

Chainwheel Chatter

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

Your Snohomish County Cycling Club

APRIL 2018
VOL. 463

[Next B.I.K.E.S. Club meeting on April 12th @ 7:00 pm](#)

Prez Sez

Get Squeaky about "Improvements"

It was 8 years ago that Dan Scott was hit by a truck as he entered Marysville on his bike from northbound SR 529. His injuries were severe and recovery lengthy (but he has certainly returned to form!). No one should have to risk such a crash due to driver inattention, car speeds, or poor road design.

Many bicyclists hate riding on SR 529 between Everett and Marysville. There are old bridges with narrow walkways, heavy traffic, and high speeds. Now a new project threatens to make riding there even worse.

Last week Dan and I met with a team from the Washington State Department of Transportation that is designing a [new interchange](#) to bring cars off I-5 northbound and onto SR 529 entering Marysville. The "Improvement" project does other things (for car drivers), but that is the relevant part for people who bike and walk in the area. As I told Blake Trask, senior policy director for Cascade Bicycle Club: "It will be pretty much impossible for this project not to degrade safety for bikes on this the only bikeable route between Everett and Marysville."

For sure, this multi-million dollar project will do nothing to "improve" the sub-standard bike and pedestrian facilities on SR 529. The route connects the first and third largest cities in the county, and improvements could be a great way to give people a viable choice other than driving. If the route felt more safe for bicycling, the potential is there for people to bike to school at Everett Community College and WSU or to work at Providence Hospital, downtown Everett or Naval Station Everett.

That's why SR 529 is identified in bike plans for Marysville, Everett and Snohomish County. But it is the people stuck in cars who are getting a supposed "fix." When our local elected officials lobby for "road improvements," they sadly think of that only in terms of motorized vehicles.

So I can't blame the WSDOT and state legislature for planning and funding this project. And I am thankful that the state is talking to bicyclists fairly early in the design phase. To get people on bike and foot safely past the new lane of traffic exiting northbound I-5, they are considering putting in a tunnel from the northbound shoulder of SR 529 under the new ramp. We'll continue to track this project as designs are developed to make sure safety for all users is ensured.

Meanwhile, the city of Marysville is planning a new "First Street Bypass" to handle all those added cars from the interchange. Guess what road I bike now? So far the design concepts don't seem to take bicyclists into account.

It's time to be the squeaky wheel on road safety and funding for improvements that promote bicycling and walking. Car drivers surely complain regularly to local and elected officials about getting stuck in traffic. We need to call every time a light won't trigger, every time a shoulder peters out, every time high car traffic makes a once comfortable bike route feel unsafe. Then maybe the next time an "improvement" is planned it will actually be that for people who walk and bike.

Kristin Kinnamon, President

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](#)

Sunday, April 29, 2018

Arlington, Washington

Loops of 28, 34, or 44 miles or ride multiple loops for **62** or **106 mile century rides.**

Beautiful scenery, flat or hilly options and burger and a beer at the end (or in between loops if you prefer). [Register in advance](#), or on the day of the ride (but then the burger & beer cost extra).

McClinchy has been hosted by B.I..K.E.S. Club of Snohomish County for more than 35 years. It is our major fundraiser, and all proceeds go back into local bicycling. In 2017, in addition to supporting our club, we gave \$5,000 in grants for bike-related projects in Snohomish County. We regularly fund Sharing Wheels Community Bike Shop in Everett and bike helmets for low income kids served by Christmas House.

B.I.K.E.S. Club was founded in the 1970s and hosts recreational bike rides year-round for members. To learn more and attend your first ride for free, see our Rides page.



About McClinchy

The ride is named after a founding club member, Stuart McClinchy, who died too young. How far is a McClinchy Mile? As far as you want to go on a beautiful spring day. We always offer route options, and you can decide on the day of the ride what works for you.

Each loop has a rest stop with fresh food, sag support, and friendly volunteers.

