

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

**FEBRUARY 2018**  
**VOL. 461**

[Next B.I.K.E.S. Club meeting on Feb. 8th @ 7:00 pm](#)

## Prez Sez

### GROUP RIDING

Riding with a group is different than riding by yourself. That's why we joined BIKES Club, right? Riding by yourself has its own joys – you can stop whenever you want (including abruptly), stop where you want, never stop. Ride as fast or slow as you can, or both in the same ride. Explore an unexpected path. Focus only on the road ahead, or the eagle-spotting, or the sucker hole about to disappear.

Riding with a group, you can do (some of) those things, too, with a caveat. On club rides, there is a ride leader – someone who has planned out the route, the pace, and the stops. They put some effort in, and its incumbent on the rest of us to be good followers. Good "followership" (as the Mountaineers call it), means not hijacking a ride by suggesting new roads to try or a different restaurant (unless the ride leader has asked for input). Followership means being aware of the planned pace and your own pace and abilities. Communicating with other riders (and pulling off the road) before you stop. Telling the ride leader if you need to turn around or drop out of the ride. Alerting others if a rider is unexpectedly off the back – due to a missed light, flat tire, or unknown mishap.

Sometimes those of us who often ride alone, or who lead other rides, forget how to be good followers. That's what I did on a recent club ride. The ride leader was ahead, leading the way as she should, but I thought I knew the "right" route so turned a different direction. After that, I forgot about the group, and was caught up enjoying my own beautiful winter ride, as if no one else was wondering about me. When I saw them waiting for me later, I realized how irresponsible I'd been. The leader and group were gracious (guess they didn't want to drop the club president?), but I silently vowed to be a better follower in the future.

We should all keep good followership in mind whenever we ride with B.I.K.E.S. It's the social aspect that makes club rides more challenging – and more fun – than riding alone. Hope to see you out there on a ride sometime soon. We can watch for eagles or race the rain together.

Kristin Kinnamon  
President

## RIDE GUIDE

### 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.

## NEWS YOU CAN USE!!

### **Club Meeting Feb. 8: E-Bikes**

What's all the buzz about electric bikes? Come hear from an e-bike retailer and a club member (or two?) who now owns and rides an e-bike. Also on the agenda is McClinchy Mile planning, upcoming events, and the Triple Crown challenge.

Meeting starts at 7 p.m. at PUD, 2320 California St., Everett. Dinner before the meeting starting around 5:30 p.m. TBD.

### **McClinchy Mile April 29**

Save the date so you can both help with and ride our annual McClinchy Mile Bicycle Ride on Sunday, April 29. Many volunteers are already working to plan for, permit, and promote the ride. Learn how you can help at our February club meeting.

Volunteer shifts on the day of the ride can be split, giving you time to ride before or after. Club members get a \$10 discount on the event, and we are working on a special t-shirt to thank volunteers. If you just can't wait to register, make sure you use the discount code on [active.com](http://active.com) - BIKESNORTH2018.

Meanwhile, most people do rides they hear about from friends. So please tell every bicycle rider you know about our [36<sup>th</sup> annual McClinchy Mile](#).

### **Northern Clubs Event Rides**

**The North Puget Sound Bike Alliance is made up of four bicycle clubs in northwest Washington.** Members of each club that is a part of the alliance receive a \$10 discount when participating in any of the other clubs' signature event road rides in 2018:

April 29: **McClinchy Mile**

May 12: **Skagit Spring Classic**

August 18: **Tour de Whidbey**

**August 26: Chuckanut Classic**

### ***Earn the Triple Crown***

Members of the four clubs who register and ride any distance in three of the four event road rides, and earn a special Triple Crown memento: a custom headset cap for your bike! If you ride three of the four *century-length* distances, you'll also earn a gift certificate for a local bike shop. In 2017, four people earned the Century Triple Crown!

