fun was had by all.

Upcoming volunteer opportunities:

- Kids Bike Swap – work parties to get bikes ready every other Tuesday at Sharing Wheels (see below).
- Help host Green Drinks May 18– Sharing Wheels Community Bike Shop needs our help to host a non-alcoholic party celebrating Bike Month and the planet
- Bike Everywhere Day the morning of May 20 – help promote bicycling and the club at Snohomish County locations.
- County Bike Bash June 11 – Community Transit is hosting this event at McCollum Park again. We may have a table, help lead a ride, or organize some bike-related activities.

Upcoming club meetings:

April 14 – Everett City Engineer Ryan Sass will give us an update on the city's progress on its bike plan, which many members helped create a few years ago. We'll also recap McClinchy 2016 and other business, including planning for May elections. Dinner before the meeting at Papa's Mexican Grill on Hewitt.

May 12 – Bike Month Social – this month, the club buys ... exactly what food and where, TBD. But we'll have a mostly social gathering, with a little business for good measure (elections!).

Kids Bike Work Parties

The **Sharing Wheels Kids Bike Swap** date has been set for **Sunday, June 12**. Like all of Sharing Wheels efforts, it is made possible only by the generosity and work of volunteers. We will be having work parties every other Tuesday, 6-9 pm at Sharing Wheels Community Bike Shop, 2531 Broadway in Everett. All mechanical abilities are welcome.

Work party dates: 6-9 p.m. Tuesday March 29, April 12, April 26, May 10, May 24, June 7.

Consider Being a Club Officer

Per our bylaws, the May meeting includes the election of the club officers who make up our board for the coming year. Will this be the year YOU will step up and help make BIKES a fun and effective force for bicycling in Snohomish County? Volunteering also builds job skills and personal confidence.

Like every organization, we need new blood. Consider volunteering for an easier position on the board (such as VP or secretary) to prepare for additional leadership opportunities in the future.

All positions will be open for nominations in May:

President: Runs meetings, represents the club in the community, works with members and board to guide policy and direction of club, communicates with members, oversees or delegates event planning. 6-8 hours per month.

Vice president: Helps coordinate events and activities; performs duties of president in her absence; responsible for planning programs (speakers, slideshows, topics) for general meetings. 3-5 hours per month.

Secretary: Shall attend and keep the minutes of all business meetings; shall perform other administrative duties as needed, such as letter writing or possibly assisting with website. 3-5 hours per month.

Treasurer: Maintains club financial records, pays bills, coordinates club insurance coverage, manages membership, reports out to club monthly. 6-8 hours per month.

Kristin Kinnamon

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. See the [Rides calendar](#) for details.

March 10th Ride Leader Forum

Thursday, March 10th, 14 ride leaders attended a Ride Leader Forum and we had a great discussion pertinent to all members – leaders and “followers.” On an organized ride, we all represent the club and bicycling, which means safe, legal riding and “sharing the road” is especially important.

Following is a sampling of the topics discussed. If you’d like to help define answers to any of these questions – such as writing up a proposed process for new ride leaders – please contact Kristin.