The McClinchy Mile supports recreational bicycling, advocacy, and bike-related local grants through B.I.K.E.S. Club of Snohomish County.

New Date? For years the ride was scheduled around St. Patrick's Day. In 2017, we moved the ride to April. But we still love leprechauns and beer!

Check out the latest and share the event with friends on our [Facebook page](#).



McClinchy Mile: Volunteers needed

It takes about 40 volunteers to host McClinchy on April 29. From early morning registration to food stops and sag support by car, we have a role for you. Shifts can be split into AM or PM, so you have time to ride and work. We could also use a Volunteer Coordinator to organize it all before the event (we have sign-up sheets). Attend the April 12th club meeting or contact president@bikesclub.org if you are willing to help.

McClinchy discounts for club members

Members of B.I.K.E.S. Club save \$10 on registration costs for McClinchy Mile. Use the discount code BIKES-NORTH2018 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 \$10 off registration at our partner club events. Sign up and request a refund at the start:

May 12: [Skagit Spring Classic](#)

August 18: [Tour de Whidbey](#)

August 26: [Chuckanut Classic](#)

NEWS YOU CAN USE!!

Tour de Everett Fire Department

The Tour de E.F.D. is a fun bicycle tour of the City of Everett, visiting each of the city's fire stations. The free tour meets at 9:45 a.m. April 21 at Fire Station #1, 3619 Rucker Ave., Everett. It serves as an opportunity for members of the community to get to know one another, and to show people around, particularly those who might not be familiar with Everett's bike routes. It utilizes Everett's bicycle infrastructure to the greatest extent possible, including the Interurban Trail and several bike lanes. Checkout the Facebook page for more on the [Tour De E.F.D.](#)

Skagit Spring Classic May 12

Member Discount Code

Checkout this year's [Skagit Spring Classic Bicycle Ride](#) .

North Puget Sound Bike Alliance (BIKES Club of Snohomish, Whidbey Island Bicycle Club, Skagit Bicycle Club & Mt Baker Bicycle Club) are eligible for a \$10 discount: use discount code NPSBA2018 when you pre-register on [Active.com](#)

BIKES Club Tours

Many tour leaders need to hear from you in advance that you are interested in joining them. The deadline for spring and early summer tours is approaching (April 1). Check out the [Tours page](#) and contact the ride leader – and maybe the hotel or campsite, too.

Upcoming Sharing Wheels events:

Kids Bike Work Parties - Thursdays, 6 to 9 p.m. March 29, April 5, 12, 19, 26, May 3, 10, 17, 24, 31, June 7 - Fix kids bikes at the shop. No experience necessary - just be ready to get greasy.

Shop Work Party - Sunday April 8, 11 a.m. to 3 p.m. - Come help sort, label, clean and organize the shop. All are welcome to get a little greasy!

[WSU Repair Cafe](#) - Saturday April 14, 10 a.m. to 2 p.m. - We'll have volunteers helping people fix bikes at this event. Got something else broken? Sign up for help in advance.

Kids Bike Repair Class - Sunday April 15, 11 a.m. to 1 p.m. - We'll cover the basics of fix-a-flat, coaster brakes, minor adjustments and basic safety checks. This class will help with parent and grandparent duties for the swap, and with volunteering to help us get bikes ready. Suggested \$10 donation.

Kids Bike Work Party - April 15, 1 to 4 p.m. - Fix kids bikes at the shop following our Kids Bike Repair Class. No experience necessary - just be ready to get greasy.

Bike Parking - Sunday April 29, 10 a.m. to 4 p.m. - At [McClinchy Mile Bike Ride](#) - we need two shifts of volunteers to keep people's bikes secure while they enjoy the finish line celebration in Arlington.

[Advanced Bike Mechanics Class](#) - Wednesdays May 2-23, 6 to 9:30 p.m - Give your bike an overhaul while you learn about brakes, derailleurs, hubs, bearings, and more.

