

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

**DECEMBER 2018**  
**VOL. 472**

[Next B.I.K.E.S. Club meeting on January 10th @ 7:00 pm](#)

## Prez Sez

December 2018

### December BIKES Club Meeting

Mark your calendars – the 2<sup>nd</sup> Thursday of each month from September to May are BIKES Club meetings for members. No meetings in the summer. **The December meeting is the annual club Christmas Party on Saturday, December 8<sup>th</sup>.**

The next regular club meeting is Thursday, January 10<sup>th</sup>, 2019

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

### Ride Sign-Up Sheets

The process of signing in when you show up for a BIKES ride has become so routine for many of us that we don't bother to look at the other side of the form. It really is a 2 sided, or 2 page, form. One page has the waiver statement and places for each participant (age 18 and over) to print their name, signature, date, and indicate membership status under the waiver. The other page specifies the ride leader, date, distance and location of the event to help locate the signed waiver should the need ever arise. Together the 2 pages form a contract. Individually they are incomplete and could be considered invalid in a legal action.

The Ride Sign-Up Sheets are kept for seven (7) years to provide proof of the signed waiver in case of legal actions against the BIKES Club, a rider, or a ride leader. Although these actions seem to be rare, legibility and completeness of the Ride Sign-Up Sheets would be crucial.

There are new Ride Sign-Up Sheets with updated insurance contact information on <https://bikesclub.org> under the Member-only, then Ride Leaders selections.

### Minor Riders

A parent or legal guardian should notify the Ride Leader of minors (under 18 years old) before the ride to allow the Ride Leader to bring a Club Ride Minor Release form for each minor rider under the age of 18 to be completed and signed by the parent or legal guardian. The parent or legal guardian must also participate in the ride.

Have a good ride,

Rick Proctor

President, BIKES Club of Snohomish County

## 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](#)

## NEWS YOU CAN USE!!

### **B.I.K.E.S. Club Christmas Party!**

Our Christmas Party will be at Waltz Building in Snohomish on Saturday, Dec. 8<sup>th</sup> at 6:00 pm. There will be a \$5.00 charge at the door. Please bring a nice gift for the Gift Exchange valued at 15.00. All gifts need to be wrapped with your name written on the wrapping. Bill Weber will be our favorite Santa distributing the gifts. Elaine Scott will cook the ham that the club provides. Please RSVP to Elaine before Thursday, December 6th by emailing her at [scott.elaine.m@frontier.com](mailto:scott.elaine.m@frontier.com) or calling her at (425) 355-4510 so she knows how much ham to purchase! All guests will bring a potluck dish to share. There are no home brewed beverages allowed, but you can BYOB (commercially produced only). The address for the Waltz Building is:

Waltz Bldg  
(Blackman House Museum)  
116 Avenue B  
Snohomish 98270

### **Challenges, challenges!**

Fall brings opportunities to challenge yourself while riding your bike. This year several club members participated in and completed the Coffeeneuring Challenge and the Ride in the Rain Challenge. While this years challenges are coming to a close you can look forward to taking on one of the events next fall.

The Coffeeneuring Challenge is centered around completing seven individual rides to seven different locations to enjoy a cup of coffee, tea, or other approved beverages, over the course of 7ish weeks starting in mid-October. Details can be found at <https://chasingmailboxes.com/2018/09/24/coffeeneuring-challenge-2018-the-best-intentions/>

The Ride in the Rain Challenge is organized by Washington Bikes and is designed to encourage people to get out and ride their bikes! It takes place during November each year and members can form teams to compete for top honors! Details can be found at <https://www.lovetoride.net/washington>

Congratulations to all who participated this year and as to next year...who will rise to the Challenge?



## Club Meeting Minutes

Meeting Minutes  
November 8, 2018

**In Attendance:** Mike Fenlin, Debby Grant, Leslie Strickland, Kay Peterson, Kathy Riddle, Bill Weber, Ron Anderson, Linda Hunter, Brent Hunter, Tom Crisp, Shirley Slade, Kristin Kinnamon, Rick Proctor, Cindy Proctor, Lawrence Baum, Joanne Kennedy, Marietta Zander, Bob Getz, John Carlin, Larry Kennedy.

**Introductions:** Rick asked members to introduce themselves and how they secure their bikes on a ride. Rick showed members a cable lock that was cut and a bike stolen during a Tuesday Ride.

**Budget:** Debby presented the budget report, by indicating there has not been much change since last report.

**Security certificate for Bikesclub:** <https://bikesclub.org>. The "s" after http indicates an active website security certificate

**Club jerseys:** Deb Fox designed our present club jersey. Club will need to contact Deb if she is interested in designing new BIKES theme jersey. Interest in new design can be found on website under "Members-Only" then BIKES Poll #11.

