

Chainwheel Chatter

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

Your Snohomish County Cycling Club

NOVEMBER 2018
VOL. 471

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

Prez Sez

November BIKES Club Meeting

Mark your calendars – the 2nd Thursday of each month from September to May are BIKES Club meetings for members. No meetings in the summer.

The next club meeting is Thursday, November 8th, 2018

Meetings start at 7 PM at the Snohomish County PUD building, 2320 California St., Everett, WA 98201

Optional dinner & pre-meeting socialization 5:30 PM at Brooklyn Bros Pizza, corner of Hewitt Ave & Lombard Ave in Everett

Forecast: Gloomy – with a Bright Outlook

The colors of autumn have softened the transition toward the gloom of a northwest autumn. November is a month of shifting to a colorless, cold and wet weather pattern along with more night hours than daylight. Blah! There is the Ride in the Rain challenge through November, but when there's potential for ice it's a good idea to find something else to do. Then after November comes December with more & worse of the same. However, a good bike ride of even an hour or two can still be had if you are prepared to ride when the right combination of weather factors happen. These windows of opportunity occur all through our gloomy seasons.

A look at our Rides Calendar will show optimists (Ride Leaders) who post ride offerings with hopes the weather will cooperate. Check the website Ride Updates page as the time draws near in case of cancellation, or a change, or a new ride offering.

What to do when the weather is really too bad to ride? Plan the rides of your dreams for the better weather months of next year when the days are again longer than the nights.

Off the Back

Sometimes on a group ride an unexpected mechanical anomaly happens like a flat tire or a dropped chain and that rider slows and stops. Hopefully the rider will get another rider's attention by calling out FLAT TIRE, STOPPING, or whatever. The other rider needs to relay the message of a problem to the ride leader as soon as possible. We don't want to leave a rider with a breakdown stranded and lost.

Sometimes the rider with the problem has what's needed to fix it, knows where to go and may let another rider know that. Or another rider may stay to help fix the problem and lead both where they want to go. In either case that message also needs to get relayed to the ride leader so the rest of the group can continue. The ride leader and other riders in the group don't want to go back looking for someone who quietly dropped off the back, but may do so hoping the rider off the back didn't crash.

Have a good ride,

Rick Proctor

President, BIKES Club of Snohomish County

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!!

North Puget Sound Bike Alliance

You may have heard us refer sometimes to the "North Puget Sound Bike Alliance" (NPSBA) and wondered what that was about. A few years ago, we noticed that the two bike clubs north of us, the Skagit Bicycle Club and the Mt. Baker Bicycle Club, were offering a \$10 discount to each others members for their major club fundraising rides and we asked if we could join in with them to promote McClinchy Mile with their membership.

Kristin Kinnamon and I first met with the presidents and key volunteers of Skagit, Mt. Baker, and Whidbey Island Bicycle Clubs and we decided to form this informal "alliance" to combine resources and help each other promote our major rides each year. Meeting with the other clubs helps us to not only share and promote McClinchy Mile but also share marketing ideas and costs. Since we all run on volunteer manpower with NO paid staff, we've had some success partnering with these folks. Not only that, but we've been able to plan some fun, free events such as the Hidden Gem Rides and make new friends and discover new routes outside our area.

Rick and I met again recently and we have new plans in the works for the Hidden Gems ride for 2019 (having only two rides, but combining clubs on the planning for both) and hashed out a marketing plan for all four major rides. We also shared success stories and strategies for improving our rides and attracting new riders. One of the things we all agreed on was that the Triple Crown Program was too cumbersome and time consuming to track and for now are discontinuing that for now.

These north end clubs are all about the same size as BIKES Club with the same amount of manpower and the same issues encouraging folks to be involved and volunteer with their local bike club. We all greatly appreciate the folks who lend their talents and time and support to their local bike clubs.

Cindy Proctor

Ride Leader Breakfast

If you have lead three rides this year, or have lead a tour for BIKES Club, or are an officer of the club, you are invited to the Ride Leader Breakfast on **Saturday, November 10th at 10:00 a.m. to 12:00 p.m.** at Patty's Egg Nest, 303 128th Street S.W., Everett. Bikes Club will host breakfast for our ride leaders. Spouses are invited to join, but must cover the cost of their meal.

Ride leaders are an important part of the club, and we would like to celebrate your contribution. YOU make the wheels go around!

Please do **RSVP** by November 9th to Cindy Proctor at proctorcj28@comcast.net.

More NEWS YOU CAN USE!!