Benefit Concert at Cafe Zippy - Friday May 18, 5 to 8 p.m. - Celebrate Bike Everywhere Day with us by enjoying an evening of eclectic music and raffles. Proceeds support our programs for low income kids and adults.

Kids Bike Swap - Sunday June 10 - We'll need lots of help all day - both skilled mechanics and basic friendly volunteers. Please save the date.

More NEWS YOU CAN USE!!

League Update: Self-Driving Car Safety

Recently, an autonomous vehicle hit and killed a pedestrian in Tempe, AZ, as she was walking her bicycle across the street. While the details of the crash are still forthcoming, the League of American Bicyclists is concerned that these vehicles are being deployed without having to first prove their ability to recognize and respond to people biking and walking in our streets.

When human drivers apply for a driver’s license we have to pass a vision test. The League believes that all automated driving systems should first have to pass a “vision test” as well — requiring a safety performance standard — proving their ability to recognize *and* respond to people bicycling and walking, before they are on community streets.

Right now the Senate is considering S. 1885: AV START Act to set guidelines for automated vehicle manufacturers to test their vehicles on our streets. Please join the League in asking Senators to require automated vehicles to pass a vision test.

Paid Bike Tours

We get lots of solicitations from paid bike tours and events. In case you don’t, but might be interested:

- [BikeTours.com](#)
- [Ride Idaho](#)
- [Japan Cycling Tour](#)
- [Lake Chelan Cycle de Vine](#)
- [WomanTours](#)
- [Tour De Blast](#)

State Bike Summit

If for some reason you aren’t riding or helping with McClinchy Mile: The Washington Bike Summit will be held at Spokane Falls Community College on **April 29 and 30. The event** brings together leaders in the bicycling community for two days of learning, sharing, and connecting. Check out the full program of sessions .

2018 Bike to School Month is coming

Register for this year’s Bike to School month challenge in May, where students track their bike riding to earn cool prizes and promote active transportation in their communities. Check out the updated website, and don’t forget that **Bike to School Day is May 9.**



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.

BIKES Club Meeting
MINUTES
March 8, 2018

Present: Kristin Kinnamon, Bill Weber, Mitch Pico, Kay Peterson, Gabe Rinkes, Rick Proctor, Cindy Proctor, Debby Grant, Mike Dahlstrom, John Carlin, Jim Bloss, Kathy Riddle, Juanita Pias, Pete Pias, Warren Bare, Clarence Elstad, Robert Getz.

Introductions.

Treasurers Report: We have had nearly 60 registrations for McClinchy so far. Membership renewal income is approximately \$600. Debby paid our insurance for this year in the amount of \$946.00. Discussion about the cost of liability insurance for McClinchy. The cost per rider is about \$4.00. There is \$6,700 bank balance, with the club granting \$5,000.00 in 2017.

The City of Arlington has asked the Bikes Club to consider a grant for 2018 to cover the cost of bike racks at Legion Park in Arlington. The City of Arlington has in the past and continues to be a promoter of McClinchy Mile.

Discussion regarding color and logos for the volunteer t-shirts that will be given for McClinchy. The club is actively looking for local sponsors to cover the cost of the shirt.

It was announced that Raquel Haunreiter is our new club Ride Coordinator. Thanks to Allyson Welsh for several years of helping the club and thanks to Raquel for volunteering!

McClinchy promotion was discussed. Members are encouraged to share ride information and links to social media to promote McClinchy. Cindy will contact Cascade regarding sharing our rack cards and gift certificate for the Women on Wheels event in April.

Next club meeting **April 12th**.

Upcoming Events:

April 8th – Emerald City Bike Ride (Cascade)

April 19th – Women on Wheels (Cascade)

April 29th - McClinchy Mile

May 12th – Skagit Spring Classic

End of meeting.