- **Ride leader standards** – what is expected, what is our “culture,”
- **How do you become a ride leader?** Need a more clear process and orientation. What is expected of the current ride leader when they accompany a new ride leader on a “mentored” ride?
- **What to Say Before a Ride** – Kay Peterson and Cheryl Funkhauser are drafting a script so we can all be on the same page, literally. Some tips on what to review at each ride are already printed on the backside of the ride sign-in sheet (if you print it 2-sided, you have it!)
- **Every ride leader should:**
 - Have introductions – welcome everyone and share names, and maybe rider phone numbers
 - Give an orientation on the ride - pace, restrooms, food stops, special hazards or safety considerations (such as for trail riding with kids and dogs or bad railroad crossings)
 - Remind riders to follow the rules of the road – ride right, signal, share, follow traffic signals
 - Review group riding etiquette such as signaling road debris and turns, pulling off when stopping, and generally communicating
 - Note what a rider should do if they fall back or want to go ahead
- **Sign in sheet** – needs some updates, who should sign? Bob B. will do updates on the form once we have a script to include. Members should sign every time and include a current emergency number. Guests also sign, unless the ride is co-listed with another group (then BIKES members only sign in on our form)
- **What about non-member guests?** Strongly encourage people to join after first ride – membership supports the club (our website, our social events, our insurance). Ultimately, we are a “club” and that means membership is required to participate.
- **Ride Pace** – how to define it, how to keep to advertised pace, what to do when someone can’t keep up, or goes ahead of the ride leader (*cover those possibilities in your pre-ride speech*)
- **Website updates** – add a “your first ride with us” page, add more info on guests vs. members, include info for parents bringing minors. Also updating the member benefits info.
- **Getting more people on rides**
 - Send rides by 18th of month to leadaride@bikesclub.org for listing on website and newsletter
- **Join [BIKES Club MeetUp](#)** group (free, like Facebook for groups) – and ask Allyson (webmaster@bikesclub.org) to make you an organizer so you can post your rides there to share with bigger audience
- **Co-list rides with other clubs** – if you are a ride leader for COGS or Cascade or other, you are welcome to list your ride with BIKES as well. You’ll need to follow each club’s protocols (have BIKES members sign our sheets, for instance)
- **How to get RSVPs?** Some leaders leave out the exact meeting time or location so people have to contact them to ride. That can hamper the last minute rider, however. Ask for it if you want it, or just plan a ride you want to do, and show up.
- **After the ride** – Thank everyone for coming and note any upcoming events or meetings. Send ride date, distance and rider names to ridermiles@bikesclub.org within one week. Get sign-in sheets to club president – by mail or by hand, no rush – we keep these for our records.
- **Ride Listings on MeetUp**
 - Allyson reviewed the club’s MeetUp page at the Ride Leader Roundtable. It is easy for designated people to post rides there. Anyone interested can join our MeetUp and learn about the club rides that are posted. Like all club rides, non-members are welcome to try us out for a first ride. If people want to continue riding with us, we encourage them to join the club.
 - All rides will always be posted to our club website, and that’s also where we post Ride Updates. MeetUp is just another tool to reach new riders – and it has been working for the Tuesday rides!
 - Several ride leaders are now “event organizers” on MeetUp and can post their own rides to MeetUp. If you are a ride leader who wants your rides on MeetUp but you don’t want to post them yourself, Jack Willis has volunteered to coordinate club postings.
 - When you send your ride posting in to leadaride@bikesclub.org, just note that you request help posting to MeetUp. Cindy will pass your ride on to Jack.

In the spirit of this meeting we have included an up-to-date ride listing for all of the rides in April, along with a full list of weekends & tours for the remainder of the year. Please support these weekend & tour rides by contacting the ride leaders for additional information and most importantly by joining in on the fun of the rides. They all will be great and will provide every rider with exercise, comradery and lasting impressions of the beauty of our region! Ride On!!

April Rides: Weekends, Pedal Pushers & Weekdays

WEEKEND RIDES

[Sunday April 3rd - Giro di Sentieri \(social pace\)](#)

Meet at McCollum Park west parking lot for an 10am 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 with 1,600 feet of elevation gain. 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 April 9th - 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. 50 miles, moderate pace (14 – 16 mph), A/B/C terrain with 2,600 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels, check the Ride Updates page or call/text if in doubt.

[Sunday, April 10 – Gery's LAST Donut Ride – 9:30 am start](#)

Meet at Bicycle Centres Silver Lake at 9:30 am, 15 miles, social paced, terrain B, with, of course, stop for donuts and coffee at Mill Creek's Frost Donuts. Nasty weather cancels the ride, but please come for coffee and donuts at 9:40 instead. Call or text Gery if not sure of the weather: 469-358-2887. (Note: yes, Gery's last donut ride, because sadly, he and his wife will be moving soon, please join us if you can, to send him off in "Gery" style and thank him for all he has done for Bikes Club of Snohomish County. We are going to miss you something awful Gery!)

