

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

**APRIL 2017**  
**VOL. 451**

[Next B.I.K.E.S. Club meeting on April 13th @ 7:00 pm](#)

## Prez Sez

### RIDE GUIDE

### Support the McClinchy Mile

It's quite an achievement to say that this is the 35<sup>th</sup> annual McClinchy Mile hosted by BIKES Club of Snohomish County. As organizers of last month's new Ride to Remember Oso surely discovered, putting on a bike event is no simple task. It takes a lot of planning in advance, and a lot of work and logistics to make everything run smoothly on the big day. You learn a lot each time you do it.

And sometimes, just to keep learning and changing, you try something new. That's what we have done for McClinchy in 2017. We changed the date, added a new loop, included post-ride food and beer for the first time, and are partnering with on two new locations – a new start at Haller Park on the Centennial Trail, and a great new rest stop at Bonhoeffer Gardens just east of I-5.

There are two important ways club members can support McClinchy: ride it with a friend\*, or volunteer. McClinchy is our one and only fundraising event of the year –raising funds for the club, and for the community grants we give in support of bicycling.

So do what you can to help us succeed. Spread the word on Facebook or other social media. Tell all your riding buddies. And volunteer in advance if you want to help on the day of the ride. Hope to see you on April 30<sup>th</sup>.

#### SIDEBOX / QUOTE

I rode my first McClinchy Mile in 1999 out of Monroe. The 42-mile loop to Carnation was the furthest I'd ever ridden at the time, as my butt would later attest. But the camaraderie of riding with both friends and strangers, and the sense of support and encouragement from event volunteers, was contagious. I enjoyed riding places I'd never been, and experiencing familiar places in a new way. That is what makes event rides special.

- Kristin Kinnamon

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



presents the 35th Annual

# McClinchy Mile Bike Ride

## Barns, Burgers & Brews

[bikesclub.org/mcclinchy](http://bikesclub.org/mcclinchy)

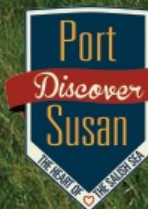
Sunday, April 30, 2017  
Arlington, Washington



28, 34 or 42 mile loops  
62 and 104 century options

Ride our beautiful back roads and river valleys,  
then enjoy a burger and a beer on us!

Free family ride on the Centennial Trail



## McClinchy Mile Needs You!

### Volunteer for McClinchy Mile

McClinchy' s success relies on club volunteers. On the day of the ride, we have about 30 roles to fill to make our event safe and fun for participants. Members who volunteer a half-day shift on the day of McClinchy - or who do significant advance work such as route planning, permits, food shopping –can ride free (before or after your shift. Make sure to sign in on club sheet), get a commemorative pint glass, and get dinner and beer with fellow volunteers after the event.

**Volunteers who sign up by April 16 are easiest to place**, so contact Kristin soon at [president@bikesclub.org](mailto:president@bikesclub.org) or 360-658-2462. People who have already volunteered are listed below – contact Kristin with any changes.

### Pre-Event Volunteers

A few remaining opportunities:

**Promote event** – contact Cindy to help distribute posters, trail signs, etc. [secretary@bikesclub.org](mailto:secretary@bikesclub.org)

**Help paint the routes** – see [April ride listings](#)

**Locker Pickup** – get equipment from club locker, fill fresh water bottles, deliver all to Haller Park at 6:30 a.m. Large vehicle needed.

### Start-Line Volunteers

**Registration:** *3 more needed from 6:30 to 10 a.m. at Haller Park.* Have: **Kristi K., Debby G., Kay P., Mike D., Mitch P. Clarence E., Kathy R.**

**Rider Assistance/ Route Info:** *2 more needed from 6:30 a.m. to 10 a.m. at Haller Park.* Have: **Rick P.**

**Parking:** *3 needed from 6:30 to 10 a.m. at and around Haller Park.* Use orange vests and phones or walkie-talkies to direct arrivals. Distribute parking maps as needed.

