

Chainwheel Chatter

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

Your Snohomish County Cycling Club

NOVEMBER 2019
VOL. 483

[Next B.I.K.E.S. Club meeting on November 14th @ 7:00 pm](#)

Prez Sez

November 2019

Late-autumn has arrived with likelihood for morning frost and potential for ice. Rain too, in copious quantities. Cool weather bike clothes become more favored as we prepare for rides. Even with all this weather happening, good bike rides are still possible when “weather windows” open. If your schedule is flexible, these windows of agreeable weather offer opportunities to get out for an hour or two on your bike.

Damp and wet conditions can make for sloppy bike riding. A bike without fenders on a wet ride will lead to a wet and muddy rider. Fenders on your bike can help reduce the water and mud sprayed by your wheels all over you. Good fenders provide better results for you. Really good fenders work for the bike rider behind you too.

Late Autumn BIKES Club Activities

There are BIKES Club rides scheduled through November for those who are weather proof enough to ride this time of year, plus ride additions when Ride Leaders see a good weather opportunity. [Coffeeneuring](#) 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 November. Keep up with ride changes and late additions by subscribing to Ride Updates.

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.

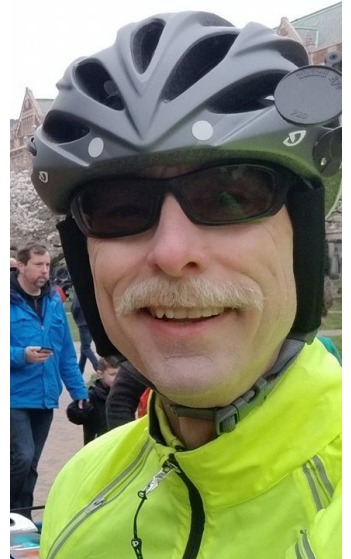
Bike Day Tours

Rick Proctor

Multi-day bike touring isn't for everyone. But anyone who likes to ride a bike can do a day tour with the bike they have without the commitment to additional equipment and gear like there is for multi-day tours.

Most BIKES Club rides are day tours, where the route has a start/finish and at least one point of interest along the way. The points of interest could be a bakery, view point, historic place, scenic road, quiet trail, challenging climb, thrilling descent, or something else that tickles your enjoyment sensors. Usually a bike day tour will include many of these features with restroom options.

There can still be a physical challenge on a bike day tour, but the parameters are different than for a performance ride. It's more about enjoying the journey through a memorable scenic landscape than chasing numbers for a soon-forgotten ride result.



Most riders prefer loop rides where the route provides constantly changing scenery. Out and back rides on the same route can be boring unless the scenery is exceptional.

Bike touring is an adventurous, economical and environmentally friendly form of travel – and travel is among the most rewarding experiences you can have.

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!!

BIKES Year-End Holiday Party

When: Saturday, December 7, 2019, 6-pm – 10pm
 Where: Waltz Building, 116 Avenue B, Snohomish, WA 98290
 Provided: Ham, water, coffee, plates, napkins, cups and flatware
 Organized by: Kay Peterson & Shirley Slade

The Plan:

- **Dinner** is buffet style; ham plus side dishes and desserts brought for sharing
- Bring a **beverage** to share (commercially-produced only, no home-made alcoholic beverages)
- Contest and prizes for best “Ugly or NOT” **holiday sweaters**. Wear yours with pride; help pick the winners!
- **Gift exchange** handled by Santa Jay. Value of wrapped gifts about \$15. He will call your name to come up and choose a gift. No exchanges. **No white elephants**
- Awards for **riding mileage** will be given
- **RSVP** to Elaine Scott by Thursday, Dec 5th. Text or call 360-348-6934 or email scott.elaine.m@frontier.com

Bring:

- **\$5 cash** contribution per person at the door to help pay for the venue
- **Potluck dish** to share
- **BYOB** to share (again, no home-made alcoholic beverages)
- **Wrapped gift** (value approximately \$15) for gift exchange
- Wear a festive **sweater**, ugly or NOT, for the evening

Save the Dates – McClinchy 2020 Planning Meetings

Come join us and help kick off next year’s McClinchy Mile planning. The first meetings are where we’ll make basic decisions so we can start to set up our online information, reserve facilities, and firm-up routes. Your comments and experiences are important, please plan to attend. PUD is food-friendly, bring dinner if you want.