[Saturday, April 16 – Snoqualmie Valley Out & Back 10:30 am start](#)

Meet at the Duvall Public Parking lot at the north end of the Snoqualmie Valley Trail. 32 mile roundtrip at a social pace mostly A terrain except at the Fall City end of the route where there is about a 400 elevation gain over approximately 3 miles. This is a gravel trail on the old railroad bed with a lot of scenic views along the river and through the Snoqualmie Valley. If you plan to ride your road bike go with wider tires! Pack a picnic lunch as we will stop along the trail to refresh. When we return to Duvall we will stop for a coffee/desert break in town after the ride. Bob & Viv Biesiedzinski ride leaders. Please RSVP to Bob @ 206-595-3822 or Viv @ 206-595-3823. Steady rain will cancel with Sunday, April 17 as the rescheduled date, same start time.

[Sunday, April 24 - Ride to Everett for Lunch, 9:30 am start](#)

Meet at Martha Lake Airport Park at 9:30. We will ride the back roads to Everett for lunch and return on the Interurban trail. 35 miles, steady pace, A/B terrain. Ride Leader Mary Jo 206-331-9025.

[Sunday, April 24 - Seattle Ramble, Start at Gasworks Park, 10:30](#)

Ride on trails and city streets, use a Greenway, cross the Ballard Locks, eat on the Seattle Waterfront, and return. 20+ miles, Social Pace, A terrain, Steady rain cancels; call if in doubt. Elaine & Dan Scott 425-501-6198

PEDAL PUSHERS

[Tuesday, April 19 – Pedal Pushers 2016 Season Kick-Off](#)

Come to this session to jump-start your biking season. Learn what you need to start off safe and secure. Haven't ridden in a while? Our group will help you get back on the saddle. 3pm at the Lynnwood Senior Center.

[Wednesday, April 20 – Pedal Pushers ride Centennial Trail North from Snohomish](#)

Meet at the Centennial Trail at Maple and Pine in Snohomish for a 10am start. Bring food for a snack break along the way. You pick your trail destination and distance and turn around when you want: **Mt. Pilchuck – RT 2 miles; Machias – RT 8.5 miles; Lake Stevens – RT 12.2 miles; Hwy 92 – RT 14.2 miles; Lake Cassidy – RT 21.5 miles.** Restrooms available at above turn around points. Social pace, A terrain. Ride leader Bette-Ann Shroyer, [206 300-7825](tel:2063007825). Poor weather or forecast cancels.

[Wednesday, April 27 – Pedal Pushers Ride Everett Station to Snohomish & Return](#)

Meet at the North Everett Station for a 10:30am start. Mostly flat ride along the river to Snohomish and return on Riverview Road with some B terrain. Lunch in Snohomish. 18 miles RT, Social pace. Ride leader Clarence Elstad, 425-514-3446 or celstad@gmail.com. Rain cancels.

WEEKDAY RIDES

Tuesdays April 5th, 12th, 19th, 26th - PreRide to the Noon Ride (2 pace groups)

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 Noon Rides. Food stop follows the Noon ride. Distance 10 – 15 mile loops, A/B terrain, moderate pace group (14 – 16 mph) and social pace group (10 – 12 mph) both with regroup. Ice, snow or steady rain cancels. Ride leaders Rick Proctor 425-293-3153 and Cindy Proctor 425-293-3152. Check the Ride Updates page or text/call if in doubt.

