

Chainwheel Chatter

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

Your Snohomish County Cycling Club

OCTOBER 2019
VOL. 482

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

Prez Sez

October 2019

Autumn has arrived with cooler, moister weather. The leaves are changing color making bike rides this time of year a visual treat. Cool weather bike clothes become more favored as we prepare for rides. Damp and wet riding conditions bring threats of slippery surfaces. Wet leaves can provide a surprise wake-up if you overcook a curve. Yep, be careful out there.

Autumn BIKES Club Activities

There will still be lots of BIKES Club rides through the autumn months. [Coffee-neuring](#) and [WA Bikes Ride in the Rain Challenge](#) are bike ride activities you can do on your own or with BIKES friends. The [Rides calendar](#), [Ride Updates](#), and [Overnight & Tours](#) pages of our [BIKES Club](#) website have been updated for October. Keep up with ride changes and late additions by subscribing to Ride Updates.

Pathways for Active Transportation

A new Snohomish County program called Pathways for Active Transportation <https://snohomishcountywa.gov/5450/Pathways-for-Active-Transportation> is focused on improving bicycling and walking in the county, including improving connections to and between cities/towns. Any place where people live are sources of potential bicyclists if only the infrastructure allowed bicycling to be convenient enough. You probably already know of gaps in your neighborhood, town and around the county where bicycling and walking would be better with some improvements.

In September there were a couple of Active Transportation Stakeholder Workshops for people like you to share your concerns and ideas to improve bicycling and walking. There may be more, perhaps with an online opportunity. These workshops, whether at a city, county, state or national level are great opportunities for multiple BIKES Club members to speak up to bring attention to the problem areas that you know need to be fixed.

One of the goals of the BIKES Club of Snohomish County is to encourage transportation development organizations to provide bicycle friendly infrastructure that will draw more people to bicycling. More voices are better than a lone voice speaking up for a solution to a problem. Together, we can get improvements moving.

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.

Book Report: How Cycling Can Save the World

Rick Proctor

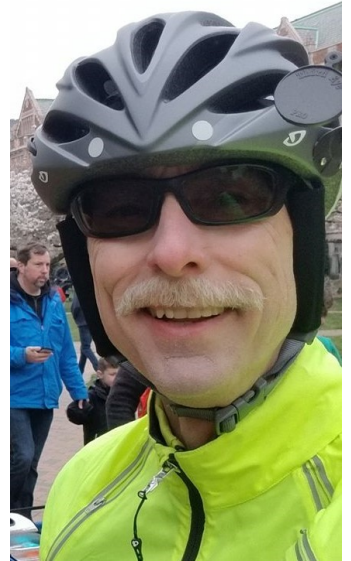
I've read plenty of books and articles about bicycling infrastructure development, and I've noticed a common thread through most of them that highlights a transportation solution: more people will ride bicycles when it is perceived as both convenient and safe.

One book has the overly-obvious title of *How Cycling Can Save the World*, by Peter Walker (political correspondent for *The Guardian*), published by TarcherPerigee in 2017. Numerous examples are provided that show how cities around the world have provided bicycling infrastructure as a cost-effective way to help solve transportation issues.

Walker wrote of the Dutch CROW Manual, which is a traffic infrastructure design guide for The Netherlands. "CROW" is a Dutch acronym without a specific English translation provided. It presents five basic principles around the understanding that people make mistakes in traffic and infrastructure designs should maximize safety for people. Perhaps this is why the Dutch are regarded as having the best cycling infrastructure in the world.

Walker also introduced the article [Four Types of Transportation Cyclists](#) produced by the City of Portland, Oregon in 2006. The 2-page summary report is a result of many years of bike counts, surveys and analyses leading to four types of transportation cyclists with an approximate proportion of the population in Portland.

1. Strong and Fearless – less than 1%. These cyclists will ride their bicycles just about anywhere, with motor traffic or not.
2. Enthused & Confident – 7%. These cyclists ride bicycles regularly, often as a result of improved bicycling infrastructure.
3. Interested but Concerned – 60%. The infrequent and potential cyclists in this category avoid motor traffic and would ride more with an improved perception of safety.
4. No Way No How – 33%. About a third of the population cannot, or absolutely will not, ride a bicycle for whatever reasons.



It seems reasonable to assume these Portland cyclist types and proportions would apply in a similar manner to other areas too, like ours. While the percentages may vary with location, the descriptions sound right on. The greatest potential for cycling to grow is by providing bikes lanes, bikeways and trails for the 60% of the general population who are "interested but concerned".