Stolen Bike!

A group of Tuesday riders met earlier today at a restaurant in Everett for lunch in the middle of a special Halloween Eve ride. I had forgotten my lock, but a friend had his rather substantial cable lock. The two bikes were cable-locked with a tree in between on a sidewalk near downtown Everett with plenty of foot traffic. Our group had been here before with no problems, although the dining area is in the building where the bikes could not be watched by us. After a nice lunch with a gaggle of other BIKES riders my friend went out to find his cable lock had been cut and his bike was gone! The cut cable lock was still hanging over the top tube of my bike. Perhaps someone would have come back for mine but we came out of the building first?

I stayed with my friend through the police report activity and helped him arrange his transport home – sans bike. A couple of nearby security cameras will be reviewed for possible footage of the theft, or the bike and thief as they departed.

What I learned from this experience is having a make, model, and serial number of your bike with you is very important as that is the info needed on the police report. A photo of the bike can be helpful to quickly identify the type of bike for others to help look for. A time window it went missing is important to help narrow how much security footage should be reviewed, and a photo can help which of many bikes in that time window is the most likely to help identify the thief.

A good lock is helpful to keep most people honest. The friend’s cable-lock certainly looked sufficient, but a determined, experienced thief can be a difficult security threat to counter. As theft protection provided by a bike lock goes up so does price and weight. The practicality of carrying the perfect lock on your bike goes down as weight and bulk go up. Keeping bikes in a visible location also helps. An event like this can shift a rider’s comfort zone for bike parking security.



Editors Note:

A quick search on the web revealed a few examples of what “experts” consider to be the most recommended bicycle locks. On the left is an example of a “U” lock that can secure a bicycle to a rack looping the frame and rear wheel. On the right is an example of a “U” lock with a cable that can add in securing the front wheel as well. The chart in the middle provides an understanding of the quality of the locks. Apparently not only bulk/weight is to be considered. The price tag on these can be well over \$100.00!

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.

Club Member Submissions!

Bike Shaft

Rick Proctor

Chains have been used on bikes for over a century to transfer the pedaling power the rider provides to the rear wheel to make the bike & rider combination go. Chains have advantages of being low cost, moderately durable, and can be built flexible enough for shifting sideways for various sprockets or chain rings. Disadvantages of chains include lots of moving parts that wear and there is some inefficiency due to friction from all those moving parts. Good chain maintenance can help a lot to reduce both wear and frictional losses, but wouldn't it be nice to not have a chain drive on your bike? No maintenance, clean, and long life too?

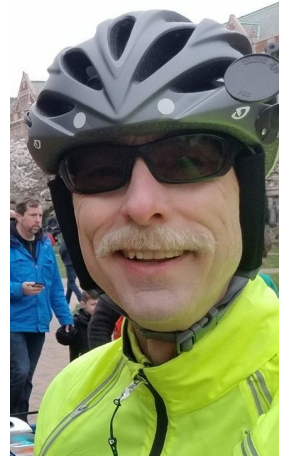
Belt drives, with a fixed sprocket and chain ring combination, are currently available that offer no maintenance after installation, are remarkably clean, and can last significantly longer than chains. However, belts so far do not have the sideways flexibility to change sprockets or chain rings as is commonly done with a derailleur system. Belts can be used with internally geared rear hubs which are not as efficient as externally geared derailleur systems. Hence, belt drives are not too common.

Shaft drives have been tried on bicycles but usually have high frictional losses where power gets transferred from the front ring to the shaft pinion gears, then rear sprocket, and also the bearings that both hold the shaft in place and allow it to rotate.

The October issue of Road Bike Action magazine arrived a few weeks ago with an article about a shaft drive system being developed with a target of not more than 1% frictional loss, which translates into 99% efficiency. For most people this means the best ever power transfer from your feet to the bike's rear wheel. Oh, and it also has 13 rear sprockets for a wide gear range. It's interesting how they get multiple sprockets to work with a shaft drive. Although this is a research project and isn't anywhere near ready for prime time mass bike production, it could be on affordable bikes in the future. Check it out:

<https://roadbikeaction.com/ceramic-speeds-radical-drivetrain/>

This article provides basic info about what CeramicSpeed is doing with a bike shaft drive system. Fascinating! Lots of questions from my techno-mind will likely remain unanswered for now, but I feel challenged to study the photos and the article to figure it out. I also hope to ride one some day.