Tuesdays April 5th, 12th, 19th, 26th - Tuesday Noon Ride (2 pace groups)

Join BIKES for a short Silver Lake and Mill Creek loop. Meet at Silver Lake Bicycle Centre for a 12 pm (noon) start. Social pace group (10 – 12 mph), 10 miles, A terrain with just a few short climbs (like less than one block each). Moderate pace group (14 – 16 mph) 13 – 15 miles, A/B terrain. Optional lunch and/or coffee after the ride. 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.

Wednesdays, April 13, 20, 27 - Sammamish Trail to Marymoor Park

Meet at Pfingst Animal Acres Park in Lake Forest Park for a 1:30 start. Ride to the park and back with a stop for a snack. Distance is 35 miles, flat terrain, and moderate pace. Ride leader Mary Jo: 206-331-9025.

Thursdays April 7th, 14th, 21st - McCollum – Mukilteo – Everett Loop

Meet at McCollum Park west parking lot for a 10am start. Loop ride through Harbour Point, Mukilteo, and Everett. Coffee / lunch along the Everett waterfront. 37 miles, moderate pace (14 – 16 mph), A & B terrain with 2,400 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow or steady rain cancels. Wet pavement changes ride to the alternate below. Check the Ride Updates page or call/text if in doubt.

Friday, April 22, Snohomish – Arlington the Back Way

Snohomish Centennial trail, 10:00 Use trail and rural roads to reach Arlington, eat, return. 50+ miles, moderate pace, A, B terrain, Steady rain cancels. Ride Leader is Dan Scott 425-501-6198.

Monday, 4/11; Friday, 4/15; Monday, 4/25; Friday, 4/29 Spinning Around My Neck of the Woods on 2-Wheels

Meet at Lynnwood Performance Bicycle Store, promptly departs at 10AM 15-25 miles, Steady Pace (12-14mph) A, B, C terrains Jack Willis 425 478-0429; jack_on_cbr1000burner@yahoo.com. NO Weather cancellation, stay together ride. Restroom at start and end of ride. No formal food stops.

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.



Weekends & Tours 2016

The following list of tours is tentative - organizers need to hear from you that you are interested, or a tour may be canceled. Many tours require advanced planning and reservations. Riders cover their own costs for food and lodging, and share transportation costs if applicable (for SAG or carpools).

Tours are for members of B.I.K.E.S. Club of Snohomish County - we welcome you to [join the club!](#) Then, make sure your membership stays up to date!

April Bike Tours

Everett - Port Angeles - Victoria, BC - Vancouver, BC - Everett Loop Tour:

Experience Victoria and Vancouver, BC as a bicycle tourist.

8 days in April 2016, starting April 22. Participants are making their hotel and train reservations.

This is a multi-mode tour using your bike, ferries & a train. Carry your gear on your bike for hotels and restaurants. A - B terrain at a social pace on mostly paved surfaces.

Day 1: Meet at the Mukilteo ferry area. Ride ferry to Clinton, bike 26 miles to Coupeville ferry landing, ride ferry to Port Townsend, bike another mile or so and stay the night in Port Townsend. 27 bike miles.

Day 2: Bike 53 miles to Port Angeles mostly via the Olympic Discovery Trail, stay the night in Port Angeles.

Day 3: Bike a mile or so to the Port Angeles ferry area, take the Black Ball Ferry to Victoria, BC then bike another mile or so to a hotel in Victoria. Do tourist stuff.

Day 4: See Victoria via foot, bike, and local tours.

Day 5: Bike 22 miles from Victoria to Swartz Bay, take BC Ferry to Tsawwassen, bike another 4 miles to a hotel.

Day 6: Bike 33 miles to hotel in Vancouver, BC.

Day 7: See Vancouver via foot, bike, and local tours.

Day 8: Bike 4 miles to Vancouver Pacific Central train station, take Amtrak train to Everett.

For further information, contact ride leaders Rick & Cindy Proctor **as soon as possible** at BikeHound@comcast.net.