One of the goals of the BIKES Club of Snohomish County is to encourage transportation development organizations to provide bicycle friendly infrastructure that will draw more people to bicycling. Any place where people live are sources of potential bicyclists if only the infrastructure allowed bicycling to be convenient and safe enough.

The population of Snohomish County is growing faster than the motor vehicle transportation road network can keep up with. Do you think near-term cycling infrastructure improvements will help ease the overall long-term transportation situation? What could you do to help? If you have ideas to improve our present cycling infrastructure you should share those ideas with the people who can do something about it at a future Pathways for Active Transportation workshop.

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.

NEWS YOU CAN USE!!

Reporting road and trail issues to City and County Officials

By Mike Dahlstrom

While cycling on city and county roads we occasionally see hazards, or potential hazards, needed changes, and conditions motorists typically do not or cannot see. Bike riders can be the eyes of city and county officials while we're riding streets and trails. I've had several opportunities to report issues to Everett and Mill Creek Public Works (PW) officials, problems involving speed hazards, bike lane inconsistencies, obstructions to bike and pedestrian movement. Public Works departments, in both city and County are the contact points for reporting issues. *Other cities, such as Mill Creek, Mukilteo, etc., you may contact their Public Works Departments.*

Some of us in BIKES have received good response and results from the Cities of Everett and Mill Creek. One instance, several years ago involved the northbound bike lane on 35th Ave SE where it crosses 132nd Street, which is the border between Everett and Mill Creek. The bike lane was painted adjacent to the curb as it proceeded into the right turn lane. I contacted Everett, and they referred me to Mill Creek. I followed up, and Mill Creek officials quickly agreed the lane needed to be moved left of the right turn lane. Within a week or two it was done. It's gratifying to know city officials will respond when we report such issues.

Don't hesitate to report what you see as a needed change or PW solution.

CONTACT for Everett City Public Works:

- First, Public Works Dispatch is always the best place to start. The observation will be recorded and a Service Request generated as needed. Our dispatch number is 425.257-8800 during business hours or 425.257-8821 (24 hours.)

Alternatively, road hazards or needed street repairs can be reported through our Streets webpage using an online service request: <https://everettwa.gov/FormCenter/Public-Works-5/Public-Works-Service-Request-45>

GENERAL CONTACT for Snohomish County Public Works: 425-388-3488, email: Public.Works@Co.Snohomish.WA.US

For painting issues on the road, signs knocked down, brush/trees need trimming back along the ROW, other road hazards or any other "Road Maintenance" issues, you can call 425-388-7500. (There are several employees who answer that line who will be able to help you).

For speed issues, you can call the Sheriff's non-emergency number at 425-407-3999.

For any kind of **new** signage requests, sight distance issues, traffic signals out or not working properly, or any other traffic concerns, you can call Pam McCurdy on the traffic line at 425-388-6420.

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More NEWS YOU CAN USE!!

Healthy Eating for the Recreational Cyclist

Healthy eating is an important component of athletic performance. Eating a healthful diet provides the energy needed for an endurance sport like cycling. You are more likely to be tired and perform poorly during cycling when you do not eat or drink enough to give you the calories and fluids that you need. To help you perform better, avoid cycling on an empty stomach. For most people eating smaller and more frequent meals and snacks before and during cycling works best. A healthy diet for a cyclist is not very different from the diet recommended for any healthy person. Although carbohydrates have received a bad rap lately they are the bodies preferred source of energy and sources of carbohydrate such as whole-grains and fruits and vegetables should be included in any healthy diet. It is important to eat carbohydrates before and during physical activity lasting more than about 2 hours as our bodies only store a limited amount of carbohydrate in muscles and the liver. For long rides it is best to include a small amount of protein along with the carbohydrates to keep you full longer.

Examples of healthy carbohydrate choices to eat before during and after rides:

- Whole grain bread, cereals, brown rice, whole grain pasta, corn or whole wheat tortillas, potatoes
- Fresh or dried fruit such as bananas, oranges, dried figs or raisins
- Energy bars that include more whole foods and less refined flour and sugars.
- For longer rides include some protein options such as: nuts or add nut butter to the whole grain carbohydrates listed above. Small chunks of cheese or thin slices of lean meats are another option.

