

Chainwheel Chatter

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

Your Snohomish County Cycling Club

JUNE 2019
VOL. 478

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

Prez Sez

June 2019

Summer BIKES Club Activities

There will be lots of BIKES Club rides and tours through the summer months. Check the [Rides calendar](#), [Ride Updates](#), and [Overnight & Tours](#) pages of our [BIKES Club website](#).

Join us for our annual BIKES Club picnic on Sunday August 4th from 1 – 4 PM at Hauge Homestead Park in the Silver Lake neighborhood of Everett. More info later.

We are into the great bike riding seasons of late spring and early summer. Long days and warmer weather help make bike rides more enjoyable. An early morning bike ride on weekends when car traffic is sparse can be a special kind of ride. The cool early morning nip should warm up nicely by mid-morning. Rolling along with the low angle sun, long shadows and quiet roads can be a bit enchanting with the smells of breakfast in the air as the community wakes up and starts their day. Bacon and toast in particular seem to carry a long way. Try an experiment to trigger your primal hunter-gatherer instincts: go for an hour long early morning bike ride on a weekend day before your normal breakfast time. Does your sense of smell seem significantly stronger riding through the community?

Bike Index

Have you ever had a bike stolen? It is surely a disappointing, inconvenient, expensive and emotional experience. Choosing the right location and adequately locking your bike when parking helps prevent theft. Getting your bike back will depend on you reporting the theft to police and alerting the community. Registering your bike(s) into the most widely used bike registry on the planet helps too. Go to <https://BikeIndex.org> to register your bike(s) for free.

BIKES Club Dues Increase

Annual BIKES Club dues will increase effective June 1st to \$25 for an individual or \$35 for a family. The BIKES Club has not had a dues increase for several years while club operating costs have increased.

Continuing benefits for BIKES Club members:

- A website that keeps us connected
- Member ride insurance
- Club social events:
- Picnics and parties
- Rider miles awards
- Ride leader recognition
- Free rides year round
- BOB trailer to tow behind your bike
- Bike box for airline travel
- Event ride discounts through North Puget Sound Bike Alliance
- Support local bike advocacy

New benefits for BIKES Club members:

- Ride With GPS for bike route planning, navigation and sharing
- More comprehensive insurance

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](#) for details.

Bike Standards

Rick Proctor

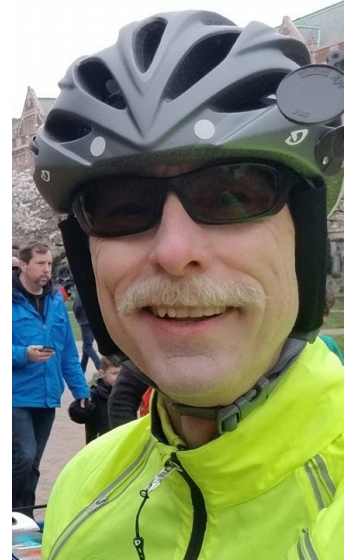
Thousands of years ago humans came to understand a few basics of science that were passed on to successive generations. Early units of measurement were developed for length, weight and volume as “standards” to describe stuff of all kinds. The application of science for a useful purpose, called technology, grew for both good and not-so-good uses.

As our ancestors understanding of the world around them grew, so did their need to shape the world to makes their lives better. Science and technology were used to make tools to help people invent and build stuff. Basic tools were used to make better tools. Eventually people figured out that by making certain parts the same “standard” way each time saved time and money because these basic parts could reliably be used to make higher assemblies of stuff faster than hand crafting each part from scratch every time it was needed. As science, technology, tool making and standardization matured a few hundred years ago the Industrial Age arrived.

A variety of machines were invented early in the Industrial Age that were enablers for better machines. Standardized parts, processes and procedures enabled mass production of affordable everyday-living stuff. Along the way, bicycles were invented, improved and became an enabling technology. Through the late 1800s bicycling boomed in popularity across most of the “modern” world. Bicycles were rapidly replacing horses for single person transportation when something else came along.

A few ingenious bicyclists went on to invent automobiles and airplanes for new levels of transportation needs. Automotive technology quickly eclipsed bicycle technology in the popularity race. Paved roads, originally developed for bicycles, were overtaken by cars and trucks as new standards were developed for the changing needs of the human population.

Bicycle technology continued to grow. Bicycle frames are now commonly made to standardized sizes, often with specific dimensions, materials and features that are unique for each manufacturer. Just about everything else that gets attached to the bike frame is a standardized part, or component, that will mount to a standardized interface on the frame. Many manufacturers make interchangeable components that each accomplish a standardized function in varying ways. These standardized options provide the bicycling consumer (you) the opportunity to personalize your bike the way you want in a more cost effective way than any other transportation vehicle.



News You Can Use!

Looking for a Brisk Ride Option?

