

Chainwheel Chatter

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

Your Snohomish County Cycling Club

DECEMBER 2017
VOL. 459

[Next B.I.K.E.S. Club meeting on Jan. 11th @ 7:00 pm](#)

Prez Sez

Seasons Greetings!

As the year comes to an end I want to wish you all the very best and I look forward to meeting many more of you on the road as we pedal our way through the beautiful area we all call home. Please take the time to look at the "News You Can Use" section of the newsletter for important information about upcoming events and activities. Peace to all and to all a good ride!!

Kristin Kinnamon
President

Special to the Chainwheel Chatter:

Why I Ride

Rick Proctor

Push off with a foot while pushing down on a pedal with the other foot and you're rolling away on two wheels. Get both feet on the pedals and begin a circular pedaling motion at an easy pace. Enjoy the sensation of rolling down a road while gliding through a clear view of scenery with a gentle breeze on your face. Both hands rest easy on the handlebars with gear shifters and brake levers nearby. Shift to a taller gear, apply more force on the pedals and pick up speed. Gently shift your weight on the handlebars and lean into turns to go where you want. While rolling along you can stop pedaling to coast and feel the thrill of effortless flight. Your speed is dependent mostly on air resistance and ground gradient. Squeeze the brake levers to slow down when you want. Slow down enough and you'll need to deploy a foot to the ground for stability as you come to a stop, then repeat the process to get going again. This is a very simple mode of transportation that rates high on the fun scale for many people.

When you are on a bicycle you can apply the same amount of energy from your body as you would to walk although you can travel over the ground and through the air three times faster than walking. A bicycle is considered the most efficient machine ever developed. If you walk for an hour at 3 miles an hour then you've only gone 3 miles. On a bicycle you could just as easily travel 9 miles in the same time. The energy put into jogging at 5 miles an hour could move you on a bicycle at nearly 15 miles an hour. That's "nearly 15" because air resistance increases faster than speed, but that's a whole other story.

When someone asks me why I ride, I could tell them the how and why, or just simply say "I ride because I like to."



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](#)

NEWS YOU CAN USE!!

Club Year-End Party Friday, Dec. 8

B.I.K.E.S. Club members and your families are invited to join us for our year-end party at 6 p.m. Friday, Dec. 8. We are at a new location this year: the historic Waltz Building in downtown Snohomish, 116 Avenue B, next door to the Blackman House.

B.I.K.E.S. provides a holiday ham, hot coffee and tea. Members BYOB, non-alcoholic or otherwise, a potluck dish to share, and a white elephant gift. The venue will be both cozy and festive, and the company (new and long-time club members) is hard to beat.

To help defray the costs of renting the space and getting an alcohol license, a \$5 donation per person will be requested at the party.

White Elephant: Please bring a wrapped gift for each member /guest in your party. Bike-themed gifts are popular, but that what's-a-ma-jig from Aunt Janet always gets a laugh, too. Don't feel the need to spend money – this gift exchange is for fun. One person's junk is another person's treasure, right?

Please RSVP by Dec. 4 to scott.elaine.m@frontier.com

Merrysville Lighted Parade Dec. 2

Bill "Santa" Weber will lead the club contingent in this annual Marysville tradition. Meet at the Cedar and Grove Park & Ride at 5 p.m. There will be judging at 6:00 and a 6:30 parade start. Dress Warm, Decorate wildly (note title "lighted Parade"). Short distance and parade pace suitable for kids, grandkids and friends with lights on their bikes.

Here's what the City says about the event:

The festival kicks off at 5:00 pm with family activities, holiday photo booths and a wonderful holiday craft show in Comeford Park (514 Delta Avenue). At 5:30pm will be a holiday concert featuring "Solevard". Then at 6:30 pm the Electric Lights Parade gets underway featuring a flotilla of vehicles, floats and walking groups decked out in glistening holiday lights. The parade will make its way along State Avenue starting at the Municipal Court and arriving at the center of all the holiday action in Comeford Park.

After the parade, the lighting of the water tower will officially welcome the start of the holiday season in Marysville. Live music will entertain the crowds with sounds of the season in the Rotary Pavilion from 7:00-7:30 pm.

