

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

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

## Prez Sez

April 2019

### April 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.

Next meeting:

Thursday April 11<sup>th</sup> 7 PM

Snohomish County PUD building, 2320 California St., Everett, WA 98201

Optional dinner & pre-meeting socialization 5:30 PM at Papa's Mexican Grill, 1909 Hewitt Ave, just a few doors west from Brooklyn Bros Pizza in Everett. *Note: there is a Cirque du Soleil CRYSTAL event across the street in the Angel Of The Winds Arena at 7:30 PM.*

### Ride With GPS

A new benefit for BIKES Club members, [Ride With GPS](#) offers members an on-line computer based tool that will allow bicyclists to plan, navigate and share bike routes. Route maps can be printed. Routes can also be downloaded onto your smart phone or smart navigation device for verbal and graphic turn by turn directions. A few bike routes have already been added to the library and many more will be added. Routes for the McClinchy Mile: Camano Climb Edition have been added as an Event.

All BIKES Club members were sent an e-mail on March 9, 2019 with a hyperlink to sign into the BIKES Club Ride With GPS account.

If you already have a Ride With GPS account you will be automatically confirmed when you click the link. You will notice a BIKES Club logo, or a generic Club logo to click on to get to the BIKES Club account.

If you are new to Ride With GPS, or do not have an account, click the link in the e-mail to get added as an approved member of the BIKES Club Ride With GPS account. You will need to establish an account with an e-mail address and password.

There are a variety of Help features for more information.

If you have a Ride With GPS problem and you need help, let me know and we'll find a solution.

There is a learning curve to using the Club Account version of Ride With GPS. Bike riding adventure and fun ahead!

### New BIKES Club Ride Release & Waiver Forms

The new Ride Sign-Up forms, or Release & Waiver forms, are now on the BIKES Club website under Member-only, Ride Leaders, Ride Leader Forms. The forms are two sided and both sides are required. The forms are also intended for one time use.

The multiple adult form (the new standard Ride Sign-up Sheet) could be used for the same ride on multiple days in the same calendar year until the form is full.

These forms are the result of inputs from multiple Ride Leaders and several communications with our insurance provider, American Specialty Insurance.

Have a good ride!

Rick Proctor

President, BIKES Club of Snohomish County

**APRIL 2019**  
**VOL. 476**

## 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.

# McClinchy Mile: Camano Climb Edition

Sunday, April 28, 2019

## Start in Arlington or Stanwood, WA

**McClinchy Mile – Camano Climb Edition: Sunday, April 28.** Ride 33, 40, 50, 68 or 100 mile loops! Routes are fresh this year and offer beautiful scenery, flat or hilly options and a burger at the end. Register before April 15 for the best price, including \$10 off for BIKES members. 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.

It takes about 40 volunteers to host McClinchy on April 28. 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. Watch your email for a Volunteer notice or check the McClinchy page on the club website, <https://bikesclub.org/McClinchy>. We're using a self-service spreadsheet so you can put your name on the job you want.

Discount code for BIKES Club members:  
**BIKESCLUB19**



**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.

## Function versus Fashion: Where’s Your Fun?

Rick Proctor

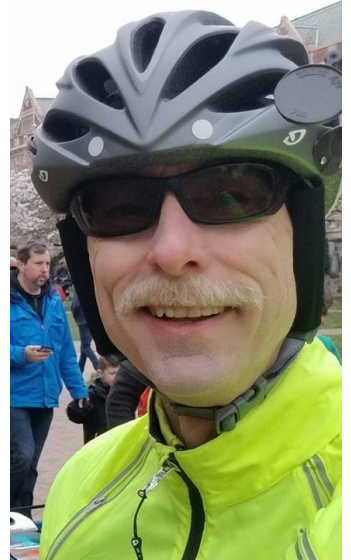
If it doesn’t function, what’s the value of fashion? Or, if it’s not in fashion, why bother? Somewhere in the space – time continuum between function and fashion, in a region that we know as the real world, is the sweet spot known as fun that’s different for everyone. Finding the balance touches on a few considerations.