### **Mountain Biking, Anyone?**

Our friends at Whidbey Island Bicycle Club host **Mussels in the Kettles** on March 3. The mountain bike event has three distances and difficulties (10, 12 and 15 miles) and is a "poker ride" with the winning hand earning a special prize. The event is part of the Penn Cove **MusselFest**, including chowder tasting and mussel eating competitions, farm tours and activities for all ages. Cost of the ride is \$30 (no discount for this event).

If you want to carpool via Marysville (no ferry), contact Kristin Kinnamon.

### **Survey Opportunity**

A group of recreation organizations (Washington Trails Association, Access Fund, American Whitewater, etc.) has asked the Centennial Trail Coalition of Snohomish County (CTCSC) to help share this survey for the Darrington area recreation and lodging <https://www.surveymonkey.com/r/DarrLodging>. Please take a moment to help them with this project by the end of February. The survey question 1 regarding recreational activities provides an opportunity under "Other" to specify Road Bicycling and/or Trail Bicycling.

# More NEWS YOU CAN USE!!

## Centennial Trail Coalition of Snohomish County

### January Board Meeting Highlights

The Snohomish-Monroe extension of the Centennial Trail has \$250,000 available in the County Parks budget and the county is going to hire county public works geotech staff to look at the two water crossings. The south extension of the Centennial Trail will be at 60% design by end of 2018. Russ says that ownership complications limit that prospect of opening sections early public access. Need numerous property parcels cleared in title searches, which includes hunting down heirs. The project is a good fit for Puget Sound Regional Council grants because of huge population that will benefit.

**Current trail maintenance:** County Parks is having trouble receiving bids on smaller type projects with the current competitive construction boom environment. Seal coat planned for 2018 along with paving on the Centennial Trail. The Interurban Trail has less maintenance issues possibly because the trail was built as a trail and not a repurposed railroad bed. A new permanent connection of the Interurban Trail near 128th Street is being built by developers of a new apartment complex in lieu of them paying park mitigation fees.

**County Trails Meetings:** County Park Planning Staff Tom Eksten and Sharon Swan along with the Centennial Trail Coalition of Snohomish County will be hosting and inviting stakeholder groups and citizens to public meetings to discuss where we are in 2018 with various trails in the works by Snohomish County, cities of Marysville, Lake Stevens, etc. At the end of these meetings the 2010 Trail Guidelines will be updated to reflect the results of the meetings.

**Arlington Railroad Crossing:** City of Arlington Public Works is planning a repair of the angled railroad crossing of the trail south of Arlington which has caused crashes and consternation for bicyclists since it opened. The problem spot is about 1.8 miles south of Legion Park in Arlington. The City will work with railroad engineers this year to design for an installation in 2019.

*B.I.K.E.S. Club member Rick Proctor represents bicyclists on the Coalition. Thanks, Rick!*

### Fill That Water Bottle!

Filling a water bottle while out on a trail ride can be challenging. Using a bathroom sink, if the bottle will even fit under the faucet, has a certain "yuk" factor involved. Water fountains usually require the bottle be tilted so much it will not fill completely. However, water bottle fill stations can fill even tall bottles in an upright position. Water bottle fill stations are modern evidence of bicycle friendly infrastructure along trails. The City of Arlington has plans to install a water bottle fill station in Arlington's Legion Park on the Centennial Trail and has asked the BIKES Club to provide funds for it. The city will acquire, install and maintain it. BIKES has voted to provide \$1,500 for it and invited the Centennial Trail Coalition of Snohomish County (CTCSC) to provide the balance of funds needed. CTCSC has approved \$800 to complete funding needs for purchase, shipping and taxes for the water bottle fill station. Stay tuned for schedule info.



**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.

**January 11<sup>th</sup>, 2018**  
**BIKES Club Meeting**  
**MINUTES**

**In Attendance:** Warren Bare, Pete Pias, Juanita Pias, Jack Willis, Cindy Proctor, Debbie Kawamoto, Mike Dahlstrom, Rick Proctor, Debby Grant, Kristin Kinnamon, Mitch Pico, Kathy Riddle, Clarence Elstad, Bill Weber.