Be sure to bring a camera for photos with Santa and Mrs. Claus after the parade as well as family holiday photo scenes staged throughout the park.

After all the fun outside, the club president invites us to join her inside her Marysville home nearby for warm beverages and soup.

Watch for last minute ride updates in case of snow or icy conditions. Please RSVP bbweberwa@comcast.net call or text at 425-327-3516



More NEWS YOU CAN USE!!

Ride Leader Breakfast, Tours Planning Jan. 6

Club volunteers who led at least three rides in 2017 or made other major contributions (like editing this newsletter!) will be invited to a breakfast hosted by BIKES at Bob's Burgers & Brew across from Everett Mall at 10 a.m. Saturday, Jan. 6.

We'll be having a tours coordination meeting at the same location, starting around 11:30 a.m. Anyone interested in planning a weekend or multi-day bicycle tour next year is encouraged to participate. Contact Dan Scott scott.dan.l@frontier.com in advance to get access to a tours calendar spreadsheet. The goal of the meeting is to discuss tentative dates and locations, get inspired, and avoid overlap as much as possible.

Thanks to 2017 Ride Leaders

All of the following volunteer ride leaders deserve a special pat on the back for helping to fill our social and fitness calendars in 2017. If you'd like to become a ride leader in 2018, we plan to host an orientation and roundtable in March. Meanwhile, give these folks some kudos.

- | | |
|--|-------------------|
| Ron Andersen - <i>new this year! thanks and welcome the ranks of club volunteers</i> | Raquel Haunreiter |
| Bob Biesiedzinski | Linda Hunter |
| Viv Biesiedzinski | Fred Koch |
| Mike Dahlstrom | Bill Lutterloh |
| Clarence Elstad | Bob Nyberg |
| Pier Fiorentini | Rick Proctor |
| Cheryl Funkhouser | Cindy Proctor |
| Mary Jo Gerst | Elaine Scott |
| Nancy Graham | Dan Scott |
| Debby Grant | Bette-Ann Shroyer |



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

DUES \$25 Annually (FAMILY) Renewal

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.

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

November 16th, 2017

BIKES Club of Snohomish County Meeting Minutes

In attendance: Kristin Kinnamon, Kay Peterson, Mike Dahlstrom, John Carlin, Warren Bare, Kathy Riddle, Dan Scott, Bob Biesiedzinski, Allyson Welch, Rick Proctor, Cindy Proctor.

Budget:

Kay Peterson reviewed the budget numbers. Grants were awarded. There is enough left over to cover next year's McClinchy expenses.

North Puget Sound Bike Alliance

Members were given an update on the recent meeting of the North Puget Sound Bike Alliance recently attended by Kristin and Cindy. Leaders of these clubs discussed some of the successes and challenges of each of our major rides in 2017 and goals for next year. It was agreed that we would share the cost of a full page advertisement in the Cascade Pedal Magazine published in January. We shared dates for the major rides for 2018 and also set ride dates for Hidden Gem Rides hosted by each of the four clubs next year.

We determined what the parameters were for the "Triple Crown" incentive for 100 miles in three out of the four major rides offered by the northern bike clubs. In 2018 there will also be an incentive for just riding at least 25 miles in three of the major club rides, with a small prize being offered.

Newsletter

There was discussion about the newsletter deadlines and the submission deadline for ride leaders for next month. It was decided that having the deadline for ride submissions will be moved to the 20th of each month, with a reminder email going out approximately the 15th and the 20th asking for ride listings. This will give Editor Bob more time to produce the newsletter. The format of ride listings in the newsletter will be changed to just show the date and title of each ride and a link to more info.

Bob Biesiedzinski has requested more input from members on newsletter content. This could be photos, or interesting and informative news articles. You can also post on facebook to be shared in future newsletters.

Rider Miles

Reporting the Rider Miles was discussed and it was understood that there were some ongoing issues with formatting and accuracy of the spreadsheet for rider miles. Status still to be determined.

Ride Leaders

The need for more ride leaders was discussed and the possibility of offering incentives to sign up to be a new ride leader.