Some bikes function better than others on some riding routes, some bikes function well enough on most riding routes, and some bikes don’t seem to function well anywhere. Some bikes appear to be more fashionable than others. Opinion enters the equation to resolve the differences. Throw in some peer pressure, stir with enthusiasm and try to find consistent results. While functionality of a bike and its parts can be tested, described, and categorized with a limited influence of opinion, fashion is mostly opinion.

Sometimes great functionality will influence fashion for a win – win combination. Big brand bike makers carefully design their highest performing bikes for ultimate functionality and also to tickle the fashion sensors of spectators. When those bikes are ridden by freakish over-achievers to win big races with any kind of consistency, the surplus funds of spectators seem to find their way into the hands of the bike makers in trade for various versions of the winning bike models.

There can be multiple versions of the winning bike model up and down the price point scale to bring a bit of fashionable functionality within reach of us common folks, with hopes that some of the freakish over-achiever will rub off on us through a somewhat similar bike configuration. Does it really work that way? Many years ago I got new bike fever and channeled my surplus funds toward a bike that was consistently used to win the Paris-Roubaix race for several years. Even though the bike was a couple steps down the price point scale, it was still considered state of the art and quite fashionable at the time. The new bike did help me improve my performance a bit, and ride with more fun too, but not enough to win any races.

Yesterday’s fashion and aging functionality is today’s look back into history. The old bike now appears stale compared to today’s offerings. It’s still as much fun to ride these years later as it was when new, so the function part is still good, even after 30,000 miles. I know when enough time has gone by the bike will transform from out-of-fashion into a nostalgic antique and rise to new heights in the bike fashion world. It seems there are bonus fun points for antique bikes that still function well and look good.



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## News You Can Use!

### Memorial Ride for Warren Bare May 5

Club members and friends are invited to ride together in remembrance of long-time BIKES member and volunteer Warren Bare on Sunday, May 5. Warren suggested this [33-mile route](#) as a favorite of his on the Kitsap Peninsula. Hilly terrain. Steady and moderate pace groups confirmed (leaders needed for faster/slower groups). Stop for coffee and snack in Poulsbo. Plan to catch the 9:35 ferry from Edmonds and to re-group on the other side before starting the ride. Ride leaders Kristin Kinnamon 425-923-7868 and Dan Scott [scott.dan.l@frontier.com](mailto:scott.dan.l@frontier.com)

### Bikes of Wrath Showing

On **Monday, April 15th, 6:30 PM** there is a tentative showing of the award winning film "Bikes of Wrath". Here is a brief synopsis of the film:

Five Australians attempt to cycle 2600kms from Oklahoma to California in honour of the westward migration undertaken by 'The Grapes of Wrath's' Joad family. Through chance encounters with everyday Americans, the cyclists expand on the novel's core themes of migration, inequality and the perceived land of opportunity. The group explores whether America has progressed since the book was written, discussing the wealth gap, immigration and the American Dream. The fascinating people they meet along the way reveal the enduring strength of human spirit despite the inequality and disenfranchisement which runs as deep today, as it did in Steinbeck's seminal novel. The Bikes of Wrath is a unique, funny and insightful documentary filled with adventure, literature, music, and human connection.

This movie will be showing pending the pre-sales of approximately 40 more tickets. You can click on the **link** below to reserve your tickets. If the movie is not shown, your credit card will NOT be charged.

If the movie is **confirmed**, we will plan a BIKES Club "movie night out" at the Everett Mall food court before show time. So spread the word and invite your friends!

