

Chainwheel Chatter

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

Your Snohomish County Cycling Club

NOVEMBER 2016
VOL. 446

[Next B.I.K.E.S. Club meeting on Nov. 10th @ 7:00 pm](#)

Prez Sez...

McClinchy design help needed now!

Yes, it's true – we've finally moved the date of our annual McClinchy Mile Bicycle Ride out of the rainy month of March to the perhaps less rainy and hopefully warmer date of April 30. That sounds like a long ways a way, but we need to get our promotional efforts going now. First is an ad in the Cascade Bicycle Club January newsletter (their first "Pedal Washington" magazine). The full color ad is due Nov. 15 – and we need to design it!

If you have time and some design skills, please contact me ASAP. We also need good quality photos of past McClinchy Mile events, and of scenic rides in Stanwood, Arlington, and Granite Falls. Send those my way as well: president@bikesclub.org.

Ride Leader Breakfast Nov. 5

Regular ride leaders and major volunteers have been invited to a club-hosted breakfast at 10:30 a.m. Saturday, Nov. 5 at Bob's Burgers & Brew near the Everett Mall. The gathering is a thank you for planning and leading rides throughout the year, and we're buying! Family members are welcome, on your own dime. You still have time to RSVP to Club Secretary Cindy Proctor, proctorcj28@comcast.net

Club meeting Thursday, Nov. 10

This meeting is dedicated to planning ahead for 2017. We'll discuss club meeting topics (such as scheduling a tours presentation as we had last year), ride leader training, budget, and of course, the McClinchy Mile – on April 30 - and the Oso Remembrance Ride on March 19. Come learn how you can get involved, and what you have to look forward to. Dinner before the meeting will be at El Paraiso Mexican Restaurant, 2801 Colby Ave., Everett. We start gathering around 5:30 p.m.

Club Year-End Party Dec. 3

All BIKES Club members and their families are welcome to our end of the year party and white elephant gift exchange on Saturday, Dec. 3. BIKES provides a holiday ham (**volunteer needed to procure and cook ham! Contact Kristin**) and hot coffee. Members BYOB, non-alcoholic or otherwise, and a potluck dish to share.

The party starts at 6 p.m. in the Community Room at Carriage Club Mobile Home Park— 13320 Highway 99 Everett WA. There's plenty of room inside for everyone, but parking is tight, so car-pooling is encouraged.

Don't forget to bring a wrapped gift for the White Elephant gift exchange. Please bring one gift for each member /guest in your party. Bike-themed gifts are popular, but that whats-a-ma-jig from Aunt Janet always gets a laugh, too.

Please RSVP by Nov. 30 to president@bikesclub.org or by calling 360-658-2462.

If you don't already have a favorite potluck dish, pick something based on first letter of your last name:

- A-N – Salads & Side Dishes
- O-T – Desserts
- U-Z – Appetizers

Kristin

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.

NEWS YOU CAN USE!!

Complete Streets Workshop in Everett Nov. 16

Anyone interested in exploring strategies for creating transportation systems that support safer & healthier communities is welcome to join the Snohomish Health District for a Complete Streets workshop in collaboration with the state Department of Health, Department of Transportation and the State Transportation Improvement Board

Workshop is noon - 3:30pm Wednesday, Nov. 16 at the Snohomish Health District Auditorium, 3020 Rucker Avenue, Everett. Feel free to bring a brown bag lunch.

To register contact Keri Moore at: kmoore@snohd.org or call 425.339.8632 For more information about Complete Streets, see <http://www.smartgrowthamerica.org/complete-streets>

Centennial Trail Coalition Nov. 17

The Snohomish County Centennial Trail Coalition has its next general meeting on Thursday, Nov. 17, 6:30pm – 8:30pm, at Christ King Community Church, 21108 67th Ave NE, Arlington, WA. This meeting includes the board election, as well as the usual updates on the Whitehorse, Eastside and other county trail projects. Everyone is welcome

Fix Bikes for Low Income Kids



Get on Santa's good side by getting greasy for a good cause. Volunteers of all abilities are welcome at the Sharing Wheels Work Parties to fix bikes for Christmas House.

- 6:30 to 9 p.m. Thursday Nov. 3, 10 and 17
- 11 a.m. to 3 p.m. Sunday Nov. 6 and 13

A BIKES Club grant helped buy the new bike seats, grips, and tires for the kids bikes. Why not help put those parts on?

Sharing Wheels Community Bike Shop, 2531 Broadway Ave., Everett - entrance at back of Broadway Mall building.

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.