### SAG Support

Includes “bikes on road” sign placement (AM) and pickup (PM) and driving your car with bike and people carrying capacity, floor pump, and cell phone on selected route segment (or parking at stationary location where riders pass by). Get paint (to fix route issues if needed) and sag bin from Haller (AM) or prior sag (PM).

*Need one volunteer for AM and one for PM on each route segment (or full day volunteer).*

**Granite Loop:** *AM 7:30 to noon; PM noon to 4 p.m.*

**Arlington to Stanwood:** *AM 7:30 to 11:30; PM 11:30 to 3:30*

**Stanwood to Arlington:** *AM 8:30 to noon; PM noon to 4 p.m.*

**Arlington to Gardens:** **Bob B. AM & PM**

**Gardens to Nakashima:** *AM 9 a.m. to noon; PM noon to 4 p.m.*

**Centennial Trail:** Final sweep by bike to pickup signs. One person *starting around 3 p.m.*

### Food Stops

Prep and serve food, welcome riders, keep restroom tidy, recycle. Hours listed are estimated stop open/close times (volunteers work earlier/later). Shift times have flexibility. Coordinate your hours with Rest Stop Lead (bold).

**Stanwood Middle School – Bill Lutterloh:** *8:30 a.m. to 3:30 p.m.* **Judy L.**

**Granite Falls – Brenda Ferguson:** *8:30 a.m. to 3:30 p.m.* **Linda H.**

**Haller Park – Allyson Welsh:** *open 10 a.m. to 4:30 p.m.*

**Bonhoeffer Gardens: - Tim Wise:** *9 a.m. to 3 p.m.* **Terry M., Steve M., Kay P. & Viv. B.**

**Rocket Alley:** *Afternoon volunteers needed 2 to 4:30 p.m.* **Shelly B., Lizette.**

### Family Ride

Help **Bill Weber** wrangle the kids and parents from Haller to Bryant on the Centennial Trail.

*2 volunteers needed 10:30 a.m. to 1 p.m.*

## NEWS YOU CAN USE!!

### Pedal Pushers – Weekly Rides Start in April

April 19 is the start date for this year's Pedal Pushers Wednesday weekly rides. BIKES partners with the Lynnwood Senior Center to offer 15 – 25 mile routes that take us on trails, on-street bike lanes and low-traffic roads to bakeries, parks and community centers. Early season trail rides offer shorter distances. There's a season kickoff meeting at 3pm on Tuesday, April 18 at the Lynnwood Senior Center. It's a good place to start if you haven't been on your bike in a while or to find out more about the Pedal Pushers group. All Pedal Pushers rides are led by BIKES ride leaders and alternate weekly between trail and on-road. Most rides start at 10am but check the individual ride description on the BIKES ride calendar for differences.

### 2017 Washington Bikes Bike Everywhere Challenge

The days are getting longer, flowers are blooming, and Washingtonians are getting back on their bikes. **May is Bike Everywhere Month** and communities across the state are coming together to support, encourage, and celebrate all things bicycling.

**Registrations are now open for the Washington Bikes BIKE EVERYWHERE CHALLENGE, which runs May 1-31.** Sign up, form a team or ride solo, and compete for bragging rights and prizes. Go to Washington Bikes [Love to Ride](#) to sign up for the challenge!

### Sharing Wheels News

#### **Weekend Hours**

Sharing Wheels is now [open both Saturdays and Sundays](#), as well as during the week. Stop by to:

- Check out the huge selection of refurbished bikes
- Donate a quality used bike
- Work on your own bike with SW tools
- Volunteer to help around shop
- Get a used part

The shop is located at 2531 Broadway, Everett, entrance at the back.