Member Update

Dan Scott gave an update on member Fred Koch, who had a bike accident in Arizona while riding and broke his hip. He had surgery and is recovering at home.

Upcoming events:

December 2nd – Marysville Lighted Parade (bring your decorated and lighted bike)

December 8th – Holiday Party in Snohomish at the Waltz building

January 6th – Ride Leaders Breakfast and Tour Leaders meeting – Bob's Burgers and Brew 10 a.m.

December Rides: Weekends & Weekdays

WEEKEND RIDES

Be sure to check the "[Ride Updates](#)" page for any added or changed weekend rides! We hope the weather will improve and we will all be able to get out and RIDE, RIDE, RIDE!

[Saturday, Dec. 2 – Marysville Lighted Parade](#)

Short distance, Parade speed, A terrain. This will be a stay together ride. Meet at the Cedar and Grove park and ride at 5:00. There will be judging at 6:00 for a 6:30 parade start. Dress Warm, Decorate wildly (note title "lighted Parade"), there will be a food/beverage gathering at the club presidents house after the parade. Traction concerns (ice) will cancel our participation in the parade. Watch for last minute updates. Ride leader, Bill Weber. Please RSVP bbweberwa@comcast.net call or text at 425-327-3516

[Sunday, Dec. 10 – Sammamish River Trail Variation](#)

Start at Wilmot-Gateway Park in Woodinville at 10:30 a.m. for a trail ride variation which will include the new section of paved trail west of the Sammamish River. We will turn around at Marymoor Park and then meet afterwards for an optional holiday lunch or beverage at Molbak's in Woodinville to enjoy the poinsettia display and holiday decorations. Cafe is open, feel free to bring a snack and just have a beverage if you wish. Plan for it to be busy this time of year.

Ride with GPS isn't showing the new section of trail just yet, so mileage is approximate. Social pace (10-11 mph) 18-20 miles, A terrain. Rain, blustery wind, ice or snow will cancel the ride.

Ride Leader Cindy Proctor. 425-293-3152.

[Saturday, Dec. 23 – Second Chance Lighted Ride Around Everett](#)

If you missed it or it was canceled and you really wanted to go but couldn't. Distance depends on weather, about 5 miles leisurely pace on mostly A terrain. Meet at the Northeast corner of Garfield Park, 6:00 PM (2Blocks East of Walnut on 23rd St.). Decorate you and your bike with lots of Christmas cheer Head and Tail lights mandatory. Ice/Snow cancels watch for updates. Ride leader, Bill Weber bbweberwa@comcast.net call or text at 425-327-3516



A Public Service Announcement brought to you by Raquel Haunreiter!

“The Shoe That Wouldn’t Let Go”

If you ride with clip-in shoes and pedals beware. According to the folks at the bicycle shop that rescued me from this situation you need to make sure that the screws that hold your cleats to the bottom of your shoes are tight! This shoe stayed clipped in, even though I tried my best to get it loose! Fortunately I didn't have an accident due to the pedal not releasing. I did have to walk a distance in my stocking foot to get to the shop to get it fixed. So when thinking about your bicycle maintenance don't forget to check all of your equipment to make sure it is in tip-top shape!

Ghost written by the Chainwheel Chatter Editor. Any errors are mine!

WEEKDAY RIDES

[Tuesday Rides – Social Pace Dec. 5, 12, 19 & 26](#)

Meet at Bicycle Centre Silver Lake, at 9:45 for a 10:00 a.m. start. Mileage will vary between 18-22 miles, A and B terrain in the Mill Creek area. We will meet for lunch/coffee after the ride between 12:30 and 1:00 p.m, 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 - between 800-1000 feet. Rain or icy weather will cancel, be sure to check ride updates. Rider leader Cindy Proctor. 425-293-3152

[Tuesday Rides – Moderate Pace, Dec. 5, 12, 19 & 26](#)

Meet a few minutes early at Silver Lake Bicycle Centre for a 10 am start. Moderate pace group (14 – 16 mph) 25 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.