Trail Planning for Snohomish County, map and other news

Hello Friends of trails in Snohomish County,

We had a great meeting with Snohomish County parks as they presented the beginning of their outreach to update the Snohomish County Trail Plans. They would like your input and we have posted their initial scoping map on our blog page for the Trail Coalition:

<http://ctc-of-sc.blogspot.com/2018/03/add-your-input-to-snohomish-county.html>

Check this out and help us get information to Snohomish County Parks.

Unfortunately one of the big projects scheduled to get major improvements this year has been “updated” by mother nature. A small wet slide area has turned in to a much more serious problem and Snohomish County Parks wants to emphasize the safety concerns for the closed area of the Whitehorse Trail between the Centennial Trail and Traf-ton. We have a map and photo on our blog page at this link:

<http://ctc-of-sc.blogspot.com/2018/03/section-of-whitehorse-trail-closed-due.html>

Work is still being planned for the Whitehorse Trail east of this closure area. We will add follow up as things change, hopefully for the better.

Thanks, enjoy the improving spring weather and get out on the trails.

George Winters

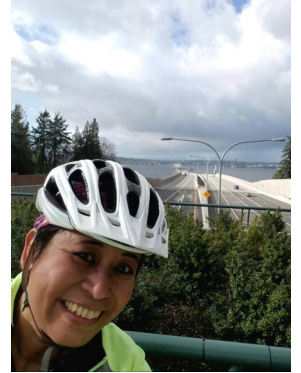
secretary, [Centennial Trail Coalition of Snohomish County www.snocotrails.org](http://www.snocotrails.org)

Club Member Submissions!

THIS. IS. WHY. I. RIDE.

Raquel Haunreiter

When news of the 520 Bridge opened up its new trail for bicyclists in Dec. 2017, I was thrilled! I couldn't wait to get on it! Many missed opportunities came up tho as weeks went by. Winter weather wasn't cooperative. Busy work schedule and family commitments made it very difficult for this ride to happen..... until Tuesday, January 30th, 2018!! My friend, Melissa and I found a ride that crossed both I-90 and 520 bridges 2 bridges in 1 day! How AWESOME was that!! I told her it was going to be hilly 25 miles with 1,100 ft elev gain, which ended up being well over 1,400 ft elev. gain! She said, "I'm IN!" Together, WE'RE IN for a new cycle adventure!!



We crossed I-90 Bridge first. Wow! Fantastic & beautiful water views!! I could never get tired of I-90!! Then on to 520 Bridge. I totally under-estimated the route's hilly terrain and over-estimated my hill-climbing ability so early this season. My adrenaline kicked into overdrive on that final hill climb thru Medina, and upon finally reaching the park overlooking 520 Bridge – Oh, UT-TER BLISS from sensory overload & glee!! From the vast blue waters of Lake Washington below, to the blue skies above with white & dark patches of clouds and yes, warm sunshine! WOW! Just WOW!! Watching the cars on the bridge move in an orderly and organized fashion, the pretty park we were hanging out in.....ahhhh!! "Savor this moment", I said to myself!..... this moment of THIS IS WHY I RIDE!! Of course, by then, I knew that most of the climbs were done!! Adrenaline-induced euphoria, indeed! Always good to feel alive and real!

Once we got on the 520-Bridge Trail, we encountered some very strong wind gust of 30mph!! Surprise!! The wind was definitely trying hard to knock us off & be one with Lake Washington! I was screaming (or maybe laughing hysterically?) as I was trying hard to keep my body parts from flopping and swaying keeping my shoulders in, my elbows in, wrists & hands in, my head down ONE AT A TIME! Every time I go over those metal bumps, I'd go airborne & start flopping & swaying clumsily all over again! Do you know how many of those metal bumps there are on that bridge? WAY TOO MANY!! I continued to scream/laugh as I slowly get back into a tight, low, tucked-in riding position. Of course no one heard me because the wind was very LOUD!