**Tours Presentation:** Rick Proctor, Clarence Elstad and Debby Grant each gave a slide show covering the high points of recent and past tours. Brief descriptions of upcoming tours were also discussed.

**McClinchy Mile**

Kristin discussed the upcoming marketing effort for the McClinchy Mile and expenses the club would incur for each option. Bikes Club has shared advertising expenses with North Puget Sound Bike Alliance (north end bike clubs) for an ad placed in the new Cascade Club email newsletter for each of the four clubs main rides for 2018.

Listings for other ads places on bicycling websites (such as Northwest Cyclist, Outdoors Northwest, etc.) were discussed. If members know of a good place to place an ad or description on a blog or cycling or travel specific website they are encouraged to do so.

Some volunteer jobs that are needed early in the year to prepare for the McClinchy Mile were reviewed, and a few volunteers were selected:

County and City Permits: **Cindy Proctor (Debby Grant** will talk to Bill Lutterloh about Stanwood School permit)

Food Purchasing and Coordinating day of event: **Kathy Riddle and Debby Grant**

Room set up and coordination: **Mitch Pico**

Route Review and Update (to show ride ending at Rocket Alley) for GPS: **Rick Proctor**

Researching and selecting T-Shirt Vendor: **Juanita Pias**

Beer Glass selection and purchase: **Kristin Kinnamon**

The club still needs someone to step up to be the day of rest stop coordinator.

The club would like help in finding some sponsorships and promotional help.

More discussion about possible websites to advertise McClinchy included Wikki-Do, and Meet-Up (Jack Willis volunteered to list event on that site).

End of meeting.

## Club Member Submissions!

### Unknown Frontiers

Rick Proctor

My first bike arrived on my 10th birthday. It had a red frame, 26" wheels, 1 speed, and a coaster brake. It was a bit big for me at the time, but I could ride it and be a happy kid. My younger brother got one too. It didn't take long for Dad to feel the need to set and reset boundaries like the end of the street, around the block, two blocks, the neighborhood, then time limits that often included "stay off the highway". We rode those bikes to explore and push back the unknown frontier of our world.

The land was flat enough where we lived for our 1-speed bikes to provide us all the magic carpet we needed to get where we wanted to go. A couple years later in the Boy Scouts there were plenty of car camping trips, but one day someone came up with the idea to do a weekend bike camping trip. I was sure I could get all my camping gear onto my bike and still be able to ride it. So did my brother and other kids in the troop. We were partly right. We had gear tied to the handlebars and frame, then a backpack for everything else. I was envious of a few kids with racks on their bikes.

We set off on our bike-camping adventure on a fine Saturday morning. At first the way was flat and we could all pedal along well enough. A hill came into view. At first I thought this would be easy because I had ridden hills like this before, but not with an extra 25 pounds of camping gear. After trying to grunt our way up the hill it was time to hop off and push, then coast down the other side. I noticed some of the bikes with racks also had 3 speeds and could be pedaled up the hill and pedaled faster than the single speeders down the hill. There were a few hills to ride up and down over the 20 or so miles to the campground, with multiple regroupings and rest stops. It became obvious the single speeders were getting worn out and those 3-speeders were looking smug.



As we broke camp the next morning one of the troop dads had a pickup truck and offered to haul our gear back to town. Nice guy! The ride back to town without the weight of camping gear provided significant contrast to the day before. Now the hills could now be pedaled both up and down, although those 3-speeders still had an advantage going up, down, and even on level roads. My young mind was challenged to learn and someday understand. Single speed gearing was simple enough, but multiple speed gearing was a mystery to be solved.

Most bikes today have multiple external gears out in the open that make it easy to see what's happening as the pedals are cranked around. Various gear combinations provide different amounts of bike travel for each crank revolution. For a consistent level of effort, easier-to-pedal gear combinations provide the ability to propel a loaded bike uphill easier, but slower, than a harder gear choice. With the same level of effort, a harder gear choice allows more speed if the gradient, weight and air drag will allow it. The rotary motion of pedaling is converted through the chain rings to a linear motion of the chain then back to a rotary motion at the rear sprockets and through the wheel to a linear motion where the tire meets the road. This study of motions is known as kinematics. "Kinematic" is the middle name of our B.I.K.E.S. Club, and we use kinematics when we ride our bikes to explore modern day unknown frontiers.

