

Chainwheel Chatter

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

Your Snohomish County Cycling Club

FEBRUARY 2017
VOL. 449

[Next B.I.K.E.S. Club meeting on Feb. 9th @ 7:00 pm](#)

Prez Sez...

This past Monday Rick Proctor and I rode the new North McClinchy route: 44 miles from Arlington to Stanwood and Skagit County. Rick has been scouting the route since last fall, considering all sorts of route options and attractions (like a bicycle-lawnmower) for our annual event.

Planning a bike ride for a few hundred people is a lot more complicated than leading a weekly club ride. Planning an event around that ride is even more complicated: Where can we have food and restrooms? How will our routes work together to offer people a variety of distances and terrain? What jurisdictions will need to approve our ride? How will we promote it so we get enough riders to make all this work worthwhile?

The organizers of the Ride to Remember Oso decided they needed to hire someone to pull all the pieces of their event together. Luckily, BIKES has many experienced and dedicated volunteers willing to support our event each year.

We need you at our February meeting. We'll be talking about the many tasks yet to be done, and divvying up responsibilities. You'll get a preview of the new McClinchy jersey. And maybe you can reign me in a little as we consider naming the routes?

34 miles to Stanwood – I think of this flat route as “Cow Valley” since it passes so many dairies on the beautiful Norman Road

44 miles to Skagit – “Horse Hills,” and there are lots of them. Take it from me, this should not be your first long ride of the year!

28 miles to Granite Falls – I'm not sure whether it's goats, chickens, or? Though short, this is the most challenging loop, and best for someone looking for a hard training ride. I expect to lead a preview ride sometime this month.

Club Meeting Feb. 9: McClinchy Mile Planning

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.

Join the Alliance for a Ride

BIKES has partnered with clubs in Skagit, Whatcom and Island counties to form the North Puget Sound Bike Alliance. Dates for 2017 event rides hosted by alliance clubs are:

- Mussels in the Kettles - March 4
- McClinchy Mile – April 30
- Skagit Spring Classic – May 13
- Ride the Moose – August 13
- Tour de Whidbey – August 19
- Chuckanut Classic – August 27

Four of the rides include a century option. Ride three centuries and earn a “Triple Crown” prize. And a lot of club miles, too!

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!!

Ride to Remember Oso March 19

This event remembers those who were lost and affected by the Oso slide. It brings together the communities of Arlington and Darrington to ride the road that connects them.

The one-way, 28-mile ride starts in downtown Arlington at Legion Park and follows State Route 530 to a celebration in Darrington. A \$30 registration fee includes:

- Return transportation for you and your bike
- Rest stop at the Oso Store
- Long sleeve event shirt
- Bike mechanics / support vehicles on site
- Finish line event (*food for-purchase, beverages, family activities*)

There's also a free, 6-mile family ride on the Whitehorse Trail. [Register on active.com](http://active.com)

Volunteer for Oso Ride

BIKES Club has committed to helping this community ride with our equipment and expertise. We need volunteers to help with:

- Posting "bikes on road" signs before the ride begins (scout in advance, post early Sunday) and take them down after the event – 1-2 people
- Driving "sag" support vehicles to help riders along the route (fix kit and vehicle light provided by club, you bring cell phone, bike pump and bike carrying capacity) – 3-4 people
- Registration help – you know how to take money and be friendly – 3-4 people
- Food stop help – make people happy by helping out at the Oso Store rest stop – 3-4 people

Volunteers get a special event t-shirt and a warm fuzzy feeling. See other volunteer needs on the [event website](#). Contact event organizers at contact@ridetorememberoso.com or 360-403-3448.

Seattle Bike Swap Feb. 12

Think of it as a giant garage sale for bikes and bike stuff. Search for deals on used bikes and gear, or find new clothes and accessories. Go early for the best selection, or late for the best deals. Entry is \$5 until 1p.m. and free for the last hour. Cascade organizes this [bargain-hunter's paradise](#) at Magnuson Park. Organize a club carpool by posting to the Members Forum of the Community page

Seattle Bike Show March 4-5

The [Seattle Bike Show](#) features the best of biking, with more than 125 exhibitors and a stand out line-up of speakers & presenters. This is your once-a-year chance to see the entire biking community under one roof – and it all happens at CenturyLink Field Event Center, March 4-5, 2017. BIKES has a booth at the show to promote Snohomish County bike events, so if you want to get in for cheap, volunteer at our booth.

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.