November Rides: Weekends & Weekdays

WEEKEND RIDES

Sundays November 6th, 13th, 20th, 27th: New North McClinchy Mile Route Exploration

Meet at Bryant Centennial Trail Park (across hwy 9 from Bryant General Store) for a 9am start. Loop and/or out and back rides to the N, S, E, & W from Bryant, different each week. Moderate pace (14 – 16 mph), 30 – 40 miles, ABC terrain up to 2,300 feet of elevation gain. Coffee / lunch / rest stops expected. 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 November 6th, Snowgoose Scramble

10:00 start at the Rexville Grange (Summers Rd. just off of Best Rd.). Pedal across Fir Island – snowgoose sightings?, then on to Mt. Vernon (think Skagit Co-op), back over the Skagit River and return. 21 miles, steady pace, lousy weather may cancel; check Ride Updates. Dan Scott 425-501-6198. <http://www.bikely.com/maps/bike-path/fir-island-snow-goose-scramble>

Sunday November 20th, Mill Creek Area Steady Ride

Meet at McCollum Park and Ride (near the poolside parking lot) for a 9:30 a.m. start. 24 miles, steady (probably low steady!) through east area of Pioneer Trails/Seattle Hill Road out to Willis Tucker Park and down to Cathcart road and back up Puget Park and through central Mill Creek, stop at Tambark Park, back through the Town Center, where we will stop for a coffee/tea break at Starbucks and then continue back to McCollum Park. Terrain is rolling (B), 1200+ feet of elevation gain. Mostly quiet residential back streets. Ride leader Cindy Proctor, 425-293-3152. Rain showers will cancel, check ride updates if forecast looks iffy!

Sunday, November 27th, Silver Lake Park to Snohomish

Meet at 10 am at Thornton Sullivan Park at Silver Lake (west side of the lake) for a 31 mile route along the Interurban and down to Ebey Island along the Highway 2 Trestle Bike Path. Sunday, November 27th. Stop for a snack/lunch break at Proper Joe's Coffeehouse (great selection of teas!) and back along Lowell/Snohomish Road to connect back to the Interurban via 41st Ave. 1000 feet of elevation gain, A and B terrain, with lots of "B" on the way back. Please check ride updates if weather forecast looks like rain (or worse). Ride Leader Cindy Proctor. 425-293-3152.

We're on the web at
www.bikesclub.org

WEEKDAY RIDES**Tuesdays November 1st, 8th, 15th, 22nd, 29th: PreRide to the Noon Ride (2 pace groups)**

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 10 – 15 mile loops, A/B terrain, moderate pace group (14 – 16 mph) and social pace group (10 – 12 mph) both with regroupings. Ice, snow or steady rain cancels. Ride leaders Dan Scott 425-355-4510, Rick Proctor 425-293-3153 and Cindy Proctor 425-293-3152. Check the Ride Updates page or text/call if in doubt.

Tuesdays November 1st, 8th, 15th, 22nd, 29th: 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 12pm (noon) start. Social pace group (10 – 12 mph), 10 – 12 miles, A terrain with just a few short climbs (less than one block each). Moderate pace group (14 – 16 mph) 13 – 17 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.

Tuesdays November 1st, 8th, 15th, 22nd, 29th: Tuesday Noon Ride (New Steady Pace)

Join BIKES for a short Silver Lake and Mill Creek loop. Meet at Silver Lake Bicycle Centre for a 12pm (noon) start. Steady pace group (12 – 14 mph), 10 – 12 miles, A terrain with just a few short climbs (less than one block each). Optional lunch and/or coffee after the ride. Ride leader Dan Scott 425-355-4510. Ice, snow, or steady rain cancels. Check the Rides Updates page or call/text if in doubt.

Thursday November 3rd: 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. 33 miles, moderate pace (14 – 16 mph), A & B terrain with 1,800 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.

Friday November 4th In Search of Cake

Starts at Garfield Park (2 Blocks East of Walnut on 23rd Street Everett) at 10:30. Snohomish and return, coffee, lunch and/or cake TBD. 20 Miles, Social Pace, Mostly A Terrain. Ride leader Bill Weber (425) 327-3516. Heavy rain or freezing weather cancels, check ride updates page. Join me for a social ride to Snohomish in search of a slice of my 60th birthday cake. Happy Birthday Bill!

Thursday November 10th: North Seattle Parks Loop

Meet at Shoreline Park & Ride (Aurora Ave N & N 192nd St) south parking lot for a 10am start. Loop ride on trails and streets near Puget Sound through Golden Gardens, Chittenden Locks, Discovery Park, Gas Works Park, UW, Ravenna Park, Green Lake, and Greenwood Park. We will walk the bikes through Chittenden Locks area (1/2 mile). We will forage for coffee / lunch along the way. 36 miles, moderate pace (14 – 16 mph), A & B terrain with 1,800 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.

Thursday November 17th: Giro di Sentieri

Meet at McCollum Park west parking lot for a 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, moderate pace (14 – 16 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.

Friday November 25th: Too Much Turkey Ride

10:00 start from Rotary Park-gravel parking lot. Steady pace, 25 mile loop through the valley, Snohomish, and Everett. A terrain, heavy rain/light snow cancels. Food stop. <http://ridewithgps.com/routes/6276701>. Ride leader Dan Scott 425-501-6198

Breaking News!

Whitehorse Trail update

Snohomish County is seeking a \$1 million state grant for the next phase of trail improvements.