\*\*\*A special request to club members: If you have a story you would like to share please send it to me at [edi-tor@bikesclub.org](mailto:editor@bikesclub.org). I want to include as much information as the members of our club wish to share! Be sure to include a picture of yourself to include in your story!

Bob Biesiedzinski, Editor

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## February Rides: Weekends & Weekdays

### WEEKEND RIDES

Be sure to check the [Ride Updates Page](#) of the club website for any last minute changes to scheduled rides!

**[RSVP for Haller Park Lake McMurray Loop, Saturday, Feb. 10, 10:00 am](#) Please RSVP the ride leader by text or e-mail by 8am day of ride if you intend to go.** Ride leader will go only if someone else commits to go via RSVP.

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 - 40 miles, A & B terrain 1,200 - 1,400 feet of elevation gain. Rest & snack stops expected. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels. Check for Ride Updates or call/text if in doubt. Ride with GPS link: <https://ridewithgps.com/routes/22657361>

**[RSVP for North Lake Washington Loop, Saturday, Feb. 17, 10:00 am](#) Please RSVP the ride leader by text or e-mail by 8am day of ride if you intend to go.** Ride leader will go only if someone else commits to go via RSVP. Meet a few minutes early for a 10 AM start at Blyth Park in Bothell (near the restrooms) on the Burke-Gilman Trail. Loop ride clockwise on the Sammamish River Trail, 520 Trail, and Burke-Gilman Trail and interconnecting streets. This new route includes crossing Lake Washington on the new 520 Trail section. 34 miles, moderate pace (14 - 16 mph), A & B terrain with 1,100 feet of elevation gain. Coffee / tea / lunch in the U district (mile 23 or so). More rest stops too. Ride leader Rick Proctor 425-293-3153 BikeHound@comcast.net. Ice, snow or steady rain cancels, check the Ride Updates page or call/text/e-mail if in doubt. Ride with GPS link: <https://ridewithgps.com/routes/26742931>

**[2018 Chinese New Year Ride, Saturday, Feb. 17, 10:00 am](#)** Let's celebrate 2018 Chinese New Year - Year of the Dog together with a ride up to Lucky Chopsticks Restaurant in Anacortes & have a bowl of egg-flower soup or hot-sour soup with our lunch meal!! We'll ride from Gilkey Square in LaConner at 10:00am and head north to Rotary Park for water views of Anacortes marina. We'll stop at Lucky Chopsticks for lunch, so bring \$\$ & bike lock. 34 miles, steady pace (12-14mph) 745ft elev gain, A-B terrain, rural, scenic route. Foul weather or illness will cancel this ride. Check the updates page before you leave home! Ride Leader: Raquel Haunreiter 425-760-0805, call or text if any questions  
RSVP by Friday, Feb. 16 [LaConner - Anacortes - Lucky Chopsticks](#)

**[Birthday Celebration Ride 2018, Saturday, Feb. 17, 10:30 am](#)** Saturday, February 17<sup>th</sup> 10:30 am start time. Join us for a 32-mile loop, A terrain with a little bit of B, at a social pace. Start at the Padilla Bay Trailhead Parking Lot in Bay View following a scenic route through Skagit Valley and Dodge Valley on our way to LaConner where we will stop for a late lunch. Bob & Viv Biesiedzinski, Ride Leaders RSVP to 206-595-3822 or [bobbez@gmail.com](mailto:bobbez@gmail.com). Steady rain, snow or falling geese will cancel. <https://ridewithgps.com/routes/26750776> Check the Ride Update postings for any changes.