<https://tickets.demand.film/event/7175>

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# April 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26 <a href="#">11:00 AM Tuesday Ride (Social Pace)</a> <a href="#">11:00 AM Tuesday Ride (Moderate Pace)</a> 11:00 AM <a href="#">Tuesday Ride (Steady Pace)</a>	27	28 10:00 AM <a href="#">Giro di Sentieri</a>	Mar 1	2 <a href="#">Mussel in the Kettles -- Coupeville</a> <a href="#">10:00 AM McClinchy Mile Route Marking -- RSVP</a>
3 10:30 AM <a href="#">Conway-Fir Island</a>	4	5 10:00 AM <a href="#">Tuesday Ride (Steady Pace)</a> <a href="#">10:00 AM Tuesday Ride (Social Pace)</a> <a href="#">10:00 AM Tuesday Ride (Moderate Pace)</a>	6	7 10:00 AM <a href="#">North Lake Washington Loop Ride @ Log Boom Park - RSVP</a>	8	9 <a href="#">10:00 AM McClinchy Mile Route Marking -- RSVP</a>
10	11	12 <a href="#">10:00 AM Tuesday Ride (Social Pace)</a> <a href="#">10:00 AM Tuesday Ride (Moderate Pace)</a> 10:00 AM <a href="#">Tuesday Ride (Steady Pace)</a>	13	14 10:00 AM <a href="#">(copy) McCollum Park - Edmonds - Lynnwood - IU Loop</a>	15	16 <a href="#">10:00 AM McClinchy Mile Route Marking -- RSVP</a>

### **Use the Ride Updates Page!**

During the winter months it is hard to plan scheduled rides as the weather is constantly changing. This is an excellent opportunity to use the Ride Updates Page to post rides on a shorter notice! If the weather forecast looks promising post up a ride that you like to do! We have used this feature to host several rides this month that otherwise would not have been on the calendar. Please allow at least 24-48 hours of lead time before the start of the ride when making your post so members can plan to join the fun!



## Pedal Pushers

**Join us on Wednesdays for 15 to 25-mile group bicycle rides.** We ride on trails, on-street bike lanes and low-traffic roads to bakeries, parks and community centers. B.I.K.E.S. Club of Snohomish County partners with the Lynnwood Senior Center and club ride leaders make sure we ride every week. Routes alternate between trail and on-road. Most rides start at 10am but check the individual ride description for differences. Helmets are required on all rides.

### **Tuesday, April 16, 3:00PM – Pedal Pusher 2019 Season Kickoff**

BIKES partners with the Lynnwood Senior Season to organize weekly group bicycle rides starting in late April. Come to this session to jump-start your biking season. Learn what you need to start off safe and secure. Haven't ridden in a while? Our group will help you get back on the saddle. Meet at the Lynnwood Senior Center at 3pm.

### **Wednesday, April 24 – Centennial Trail to Lake Cassidy/Lake Stevens - 20 miles**

Meet at Snohomish Library at 9:45am for a 10am ride start. Park in the lot or on street, we will meet on the trail side of the library (east side). All trail ride, short stop at Lake Cassidy and then turn around. We will go off trail slightly to stop at Lake Stevens for optional lunch/coffee at the Creekside Alehouse and Grill. You may turn around at any time on the ride. Social pace, A terrain, about 20 miles. Rain cancels, check ride updates. Ride leader Cindy Proctor 425-293-3152. RGPS: <https://ridewithgps.com/routes/29100272>

### **Wednesday, May 1 – Echo Lake to Green Lake loop**

Meet at 9:45am at Echo Lake Park in Shoreline for a 10am start. We will ride to Green Lake on the Interurban Trail and city streets. We will stop at Green Lake near Peet's Coffee for coffee and a snack or bring your own snack or lunch. Social pace (10-12 MPH), A/B terrain, 17- 18 miles. You may turnaround at any time. Ride leader Ron Andersen, 425.626.9187, [ronk22446b@gmail.com](mailto:ronk22446b@gmail.com).