In the end, despite the hilly terrain & Mother Nature doing her best to throw us into the lake, my friend & I were overjoyed to get it done! We survived! WE CONQUERED ALL! We had another amazing experience & crazy fun day TOGETHER! 25 miles of great cycling adventure, indeed!! Hello, my name is Raquel Haunreiter. I am a Cycling Tourist!! **THIS. IS. WHY. I. RIDE!!**



Club Member Submissions!

Rolling On Air

Rick Proctor

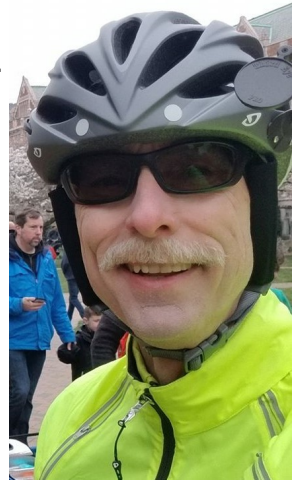
Bicycles are transportation systems of the basic and simple kind. Every part of a bike is important for the whole bicycle system to function as advertised. Tires are important because they connect your bike to the ground. We depend on tires to provide reliable traction, a cushioning effect and a relatively quiet ride.

Before tires, metal or wood wheels rolled directly on the ground yielding a rather rough and noisy ride. Low traction too. Solid rubber was a step in the right direction, but still not a big enough step. Then over a hundred years ago pneumatic tires were a revolutionary development which helped popularize bicycling. A tube pressurized with air, mounted inside a tire, mounted on a wheel. Two each per bike. Rolling on air has been the norm ever since. The tube, tire and wheel system has many seen improvements over the years, but there has always been a problem with pneumatic tires. When the pressurized air leaks out, the flat tire occurs – an event generally considered unwelcome.

Flats can be fixed, but most people would rather ride than need to fix a flat. Wouldn't it be nice to have flat-proof tires? With all the technology development of the past hundred years does a flat-proof tire really seem like an unsolvable problem? I've read of a few attempts to develop flat-proof non-pneumatic tires, but none have served the needs of common bicycling well enough to displace the tube, tire and wheel system.

While wandering around the Seattle Bike Show on March 3rd, 2018 an exhibitor caught my attention with new tire technology. Tannus Airless Tire is offering foam filled tires with competitive light weight, durability, and price as compared to most tire & tube combinations with a claim of low rolling resistance. Tannus Airless Tires can mount on a variety of standard clincher wheel sizes like you probably have on your bike, although they do mount differently. Colors? Is a choice of a dozen colors too confusing? There are also options for hard, regular and soft tire materials. More weight savings too when you consider removing the pump, spare tube & etc. from your bike.

My BS detector has been tripped and the alarm is buzzing because all of this sounds too good to be true. Check out the website (tannusamerica.com). Is this the next big and good thing to happen to bicycling? I'll give these tires careful consideration the next time I need bike tires. Meanwhile, I'm looking for real world test reports to see if the claims are valid.



April Rides: Weekends & Weekdays

WEEKEND RIDES

Sunday April 1, 10:00 am April Fools/Easter Day Ride - North Everett Pigeon Creek and Arboretum

Meet at 9:45 for a 10:00 am start at the Silver Lake Bicycle Centre. Ride up the Interurban Trail into North Everett and taking backroads down to Pigeon Creek for a brief waterfront break, then up Grand Avenue to the Legion Park/ Arboretum. Rest stop at Starbucks on 10th Avenue near the ECC and head back south on backroads and Interurban Trail. About 27 miles with A&B Terrain, lots of uphill on the way back. Social Pace (10-12 mph) Ride Leader: Cindy Proctor 425-293-3152. Rain or other bad weather cancels the ride, be sure to check updates before you leave home! GPS link: <https://ridewithgps.com/routes/27052055>

Saturday April 7, 10:00 am Lou's Mentored Ride with Rick P. - Tucker Park - Monroe