**[Ride Around Lake Stevens, Sunday, Feb. 18, 10:00 am](#)** Ride from Snohomish Library parking lot and onto Centennial Trail to Lake Stevens. See route map. Bring Picnic lunch/snacks at North Cove Park, 25 miles, steady pace (12-14 mph), A-B terrain. Foul weather or illness will cancel this ride. Check the updates page before you leave home! Ride Leader: Raquel Haunreiter 425-760-0805, call or text if any questions  
RSVP by Saturday, Feb. 17 [Centennial Two Loops + Lake Stevens](#)

**[Tea & Crumpet Ride, Sunday, Feb. 18, 10:30 am](#)** 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 are **Social Pace (10-12)** rides with terrain and mileage changing as the ride ideas change.

Meet at **Thorton Sullivan Park at 10:15 for 10:30 start.**

Terrain is mainly **A with maybe a little B** (depending on your interpretation of climbing). **24 miles** round trip. 'Sweet Treats' midway of our ride for our tea & crumpet.

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. Leader: Nancy Graham, 425-345-0716

**[Mill Creek Ramble, Sunday, Feb. 25, 11:00 am](#)** Meet in the parking lot near McMenamin's in Mill Creek (where the old Safeway was). Park in the area south of the restaurant itself please. We will ride through the back roads of Mill Creek through Martha Lake Airport and south to Centennial Park on 208th Street, we will have a brief rest break there and then turn back. High "Social" Pace on the flat (12-13 mph), with A and quite a bit of Hilly B terrain, with a longish uphill grade coming back from Centennial Park. Optional lunch at McMenamin's after the ride. Rain will cancel, check ride updates. Ride leader Cindy Proctor. 425-293-3152. Route link: <https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fridewithgps.com%2Froutes%2F26742040&data=02%7C01%7C%7C>

## WEEKDAY RIDES

### [Giro di Sentieri Thursday, Feb. 1, 10:00 am](#)

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 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>

### [Tuesday Social Ride, Feb. 6, 13, 20 & 27, 11:00 am](#)

Meet at Bicycle Centre Silver Lake, at 10:45 for a 11:00 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 Moderate Ride, Feb. 6, 13, 20 & 27, 11:00 am](#)

Meet a few minutes early at Silver Lake Bicycle Centre for a 11 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.

### [Jack's Mid-week in February, Wednesdays, Feb. 7, 14, 21 & 28, 10:00 am](#)

Weather's been iffy, wet and wetter. A new month is finally here!... Why stay indoors? Join me as I pedal up, re-polish up that rhythmic cadence... We'll take a Northern/Southern loop routes from our starting point, take Lynnwood urban roadways into Mukilteo, Everett and back. Let's see how far away we can go and incorporate some fun into this spin workout.

Meet at Alderwood Costco NW section of the parking lot across gas station for a 20 mile, moderate (14-16) paced ride. A and B Terrain (rolling), 900 ft elevation gain. Restrooms available at start and end of ride. PLEASE arrive at 9:45am or earlier to sign the waiver and hear safety briefing. Ride leader personally uses MapMyRide app and will briefly go through the routes summary prior to the start. Front and rear lights are recommended. Everyone should be able to maintain the 14-16 Moderate pace on flat terrain, faster and brisk on rollers and downhills! We will regroup at crossroads and intersections as needed. Riders have to be independent when they have a flat and/or mechanical issues. No rain cancellation. Ride leader: Jack Willis, [jack\\_on\\_cbr1000burner@yahoo.com](mailto:jack_on_cbr1000burner@yahoo.com), cell 425 478-0429

### [RSVP for North Lake Washington Loop Ride, Thursday, Feb. 8, 10:00 am](#)

**Please RSVP the ride leader by text or e-mail by 8am day of ride if you intend to go.** Ride leader will go only if someone else commits to go via RSVP.