Brisk Lunch Ride is on every Tuesday departing from the Silverlake Bicycle Centers parking lot at 10:00 am. Distance about 25 to 35 miles on varied hilly routes. Pace 16 to 18 mph on flats, slower on the climbs and faster on descents. Terrain A - C with occasional regroupings at tops of hills and for pit stops. GPS routes are sometime proved. Optional after ride meal with the other pace groups may happen too. Leaders: Bob N. 206 795 1363, Drew and Lou.

WSDOT's statewide Active Transportation Plan Update is under way

Active transportation is about giving people safe options for getting from one place to another using active means of travel such as walking, biking and rolling. The 2019 Active Transportation Plan will help guide and implement statewide investments and policies for increased access, safety and mobility.

Your voice matters. Every comment and survey response will help shape the final recommendations for policy, funding priorities and projects.


Your friends and neighbors listen to you. When you tell them they should get involved, it's more powerful than when we ask.

Taking the survey tells us what matters to you for walking and rolling more places, more safely, more conveniently in your community and state.

Take the survey and encourage friends and family to do the same! The English version of the survey can be found here:bit.ly/WSDOT-ATP2019-Engl **The survey ends on June 30!**

WSDOT Feedback Form
www.wsdot.wa.gov/contact/feedback

Contact WSDOT
www.wsdot.wa.gov/Contact/default.htm



SURVEY!

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

Name _____
 Address _____
 City _____ State _____ Zip _____
 Telephone (____) _____ - _____ Email _____

Membership **\$25 Annual (INDIVIDUAL)** **New Member**
DUES **\$35 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.

June 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
26	27	28 OR Grand Tour Scenic Bikeway 10:00 AM Tuesday Ride (Brisk Pace) 10:00 AM Tuesday Ride (Steady Pace) 10:00 AM Tuesday Ride (Moderate Pace)	29 Pedal Pushers - Weekly Road Ride	30	31	Jun 1 OR Madras Mountain Views & Twin Bridges Scenic Bikeway
2 OR Madras Mountain Views & Twin Bridges Scenic Bikeway 9:00 AM Lake Cavanaugh Loop to Big Lake	3	4 10:00 AM Tuesday Ride (Moderate Pace) 10:00 AM Tuesday Ride (Brisk Pace) 10:00 AM Tuesday Ride (Social Pace) 10:00 AM Tuesday Ride (Steady Pace)	5 Pedal Pushers - Weekly Trail Ride	6 10:00 AM North Seattle Parks Loop -- RSVP	7	8 10:00 AM Camano Island Loop -- RSVP
9	10 10:00 AM Top of the Lake Loop	11 10:00 AM Tuesday Ride (Moderate Pace) 10:00 AM Tuesday Ride	12 10:00 AM Pedal Pushers - Everett Mall to Arboretum	13 10:00 AM North Lake Washington Loop Ride @ Log Boom Park - RSVP 6:00 PM Thursday	14	15 Oregon Coast from Cathlamet, WA to Crescent City, CA

Want to join in a weekend or longer bicycle tour? Check out the club

[Overnight/Tours Page!](#)

Use the Ride Updates Page!

Don't see a ride on the calendar that "entices" you? You can post up a ride that you like to do! Many club members have used this feature to host several rides throughout the year 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!

We're on the web at
www.bikesclub.org

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.

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.

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



BIKES Club of Snohomish County

Meeting Minutes

May 9, 2019

In Attendance: Clarence Elstad, Leslie Strickland, Dan Scott, Glen Pickus, Kristin Kinnamon, Michael Dahlstrom, Ron Anderson, Bill Weber, Rick Proctor, Cindy Proctor, Debby Grant, John Carlin, Debbie Kawamoto, Bob Getz, Raquel Haunreiter, Drew Ellison, Kathy Riddle, Fred Koch, Mitch Pico, Cheryl Walchli, Linda Hunter, Brent Hunter.

Introductions: Rick asked members to introduce themselves and if members present had any specific bike plans. Some members will be going on bike tours that are being offered this spring and summer through the BIKES Club. Others will enjoy biking close to home.

McClinchy Mile results/budget/financials: BIKES had a very successful McClinchy Mile with 335 paid riders. Arlington had 167 pre-registered and 47 registered day of. Stanwood had 79 pre-registered riders and 42 day of. No major incidents. Debby passed out a copy of McClinchy Income/Expense and a copy of Club Revenue/Expenses for club members.

McClinchy Mile Improvements: Rick passed out a spread sheet for improvements for the 2020 McClinchy Mile. Club members with ideas for improvements can e-mail Rick. Include your e-mail address so you can be contacted.

McClinchy Trademark: Bob recommended that BIKES Club Name, and the McClinchy Mile Ride be trademarked. Bill made motion to approve trademark registration. Bob seconded. Motion passed.

Club Storage:

BOB Trailer - Discussion of selling or looking for a volunteer to store the trailer. Steve Fox via e-mail had indicated willingness to store the trailer at his home with the club's bike box.

Paint storage - Club has a number of cans with unused paint in the storage unit. The used paint cans will be dropped off at a hazardous waste disposal site.