Let's have fun & join Lou Rivetti's 1st mentored ride with Rick Proctor!! Ride from Willis Tucker Park thru Snohomish, then to Monroe and back! Restrooms at start site. Group would decide lunch stop. 35 miles approximately, Moderate pace (14-16 mph), A/B/C terrain. Frequent regroupings due to hilly portions. Rain would cancel! Ride Leader: Lou Rivetti 425-446-9019

Saturday April 14, 10:00 am North Lake Washington Loop Ride Steady Pace @ Blythe Park - RSVP

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, steady pace (12-14 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>

Saturday April 14, 10:30 am Belated Birthday Ride 2018

Join us for a 32-mile loop, "A" terrain with a little bit of B, at a social pace. Meet at the Padilla Bay Trailhead Parking Lot in Bay View by 10:15 for ride information. We will be following a scenic route through Skagit Valley and Dodge Valley on our way to LaConner where we will stop for a late lunch. Ride Leaders: Bob & Viv Biesiedzinski. RSVP to 206-595-3822 or bobbez@gmail.com. Steady rain, snow or falling geese will cancel. Check the Ride Update postings for any changes. Route map: <https://ridewithgps.com/routes/26750776>

Saturday April 21, 10:00 am 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 BikeHound@comcast.net. Dry pavement needed for markings to stick. Ice, snow, or rain cancels. Check for Ride Updates or call/text if in doubt.

Sunday April 22, Route Mark Ride: Haller Park-Stanwood-Lake McMurray Loop (alternate days to April 21st 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 BikeHound@comcast.net. Dry pavement needed for markings to stick. Ice, snow, or rain cancels. Check for Ride Updates or call/text if in doubt. Saturday April 23, Route Mark Ride: Haller Park-Stanwood-Lake McMurray Loop (alternate days to April 21st & 22nd rides)

Sunday April 29, 7:00 am McClinchy Mile Bike Ride

Beautiful scenery, flat or hilly options and burger and a beer at the end of your 28, 34 or 44-mile loop. Ride multiple loops for a century!! Fresh food and friendly volunteers at rest stops. Come join us on this annual event! Tickets available at: www.active.com/arlington-wa/cycling/races/mcclinchy-mile-bicycle-ride-2018

WEEKDAY RIDESTuesdays April 3, 10 17 & 24, 10:00 am Tuesday Social Paced Ride

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

Tuesdays April 3, 10 17 & 24, 10:00 am Tuesday Moderate Paced Ride

Meet a few minutes early at Silver Lake Bicycle Centre for an 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, BikeHound@comcast.net. Ice, snow, or steady rain cancels. Check the Rides Updates page or call/text if in doubt.

Tuesdays April 3, 10 17 & 24, 10:00 am Tuesday Steady Paced Ride

Meet a few minutes early at Silver Lake Bicycle Centre for a 10am start. (Steady pace 12-14 mph) 20+ miles, A/B terrain. Loop ride routes vary. Mid-ride break with optional lunch and/or coffee after the ride. Ride leader Dan Scott 425-501-6198 **or** other competent BIKES ride leader. Ice, snow, or steady rain cancels. Check the Rides Updates page or call.

Thursday April 5, 10:00 am 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 600 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. BikeHound@comcast.net. 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>

Wednesday April 11, 18 & 25, 10:00 am Jack's Recurring Wednesdays April Rides

Welcome to Springtime!!! We've finally made it through the cold winter daze.... 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...20-25 miles, 900 ft. elev. gain, moderate pace (14-16mph on flats), stay together as a group. Meet at Alderwood Costco NW section of the parking lot across gas station. Restrooms available at start and end of ride. **Weather Cancels? No rain cancellations Expectations:** 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. We promptly roll out at 10am and return by noon. 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 downhill! We will regroup at crossroads and intersections as needed. Riders have to be independent when they have a flat and/or mechanical issues. Ride Leader: Jack Willis, jack_on_cbr1000burner@yahoo.com, cell 425 478-0429.

Wednesday April 11, 10:30 April Tea & Crumpet Ride

There may be a random T&C ride pop up periodically, but this will be the last regularly scheduled monthly Tea & Crumpet ride as Pedal Pushers social rides enter our calendar for a few months.