Currently over 12,000 people annually are already enjoying the trail, but when it is fully ready for use the projections expect almost 15 times as many visitors. Part of the future of the Whitehorse Trail builds on the expectation that Snohomish County needs to be ready for a 25% growth in population by 2035. The most consistent question from people is about the surfacing plan. The proposal plans to put down a compacted surface adequate for use by people who use wheelchairs – also very rideable by all sorts of bicycles.

- from Centennial Trail Coalition minutes

John Wayne Pioneer Trail update

In the wake of a 2015 legislative challenge to the John Wayne Pioneer Trail's public ownership, Washington Bikes and a coalition of partners now head to the legislative session ready to work for investment in [the nation's longest rail-trail](#).

[Their blog post](#) provides a recap of the process to date and the State Parks funding requests we'll lobby for in the upcoming legislative session. See also the [Friends of the John Wayne Facebook page](#)

Ride in the Rain this month

There's a statewide [Ride in the Rain Challenge](#) in November — the wettest month of the year. Participants log their bike trips to compete for prizes, bragging rights and the satisfaction that comes with braving the rain.

How the Ride in the Rain Challenge works:

- [Register for the Challenge](#) on your own or with a team
- BIKES Club member Robert Bean has organized the November Reign team - email him if you want an invitation to join: hotrabbusiness@hotmail.com
- Log your trips made by bike Nov. 1 – 30
- Record at least eight trips during November to be eligible for awesome prizes



Ride Pics from the B.I.K.E.S. Club Members!



October had many great rides! Thank you to all who posted photos of what we love to do...**RIDE OUR B.I.K.E.S.!**
 If you would like to see your pictures in the newsletter you can send them directly to editor@bikesclub.org or post them on the club Facebook Page!

Facebook!

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](#)



OF EVERETT AND SNOHOMISH COUNTY



Club Member Rider Miles



Rick	Proctor	3131	Jean	Henderson	380	Stephen	Fox	70
Bob	Nyberg	2553	Joanne	Kennedy	366	Jim	Brandley	69
Pier	Fiorentini	2284	Larry	Kennedy	366	Dick	Nicholson	69
Dan	Scott	1893	Bob	Biesiedzinski	347	Kay	Peterson	69
Robert	Pahlman	1768	Vivian	Biesiedzinski	347	Bob	Palm	67
Cindy	Proctor	1768	Mike	Dahlstrom	331	Rajie	Barclay	61
Debbie	Kawamoto	1618	Mason	Rutledge	330	Jim	Stewart	61
Fred	Koch	1456	Marietta	Zander	314	Susan	Hausmann	59
Bill	Paul	1399	Kathy	Riddle	304	Brent	Hunter	58
Marcia	Stedman	1165	Matt	Petersen	288	Kenneth	Tang	57
Gary	Broughton	1039	Bernice	Tannenbaum	268	Don	Martin	48
Cheryl	Funkhouser	1028	Jack	Turner	267	John	DeNinno	45
Jack	Willis	901	Jan	Johnson	253	Rena	Peterson	44
Steve	Linari	888	Kristin	Kinnamon	253	Tom	Weber	44
Bette-Ann	Shroyer	869	Linda	Hunter	244	Judy	Brackett	42
Elaine	Scott	789	Tim	Wise	212	Steven	Hudspeth	42
Kala	Koch	784	Shirley	Slade	211	Craig	Cameron	41
Ron	Andersen	773	Sean	Wilson	203	Philip	Gay	41
MJ	Gerst	772	Dorothy	Lindstrom	189	John	Reno	41
Rick	Poffenroth	711	Gloria	Hammond	187	Jim	Gillan	38
Bill	Lutterloh	699	Diane	Gordon	174	Evelyn	Rayburn	37
Nancy	Graham	683	Leslie	Strickland	167	Frosene	Saco	35
Mark	Olson	643	Juanita	Pias	149	Gabriel	Rinkes	30
Clarence	Elstad	601	Pete	Pias	149	Chris	Clougherty	26
Brenda	Ferguson	591	Henriette	Klauser	140	Judi	Chadwick	25
Judy	Lang	590	Bill	Weber	137	Tone	Hutton	24
Allyson	Welsh	585	Gerald	Bernstein	133	Becky	Brindle	22
Ken	Winknwider	508	Gery	Osowiecki	120	Pam	Hallanger	21
Rick	Krochalis	498	Kristi	Knodell	116	Rick	Barclay	17
Raquel	Haunreiter	489	Tom	Crisp	111	Robert	Smith	17
Mitch	Pico	482	Kurt	Haunreiter	108	Jim	Shaw	14
Libby	Krochalis	472	Bernice	Tannenbaum	97	Eva	Clougherty	12
John	Carlin	459	Adrienne	Dorf	87	Greg	Wilson	12
Bobbie	Laue	413	Alec	Kutchma	80	Linda	Wilson	12
Warren	Bare	398	Audrae	Coury	76	Michele	Wolski	12
Debby	Grant	385	Stephen	Fox	70	Moe	Moosavi	11