### **Wednesday, May 8 – Weekly Trail Ride. Route, distance and ride leader TBD.**

### **Wednesday, May 15 – Conway to Mt Vernon loop via Fir Island**

Meet at 9:45am at the ball field parking lot next to the fire station in Conway for a 10am start. We'll ride from Conway to Mt Vernon via Fir Island along the west side of the Skagit River and return on the east side. RT 21 miles, Social pace, A terrain. Route is on paved road with little elevation and low traffic volumes. Ride leader Nancy Graham, (425) 493-1952.

### **Wednesday, May 22 – Sammamish River Trail**

Meet at 9:45am at Blyth Park in Bothell for a 10am start. Paved asphalt trail. Food stop at the halfway mark (Whole Food, Pancake House) or bring your own lunch or snack. Social pace (10 to 12 MPH), mostly A terrain with a little B, 23 miles. You may turn around at any time after informing the leader. Ride leader Ron Andersen, 425.742.5508, [ronk22446b@gmail.com](mailto:ronk22446b@gmail.com). Cell phone on the day of the ride 425.626.9187. In case of poor weather i.e. rain, I will post on the Ride Updates page early Wednesday morning.

### **Wednesday, May 29 – Weekly Road Ride. Route, distance and ride leader TBD.**

### **Wednesday, June 5 – Weekly Trail Ride. Route, distance and ride leader TBD.**

### **Wednesday, June 12 – Everett Mall to Arboretum with Lunch at Sisters**

Meet at 9:45am at the Everett Mall (parking lot that is near the LA Fitness) for a 10am start. This ride is mostly urban road, with some on the Interurban Trail. Restroom break at Legion Park and a brief walk through the arboretum to check out spring blooms. Depending on the group, we will either take an optional coffee/light lunch break at Narrative Coffee on Wetmore or the Sisters Restaurant on Grand Avenue. **BRING A LOCK!** Social pace, A and B Terrain (rolling hills), less than 800 feet of elevation gain, but most of that is on the way back, so will feel quite hilly, 20 miles. Rain cancels, check Ride Updates. Ride leader Cindy Proctor 425-293-3152. Ride With GPS: <https://ridewithgps.com/routes/29100330>

### **Wednesday, June 19 – Log Boom Park to Gas Works Park**

Meet at 9:45am at Log Boom Park for a 10am start. We'll ride on the Burke Gilman Trail to Gas Works Park and return. Food stop at Ivar's where we can eat at the outside tables. Buy lunch or bring your own food. Social pace, A Terrain, about 23 miles. You may turn around at any time for fewer miles. Ride leader Linda Hunter, 425 478-6287 or [hunterbl4345@comcast.net](mailto:hunterbl4345@comcast.net).

### **Wednesday, June 26 – Weekly Road Ride. Route, distance and ride leader TBD.**

## BIKES Club of Snohomish County

## Meeting Minutes

March 14, 2019

**In Attendance:** Cindy Proctor, Rick Proctor, Kathy Riddle, Patrick Robertson, Racquel Haunreiter, Kurt Haunreiter, Kit Wennersten, Kay Peterson, John Carlin, Bill Weber, Mike Dahlstrom, Debbie Kawamoto, Bill Lutterloh, Steve Linari, Mike Fenlin, Frosene Sacco, Mitch Pico, Gabe Rinkes, Kristin Kinnamon.

**Introductions:** Rick asked members to introduce themselves and their riding resolution for 2019. Members wanted to do new trails, tours, ride and have fun.

**Budget/financials:** Debby was not present at meeting and Rick presented the budget as \$725 revenue so far McClinchy Mile. As of this month we have 205 members.

**Bike Swap Results:**

\$293 Bike Swap intake - \$85 For booth and table = \$208 net gain

Drew will see if he can sell more biking items to increase net gain.

Future BIKES memorial: Rick will meet with county on details on type of memorial that is considered appropriate and location for the memorial on Centennial Trail.

**Insurance Updates:**

New release and waiver forms for rides will be use by ride leaders for ride participants to sign. New form will not have president's name and can be used for day of ride only.