McCollum Park to Top Pot Doughnuts (crumpets in other words) Meet at McCollum Park at 10:15 for 10:30 start. Social Pace (10-12 mph). All on the roads, no trail on this one. "A" terrain with a little "B" (depending on your interpretation of climbing). 18 miles roundtrip to Top Pot for our tea & crumpet. We tried to do this one in January and got weathered out. Let's try again. Rain or heavy wind 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.

Thursday April 12, 10:00 am North Seattle Parks Loop – RSVP

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, BikeHound@comcast.net. 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>

Thursday April 19, 10:00 am Centennial Trail Moderate Ride – RSVP

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. BikeHound@comcast.net 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>

Thursday April 26, 10:00 am North Lake Washington Loop Ride @ Log Boom Park - RSVP

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. Coffee / tea / lunch in the U district (mile 23 or so). More rest stops too. 34 miles, moderate pace (14 - 16 mph), A & B terrain with 1,100 feet of elevation gain. 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/26634120>

2018 Weekends & Tours**May 19-20 Yakima Wine Ride (HS)**

Bob & Viv Biesiedzinski, 206-595-3822, bobbez@gmail.com

Most people will camp at Yakima Sportsman State Park. If you are not a camper there are motels in the area. People need to make their own reservations in advance. Remote start both days. Saturday we'll stop at several wineries. Saturday evening potluck dinner at camp. Sunday Naches ride 24-32 miles. **RSVP to ride leaders no later than April 29.**

May 29-June 2 Old West Scenic Bikeway, Ore. (self-contained)

Dan & Elaine Scott, 425-501-6198 scott.dan.l@frontier.com

Self-contained*, luggage SAG, tenting and camping. 175 total miles, rated challenging; see link to Bikeway info. **RSVP to ride leaders no later than April 29.**

June 10-15 Centennial Trail to 9-Mile Falls, Idaho/WA (Credit Card)

Rick & Cindy Proctor BikeHound@comcast.net

4 days riding, starting in the city of Couer d'Alene/ 2 days driving (there and back).. 120 miles total, 22-34/day, paved trails & associated roads. No camping, but must haul gear from motel to motel. **RSVP to ride leaders by March 10th.**

June 22-24 Olympic Discovery Trail (HS)

Bob & Viv Biesiedzinski, 206-595-3822, bobbez@gmail.com

Camping or motel options. The ride starts at the [Sequim Bay State Park](#) 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 social 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 located at Elwah Dam RV Park east of Sequim on Saturday evening after the ride. If you wish to camp at Sequim Bay State Park go to washing-ton.goingtocamp.com to make your reservations. **RSVP to ride leaders by April 29th**

July 12–16 Eugene Cycle Oregon Weekend Plus

Mary Jo Gerst, maryjo1532@hotmail.com

Thur – Meet in Eugene

Fri –Ride the Row River Trail 40 miles, then dinner at Cycle Oregon Weekend Ride.

Sat – Cycle Oregon Weekend ride

Sun – Cycle Oregon Weekend ride

Mon- Eugene bike paths 30 miles

Sign up is now open for the **Cycle Oregon Weekend Ride** in Eugene. It sells out so **sign up soon.**

Aug. 12-17 Trail of the Couer D'Alenes, Idaho (Credit Card)

Rick & Cindy Proctor BikeHound@comcast.net

Four days of riding, 17-52 miles per day. Self-contained credit card tour, carry own luggage. Ride the entire paved trail, roundtrip. **RSVP to ride leader by May 12th**

2018 Weekends & Tours (cont.)**Aug. 14-17 Vancouver, BC (HS)**

Clarence Elstad 425-268-8550 or celstad@gmail.com

Three days of riding, all paved. Hub & spoke with central accommodations. Contact ride leader for info. **RSVP to ride leader by July 1st**