Water is the most important nutrient for any athlete. The fluids that you put in your body before and during a ride are as critical as the foods that you eat. Water and fluids are essential for keeping the body hydrated and at the right temperature. Dehydration can cause muscle cramping and fatigue and increases the risk for heat stroke. Drink water before, during and after cycling. Sipping water every 15-20 minutes during activity is a good practice. During long rides on especially hot days the addition of a sports drink that includes electrolytes such as sodium and potassium can be beneficial.

Healthy eating, like physical activity, is an important component of a healthy lifestyle. Kudos to you for your commitment to living a healthy life!!!

Adrienne Dorf, MPH, RD, CD

October 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
30	Jul 1 10:00 AM LaConner - Anacortes	2 10:00 AM Tuesday Ride (Steady Pace) 10:00 AM Tuesday Ride (Brisk Pace) 10:00 AM Tuesday Ride (Moderate Pace) 10:00 AM Tuesday Ride (Social Pace)	3 10:00 AM Pedal Pushers: Blyth Park - Metropolitan Market on Burke Gilman Trail	4	5	6
7 10:00 AM Farmer's Market	8	9 10:00 AM Tuesday Ride (Steady Pace) 10:00 AM Tuesday Ride (Brisk Pace) 10:00 AM Tuesday Ride (Moderate Pace) 10:00 AM Tuesday Ride (Social Pace)	10	11 9:00 AM Centennial Trail: Full Lap -- RSVP 6:00 PM Thursday Evening Rides with Bob & Viv!! -- RSVP pls	12	13 10:00 AM Moderate Hidden Gem Ride
14	15 Eugene Bike trails 10:00 AM Maltby	16 10:00 AM Tuesday Ride (Steady Pace)	17 10:00 AM Pedal Pushers: Wilmot Gateway Park to Marymoor Park	18 9:00 AM Mid-Lake Washington Loop Ride - RSVP	19	20 9:00 AM McCollum - Green Lake - Bothell Loop 9:30 AM Ride Whatcom County -- RSVP!

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!



BIKES Club of Snohomish County

Meeting Minutes
September 12, 2019

In Attendance: Cindy Proctor, Rick Proctor, Drew Ellison, Debby Grant, Raquel Haunreiter, Leslie Strickland, Kit Wennersten, Bob Getz, Jack Willis, Frances Baker, Shirley Slade, John Carlin, Bill Weber.

Introductions: Rick asked members to introduce themselves and tell about their favorite bike ride. Numerous summer BIKES overnight and day rides were mentioned.

Budget: Debby provided a status on budget, passed out a copy of expenses, balance sheet. Debby went over 2019 McClinchy Mile event ride related revenue and expenses (net \$8,073) per the McClinchy "net" line on the BIKES budget 2019 spreadsheet.

Grant funds available is \$5,622. Allocations will be awarded at next BIKES meeting (10/10/20). BIKES would like to get more Grant requests from more local community organizations. Leslie will send out local press announcements requesting grant submissions.

Mcclinchy Mile 2020: Attendees discussed and voted to approve proposed McClinchy Mile event date of April 26, 2020.

Routes will be much the same as 2019. Camano Island Kiwanis will assist. Rick will meet with Steve Boskovich (CI Kiwanis) to discuss participation. Coordinator for the 2020 event has not been established. Kit introduced discussion on the need for a less hilly route option for trikes (non E trikes). Debby suggested Kit attend the next McClinchy planning meeting to discuss more.

New Jerseys: New club design options created by Kurt Haunreiter. Polling for 3 great designs closes end of day 9/12/19. Official polling results will be announced after closing of club poll at the end of the day 9/12/19. So far the blue design was in the lead with 60%.

Club Sandwich boards: Cost is about \$100. Other club promotional visual signage (could be used at events to identify and promote BIKES) such as "vertical sail kite banner" was discussed. Everett Fast Signs was suggested as a sign vendor.

Ride Leader Breakfast: 11/9/19, 10AM, at Everett Shawn O'Donnell's. Non leader participants (spouses partners) must pay Cindy \$20 before at the breakfast.

Christmas Party: 12/7/19, 6PM at the Waltz Building in Snohomish. Shirley and Kay Peterson (not present) will coordinate.

Bicycling Advocacy news: League of American Bicyclists is the most advocacy organization at a national level. The current publication and other biking magazines were available for club members to take.

Adventure Cycling annual member survey for 2019 showed 65% prefer road bikes, 88% prefer road biking rides. BIKES Club is similar.