November Rides: Weekends & Weekdays

WEEKEND RIDES

Sunday, November 4th, New North McClinchy Mile Route Exploration

Note: Ride details for each day with start location and Ride With GPS link for the specific ride expected for that day will be posted via Ride Updates before the ride.

Ride **part** of a potential new McClinchy Mile century route. Moderate pace (14 – 16 mph), 40 – 60 miles, A/B terrain. Ride leader: Rick Proctor, BikeHound@comcast.net, 425-293-3153. Ice, snow or steady rain cancels, check the Ride Updates page or call/text if in doubt. Ride with GPS link for the potential century route: <https://ridewithgps.com/routes/28787190>. Changes to this route are likely during this exploration phase. Contact ride leader with any comments.

Sunday, November 4th, North End of Centennial Trail

10:30 am start. Steady pace, 24 miles, A terrain. Lunch in Arlington on return. Rain, snow, frost cancels Ride Leaders: Dan & Elaine Scott, 425-501-6198 <https://ridewithgps.com/routes/11561934>

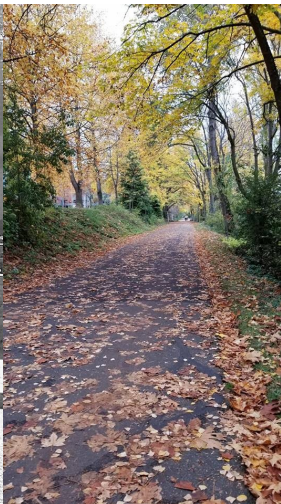
Sunday, November 11th, New North McClinchy Mile Route Exploration

Note: Ride details for each day with start location and Ride With GPS link for the specific ride expected for that day will be posted via Ride Updates before the ride.

Ride **part** of a potential new McClinchy Mile century route. Moderate pace (14 – 16 mph), 40 – 60 miles, A/B terrain. Ride leader: Rick Proctor, BikeHound@comcast.net, 425-293-3153. Ice, snow or steady rain cancels, check the Ride Updates page or call/text if in doubt. Ride with GPS link for the potential century route: <https://ridewithgps.com/routes/28787190>. Changes to this route are likely during this exploration phase. Contact ride leader with any comments.

Saturday, November 17th, Little Mountain

10:30 am start. Low moderate pace, 55 miles, A/B/C terrain, Roads, trail, food stop in Mt. Vernon. Ride Leader: Dan Scott 425-501-6198 Rain, snow, sleet, frost cancels <https://ridewithgps.com/routes/5255565>



WEEKDAY RIDES**Thursday, November 1st, McCollum Park – Edmonds – Lynnwood Loop**

Meet a few minutes early at McCollum Park west parking lot for a 10am start. Loop ride through Lynnwood, Perrinville, Edmonds, Mountlake Terrace, Lynnwood, Mill Creek & more. Coffee shop stop in Edmonds, possible lunch after. 30 miles, moderate pace (14 – 16 mph), A & B terrain with 1,500 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/28619233>

Tuesday, Social Pace Ride, November 6, 13, 20 & 27 11:00 am start

Meet at Bicycle Centre Silver Lake, at 9:45 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 snow weather will cancel, be sure to check ride updates. Rider leader Cindy Proctor. 425-293-3152

Parking for Tuesday Rides from Silver Lake Bike Centre:

Car parking is intended for the strip mall customers and employees. Tuesday bike riders driving to the start should park in the lot in front of the building by the highway, behind the building, or east of the mini-market / gas station on the highway side of the lot in front of the strip mall. Do not park next to the front of the buildings. Do not take the last parking space in any of the lots.

Tuesday, Steady Pace Ride, November 6, 13, 20 & 27 11:00 am start

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. Ice, snow, or steady rain cancels. Check the Rides Updates page or call. Ride leader Dan Scott 425-501-6198 or other competent BIKES ride leader.

Tuesday, Moderate Pace Ride, November 6, 13, 20 & 27 11:00 am start

Meet a few minutes early at Silver Lake Bicycle Centre for an 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. Ice, snow or steady rain cancels. Check the Rides Updates page or call/text if in doubt. Ride leader Rick Proctor 425-293-3153, BikeHound@comcast.net.