February Rides: Weekends & Weekdays

WEEKEND RIDES

Saturday, February 11th

[Ride from La Conner to Anacortes](#)

Join Kurt and me on this scenic route with low traffic. Start from Silver Bell Winery in La Conner waterfront at 10 am. Steady Pace (12-14), 32 miles, 671 ft elevation gain, A/B terrain. Food stop at Gere-A-Deli in Anacortes. Route: <https://ridewithgps.com/routes/17816144> Ride leader, Rachel Haunreiter, 425 760-0805. Heavy rain, stormy weather cancels.

Sunday, February 12th

[Ride to Flying Apron Gluten-Free Bakery](#)

Social Pace Ride 22-24 miles, start 10:30AM, Blyth Pk. (Bothell) to Flying Apron (Redmond Sq.) via Sammamish Rv. Trail. Ride Leader: Bette-Ann Shroyer (206 300-7825). Bicyclingfun4me@gmail.com. Poor Weather or forecast cancels, check "ride updates" page.

Saturday, February 18th


[Haller Park – Lake McMurray Loop](#)

Meet at Arlington Haller Park a few minutes early for a 10am start. Loop ride to Lake McMurray and Bryant on country roads of north Snohomish / south Skagit counties and the north Centennial Trail. Moderate pace (14 - 16 mph), 35 miles, A & B terrain 1,200 feet of elevation gain. Coffee/lunch stop expected. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels. Check for Ride Updates or call/text if in doubt.

Paving Repairs on Centennial Trail

Paving repairs are scheduled for the Centennial Trail between January 25th 2017 and February 15th 2017. The repairs will take place on the trail segment between the City of Snohomish and the City of Lake Stevens. Sections of the trail in this trail segment will be closed on January 25th, February 6th, 7th and 8th. Please proceed with caution and watch for "TRAIL CLOSED" signs.

For questions on the repairs, please contact Dave McConell at (425) 388-6600, ext. 6627 or by email at david.mcconnell@snoco.org.



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

WEEKDAY RIDES

Tuesdays February 7th, 14th, 21st, 28th

[Tuesday Moderate Ride](#)

Meet at Silver Lake Bicycle Centre for an 11am start. Moderate pace group (14 – 16 mph) 20 or so miles, A/B terrain. Loop ride routes vary. Mid-ride break with optional lunch and/or coffee after the ride. 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 Social Paced Ride](#)

Meet at Bicycle Centre Silver Lake, at 10:30. Mileage will vary between 20-24 miles, A and B terrain in the Mill Creek area. We will meet for lunch/coffee after the ride at approximately 1:00 pm, varying locations. Expected pace to be between 10-12 mph, and you should have a bike in good working order. Even though "social paced" this is not a "beginner" ride, as we do quite a bit of elevation gain on this route - usually over 1000 feet. Rain or icy weather will cancel, be sure to check ride updates. Rider leader Cindy Proctor. 425-293-3152.

Thursday February 2nd, 23rd

[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.

Thursday February 9th

[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.

[Ride to Flying Apron Gluten-Free Bakery](#)

Social Pace Ride 22-24 miles, start 10:30AM, Blyth Pk. (Bothell) to Flying Apron (Redmond Sq.) via Sammamish Rv. Trail. Ride Leader: Bette-Ann Shroyer (206 300-7825). Bicyclingfun4me@gmail.com. Poor Weather or forecast cancels, check "ride updates" page.

Thursday February 16th

[Ride from Bothell to Whole Foods](#)

Social Pace Ride 23 miles, start 10:30AM, Blyth Pk. (Bothell) to Whole Foods & vicinity via Sammamish Rv. Trail. Ride Leader: Bette-Ann Shroyer (206 300-7825), Bicyclingfun4me@gmail.com. Poor Weather or forecast cancels, check "ride updates" page.

[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 February 23rd

[Lowell-Machias Bakery Ride](#)

Social Pace Ride 24 miles, start 10:30AM, Rotary Pk. (Lowell) to Machias Trail Head via Snohomish Rv. Rd. & Centennial Trail. Return stop at Snohomish Bakery. Ride Leader: Bette-Ann Shroyer (206 300-7825). Bicyclingfun4me@gmail.com. Poor Weather or forecast cancels, check "ride updates" page.

Weekends & Tours—2017

BIKES Cub tours and weekends are put together with the idea that riding and sight-seeing are more enjoyable for a group. We would hope that if you want to diverge from the intended routes that you would communicate with the ride leader and be able to find your own way.

Have your bike in good repair, and be ready to ride some hills and the distances involved. Everyone should have the equipment and know how to deal with a flat tire.