### Mechanics Classes

Basic Mechanics Class April 26, 6:00pm to 9:30pm

The basic class is perfect for those wanting to learn how to keep their bicycle on the road, all in one night. Bring your own bike or use one of ours. All tools provided. Class size is limited to 6 students maximum. You must pre-register and pre-pay to guarantee your space. Cost: \$35. Register: Call or email: 425-252-6952, [sharingwheels@gmail.com](mailto:sharingwheels@gmail.com)

### Advanced Mechanics Class, May TBD

This is a 12-hour course, generally done in 4 evening sessions, but could be scheduled on weekends. Learn the terms for parts of the bike and how to evaluate their condition. Learn about the bearing systems and how to overhaul them. Demystify the cable systems and get your bike running smoothly. Cost: \$100. If you are interested, call or email and we'll notify you when the class is scheduled: 425-252-6952, [sharingwheels@gmail.com](mailto:sharingwheels@gmail.com)

### Kids Bike Swap

It takes lots of love – and volunteers – to keep kids bikes rolling in our community. Get greasy practicing your mechanic skills or simply cleaning and primping kids bikes for our 15th Annual Kids Bike Swap in June. No experience is needed – just bring some family or friends along to make it even more fun doing good for kids and the community.

We have several work parties scheduled for everyone to drop in:

- 6 to 9 p.m. Thursday, April 20, May 18, June 15
- 10 a.m. to 1 p.m. Sunday, April 16, May 21, June 11

Sharing Wheels also welcomes donations of kids bikes in good condition. Donations and volunteers are welcome any time the shop is open.

# NEWS YOU CAN USE!! (cont.)

## McClinchy discounts for club members

Members of BIKES Club save \$10 on registration costs for McClinchy Mile. Use the discount code BIKESMBR2017MC when you sign up online or on paper, and make sure to sign in that day on the member form vs. general event liability release (Members are covered by our usual club insurance. Event insurance costs extra).

You can also save on the purchase of our McClinchy jersey by [ordering through the club store](#). Depending on size availability, jerseys may be available for pickup on the day of the ride, or distributed this summer at club rides and events (this saves you shipping costs).

## Club Meeting April 13

Join us at 7 p.m. Thursday, April 13 for our monthly club meeting at the Everett PUD, 2320 California St. We'll start with introductions and an overview of the recent [State Bike Summit](#) in Olympia (and which local legislators love bikes best). Then it's on to the hot topic: [volunteer needs](#) and logistics for McClinchy Mile. *Dinner before the meeting starting around 5:30 p.m. at Brooklyn Brothers Pizza on Hewitt.*



**B.I.K.E.S.-Membership** P.O. Box 5242, Everett WA 98206

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email \_\_\_\_\_

<b>Membership</b>	<b>\$20 Annual (INDIVIDUAL)</b>	<b>New Member</b>	<input type="checkbox"/>
<b>DUES</b>	<b>\$25 Annually (FAMILY)</b>	<b>Renewal</b>	<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.

# March Rides: Weekends & Weekdays

## WEEKEND RIDES

Saturday April 1<sup>st</sup>

### [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.

Sunday April 16<sup>th</sup>

### [McClinchy Paint Rides](#)

Meet at 9:30 a.m. at Haller Park, Arlington. One group will mark the flat 33 miles to Stanwood, one group will mark the hilly 28 miles to Granite Falls. Plan on stopping at every turn and maybe carrying some paint – so bikes with kickstands and racks are helpful. Bring snacks for the ride, and plan to have lunch together at Rocket Alley back in Arlington – our post-McClinchy watering hole. Steady 14 mph pace when not standing still to paint or riding up a hill. Pavement must be dry, so ride will be delayed to a weekday if rainy. Ride Leader Kristin Kinnamon, 425-923-7868.