Idaho Trails

Dates: April 22, 23, 24

Leaders: Clarence Elstad

Style: various motels, car shuttles, paved/gravel

Fri - We will carpool over and check into our lodging. (This is a hotel/Motel/camping/Airbnb/VRBO/couch surfing/hostel/warm showers, etc. type trip. Everyone will be responsible to arrange their own accommodations. We may want to rent a house if there are several people interested. I found a 3 bedroom house for \$125 a night. We will ride the Centennial Trail that goes from the Idaho/Washington Border to just East of Coeur d'Alene on the lake. This is 23 miles. (<https://www.cdavid.org/794/departments/parks/trails-main/centennial-trail>) I recommend the use of a road bike or cross bike since the trails we will be riding are all paved.

Sat - Today and tomorrow we will do the 'Trail of the Coeur d'Alene that runs for 72 miles from the town of Plummer to Mullen (<http://www.trailink.com/trail/trail-of-the-coeur-dalenes.aspx>). I can almost guarantee that you will see moose on this ride between Harrison and Cataldo. Today we will ride the section between Mullen and Pinehurst, about 25 miles.

Sun - We will ride the rest of the 'Trail of the Coeur d'Alene' from Pinehurst to Plummer, about 50 miles. Bikers can choose to do all or part of any of the rides, as they wish. Afterwards we can drive back home or stay an additional night in Idaho and do some additional rides. I recommend the use of a road or cross bike since all of the trails are paved.

Contact Clarence Elstad at: 425-514-3446 or celstad@gmail.com if you have any questions or want to sign up to do the ride. (Check out the web sites I provided for a good deal of detail on these trails).

May Bike Tours

Yakima Wine Weekend

Dates: May 14, 15

Leaders: Jack McClincy, Janell Reich

Style: hub & spoke, camp or motel

Join Jack and Janell for their annual weekend of cycling and wine tasting.

Sat: Winery tour on bike; Steady pace, 30-35 miles. A-B terrain. Route TBD. Restaurant lunch.

Sun: Sportsman State Park out and back to Naches. Steady pace, 30 miles. Picnic lunch.

Lodging: Camping at Yakima Sportsman State Park (reserve early) or choose nearby motel or hotel lodging.

Ride Leader: Jack McClincy. Email or call for details jmclincy@msn.com or 360-435-5978

Yakima Hub & Spoke

Dates: May 20, 21, 22

Leaders: Mary Jo Gerst

Style: ride various loops, motel

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

[Weekends & Tours 2016 \(cont.\)](#)

June Bike Tours

June GAPCO (Greater Allegheny Passage, C & O canal trail)

Dates: June 3-14

Leaders: Mary Jo Gerst, Clarence Elstad

Style: Inn to Inn, rented bikes

Spend the weekend riding the trails around Pittsburg. 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

Meeting at 1:30, Sunday Jan. 31 at Mary Jo's house if interested in going on the Pittsburgh to DC tour in June.

Port Townsend Tour

Dates: June 8-10 W – F

Leaders: Dan & Elaine Scott

Style: credit card touring, motel

Tour preparation pre-meeting t.b.a.

Credit card tour, motel, no cooking, no SAG. You don't have to haul much for this tour, but you will want to be able to carry some clothing and lunch/snacks. Of course you need to have a spare tube, etc like on any ride.

Wed: Meet at the ferry terminal in Mukilteo, board ferry for Clinton on Whidbey Island. Pedal ~30 miles on mostly quiet roads with hills to the Coupeville ferry terminal (formerly Keystone). We will regroup several times along the way, including a lunch/snack stop at S. Whidbey S.P. At Coupeville we will board the ferry for Port Townsend. Upon arrival check in to the hotel of your choice—we will provide some suggestions. Meet for happy hour and dinner.

Thurs: Optional bike ride on local roads, **or** explore the Victorian town and area. Check out the shops, wooden boats, the harbor, historic Fort Townsend, and the bike trail which borders the boat yard and gently climbs along the hill. Lots to do and eat :-)

Fri: Basically day 1 in reverse; ferry back to Whidbey Island, pedal ~30 miles back to Clinton (a couple of route changes from the first day), ferry back to Mukilteo.