Annual release and waiver will be on line and will be updated on web page at a future time.

Directors and Officers Insurance is now active and covers ride leaders.

**Ride with GPS club account:** BIKES Club has a new Ride With GPS Club Account which is a new members benefit. Cost to club will be \$250. and has many benefits to plan, and share routes.

**Bicycling Advocacy News:**

Regional Trails Coalition Meeting Thu. 21<sup>st</sup> March, 1 – 2:30 PM, Mercer Island Community and Event Center.

Trail Coalition of Snohomish County, Thu. 21<sup>st</sup> March, 5:30 – 7:30 PM, Willis Tucker Park

**Nomination Committee for April elections:** Jim Bloss is resigning as VP after his term is complete. The nomination committee has two members who are willing to fulfill this position. Thank you ,Bill, for your work of this committee.

**McClinchy Mile:**

**Updates:** We have 85 preregistered riders, and 8 North Puget Sound Bike Alliance (north end bike clubs) riders.

**Route Marking:** Rick and three other members will be doing the route marking for the 2019 McClinchy Mile:Camano Climb on upcoming Saturdays.

**Maps:** Due to many changes in 2019 McClinchy, Mitch is still working on final details of routes.

**McClinchy Mile meeting:** Tuesday, March 19<sup>th</sup>.

**Program:** Kristin gave an outstanding presentation on her 2018 bike ride home from her college reunion in Minneapolis to her home in Washington State. Was interesting to hear about the people she met, places she stayed, being flexible in her days and using an organization called Warm Showers. Warm Showers is an organization which offers hospitality for touring cyclists. Thank you Kristin for sharing your unique bike tour.

**Next Meeting:** Will be on Thursday, April 11<sup>th</sup> at 7:00 PM

Meeting Adjourned

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

Rick	Proctor	734		Michael	Dahlstrom	70
Lou	Rivetti	458		Rick	Poffenroth	69
Bob	Nyberg	426		Patrick	Robertson	64
Linda	Thiem	333		Gabriel	Rinkes	61
William	Paul	279		Elaine	Scott	54
Cheryl	Funkhouser	246		Allison	Quillen	53
Cindy	Proctor	236		Raquel	Haunreiter	50
Michael	Fenlin	219		Lawrence	Gordon	47
Steve	Linari	215		Samantha	Cheng	40
Debbie	Kawamoto	200		Don	Martin	40
Cheryl	Walchli	175		Ken	Brane	40
Bob	Biesiedzinski	169		Marcia	Stedman	39
Vivian	Biesiedzinski	169		Ed	Janonis	35
Dan	Scott	168		Erin	Janonis	35
Bobbie	Laue	167		Michael	Snodgrass	35
Drew	Ellison	150		Peter	Smith	34
Linda	Braun	144		Jan	Johnson	30
Ron	Andersen	138		Judy	Lang	30
Richard	Dermody	133		Dennis	Larson	28
Bob	Pahlman	132		William	Brack	26
Nancy	Graham	122		Adrienne	Dorf	26
Mitchell	Pico	121		Pat	Rogers	24
Janet	Leister	106		Paul	Rogers	24
Earl	Bardin	101		Joe	Self	24
Jack	Wolhart	101		Stephen	Fox	21
Jack	Willis	101		John	Carlin	20
Kathy	Riddle	98		John	DeNinno	20
Alison	Ahlgim	96		Fred	Norouzi	20
Larry	DeBardi	87		Shirley	Slade	20
Kristin	Kinnamon	87		Bette-Ann	Shroyer	19
Brenda	Ferguson	86		Peter	Hallson	18
William	Weber	83		Tim	Wise	18
James	Shaver	80		Sue	Regan	16
Kristi	Knodell	78		Kurt	Haunreiter	15
Bill	Lutterloh	72		Judy	Long	6

**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](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](#)



OF EVERETT AND SNOHOMISH COUNTY