Sunday April 23<sup>rd</sup>:

[Route Mark Ride Haller Park – Stanwood – Lake McMurray Loop](#) (alternate day to April 21<sup>st</sup> ride)  
Ride your bike and help mark the 44 mile loop for the McClinchy Mile. Meet at Arlington Haller Park a few minutes early for a 10am start. Loop ride to Stanwood and Lake McMurray on country roads of north Snohomish / south Skagit counties. Steady pace (12 - 14 mph), 44 miles, A / B terrain 1,700 feet of elevation gain. Lots of stops for route marking, coffee, and lunch expected. Ride leader Rick Proctor 425-293-3153. Dry pavement needed for markings to stick. Ice, snow, or rain cancels. Check for Ride Updates or call/text if in doubt.

Sunday April 23<sup>rd</sup>:

### [Edison-Samish-Bow-Allen Loop](#)

Join us for a 10:30 am start at Edison Elementary School for a 31-mile loop. We will ride at a social/ steady pace through A & B terrain. Pack along a snack to enjoy along the way with a stop for refreshments in Edison after the ride. This will be a good warm up ride for those planning to do the McClinchy Mile this year! Bob & Viv Biesiedzinski are the ride leaders. Steady rain will cancel. Check the ride updates page for any changes in the ride plan. RSVP at 206-595-3822 (call or text) or at [bobbez@gmail.com](mailto:bobbez@gmail.com). We hope to see you there!

Saturday April 29<sup>th</sup>:

[Route Mark Ride Haller Park – Stanwood – Lake McMurray Loop](#) (alternate day to April 21<sup>st</sup> or 23<sup>rd</sup> ride)

Ride your bike and help mark the 44 mile loop for the McClinchy Mile. Meet at Arlington Haller Park a few minutes early for a 10am start. Loop ride to Stanwood and Lake McMurray on country roads of north Snohomish / south Skagit counties. Steady pace (12 - 14 mph), 44 miles, A / B terrain 1,700 feet of elevation gain. Lots of stops for route marking, coffee, and lunch expected. Ride leader Rick Proctor 425-293-3153. Dry pavement needed for markings to stick. Ice, snow, or rain cancels. Check for Ride Updates or call/text if in doubt.

## WEEKDAY RIDES

**Tuesdays April 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>: Tuesday Moderate Ride** – 10 am start Meet a few minutes early at Silver Lake Bicycle Centre for an 10 am 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 Ride (Social Pace) - 10 am start** Meet at Bicycle Centre Silver Lake, at 10:00. 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 April 6<sup>th</sup>: North Seattle Parks Loop** Meet at Shoreline Park & Ride (Aurora Ave N & N 192<sup>nd</sup> St) south parking lot a few minutes early 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 April 13<sup>th</sup>: Giro di Sentieri** (steady pace) Meet a few minutes early 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, steady pace (12 – 14 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.

**Tuesday April 18<sup>th</sup> Pedal Pusher 2017 Season Kickoff** BIKES partners with the Lynnwood Senior Season to organize weekly group bicycle rides starting in late April. 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. Meet at the Lynnwood Senior Center at 3pm.

**Wednesday April 19<sup>th</sup> Centennial Trail** Meet at 9:45am at Maple and Pine in Snohomish for a 10am start. Choose your distance - ride to Lake Cassidy and back or shorten your distance and turn around at Machias or sooner. Bring a snack or lunch and water. Ride leaders Nancy Graham (425) 493-1952) and Linda Hunter ((425) 771-2824). Choose 5 to 20 miles, Social pace, A terrain.

**Thursday April 20<sup>th</sup> McCollum – Mukilteo – Everett Loop** (steady pace) Meet a few minutes early 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, steady pace (12 – 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 April 21<sup>st</sup>: Route Mark Ride Haller Park – Stanwood – Lake McMurray Loop** Ride your bike and help mark the 44 mile loop for the McClinchy Mile. Meet at Arlington Haller Park a few minutes early for a 10am start. Loop ride to Stanwood and Lake McMurray on country roads of north Snohomish / south Skagit counties. Steady pace (12 - 14 mph), 44 miles, A / B terrain 1,700 feet of elevation gain. Lots of stops for route marking, coffee, and lunch expected. Ride leader Rick Proctor 425-293-3153. Dry pavement needed for markings to stick. Ice, snow, or rain cancels. Check for Ride Updates or call/text if in doubt.

