

Chainwheel Chatter

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

Your Snohomish County Cycling Club

DECEMBER 2019
VOL. 484

[Next B.I.K.E.S. Club meeting on January 9th @ 7:00 pm](#)

Prez Sez

December 2019

Winter gloom is here with likelihood for cold temperatures, wind, ice and snow mixed into short days. Cold weather bike clothes are favored as we prepare for rides, if we can even muster up enough enthusiasm for a bike ride. A short bike ride is better than no ride, and returning after a cold ride really boosts the appreciation for a warm home.

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

RSVP to Elaine Scott by Thursday, Dec 5th. Text or call 360-348-6934 or email scott.elaine.m@frontier.com

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

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. **No white elephants**

Wear a festive **sweater**, ugly or NOT, for the evening

Winter BIKES Club Activities

Holiday season bike rides offer the opportunity to check out the colorful holiday decorations along your route. If you find you ride is too cold for comfort, consider upgrades to what you wear that will keep you warm.

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

Next BIKES Club Meeting

The 2nd Thursday of each month from September to May are BIKES Club meetings for members. No regular BIKES Club meetings in the summer or December.

- The next BIKES Club meeting is Thursday, January 9th, 2020
- 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 Papa’s Mexican Grill, 1909 Hewitt Ave, just a few doors west from Brooklyn Bros Pizza in Everett.

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

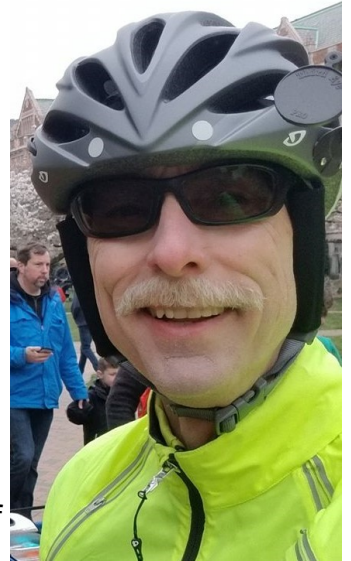
B.I.K.E.S. partners with the Lynnwood Senior Center to welcome and encourage older adults to bicycling. Bring your bike if you like and we’ll do minor fit and safety checks. **Lynnwood Senior Center** Wednesdays. See the [Rides calendar](#) for details.

Fenders

Rick Proctor

Group rides take on a different feel of adventure in damp and wet conditions. While rain is not clean water, rain is a lot cleaner than the road spray and debris thrown by the wheels of a bike. As mentioned in the Chainwheel Chatter last month, your 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.

To protect the rider behind you with really good fenders, your bike needs a rear fender that provides sufficient coverage to completely cover view of the wheel as seen from a rider’s position directly behind your bike. The rear fender should also cover the wheel all the way forward and down to the bottom of the seat tube for your benefit. The same amount of coverage over the rear of the front wheel will help protect your feet. The front fender should pass through the fork above the wheel and end a bit forward of the top of the wheel to provide a slight downward angle to the forward end of the front fender. This downward angle will help keep road spray and debris thrown off your front wheel from blowing back onto you as you ride forward.



Beware – there are fenders marketed as “full coverage” that may fall short of the really good fenders described above. Really good fenders are commercially available (potential wish list item) but may not fit your bike (bummer!). For a classic road bike, it could be a fashion blunder to add fenders. In either case, this could be a good excuse for a “rain bike” on your Christmas wish list.

It doesn’t take much road spray in the face and grit in the teeth from the wheels of a bike to diminish enthusiasm. However, a rainy day ride with really good fenders changes the equation to keep the fun factor high.

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.

Wish List

Rick Proctor

Bonus Article!

The holiday season is here. The kid in me has always known the holiday season starts with Halloween and goes through New Year's Day. This is a season mixed with days off from school or work, fun days, food days, gift days and party days.

Most of us now are mature and responsible adults with additional considerations, but if you ride a bike I bet you have some "kid" still in you too and you know someone *should* be asking what's on your Christmas wish list. If someone asks, you don't want to get caught without a wish list and say something like "uhh . . . football" or whatever. This is a good time to leap out there with a bold statement like "a new bike!". The details of what kind and any pertinent features should be known and shared too. Be considerate – if the person asking about it is expected to pay for it there may be a measure of shock to deal with, so break it to them gently. But if the person asking is a bike-riding friend who just wants to know, well, then some shared enthusiasm is ok.

If a new bike is too much to ask for, there are lots of practical alternatives. Replacing worn out stuff is maintenance and not considered wish-list-worthy by adults-with-kid-still-in-them. Wish lists should involve upgrades to your bike riding experience. These upgrades should be somewhere between fun and "bling" on the amusement dial. In the bike world, bling upgrades are either shiny or make a pleasant noise. Upgrades can be:

- Items for your bike, like really good fenders, better gearing, or electronics.
- Stuff you wear, like a helmet, shoes, or anything in between.
- Things that *enhance* your biking experience, like a hitch mounted bike rack, home bike storage rack, bike maintenance stand, or tools.

If you're sure Santa won't service your wish list, it's ok to do it yourself. America is famous for do-it-yourself activities! This offers the advantage of taking out the middle-man and allows you to get exactly what you want without losing important features in a translation. Go for it!



NEWS YOU CAN USE!!