HS=hub & spoke (stay all nights in one motel/campground)

Credit Card = stay in hotel/motel, carry own luggage

Self-contained = haul own luggage for camping

April 4/30 McClinchy Mile-BIKES Club

May

5/13 Skagit Spring Classic-Skagit Bicycle Club

5/20-5/21 Yakima Wine Ride (HS) with Jack McClincy & Janelle Reich

Most people will camp at Yakima Sportsman State Park. If you are not a camper there are motels in the area. Some motels are located on the bike trail near the campground. People need to make their own reservations. I suggest doing so as early as they will take them as this campground tends to fill up.

Saturday May 20. This is the day for the wine tasting. We usually rendezvous at the campground about 8:30am and then drive down the valley 10 miles or so to the ride start point. The ride is usually 35-40 miles with stops at 5-7 wineries and lunch in the middle. I try to find a suitable café for lunch stop. Route cue sheets will be provided with names and addresses of the wineries. As we make many stops no one gets left behind. We usually try to have a sag driver so that if someone is not interested in riding the entire route people can put bikes in the vehicle and take it easy. This also lets us carry purchases. On Saturday evening we host a potluck dinner in camp. We usually will provide a spaghetti dinner and ask that others bring things to go with it. Please check with Jack and Janell before the ride so that we can plan for the number of people planning to attend and coordinate the dishes. Our home phone is 360-435-5978 and Janell's cell phone is 360-631-8364.

Sunday May 21 We will either drive to the west side of Yakima and ride to Naches. This can be a 24 or 32 mile ride depending on the wishes of the group. The other option is to ride the bike trail over to Fred Meyers on the west side of Yakima and either bring or buy lunch there. I usually take a group vote to see what people feel like doing. If we go to Naches there is no lunch stop so be prepared to bring

5/20-5/27 Everett-Portland-Pasco Tour (self-contained) with Rick Proctor. Camping and motels.

For further information contact ride leader Rick Proctor, BikeHound@comcast.net by Friday March 10th, 2017.

Experience the Columbia Gorge on your bicycle.

8 days, tentatively Saturday May 20th – Saturday May 27th, 2017.

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.

5/31 - 6/2 Whatcom County Roads (HS) with Dan & Elaine Scott.. See June.

Weekends & Tours—2017 (cont.)

June**5/31 - 6/2 Whatcom County Roads (HS) with Dan & Elaine Scott**

scott.dan.l@frontier.com

Three days of rides. Quiet roads, includes Peace Arch, Lynden bakery, Sumas, and Lummi Island.

This is a series of day tours, and will be ridden at a touring pace. The idea is to tour together and share the enjoyment of the sights. There will be some stops for scenery or other points of interest. Food/meals will be purchased at various towns. There will be regroup stops as necessary. You need to bring spare tubes/patch kit/pump.

We will have a potluck dinner on the first night at Birch Bay SP. Elaine and Dan will provide spaghetti and brownies. Since we will be using Birch Bay SP for the Wednesday pot luck, you will need a state park day pass (\$10 or \$30 season).

Some of the rides will require remote starts, i.e. you drive to the start. These are routes are works-in-progress, subject to change when I get a chance to ride them.

Lynden-Sumas-Everson

<https://ridewithgps.com/routes/18454849>

Birch Bay - Peace Arch Park

<https://ridewithgps.com/routes/18454455>

or

<https://ridewithgps.com/routes/18454372>

Ferndale - Lummi Island

<https://ridewithgps.com/routes/18434904>

We will be staying in their RV at the casino mentioned below.

Possible lodging:

Casino/hotel belonging to Lummi Nation (also allows free RV camping)

<https://www.silverreefcasino.com>

Birch Bay State Park (for tent or RV camping)

<http://parks.state.wa.us/170/Birch-Bay>

6/8-6/11 Idaho Trails (HS) with Clarence Elstad. Ride the Centennial Trail in the Spokane area, the Trail of the Couer d'Alenes, and the Hiawatha Trail.**6/22-6/26 Eugene (HS) with MaryJo Gerst.**

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

Thu – Meet in Eugene.

Fri – Bike the Covered Bridges Scenic Bikeway in Cottage Grove 36 miles

Sat - Bike around Eugene 45 miles

Sun - McKenzie Loop 30 miles

Mon – Bike around Eugene 35 miles

Rides are steady pace with stops to enjoy the area scenery

Lodging: There are many Airbnb options in Eugene but book soon.