**Wednesday April 26<sup>th</sup> McCollum Park to Legion Park Arboretum** Meet at 9:45am at McCollum Park for a 10am start. We'll ride out and back to Legion Park Arboretum where we'll take a snack and restroom break. RT 23 miles, Social pace, mostly A terrain. This route has 800+ feet of elevation gain (a few short grades to climb on the return trip) and is a mix of road and trail riding. Optional lunch stop at Piroshki's on the return. Ride leader Cindy Proctor, (425) 338-3639.

**Thursday April 27<sup>th</sup>: Giro di Sentieri** (moderate pace) Meet a few minutes early 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.

## 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](mailto: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 &amp; Tours—2017 (cont.)

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

[scott.dan.l@frontier.com](mailto: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.**

Style: Motel,hotel car shuttles, paved trails

Thu - 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) 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. (Trails we will be riding are all paved, other than the Hiawatha)

Fri - We will do part (25 miles) of the 'Trail of the Coeur d'Alene' that runs for 72 miles from the town of Plumber to Mullen. (<http://www.traillink.com/trail/trail-of-the-coeur-dalenes.aspx>). I can almost guarantee that you will see moose on this ride between Harrison and Cataldo. We will ride from Mullan, ID to Pinehurst, ID. (25 miles)

Sat - We will ride the rest of the 'Trail of the Coeur d'Alene'. We will ride from Pinehurst, ID to Plummer, ID. (50 miles) Bikers can chose to do all or part of the 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.

Sun We will ride the Hiawatha Trail which included tunnels and bridges and you should either have a cross bike or mountain bike since it is on somewhat lose/packed gravel. You will also need a couple of very bright lights for the tunnels. You can rent a bike at the Trailhead location as an option.

Contact Clarence Elstad at: 425-268-8550 or [celstad@gmail.com](mailto:celstad@gmail.com) if you have any questions or want to sign up to do the ride.

## Weekends &amp; Tours—2017 (cont.)

June (cont.)**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](mailto:maryjo1532@hotmail.com)

**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](mailto:bobbez@gmail.com). There are still campsites available in the Sequim Bay State Park. Go to [washing-ton.goingtocamp.com/SequimBayStatePark](http://washing-ton.goingtocamp.com/SequimBayStatePark) to make reservations.

July**7/1 - 7/4 NWTR (tandem rally)****7/15-7/16 STP****7/23 - 7/29 Trail of the Coeur d'Alene's (CC) with Rick & Cindy Proctor**

For further information contact ride leader Rick Proctor, [BikeHound@comcast.net](mailto: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.

**Weekends & Tours—2017 (cont.)****July** (cont.)**7/25-7/28 San Juan Islands (HS) with Clarence Elstad.**

Style: Motel, hotel, hostel, B&B, Airbnb

Jul 25 Meet at ferry dock at Anacortes and walk on with our bikes/luggage (pack light) and stay on San Juan Island for the 3 nights. We will have a chance to do some riding after checking into our lodging. Suggest riding to American camp and return. (I have made lodging reservations and they are not cheap-so make yours as soon as you can)

Jul 26 After breakfast we will ride to British camp and Whale Watch Park before touring, through the countryside, back to Friday Harbor.

Jul 27 Take the ferry to Lopez Island and bike for the day and return to San Juan Island for the evening.

July 28 Take ferry to Orcas Island and bike some of the quieter roads before returning to the ferry for the trip to Anacortes. (Store our luggage at Orcas while riding)

Contact Clarence Elstad at: 425-268-8550 or [celstad@gmail.com](mailto:celstad@gmail.com) if you have any questions or want to sign up to do the ride.