Meet a few minutes early for a 10 AM start at Log Boom Park in Kenmore on the Burke-Gilman Trail. Loop ride clockwise on the Burke-Gilman Trail, Sammamish River Trail, 520 Trail, and interconnecting streets. This new route includes crossing Lake Washington on the new 520 Trail section. 35 miles, moderate pace (14 - 16 mph), A & B terrain with 1,100 feet of elevation gain. Coffee / tea / lunch at Metropolitan Market in the U district (mile 26 or so). More rest stops too. Ride leader Rick Proctor 425-293-3153 [BikeHound@comcast.net](mailto:BikeHound@comcast.net). Ice, snow or steady rain cancels, check the Ride Updates page or call/text/e-mail if in doubt.

### [RSVP for Centennial Trail Moderate Ride, Thursday, Feb. 15, 10:00 am](#)

**Please RSVP the ride leader by text or e-mail by 8am day of ride if you intend to go.** Ride leader will go only if someone else commits to go via RSVP.

Meet a few minutes early at Snohomish Library on the Centennial 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 lunch at or near North Cove Park. Bring your picnic lunch or buy one locally. 37 miles on the Centennial Trail and nearby roads, moderate pace (14 – 16 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>

### [RSVP for North Seattle Parks Loop, Thursday, Feb. 22, 10:00 am](#)

**Please RSVP the ride leader by text or e-mail by 8am day of ride if you intend to go.** Ride leader will go only if someone else commits to go via RSVP.

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>



### Club Member Rider Miles

Rick	Proctor	<b>313</b>
Cindy	Proctor	<b>205</b>
Cheryl	Funkhouser	<b>180</b>
Bill	Paul	<b>168</b>
Patrick	Robertson	<b>160</b>
Dan	Scott	<b>140</b>
Debbie	Kawamoto	<b>139</b>
Ron	Andersen	<b>129</b>
Bob	Nyberg	<b>129</b>
Nancy	Graham	<b>112</b>
Kristin	Kinnamon	<b>110</b>
Raquel	Hunreiter	<b>91</b>
Kristi	Knodell	<b>75</b>
Linda	Braun	<b>63</b>
Elaine	Scott	<b>59</b>
Bob	Biesiedzinski	<b>58</b>
Vivian	Biesiedzinski	<b>58</b>
Kurt	Hunreiter	<b>55</b>
Steve	Linari	<b>52</b>

Samantha	Cheng	<b>46</b>
Bill	Lutterloh	<b>46</b>
Jack	Willis	<b>44</b>
Fred	Norosi	<b>39</b>
Tim	Wise	<b>39</b>
Mike	Dahlstrom	<b>36</b>
Kathy	Riddle	<b>36</b>
Mitch	Pico	<b>34</b>
Allison	Quillen	<b>33</b>
Robert	Pahlman	<b>24</b>
Pier	Florentini	<b>23</b>
Judy	Lang	<b>23</b>
Perry	Walker	<b>23</b>
Stephen	Fox	<b>19</b>
Rick	Dermody	<b>18</b>
Debby	Grant	<b>18</b>
Bette-Ann	Shroyer	<b>18</b>
Marcia	Stedman	<b>18</b>
Gabriel	Rinkes	<b>10</b>

### **How are BIKES Club Rider Miles Calculated?**

Are you tracking your miles for the year? So are we - but only on official club rides. What qualifies for B.I.K.E.S. Rider Miles? Club rider miles are only counted for those rides and tours that are posted in the newsletter and website ride calendar or on the Ride Updates page. The idea is that club miles apply on rides where club members were notified in advance.

Ride leaders are responsible for reporting club miles ridden by members after every ride. While the ride sign-in sheets can be stored up for turning in later (send or handed to the president at some time in the year), ride miles should be emailed to [ridermiles@bikesclub.org](mailto:ridermiles@bikesclub.org) within one week of your ride.