Mike's McClinchy Mile T-shirt collection - Members discussed taking pictures of Mike's T-shirt collection and adding the pictures to club album. Our 35th McClinchy Mile will be in 2020 and members felt we should have the shirts on display.

New Jersey: Kurt volunteered to help design new club jerseys. A brief discussion regarding design and color was held. If club members have any ideas in design and colors they can e-mail Rick.

New Ride Leader Vests: Only two ride leader vests are left in sizes XL and XXL. No discussions on new design.

Bicycling advocacy news:

Bike Everywhere Day Friday May 17th. BIKES will set up a small table at Everett Transit in recognition of Bike Everywhere Day. Other events in recognition of Bike Everywhere day will be a 2.2 mile community bike ride at Wetmore Theater Plaza hosted by Sharing Wheels. Fisherman's Village will host a music festival.

Family ride in Marysville Ebey Waterfront Park and Ride, 3.8 miles RT per Dave Hall, Athletic Supervisor, Marysville. No date has been set and volunteers are needed for this event. Kristin indicated Sharing Wheels is interested.

Trail Coalition of Snohomish County Thur. 16th May, 5:30 – 7:30 PM, Christ King Community Church, Arlington.

Regional Trails Coalition Meeting Thur. 23th May, 1 – 2:30 PM. Mercer Island Community and Event Center.

WSDOT Active Transportation Survey open until June 30th.

Program: Ride With GPS Training - Rick gave a presentation to club members on benefits on how to use Ride With GPS. Planning a ride must be done on a computer. Once members become comfortable with the app they will be able to plan, navigate and share bike routes. Rick noted that you should never edit a route that has been created by another member. When on a ride one will be able to have verbal and turn by turn directions. It has not been determined at this time if ride leaders will automatically be route managers who create and add new rides to the route library. Ride Leaders who want to be route managers able to create and add routes to the club Ride With GPS account should e-mail Rick. If you have a problem with Ride With GPS please e-mail Rick and he will work with you to find a solution.

Next Meeting: Will be on Thursday, Sept. 12th at 7:00 PM.

Meeting Ajourned

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

Rick	Proctor	1314
Bob	Nyberg	1007
Lou	Rivetti	796
Linda	Thiem	703
William	Paul	636
Cindy	Proctor	628
Steve	Linari	584
Cheryl	Funkhouser	553
Drew	Ellison	539
Ron	Andersen	460
Cheryl	Walchli	432
Michael	Fenlin	418
Debbie	Kawamoto	418
Jack	Willis	339
Janet	Leister	315
Earl	Bardin	312
Paul	Vermeulen	296
Bob	Biesiedzinski	284
Viv	Biesiedzinski	284
Bob	Pahlman	282
Kathy	Riddle	242
William	Weber	215
Linda	Braun	210
Brenda	Ferguson	203
Bobbie	Laue	197
Adrienne	Dorf	195
John	Steyer	195
Gabriel	Rinkes	190
Raquel	Haunreiter	189
Rick	Poffenroth	186
Dan	Scott	184
Nancy	Graham	180
Mitchell	Pico	180

Bill	Lutterloh	179
Teresa	Haldorson	177
John	DeNinno	173
Michael	Dahlstrom	167
Patrick	Robertson	162
Alison	Ahlgrim	156
Elaine	Scott	143
William	Brack	134
Richard	Dermody	133
Jan	Johnson	131
Judy	Lang	126
James	Shaver	123
Fred	Koch	119
Larry	DeBardi	110
Stephen	Fox	107
Fred	Norouzi	104
Jack	Wolhart	101
Gary	Broughton	100
Marcia	Stedman	99
Christy	Cowley	96
Kristin	Kinnamon	87
Jay	Bonner	85
Kristi	Knodell	78
Leslie	Strickland	77
Jack	McClinchy	68
Don	Martin	65
Samantha	Cheng	63
Shirley	Slade	62
John	Carlin	58
Perry	Walker	57
Allison	Quillen	53
Lawrence	Gordon	47

Gloria	Hammond	40
Kit	Wennersten	40
Ed	Janonis	35
Erin	Janonis	35
Michael	Snodgrass	35
Dale	Shoup	34
Peter	Smith	34
Drew	Gideon	32
Kurt	Haunreiter	31
Dennis	Larson	28
Marlys	LaVare	26
Tara	Fuller	25
Debby	Grant	25
Matt	Petersen	25
Janell	Reich	25
Marietta	Zander	25
Pat	Rogers	24
Paul	Rogers	24
Joe	Self	24
Linda	Hunter	23
Judith	Izutsu	23
Faith	Sokol	23
Bill	Ferguson	21
Pam	Snook	21
Bruce	Berg	20
Kala	Koch	19
Kay	Peterson	19
Bette-Ann	Shroyer	19
Peter	Hallson	18
Tim	Wise	18
Sue	Regan	16
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!



May 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](#)