**Ride Leader recognition breakfast:** Thank you Cindy for organizing our recognition breakfast for members who donate their time to making our club so successful.

**Christmas Party:** Our Christmas Party will be at Waltz Building in Snohomish on Dec. 8<sup>th</sup>. There will be a \$5.00 charge at the door and exchange of \$15.00 gifts brought by each attendee. Gifts need to be wrapped with your name. Bill, will be our favorite Santa distributing gifts. Elaine will cook the ham that the club provides. Guests will bring a dish to share. No home brew, but you can BYOB. Our Social Budget will allocate \$100.00 for gifts going to riders with the top miles. Paper plates will be used and composed afterwards. Kay is looking for entertainment and music ideas.

### **Bicycling advocacy news:**

Trail Coalition of SnoCo will meet on Nov. 15 at 5:30 at W. Tucker Park for plans to expand trail network outside city limits.

Barb Chamberlain, Director of WSDOT Active Transportation, will be looking for ways to increase biking in Washington.

Open House SR 522 Paradise Lake Rd Interchange will be held on Dec. 5<sup>th</sup> at 5:30. SR 522 is dangerous for cyclist and pedestrians.

**McClinchy Mile:** In 2019 BIKES may combine the McClinchy Mile with the Camano Climb put on by the Kiwanis Club. Kristin has been working out the details of combining routes, marketing, expenses, budgets. At meeting Kay made motion for a proposal to Kiwanis Club for \$3.00 per rider from BIKES Budget plus \$200.00 maximum for expenses. Bob seconded motion. Motion was carried. McClinchy Mile meeting will be held November 13<sup>th</sup> at Brooklyn Brothers in Mill Creek.

**Program Bike and Barge Tour:** Debby gave an outstanding slide presentation on her Bike and Barge Tour to France she did with Joanne, Larry and Marietta. The 10 day tour averaged 25 miles a day. Thank you Debbie for sharing your Bike and Barge Tour.

Next meeting is 7:00 PM Thursday, January 10<sup>th</sup>, 2019.

Meeting Adjourned.

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

### Local Ride

Rick Proctor

One of the nice things about bicycling is riding from home. Sometimes an urge hits to just get out for a ride, with no plan and it needs to happen soon while time is available. A recent ride went well, the bike was in good condition then, so it should be fine for this ride. I change into bike riding attire, pump the tires, fill a water bottle, grab a snack, climb aboard, and activate a tracking feature on my smartphone for ride info later.

I clip in a foot as I roll down the driveway considering a decision: left or right turn. The other foot finds its way to a pedal and clips in as I downshift and gently brake. The cosmic forces governing explorers on wheels influence me to initially follow a slight downhill, so I check for traffic and turn left. I gain speed pedaling and shifting gears. I know a cross street coming up will lead to more riding options so I turn right for hills, curves and the feeling of flight on two wheels.

Numerous turn decisions later, an hour has gone by and I'm rolling through scenic country many miles from home. I glide by an open field with a view toward distant mountains, pondering a longer ride there and beyond some day. I head to a park for a quick snack and a time check. I need to get back home for another activity. I plot a mental route of my return to complete a loop without any re-tracing, then roll out.

During the ride I notice evidence of the hobbies people have: holiday decorations, a restored '60s muscle car, a precision manicured hedge around a lawn. I also check progress on construction projects to keep up with how the community is growing. I see something unique on every ride.

My ride time window is getting short so I straighten the path to home. I return to my driveway satisfied with the ride data for a 2 hour ride. Riding alone can be very satisfying and is a great way to get to know the local neighborhoods. I look forward to club rides coming up soon for a different kind of recreational enjoyment.



We're on the web at  
[www.bikesclub.org](http://www.bikesclub.org)

# December Rides: Weekends & Weekdays

## WEEKEND & WEEKDAY RIDES

In an effort to minimize duplication of information please use this [link](#) to visit the club ride calendar online. This is the best way to see current information as well as ride updates. If you prefer for the editor to continue listing the individual rides in the newsletter please send an email to [editor@bikesclub.org](mailto:editor@bikesclub.org)