**August**

**There are no scheduled weekend or tours this month! You can still add yours!!**

**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](mailto:maryjo1532@hotmail.com)

**9/8—9/10 Birch Bay Weekend (HS) Whatcom Farm Tour**

Leaders: Bob & Viv Biesiedzinski

Style: hub & spoke, camp/motel

The ride starts at the Birch Bay State Park, Saturday, September 9th (Bob & Viv's campsite #31) at 9:30 am and travels east towards the town of Lyndon. We will be stopping at several cheese shops along the way. The route is primarily "A" terrain. We ride at a steady pace with stops to regroup, and refresh, along the way. Plan for a 50 mile round trip. We will stop for lunch along the route. 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](mailto:bobbez@gmail.com). There are still campsites available in the Birch Bay State Park. Go to

[washington.goingtocamp.com/SequimBayStatePark](http://washington.goingtocamp.com/SequimBayStatePark) to make reservations.

**9/17 Cycle the WAVE****TBD Portlandia (HS) with Cindy Proctor & Allyson Welsh**

## Weekends &amp; Tours—2017 (cont.)

**September** (cont.)**9/24-9/28 San Juan's Island Hopping (CC) with Rick & Cindy Proctor**

Ride and stay on several islands.

For further information contact ride leader Rick Proctor, [BikeHound@comcast.net](mailto: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**

*What is that bright orb in the sky? I think it called the sun, but I haven't seen it in such a long time I'm not sure!*

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



March 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](mailto: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](#)



## McClinchy Mile Jersey is Now Available!

### Club Member Rider Miles

Rick	Proctor	497
Pier	Fiorentini	354
Cindy	Proctor	301
Bill	Paul	300
Cheryl	Funkhouser	295
Bob	Nyberg	261
Dan	Scott	255
Bette-Ann	Shroyer	236
Jack	Willis	211
Ron	Andersen	173
Nancy	Graham	147
Robert	Pahlman	133
Debbie	Kawamoto	116
Mark	Olson	115
Marcia	Stedman	102
Bill	Lutterloh	100
John	DeNinno	84
Judy	Lang	84
Rick	Dermody	77
Kristin	Kinnamon	77
Raquel	Haunreiter	63
Mason	Rutledge	63
Steve	Linari	52
Fred	Koch	47
Brenda	Ferguson	45
Jan	Johnson	45
Kurt	Haunreiter	43
Rick	Poffenroth	42
Mike	Dahlstrom	38
Steve	Macauley	34
Terry	Macauley	34
Bill	Weber	29
Viv	Biesiedzinski	28
Elaine	Scott	28
Joanne	Kennedy	26
Larry	Kennedy	26
Kala	Koch	26
Kenneth	Tang	25
Robert	Wicklin	25
Tom	Crisp	20
Allyson	Welsh	20
Pam	Snook	18
Sean	Wilson	18
Bob	Biesiedzinski	16
Jim	Shaver	15
Moe	Moosavi	12
Tom	Weber	8

Order your inaugural McClinchy Mile Bike Ride jersey now! Be one of the first to have a first edition and show off the valleys and farmland of Snohomish County. The online store is open and the \$45 member price is good today and tomorrow. Price goes up to \$55 on March 1 and availability may be delayed. Jerseys are a comfortable club cut, full zip, no elastic at the bottom - same fit as the BIKES jersey.

Click on the link below to access the online store.

<http://www.peak1bikestore.com/mcclinchy-mile/>

Happy Riding,  
Debbie Grant



Volunteer to work the Bicycle Expo Booth on Sunday and get FREE Admission! John and Bill would love to have you join in the fun and promote B.I.K.E.S. Club activities and information. If you are interested contact [Mike Dahlstrom](#) for details!

#### BICYCLE EXPO BOOTH STAFFING SCHEDULE

4-Mar	9am - 1pm (10am open)	1pm - 5pm
	Mike D Clarence	Rick P Cindy P
5-Mar	10am - 1pm	1pm - 4pm close
	John Carlin	Bill Weber