Holiday Ride & Open House

Thursday, Dec. 12 at Sharing Wheels Community Bike Shop, 2531 Broadway Ave., Everett (entrance at the back). Join Santa Bill Weber on a short lighted ride around Everett to see and be seen, accompanied by Christmas music on the boom box. Front headlight and rear red reflector are required by state law - but extra lights encouraged! Sharing Wheels is hosting an open house to meet its first Executive Director - BIKES Club member Christy Cowley - and to see its newly reorganized shop space.

Event is from 5 to 7 p.m., with the ride starting at 6 p.m. Come early for bike decorating and lighting assistance, hot cider and cookies. In case of bad weather, ride will be rescheduled to 4 p.m. Sunday, Dec. 15, but the open house will go on! Ride will be mostly flat and less than 10 miles.

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.

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.

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.



December 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
Dec 1 10:00 AM Old McClinchy Short Route Evaluation -- RSVP	2 10:30 AM Molbaks Monday Trail Ride	3 10:30 AM Tuesday Ride (Brisk Pace) 10:30 AM Tuesday Ride (Moderate Pace) 10:30 AM Tuesday Ride (Steady Pace) 10:30 AM Tuesday Ride (Social Pace)	4	5 10:30 AM North Lake Washington Loop Ride @ Log Boom Park - RSVP	6	7 6:00 PM BIKES Holiday Party!!
8	9 6:00 PM McClinchy 2020 Planning Meetings	10 10:30 AM Tuesday Ride (Brisk Pace) 10:30 AM Tuesday Ride (Moderate Pace) 10:30 AM Tuesday Ride (Steady Pace)	11	12 10:30 AM McCollum Park - Edmonds Loop -- RSVP! 5:00 PM Holiday Ride & Open House	13	14 10:30 AM Stanwood Park & Ride - Conway Loop - 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

November 14,2019

In Attendance: Patrick Robertson, Kit Wennersten, Mitch Pico, Shirley Slade, Debbie Kawamoto, Rick Proctor, Cindy Proctor, Kathy Riddle, Bob Getz, Dan Scott, Drew Ellison, Raquel Haunreiter, Kurt Haunreiter.

Introductions: Rick asked members to introduce themselves and age when you got your first bike. Most members remember being in grade school.

Budget / financials: Debby was not present at the meeting and Rick passed out a copy of budget. \$2,621.20 net available cash on hand.

Sandwich boards: Bill was not present at the meeting. No update on sandwich boards.

Feather flag: Shirley will be working with vendors on design, lettering and material of feather flag. Thank you, Shirley.

Projector: Rick will place order on Friday or Monday.

Jersey bids: Kurt passed out copies of prices for short and long sleeve jerseys from various vendors. Peak1 Sports had best prices for jerseys. Kurt will proceed to bid and design from Peak 1 Sports. Thank you, Kurt for pricing set jerseys for BIKES.

New feature: connect Ride with GPS to Relieve: Rick discussed a new feature with clubs GPS. Relieve will let members share their ride in 3D, post pictures and “relieve”the route among other features.

Year-End Holiday Party: Dec 7th, 6PM, Snohomish, Walz bldg. Shirley informed members about the festivities for BIKES Holiday Party. Members may bring a beverage (no home made alcoholic), contest for best holiday sweater “ugly or not”, and awards for riders mileage. Club will provide ham, paper plates and attendees will bring flatware and glassware, side dish or desert for sharing. Raquel shared with members a holiday arrangement that she made. Raquel will provide 12 arrangements for our holiday party. Thank you Raquel for making the arrangements. RSVP Elaine Scott by Thursday, Dec. 5th.

Bicycling advocacy news:

North Puget Sound Bike Alliance meeting Nov 10th. Cindy presented results of meeting on Nov 10th meeting at North Puget Sound Alliance. Encourage shared calendar with a link-members can access information with Skagit, Whidbey Island and Mt. Baker clubs. Clubs use same insurance company.

WA Bicycle Law Pocket Reference available from John Duggan, cycling attorney. Rick passed out WA Bicycle Law Pocket Reference for members to look at. Bob Getz, will contact John Duggan on obtaining pocket references for BIKES.

Regional Trails Coalition Thu Nov 21st, 1:00 – 2:30 PM, Mercer Island Comm. Ctr.

Trail Coalition of SnoCo Thu Nov 21st 5:30 -6:30 PM, Willis Tucker Park

Coalition will match funds that BIKES have raised for memorial to past members who were dedicated to making BIKES the great riding club we have.

WSDOT Pathways for Active Transportation online opportunity ends Nov 30th

Bike Swap March 22ND: Drew will be organizing swap meet. BIKES will have a 10 ft. booth. He will be collecting donations to sell at swap meet one month before event. Dollars raised will go to the BIKES memorial fund.

McClinchy Mile – Camano Climb 2020:

Date Sunday April 26th

Coordinator: Debby

New logo: Kurt passed out copies of three logos he designed for BIKES. All members present felt Kurt did an excellent job. Thank you for all your time and effort on working on the new logo.

Next Planning meeting: Monday Dec 9th, 6 PM SnoCo PUD Everett

Next Meeting: – Will be Thursday, January 9th, at 7:00 PM

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	649
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	206

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	105
Sharon	Broughton	104
Linda	Hunter	104
Paul	Baldwin	102
Tim	Wise	101
Jack	Wolhart	101
Jim	O'Leary	99
Matt	Petersen	96
Simone	Studer	89
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

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!



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 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