Tuesday	Nov 12	6pm PUD Everett
Monday	Dec 9	6pm PUD Everett
Monday	Jan 13	6pm PUD Everett



More NEWS YOU CAN USE!!

Fix Bikes for a Kid's Christmas!

Sharing Wheels Community Bike Shop needs help reaching the goal of fixing 100 bikes for Christmas House. Practice your mechanic skills or simply clean and primp kids bikes for low income families this holiday season. No experience is needed, just a willingness to get greasy.

6 p.m. to 9 p.m. Thursdays, through mid-December.

12 p.m. to 4 p.m. Sundays, November 3, 10, 17

All work parties are at the shop at 2531 Broadway Ave., Everett. Door and parking are in the back of the Broadway Mall building.

WORK PARTY LOGISTICS

- Help at 3 work parties, earn \$20 in shop credit. See our other [Volunteer Benefits](#).
- Snacks are provided but **please bring your own water**
- Volunteers sign-in at our computer kiosk to track hours.

Kids old enough to help are welcome if they are supervised by a responsible adult.

November Rides: Weekends & Weekdays

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!

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

BIKES Club of Snohomish County

Meeting Minutes

October 10, 2019

In Attendance: Jack Willis, Patrick Robertson, Rick Proctor, Cindy Proctor, Debby Grant, Mike Dahlstrom, Kurt Haunreiter, Raquel Haunreiter, Shirley Slade, Bill Weber, John Carlin, Kristin Kinnamon, Kathy Riddle, Drew Ellison, Dan Scott, Ron Anderson.

Introductions: Rick asked members to introduce themselves and the riding shoe type they preferred. Most members preferred mountain bike shoes.

Budget / financials: Debby passed out a copy of Club Revenue/Expenses, BIKES Budget 2019, BIKES Balance Sheet, and McClinchy Revenue/Expense. Budget remains the same. BIKES have \$12,870. in checking account, \$4,057. in savings. Total liabilities for BIKES is \$11,205.

Grant funds available \$5,622 for allocation:

Everett Christmas House - \$2,000. requested

Sharing Wheels - \$2,000. requested

Rick made a motion to grant Everett Christmas House and Sharing Wheels \$2,000. each per their request. Cindy seconded. Motion passed. Rick did not receive any other requests by cut-off date except for Everett Christmas House and Sharing Wheels.

BIKES Memorial Fund – Club is still working on a type of memorial. A large picnic table was mentioned as being a possibility. Trails Coalition may fund 50% of memorial, depending on costs of be estimated by Snohomish County Parks.

Sandwich boards: Club is looking at purchasing two boards at \$100. each. Bill Weber will look at local businesses for prices.

Feather flag: Club is looking at purchasing a double sided feather flag at a cost of \$250.

BIKES Club projector: Rick research buying a projector for club to do Power Point presentations, video, and other capabilities for BIKES presentations. Projector will be kept at Rick's house and be used for meetings and by members for BIKES activities and promoting BIKES. Bill made motion to budget \$450. for projector. Kristin seconded. Motion passed.

Ride Leader Breakfast: Will be Saturday, Nov. 9th, starting at 10 am. at Shawn O'Donnell's, at 122 128th St. SE, Everett. Spouses and friends are invited, but need to pay \$20. in advance. Weather permitting, club will have a ride after breakfast. Thank you Cindy for organizing this event.

Christmas Party: Will be Saturday, December 7th at 6pm at the Walz Building in Snohomish. Shirley and Kay will be organizing the holiday festivities. Thank you Shirley and Kay for organizing this year's holiday celebration. Debby will pay for insurance and permit out of BIKES budget. Paper plates will be provided and attendees will bring flatware and glassware. Jay Grant will be this year's Santa. Goodies will be given away, an ugly sweater contest, mile rider awards and other festivities.

Bicycling Advocacy News:

Trail Coalition of Snohomish County Thursday, Oct. 17th, 5:30 0 6:30pm. at Christ King Community Church, Arlington

Trail Coalition receives some funding from Boeing Employee Community Fund (ECF).

Petition for Snoqualmie Valley Trail extension from Duvall to Monroe Wa.

Pathways for Active Transportation online opportunity. Members have till Oct. 27th for an online opportunity to let Snohomish County know ways to improve bicycling and walking in Snohomish County.