Thursday, November 8th McCollum – Everett – Mukilteo Loop

Meet a few minutes early at McCollum Park west parking lot for a 10am start. 33 miles, moderate pace (14 -16 mph). A & B terrain with 1,800 feet of elevation gain. Loop ride through Harbour Point, Mukilteo, and Everett. Coffee /lunch along the Everett waterfront. 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/14651038>

Wednesday, November 14 & 28 Jack's Recurring November Wednesday Ride

Distance: 20.00 + or - 5 miles **Elevation Gain:** 900 feet **Pace:** Moderate: [14-16mph] **Terrain:** Rolling **Regroup:** Stay together **Weather Cancels?:** Yes, RAIN or SNOW cancellations **Ride Description:** The wettest season is here! What a bummer!...Lets go warm up for a RIDE!... staying indoors no fun... Join me instead as I pedal up, re-polish that rhythmic cadence... We'll take a Northern/Western/Eastern/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 work-out...**Reststop:** Restrooms available at start and end of ride. **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 1pm or earlier. 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, cell 425 478-0429,

Thursday, November 15 Centennial Trail Ride Moderate Pace 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 for a 10am start. Ride to Armar Trail-head roundtrip, with a side trip during the return into the town of Lake Stevens across from North Cove Park area for lunch. 37 low stress miles on the Centennial Trail, 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 RideUpdates page or call/text if in doubt. Ride With GPS link: <https://ridewithgps.com/routes/26736362>

Thursday, November 29 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>

B.I.K.E.S. CLUB MEMBER RIDER MILES

Rick	Proctor	2863
Dan	Scott	1765
Bob	Nyberg	1687
Debbie	Kawamoto	1394
Cindy	Proctor	1383
Cheryl	Funkhouser	1121
Robert	Pahlman	1099
Elaine	Scott	1055
Lou	Rivetti	1045
Ron	Andersen	1001
Bill	Paul	990
Patrick	Robertson	957
Raquel	Haukreiter	832
Steve	Linari	825
Drew	Ellison	770
Gary	Broughton	754
Jack	Willis	719
Kathy	Riddle	667
Pier	Florentini	660
Fred	Koch	595
Linda	Thiem	559
Linda	Braun	535
Bob	Biesiedzinski	534
Vivian	Biesiedzinski	534
Kristin	Kinnamon	508
Bette-Ann	Shroyer	503
Stephen	Fox	500
Rick	Poffenroth	474
Rick	Dermody	467
Michael	Fenlin	459
Mike	Dahlstrom	449
Nancy	Graham	443
Kristi	Knodell	426
Kurt	Haukreiter	420

Judy	Lang	415
Tim	Wise	387
Bill	Lutterloh	361
Earl	Bardin	337
Jack	McClincy	336
Marcia	Stedman	336
Kaia	Koch	320
Mitch	Pico	315
Dennis	Larson	306
Marlus	LaVare	304
Don	Martin	301
Trang	Salazar	295
John	Stejer	289
Jim	Roosma	273
Juanita	Pias	271
Pete	Pias	271
Jan	Johnson	254
Mark	Olson	254
John	Carlin	251
Adrienne	Dorf	249
Allison	Quillen	245
Fred	Noroussi	243
Gabriel	Rinkes	238
Deb	Fox	235
Catherine	Rudenick	235
Janell	Reich	226
Bobbie	Laue	220
Joe	Self	211
Teresa	Haldorson	210
Leslie	Strickland	207
Tom	Crisp	196
John	DeNinno	196
Bruce	Deitz	167
Pam	Deitz	167

Jim	Shaver	166
Mason	Rutledge	161
Bill	Brack	160
Cheryl	Walchi	155
Janet	Leister	153
Samantha	Cheng	150
Debby	Grant	134
Gloria	Hammond	132
Faith	Sokol	131
Brenda	Ferguson	128
Bob	Getz	124
Justin	Cabe	116
Linda	Hunter	116
Diane	Gordon	115
Bill	Weber	104
Adrienne	Reynolds	100
Marietta	Zander	100
Peter	Smith	99
Pam	Snook	98
Judy	Izutsu	94
Dan	Bodien	93
Tara	Fuller	93
Sue	Regan	86
Stuart	Butler	71
Sharon	Broughton	69
Faith	Sakol	68
Madeline	Norman	61
Greg	Wetzel	61
Clarence	Elstad	57
Janette	Mathis	57
Moe	Moosavi	57
Perry	Walker	51
Larry	Kennedy	48
Bob	Palm	47