25	26	<p>10:00 AM Tuesday Ride (Brisk Pace)</p> <p>11:00 AM Tuesday Ride (Social Pace)</p> <p>11:00 AM Tuesday Ride (Moderate Pace)</p> <p>11:00 AM Tuesday Ride (Steady Pace)</p>	28	29	30	Dec 1
2	3	4	5	6	7	8
New McClinchy Mile Route Exploration		<p>10:00 AM Tuesday Ride (Brisk Pace)</p> <p>11:00 AM Tuesday Ride (Steady Pace)</p> <p>11:00 AM Tuesday Ride (Moderate Pace)</p> <p>11:00 AM Tuesday Ride (Social Pace)</p>		<p>10:00 AM North Lake Washington Loop Ride @ Log Boom Park - RSVP</p>	<p>6:00 PM Traditional Lighted Ride Around Everett</p>	<p>6:00 PM BIKES Holiday Party</p>
9	10	11	12	13	14	15
New McClinchy Mile Route Exploration		<p>10:00 AM Tuesday Ride (Brisk Pace)</p> <p>11:00 AM Tuesday Ride (Steady Pace)</p>		<p>10:00 AM McCollum Park - Edmonds - Lynnwood Loop</p>		



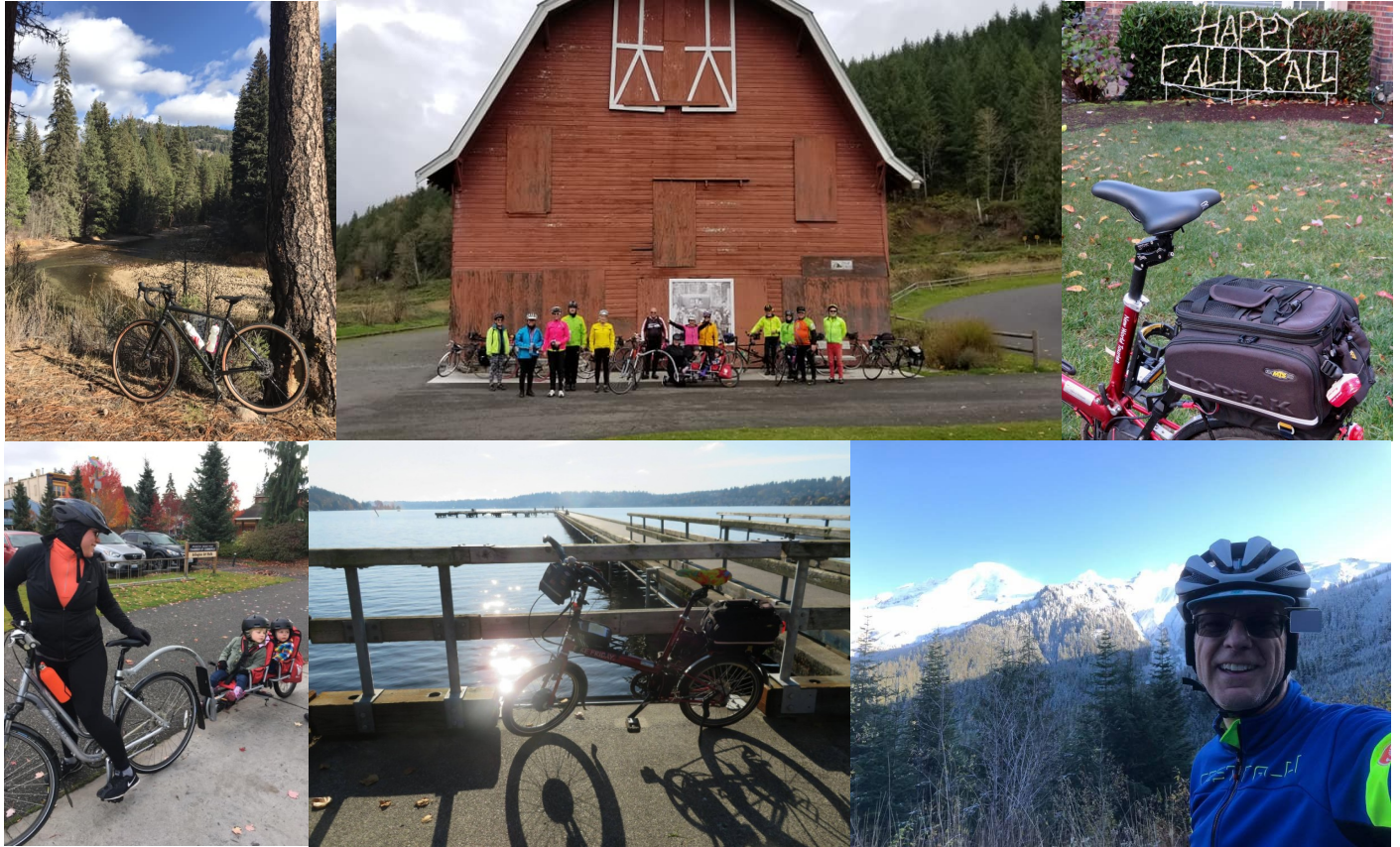
**B.I.K.E.S. CLUB MEMBER RIDER MILES**

Rick	Proctor	3296	Tim	Wise	423	Bruce	Deitz	167	Bob	Palm	47
Dan	Scott	2100	Dennis	Larson	412	Pam	Deitz	167	Janet	Burks	46
Bob	Nyberg	1927	Bill	Lutterloh	399	Brenda	Ferguson	165	Claire	Kline	46
Cindy	Proctor	1528	Marcia	Stedman	375	Mason	Rutledge	161	Willaim	Starkweather	46
Debbie	Kawamoto	1513	Mitch	Pico	338	Debby	Grant	158	Matt	Keller	39
Cheryl	Funkhouser	1348	Earl	Bardin	337	Samantha	Cheng	150	Dylan	Fiorini	36
Robert	Pahlman	1211	Jack	McClincy	336	Gloria	Hammond	148	Will	McMahan	34
Lou	Rivetti	1200	John	Stejer	328	Judy	Izutsu	132	Cheyenne	Brett	33
Elaine	Scott	1198	Kaia	Koch	320	Faith	Sokol	131	Connie	Brett	33
Bill	Paul	1167	Trang	Salazar	319	Bob	Getz	124	Audrea	Coury	33
Ron	Andersen	1039	Bobbie	Laue	318	Marietta	Zander	123	MJ	Gerst	33
Patrick	Robertson	982	Don	Martin	317	Justin	Cabe	116	Dale	Shoup	30
Steve	Linari	964	Fred	Norouzi	313	Linda	Hunter	116	Kit	Wennersten	29
Raquel	Haunreiter	850	Marlus	LaVare	304	Diane	Gordon	115	Dimitri	Berks	25