For more information contact ride leaders Dan & Elaine Scott. Scott.dan.l@frontier.com.

Olympic Discovery Trail

Dates: June 17 – 19 (main ride on the 18th)

Leaders: Bob & Viv Biesiedzinski

Style: hub & spoke, camp/motel

The ride starts at the Sequim Bay State Park, campsite #20 (Bob & Viv's) at 9:30 am and travels west through the town of Sequim and then through lavender fields as we make our way to the Straights of Juan De Fuca and the town of Port Angeles. The trail is primarily "A" terrain, with a few spots that are "B-C". We ride at a steady pace with stops to regroup, and refresh, along the way. Plan for a 60+ mile round trip. Pack a picnic lunch as we will stop along the Straights for a picnic! There will be a "potluck" dinner at our campsite on Saturday evening after the ride. For more information and to R.S.V.P. contact Bob Biesiedzinski at 206-595-3822 or bobbez@gmail.com. There are still campsites available in the Sequim Bay State Park. Go to washing-ton.goingtocamp.com/SequimBayStatePark to make reservations.

July Bike Tours

Bend Weekend

Dates: July 14-19

Leaders: Mary Jo Gerst

Style: hub & spoke, various loops/hotel

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

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

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

Weekends & Tours 2016 (cont.)

August Bike Tours

Eugene Weekend

Dates: August 18-23

Leaders: Mary Jo Gerst

Style: hub & spoke, various loops/hotel

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.

September Bike Tours

Kettle Valley Rail Trails explorer

Dates: September 2-5

Leaders: Clarence Elstad

Style: hub & spoke, rail trails and more, gravel

Just south of Kelowna, BC is **Myra Canyon**, a lovingly restored section of the Kettle Valley Railway Trail. It weighs in at 12 miles (24 km) round trip, but there are no steep climbs or hairball single tracks – just some fun, casual riding. What makes the Myra Canyon section special are the 18 trestles and two tunnels you'll pass over and through. The trail is compact gravel so a mountain or cross bike is recommended.

We will be doing hotels/motels/Airbnb/VRBO/camping - whatever works for you. You will be responsible for making your own lodging arrangements.

Fri- Drive to Kelowna, BC, about 310 mile drive

Sat- Ride the Myra Canyon Trail, about 12 miles

Sun - Ride the trails around Kelowna

Mon - Return to the Seattle area

Contact Clarence Elstad at: 425-514-3446 or celstad@gmail.com for additional information.

Birch Bay Weekend

Dates: September 10,11

Leaders: Jack McClincy, Janell Reich

Style: hub & spoke, camping/motel

Portland-Pasco

Dates: late September

Leaders: Rick Proctor

Style: self-contained camping, motels. Uses Amtrak connections to & from Everett

Everett - Portland - Pasco - Everett Tour

Experience the Columbia Gorge on your bicycle.

8 days in September 2016, specific dates and details negotiable.

Reservations have not been made yet.

This is a multi-mode tour using your bike and trains. Carry your gear on your bike for a mix of motels and camping, using restaurants when available. A - B terrain at a steady pace on mostly paved surfaces.

Day 1: Meet at the Everett Station. Using the roll-on bike feature, take the Amtrak train to Portland, OR. Bike 17 miles to a motel in Troutdale, OR.

Day 2: Bike 45 miles on the OR side of Columbia River to camp at Viento State Park, OR.

Day 3: Bike 41 miles on the OR side of Columbia River to camp to a motel in The Dalles, OR.

Day 4: Bike 22 miles mostly on the OR side of Columbia River to camp at Maryhill State Park, WA.

Day 5: Bike 55 miles on the WA side of Columbia River to camp at Crow Butte Park, WA.