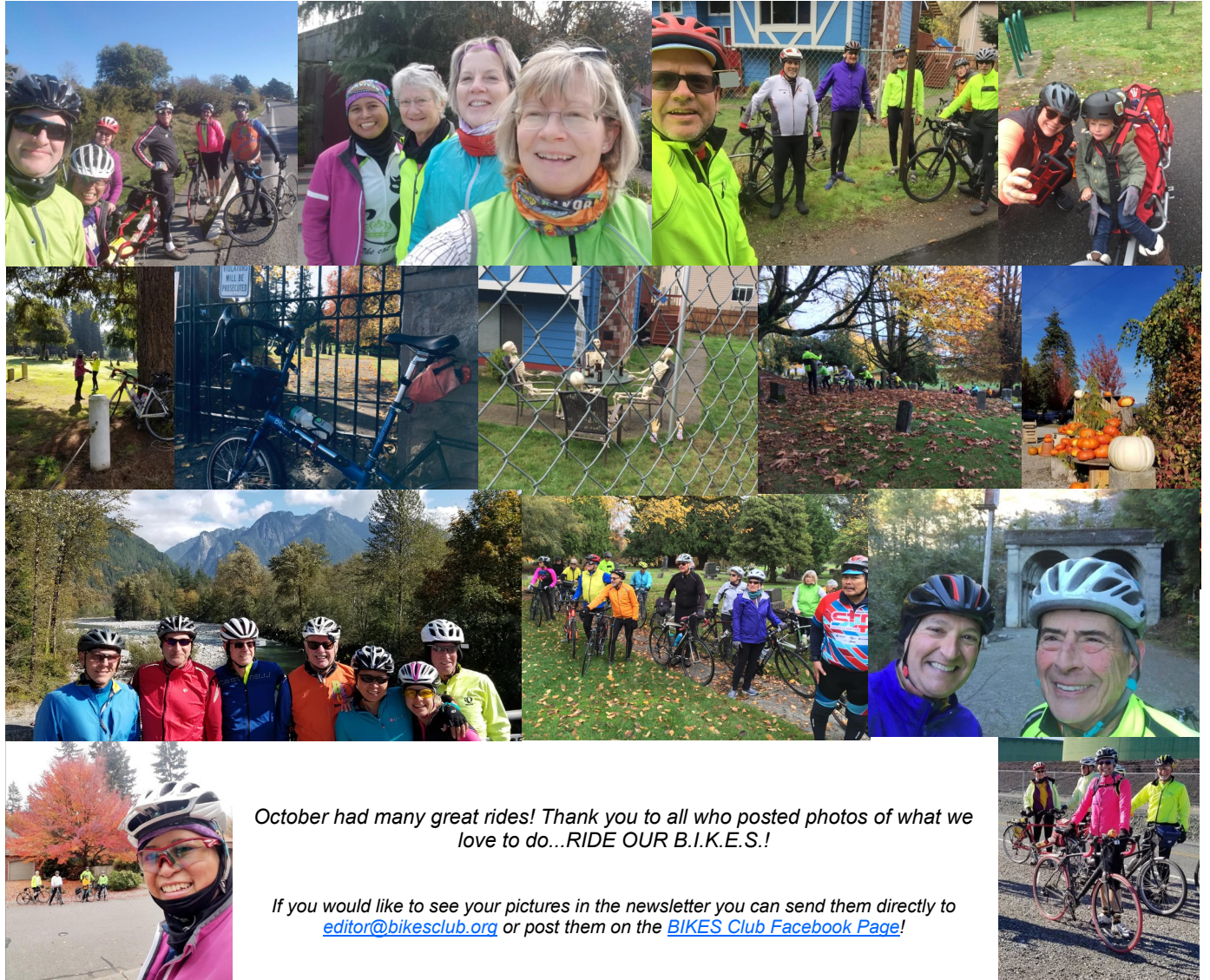
Janet	Burks	46
Claire	Kline	46
Willaim	Starkweather	46
Frosene	Saco	45
Lawrence	Gordon	41
Matt	Keller	39
Shirley	Slade	38
Dylan	Fiorini	36
Will	McMahan	34
Cheyenne	Brett	33
Connie	Brett	33
Audrea	Coury	33
MJ	Gerst	33
Dale	Shoup	30
Kit	Wennersten	29
Dimitri	Berks	25
Lucy	Johns	25
Gary	Osowiecki	25
John	Booth	22
Pam	Hallanger	22
Shirley	Kankelfritz	22
Joanne	Kennedy	22
John	Reich	21
Jeanne	Crisp	20
Morris	Maizels	19
Peter	Pisani	19
Sarah	Sundin	19
Kathy	Schneider	18
Dick	Nicholson	12
Craig	Cameron	10
Susan	Hausmann	10
Robert	Smith	10
Jim	Bradley	8

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



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



October 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](#)