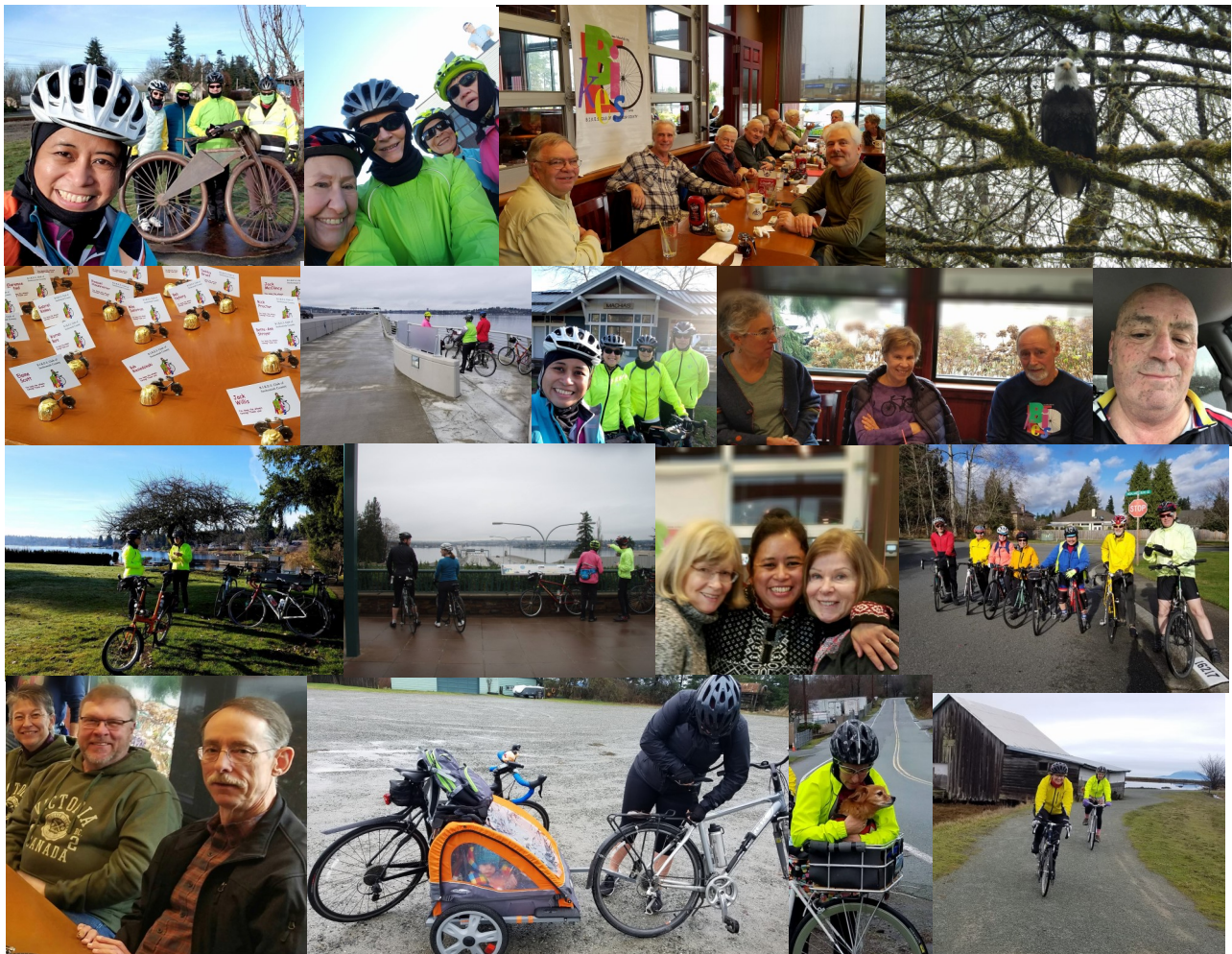
Special events such as McClinchy Mile and the other rides hosted by the North Puget Sound Bike Alliance are "self-report" miles. That means if you sign up and ride, you need to send you own total to Gabe, the miles coordinator.

We "closed the book" on 2017 miles on Dec. 1 and won't be messing with that tracking anymore. Congratulations to all who racked up the numbers last year. For 2018, let's keep riding and reporting, and see how we end up by this year's end.

Note that only member miles are listed. Any guests who ride would need to become a club member to see their miles listed.



# 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](mailto: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](#)