Day 6: Bike 32 miles mostly on the WA side of the Columbia River to a motel in McNary, OR.

Day 7: Bike 44 miles mostly in WA to a motel in Pasco, WA.

Day 8: Bike 3 miles or so to Pasco, WA Amtrak Station, take train back to Everett Station. Unknown at this time if bike roll-on service will be available in Pasco. If not, bike boxes will be required for bike transport on the train.

For further information, contact ride leader Rick Proctor BikeHound@comcast.net.

McClinchy Mile Bicycle Ride March 20 in Arlington



The 2016 McClinchy Mile in photos! Everyone reported having a great time, with several completing a full century!

Here are a few more upcoming events (other people's) we wanted to share!

Eastside Rail Celebration – April 16 TBD Snohomish County Parks has purchased the [right-of-way](#). We need bicyclists to be at the event to remind leaders it's not just for trains – we want a trail. [WaBikes.org](#)

Camano Climb – May 7 <http://www.arlingtonvelosport.com/>

Skagit Classic – May 7 <http://www.skagitspringclassic.org/>

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. Calling all Ride Leaders! Club Ride Leader Roundtable is this month.



Club members -- join [BIKES' Facebook group](#). We've set the page up to share photos, ride reviews, bike or travel discussions, etc. Thanks to Dan Scott for managing our page, and to the many members who contribute interesting posts.

Check the Road Condition Before You Go!



[Snohomish County Roads Central Updates](#)

[WSDOT Weekly Snohomish County Roads Weekly Update](#)

Club Rider Miles

| | | |
|-----------|---------------|-----|
| Bob | Nyberg | 762 |
| Rick | Proctor | 726 |
| Dan | Scott | 432 |
| Bill | Paul | 339 |
| Cheryl | Funkhouser | 338 |
| Cindi | Proctor | 319 |
| Robert | Pahlman | 317 |
| Pier | Fiorentini | 303 |
| Debbie | Kawamoto | 270 |
| Raquel | Haunreiter | 251 |
| Jack | Willis | 200 |
| Marcia | Stedman | 200 |
| Steve | Linari | 171 |
| Elaine | Scott | 153 |
| Bob | Biesiedzinski | 124 |
| Vivian | Biesiedzinski | 124 |
| Bette-Ann | Shroyer | 123 |
| Mark | Olson | 122 |
| Allyson | Welsh | 99 |
| Rick | Poffenroth | 96 |
| Nancy | Graham | 91 |
| Mitch | Pico | 89 |
| Bill | Weber | 85 |
| Bill | Lutterloh | 77 |
| Mason | Rutledge | 72 |
| Linda | Hunter | 71 |
| Dan | Richetto | 70 |
| Fred | Koch | 60 |
| Sean | Wilson | 60 |
| Warren | Bare | 60 |

| | | |
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| Brent | Hunter | 58 |
| Mike | Dahlstrom | 56 |
| Gery | Osowiecki | 54 |
| Kala | Koch | 54 |
| Debby | Grant | 51 |
| Jan | Johnson | 45 |
| Dorothy | Lindstrom | 41 |
| Kurt | Haunreiter | 41 |
| John | Reno | 41 |
| Jim | Brandly | 39 |
| Tim | Wise | 38 |
| Bob | Palm | 35 |
| Joanne | Kennedy | 34 |
| Larry | Kennedy | 34 |
| Kathy | Riddle | 33 |
| Kristin | Kinnamon | 33 |
| Clarence | Elstad | 27 |
| Jim | Gillan | 27 |
| John | Carlin | 25 |
| Juanita | Pias | 25 |
| Pete | Pias | 25 |
| Tom | Weber | 24 |
| Jack | Turner | 24 |
| Michele | Wolski | 22 |
| Judy | Lang | 18 |
| Marietta | Zander | 17 |
| Kristi | Knodell | 16 |
| Chris | Clougherty | 14 |
| Frosene | Saco | 13 |



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!