[Thursday, Dec. 7 – North Seattle Parks Loop – Revised](#)

Meet at Green Lake Park restrooms at SSW end of the lake (6200 West Green Lake Way N) a few minutes early for a 10am start. Loop ride on trails and streets near Puget Sound through Greenwood Park, Golden Gardens, Chittenden Locks, Discovery Park, Gas Works Park, Kerry Park via Queen Anne hill, UW, and Ravenna Park. We will walk the bikes through Chittenden Locks area (1/2 mile). We will forage for coffee / lunch along the way. 32 miles, moderate pace (14 – 16 mph), A & B terrain with 1,900 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 With GPS link: <https://ridewithgps.com/routes/23333989>

[Wednesday, Dec. 13 - Tea & Crumpet Ride](#)

There have been "Bakery Rides" and "Donut Rides", so I thought we could call these "Tea & Crumpet" Rides. A Crumpet being any edible item one chooses. These will be **Social Pace (10-12)** rides with terrain and mileage changing as the ride ideas change. Weather is getting colder — let's ride shorter. Meet at **Blyth Park at 10:00**. Ride to Metro Market for a warm up drink and snack (tea & crumpet). A trail ride with little to no elevation (**A Terrain**). **22 miles** round trip. Foul weather (rain, snow, ice, heavy wind to name a few) will cancel the ride and I will post that on updates either the night before or early the morning of the ride. Ride Leader: Nancy Graham, 425-345-0716

[Thursday, Dec. 14 – Centennial Trail Steady Ride](#)

Meet a few minutes early at Snohomish Library trail side parking lot for a 10am start. Ride to Armar Trail Head roundtrip with a side trip during the return into Lake Stevens for a picnic lunch at North Cove Park. Bring your picnic lunch or buy one locally. 37 miles, steady pace (12 – 14 mph), "A" terrain with 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. Ride With GPS link: <https://ridewithgps.com/routes/26399902>

[Friday, Dec. 15 – Traditional Lighted Ride Around Everett](#)

Distance depends on weather, about 5 miles leisurely pace on mostly A terrain. Meet at the Northeast corner of Garfield Park, 6:00 PM (2Blocks East of Walnut on 23rd St.). Decorate you and your bike with lots of Christmas cheer Head and Tail lights mandatory. Ice/Snow cancels watch for updates. Ride leader, Bill Weber bbweberwa@comcast.net call or text at 425-327-3516

[Thursday, Dec. 21 & 28 – Giro di Sentieri](#)

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. Ride With GPS link: <https://ridewithgps.com/routes/20265589>

Club Member Rider Miles

Through November 24, 2017

| | | |
|-----------|------------|------|
| Rick | Proctor | 2488 |
| Dan | Scott | 1967 |
| Pier | Florentini | 1754 |
| Cindy | Proctor | 1645 |
| Bob | Nyberg | 1484 |
| Debbie | Kawamoto | 1395 |
| Cheryl | Funkhouser | 1320 |
| Bill | Paul | 1022 |
| Ron | Andersen | 995 |
| Jack | Willis | 820 |
| Mark | Olson | 791 |
| Bette-Ann | Shroyer | 789 |
| Fred | Koch | 783 |
| Gary | Broughton | 751 |
| Clarence | Elstad | 706 |
| Nancy | Graham | 703 |
| Robert | Pahlman | 702 |
| Judy | Lang | 672 |
| Bill | Lutterloh | 662 |
| Brenda | Ferguson | 622 |
| Steve | Linari | 568 |
| Marcia | Stedman | 538 |
| Linda | Braun | 531 |
| Elaine | Scott | 527 |
| Don | Martin | 471 |
| Dale | Shoup | 450 |
| Raquel | Haunreiter | 428 |
| Janet | Johnson | 420 |
| Kathy | Riddle | 394 |
| Kaia | Koch | 361 |
| Mike | Dahlstrom | 332 |
| Rick | Dermody | 308 |
| Mitch | Pico | 307 |
| Tom | Crisp | 303 |
| Jack | McClincy | 288 |
| Rick | Poffenroth | 280 |
| Lawrence | Gordon | 270 |
| Mason | Rutledge | 261 |
| Linda | Hunter | 253 |
| Diane | Gordon | 252 |
| Joe | Self | 248 |
| Bob | Getz | 236 |
| Adrienne | Dorf | 208 |
| Janell | Reich | 205 |
| Gloria | Hammond | 180 |
| Lesilie | Strickland | 176 |
| Simone | Studer | 174 |