Ride Leader: Mary Jo Email ride leader for cue sheets

maryjo1532@hotmail.com

Weekends & Tours—2017 (cont.)**June (cont.)****Olympic Discovery Trail**

Dates: June 23-25 (main ride on the 24th)

Leaders: Bob & Viv Biesiedzinski

Style: hub & spoke, camp/motel

The ride starts at the Sequim Bay State Park, (Bob & Viv's campsite TBD) 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

7/1 - 7/4 NWTR (tandem rally)

715-7/16 STP

7/11-7/14 San Juan Islands (HS) with Clarence Elstad.

7/23 - 7/29 Trail of the Couer d'Alenes (CC) with Rick & Cindy Proctor

For further information contact ride leader Rick Proctor, BikeHound@comcast.net by Friday March 17th, 2017.

7 days, tentatively Sunday July 23rd – Saturday July 29th, 2017.

6 hotel nights, no camping.

175+ bike miles.

Carry your gear on your bike for nights in hotels, using restaurants when available. Picnic lunches likely. A terrain at a steady pace on mostly paved surfaces:

Day 1 Drive 375 miles to Wallace, ID for 1st night.

Day 2 Bike 49 paved miles Wallace to Harrison for 2nd & 3rd nights.

Day 3 Bike 32 paved miles Harrison to Plummer round trip.

Day 4 Bike 49 paved miles to Wallace for 4th, 5th, & 6th nights.

Day 5 Bike 15 paved miles Wallace to Mullan round trip.

Day 6 rent MTBs or ride your own, bike the Route of the Hiawatha 30 gravel miles round trip.

Day 7 Drive 375 miles to home.

August

8/8-8/12 Olympic Discovery Trail (HS) with Clarence Elstad

Weekends & Tours—2017 (cont.)

September**9/7-9/11 Central Oregon Tour (HS) with MaryJo Gerst**

Style: hub & spoke, various loops/hotel

Thu – Meet in Sisters, Oregon

Fri - Bike from Redmond to Smith Rock. 30 miles

Sat – Bend Twin Bridges ride. 40 miles. Dinner in Bend after the ride.

Sun – Sisters Country Ramble. 35 miles

Mon – Bike Madras Scenic Bikeway. 30 miles. Stop in Madras on the way home.

Tues – Optional stay Monday night in Vancouver and ride in Vancouver.

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

Ride Leader: Mary Jo Email ride leader for cue sheets

maryjo1532@hotmail.com

9/17 Cycle the WAVE**TBD Portlandia (HS) with Cindy Proctor & Allyson Welsh****TBD Birch Bay Weekend (HS) Bob & Viv Biesiedzinski****9/24-9/28 San Juans Island Hopping (CC) with Rick & Cindy Proctor**

Ride and stay on several islands.

For further information contact ride leader Rick Proctor, BikeHound@comcast.net by Friday May 12th, 2017.

5 days, tentatively Sunday September 24th – Thursday September 28th.

4 hotel nights, no camping.

Bike mileage TBD.

This is a multi-mode tour using your bike and ferries. Carry your gear on your bike for nights in hotels, using restaurants when available. Picnic lunches likely. A – B terrain at a steady pace on mostly paved surfaces:

Day 1 drive 65 miles to Anacortes, bike onto ferry to Lopez Island, bike around Lopez Island, ferry to Orcas Island & hotel for 1st & 2nd nights.

Day 2 bike Orcas Island.

Day 3 bike & ferry to Friday Harbor & hotel for 3rd & 4th nights.

Day 4 bike San Juan Island.

Day 5 bike & ferry to Anacortes, drive home.

October**TBD Portlandia (HS) with Cindy Proctor & Allyson Welsh**

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



January 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](#)





Club Member Rider Miles



Dan	Scott	208
Rick	Proctor	185
Bob	Nyberg	175
Cheryl	Funkhouser	145
Cindy	Proctor	123
Ron	Andersen	86
Jack	Willis	78
Kristin	Kinnamon	77
Bette-Ann	Shroyer	59
Debbie	Kawamoto	52
John	DeNinno	45
Robert	Pahlman	44
Bill	Paul	44
Rick	Dermody	38
Bill	Lutterloh	31
Bill	Weber	29
Steve	Linari	26
Kenneth	Tang	25
Robert	Wicklin	25
Rick	Poffenroth	22
Allyson	Welsh	18
Nancy	Graham	16
Judy	Lang	15
Jim	Shaver	15
Kurt	Haunreiter	11
Raquel	Haunreiter	11
Mike	Dahlstrom	10
Tom	Weber	8