Aug. 24-27 Port Angeles Area (HS)

Clarence Elstad 425-268-8550 or celstad@gmail.com

Three days of rides on paved trails based out of Port Angeles motel. **RSVP to ride leader by May 1st.**

Sept. 10-13 Spokane, WA (HS)

MaryJo Gerst, maryjo1532@hotmail.com

Tues. Centennial Trail 50 mi; Centennial Trail west 30 mi; Thurs. Post Falls- Couer d'alene 34 miles; Fri. TBD. Hub and spoke with lodging/camping options. Steady pace with scenery stops. **RSVP to ride leader.**

Sept. 15-16 Birch Bay Farm Tour (HS)

Bob & Viv Biesiedzinski, 206-595-3822, bobbez@gmail.com

Camping and biking weekend based out of [Birch Bay State Park](#) – make your camping reservations early. Saturday Whatcom Farm Tour ride, approximately 50 miles. We plan to stop at several cheese shops along the route. Potluck dinner at campground site after ride. Sunday we will ride from Birch Bay State Park to the Peace Arch at the US/Canada border. **RSVP to ride leader by August 15.**

September California Coast (self-contained)

Rick Proctor, bikehound@comcast.net

Take 5 to 6 weeks to ride from Crescent City to the Mexico border. Self-contained tour with camping and hotels – no SAG. Will get to start via train and bus. Train & bus to start, train back to home. 1,200 miles, 30 - 60 miles / day, 1 - 2 rest days / week. Ride on the Adventure Cycling Pacific Coast Route. **RSVP to ride leader by June 1st**

Sept. 20-23 San Juan Islands (HS, Credit Card)

Debby Grant debby@jaygrant.com

Ride San Juan, Lopez and Orcas Islands. Details about start location, date and time still to be determined. 3 riding days, 30-35 miles/day, hilly, self-paced with regroupings, lots of local sights to see, maps and cue sheets available. Credit card Hub & Spoke w/luggage SAG, hotel w/possible camping option. **RSVP to ride leader by June 1st.**





Club Member Rider Miles



Rick	Proctor	755	Tim	Wise	73
Cheryl	Funkhouser	389	Mitch	Pico	70
Cindy	Proctor	379	Bill	Lutterloh	69
Bill	Paul	369	Stephen	Fox	68
Steve	Linari	314	Bill	Weber	66
Patrick	Robertson	305	Cheryl	Walchi	58
Debbie	Kawamoto	285	Moe	Moosavi	57
Ron	Andersen	266	Lou	Rivetti	56
Dan	Scott	258	Samantha	Cheng	46
Raquel	Haunreiter	244	John	DeNinno	45
Nancy	Graham	214	Dylan	Fiorini	36
Bob	Nyberg	198	Diane	Gordon	36
Jack	Willis	196	Marcia	Stedman	36
Mike	Dahlstrom	145	Cheyenne	Brett	33
Kristin	Kinnamon	143	Connie	Brett	33
Robert	Pahlman	143	Fred	Koch	29
Kristi	Knodell	141	Kaia	Koch	29
Kurt	Haunreiter	132	Dimitri	Berks	25
Bob	Biesiedzinski	128	Brenda	Ferguson	25
Vivian	Biesiedzinski	128	Gloria	Hammond	25
Linda	Braun	113	Lucy	Johns	25
Rick	Dermody	106	Shirley	Slade	25
Elaine	Scott	106	Rick	Poffenroth	24
Bette-Ann	Shroyer	101	Mason	Rutledge	23
Fred	Noroussi	97	Perry	Walker	23
Judy	Lang	96	Clarence	Elstad	22
Kathy	Riddle	94	Deb	Fox	22
Dan	Bodien	93	Frosene	Saco	22
Drew	Ellison	89	Tom	Crisp	18
Allison	Quillen	87	Debby	Grant	18
Linda	Hunter	73	Gabriel	Rinkes	10



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.

Note that only club 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!



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 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](#)