Trail Coalition of SnoCo: Next meeting 9/19/19.

Pathways for Active Transportation stakeholder workshops:

Rural workshop (RSVP required) 9/25/19, 9:30 – 11:30 at Marysville Fire Station 62, 10701 Shoultes Rd.

Urban Workshop (RSVP required) 9/26/19, 9:30 – 11:30 at Keeler's Corner Fire Station 10, 3022 156St SW, Lynnwood

Program: Cindy presented slide show of May 2019 BIKES Oregon Grand Tour Scenic Bikeway trip. Twelve club members enjoyed challenging routes (Union of Baker City, Cove, La Grande). A smaller group continued for two days of riding in Center Oregon. Twin Bridges and Madras Mt Views routes).

Meeting Adjourned

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

Rick	Proctor	2936	Raquel	Haunreiter	441	Debby	Grant	205	Bob	Garrett	84
Bob	Nyberg	1916	Stephen	Fox	434	Kristin	Kinnamon	202	Perry	Walker	83
Lou	Rivetti	1675	Linda	Braun	432	Deborah	Fox	201	Dale	Shoup	64
Cindy	Proctor	1472	Kala	Koch	404	Kristi	Knodell	200	Samantha	Cheng	63
Linda	Thiem	1365	Nancy	Graham	397	Marietta	Zander	200	Bruce	Berg	62
Cheryl	Walchli	1093	William	Weber	388	Teresa	Haldorson	197	Melisa	Atkins	60
Fred	Koch	1065	John	DeNinno	387	James	Shaver	181	Peter	Smith	57
Steve	Linari	1033	Patrick	Robertson	372	Shirley	Slade	162	Brian	Medendorp	56
Debbie	Kawamoto	984	Elaine	Scott	340	Kurt	Haunreiter	159	Jim	Stewart	56
Drew	Ellison	963	Kathy	Riddle	334	Allison	Quillen	158	Dennis	Larson	53
Ron	Andersen	901	Richard	Dermody	316	Sue	Regan	155	Matt	Covert	50
William	Paul	871	Bobbie	Laue	316	Kit	Wennersten	144	Joe	Self	48
Cheryl	Funkhouser	856	Fred	Norouzi	316	Catherine	Rudenick	132	Lawrence	Gordon	47
Adrienne	Dorf	702	Judith	Izutsu	312	Gloria	Hammond	131	Janell	Reich	43
Paul	Vermeulen	663	Michael	Dahlstrom	298	Faith	Sokol	127	Ed	Janonis	35
Dan	Scott	651	Penelope	Thompson	292	Jack	McClinchy	111	Erin	Janonis	35
Gary	Broughton	597	Gabriel	Rinkes	284	Larry	DeBardi	110	Michael	Snodgrass	35
Bob	Pahlman	594	Paul	Heydron	279	Bette-Ann	Shroyer	106	Drew	Gideon	32
Jack	Willis	572	David	Stewart	270	Robert	Getz	105	Matthew	Harward	30
Christy	Cowley	552	Ken	Brane	267	Kay	Peterson	105	David	Hallenbeck	26
Brenda	Ferguson	529	Don	Martin	256	Sharon	Broughton	104	Connie	Bennett	25
Michael	Fenlin	523	Tara	Fuller	255	Linda	Hunter	104	Dick	Nicholson	24
Rick	Poffenroth	523	William	Brack	252	Tim	Wise	101	Pat	Rogers	24
Earl	Bardin	522	John	Carlin	249	Jack	Wolhart	101	Paul	Rogers	24
Mitchell	Pico	502	Daryl	Bates	242	Jim	O'Leary	99	Cecily	Tillinghast	23
Janet	Leister	499	Jan	Johnson	233	Matt	Petersen	96	Clarence	Elstad	21
Bill	Lutterloh	482	Marcia	Stedman	229	Marlys	LaVare	90	Bill	Ferguson	21
Bob	Biesiedzinski	481	John	Steyer	225	Simone	Studer	89	Jon	Bren	20
Vivian	Biesiedzinski	481	Jay	Bonner	214	Pam	Snook	86	Mary Jo	Gerst	20
Leslie	Strickland	462	Alison	Ahlgrim	206	Jim	Roosma	85	Peter	Hallson	18
Judy	Lang	448							Patty	Garrett	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 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 Pictures from the B.I.K.E.S. Club Members!



September 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](#)