McClinchy Mile 2020: Date will be Sunday April 26th. Working on a Coordinator and Team.

Stanwood-Camano Kiwanis: Routes will be the same as 2019. At the September club meeting, Kit Wennersten wanted a less hilly route that cyclists riding non-motorized trikes can ride.

BIKES needs help to coordinate food, water and SAG for both mainland and island routes.

Program: Kurt has been working on a new design for club jersey and passed out a copy of prices for long and short sleeves from various vendors. Details need to be worked out on ordering and shipping. Thank you Kurt for designing and doing research with vendors who can work with BIKES on new design.

Next Meeting: Will be Thursday, November 14th, at 7:00pm.

Meeting Adjourned

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

Rick	Proctor	3211
Bob	Nyberg	2188
Lou	Rivetti	1802
Cindy	Proctor	1637
Linda	Thiem	1490
Steve	Linari	1164
Cheryl	Walchli	1146
Fred	Koch	1089
Debbie	Kawamoto	1082
Drew	Ellison	1002
Dan	Scott	994
William	Paul	925
Ron	Andersen	923
Cheryl	Funkhouser	909
Adrienne	Dorf	804
Paul	Vermeulen	698
Jack	Willis	648
Gary	Broughton	637
Bob	Pahlman	618
Earl	Bardin	615
Rick	Poffenroth	601
Christy	Cowley	580
Brenda	Ferguson	529
Janet	Leister	524
Michael	Fenlin	523
Elaine	Scott	514
Leslie	Strickland	508
Mitchell	Pico	502
Bill	Lutterloh	482
Bob	Biesiedzinski	481
Vivian	Biesiedzinski	481
Raquel	Haunreiter	463

Stephen	Fox	462
Paul	Heydron	449
Judy	Lang	448
Linda	Braun	432
Kala	Koch	426
Patrick	Robertson	422
Nancy	Graham	397
William	Weber	388
John	DeNinno	387
David	Stewart	351
Richard	Dermody	344
Kathy	Riddle	334
Bobbie	Laue	316
Fred	Norouzi	316
Judith	Izutsu	312
Michael	Dahlstrom	298
Penelope	Thompson	292
Gabriel	Rinkes	284
John	Carlin	271
Ken	Brane	267
Don	Martin	256
Tara	Fuller	255
William	Brack	252
Daryl	Bates	242
Jan	Johnson	233
Marcia	Stedman	229
John	Steyer	225
Jay	Bonner	214
Jim	Stewart	208
Alison	Ahlgrim	206
James	Shaver	205
Debby	Grant	205

Kristin	Kinnamon	202
Deborah	Fox	201
Kristi	Knodell	200
Marietta	Zander	200
Teresa	Haldorson	197
Shirley	Slade	162
Kurt	Haunreiter	159
Allison	Quillen	158
Sue	Regan	155
Kit	Wennersten	144
Chip	Hart	141
Catherine	Rudenick	132
Gloria	Hammond	131
Faith	Sokol	127
Marlys	LaVare	115
Jack	McClincy	111
Larry	DeBardi	110
Bette-Ann	Shroyer	106
Robert	Getz	105
Kay	Peterson	104
Sharon	Broughton	104
Linda	Hunter	104
Paul	Baldwin	102
Tim	Wise	101
Jack	Wolhart	101
Jim	O'Leary	99
Matt	Petersen	96
Simone	Studer	88.5
Pam	Snook	86
Jim	Roosma	85
Bob	Garrett	84
Perry	Walker	83

Dale	Shoup	64
Samantha	Cheng	63
Bruce	Berg	62
Melisa	Atkins	60
Peter	Smith	57
Brian	Medendorp	56
Dennis	Larson	53
Matt	Covert	50
Vickie	Stewart	49
Joe	Self	48
Lawrence	Gordon	47
Janell	Reich	43
Ed	Janonis	35
Erin	Janonis	35
Michael	Snodgrass	35
Drew	Gideon	32
Patty	Garrett	30
Matthew	Harward	30
Dayle	Iverson	28
David	Hallenbeck	26
Connie	Bennett	25
Dick	Nicholson	24
Pat	Rogers	24
Paul	Rogers	24
Cecily	Tillinghast	23
Clarence	Elstad	21
Bill	Ferguson	21
Jon	Bren	20
Mary Jo	Gerst	20
Peter	Hallson	18
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 Pictures 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](#)