Drew	Ellison	826	Pete	Pias	297	Bill	Weber	104	Larry	DeBardi	25
Jack	Willis	823	Juanita	Pias	294	Adrienne	Reynolds	99	Lucy	Johns	25
Gary	Broughton	754	Jim	Shaver	278	Peter	Smith	99	Gary	Osowiecki	25
Kathy	Riddle	744	Jim	Roosma	273	Pam	Snook	98	Larry	LaBardi	23
Michael	Fenlin	738	Alison	Quillen	271	Dan	Bodien	93	John	Booth	22
Pier	Florentini	660	Jan	Johnson	254	Tara	Fuller	93	Pam	Hallanger	22
Linda	Thiem	659	Mark	Olson	254	Sue	Regan	86	Shirley	Kankelfritz	22
Fred	Koch	595	John	Carlin	251	Stuart	Butler	71	Joanne	Kennedy	22
Bette-Ann	Shroyer	579	Adrienne	Dorf	249	Frosene	Saco	71	John	Reich	21
Linda	Braun	575	Bill	Brack	242	Sharon	Broughton	69	Jeanne	Crisp	20
Bob	Biesiedzinski	560	Gabriel	Rinkes	238	Faith	Sakol	68	Morris	Maizels	19
Vivian	Biesiedzinski	560	Deb	Fox	235	Lawrence	Gordon	67	Peter	Pisani	19
Kristin	Kinnamon	544	Catherine	Rudenick	235	Madeline	Norman	61	Sarah	Sundin	19
Stephen	Fox	526	Lesilie	Strickland	229	Greg	Wetzel	61	Kathy	Schneider	18
Mike	Dahlstrom	509	Janell	Reich	226	Shirley	Slade	60	Dick	Nicholson	12
Rick	Poffenroth	501	Joe	Self	211	Clarence	Elstad	57	Craig	Cameron	10
Rick	Dermody	484	Teresa	Haldorson	210	Janette	Mathis	57	Susan	Hausmann	10
Nancy	Graham	465	Tom	Crisp	196	Moe	Moosavi	57	Robert	Smith	10
Judy	Lang	453	John	DeNinno	196	Perry	Walker	51	Jim	Bradley	8
Kurt	Haunreiter	438	Cheryl	Walchi	196	Larry	Kennedy	48			
Kristi	Knodell	426	Janet	Leister	191						

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



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



*November had many great rides! Thank you to all who posted photos of what we love to do...RIDE OUR B.I.K.E.S.!*

*If you would like to see your pictures in the newsletter you can send them directly to [editor@bikesclub.org](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](#)