| | | |
|----------|---------------|-----|
| Joanne | Kennedy | 172 |
| Larry | Kennedy | 172 |
| Vivian | Biesiedzinski | 171 |
| Lou | Rivetti | 168 |
| John | Carlin | 166 |
| John | DeNinno | 164 |
| Bob | Biesiedzinski | 159 |
| Samantha | Cheng | 155 |
| Bill | Weber | 151 |
| Kurt | Haunreiter | 147 |
| Debby | Grant | 145 |
| Frosene | Saco | 137 |
| Kristin | Kinnamon | 133 |
| Sparky | Lane | 128 |
| Shirley | Slade | 121 |
| Jean | Henderson | 117 |
| Norm | Thaden | 117 |
| Kenneth | Winkenweder | 117 |
| Bill | Brack | 113 |
| Pam | Snook | 105 |
| Juanita | Plas | 102 |
| Pete | Plas | 102 |
| Madeline | Norman | 93 |
| Stephen | Fox | 88 |
| Matt | Petersen | 78 |
| Tom | Weber | 71 |
| Sharon | Broughton | 70 |
| MJ | Gerst | 68 |
| Sally | Lider | 66 |
| Jim | Shaw | 66 |
| Connie | Brett | 62 |
| Bobbie | Laue | 61 |
| Kristi | Knodell | 57 |
| Sue | Regan | 57 |
| Gabriel | Rinkes | 54 |
| Morris | Maizels | 51 |
| Alison | Quillen | 51 |
| Thea | Benjamin | 50 |
| Bruce | Deitz | 50 |
| Sarah | Sundin | 50 |
| Jim | Bailie | 49 |
| Stuart | Butler | 48 |
| Audrea | Coury | 48 |
| Tom | Norman | 48 |
| Dick | Nicholson | 47 |
| Jim | Roosma | 46 |
| Cheryl | Walchi | 44 |

| | | |
|-----------|-------------|----|
| Janet | Burks | 42 |
| Michael | Burks | 42 |
| David | Long | 42 |
| Shirley | Kankelfritz | 41 |
| Fred | Norousi | 41 |
| Dorothy | Lindstrom | 39 |
| Aliyson | Welsh | 39 |
| Teresa | Hart | 36 |
| Steve | Macauley | 34 |
| Terry | Macauley | 34 |
| LiLa | Ehrlich | 30 |
| Faith | Sokol | 29 |
| Kevin | Petersen | 28 |
| John | Saco | 28 |
| Joyce | Powell | 27 |
| Mary | Dickinson | 26 |
| Pam | Hallanger | 26 |
| Allen | Wales | 26 |
| Marietta | Zander | 26 |
| John | Booth | 25 |
| Pam | Deitz | 25 |
| Ed | Gibbs | 25 |
| Jon | King | 25 |
| Nicole | Kissell | 25 |
| Jennifer | Longstaff | 25 |
| Stephanie | Roche | 25 |
| Agnes | Superavage | 25 |
| Kenneth | Tang | 25 |
| Bernie | Waterhouse | 25 |
| Mimi | Waterhouse | 25 |
| Robert | Wicklin | 25 |
| Judy | Agather | 24 |
| Chris | Hass | 24 |
| Calvin | Atkin | 22 |
| Michelle | Jakaguchi | 22 |
| Lucy | Johns | 22 |
| Jim | Morrison | 21 |
| Annie | Peterson | 21 |
| Vila | Elihel | 20 |
| Libby | Krochalis | 20 |
| Jim | Wilke | 20 |
| Wendy | Wilke | 20 |
| Sean | Wilson | 18 |
| Jim | Shaver | 15 |
| Jim | Gillan | 13 |
| Steven | Hudspeth | 12 |
| Moe | Moosavi | 12 |

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



November 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 [BIKES 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](#)

