

Chainwheel Chatter

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

Your Snohomish County Cycling Club

FEBRUARY 2020
VOL. 486

[Next B.I.K.E.S. Club meeting on February 13th @ 7:00 pm](#)

Prez Sez

February 2020

Mid-winter brings lengthening days and not much warmth. There is still opportunity for the weather to throw cold wind, ice and snow our way. More rain too. Days with conditions good enough to ride will happen if you are equipped for it.

Winter BIKES Club Activities

There are BIKES Club [rides](#) scheduled through February for those hardy enough to ride this time of year, plus more rides on short notice when Ride Leaders see a good weather opportunity. Rides can also be cancelled when weather conditions are forecast to be foul. Keep up with ride changes 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 meetings in the summer or December.

The next meeting is Thursday, February 13th, 2020

Meetings start at 7 PM at the Snohomish County PUD building, 2320 California St., Everett, WA

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

Equipment Donations for a BIKES Club Memorial

The BIKES Club is looking for donations of good bike stuff to be sold at the Seattle Bike Swap on March 22nd. The BIKES Club is continuing the fundraising effort from last year for a BIKES Club Memorial on the Centennial Trail. If you have bicycle related stuff you are willing to donate please contact Drew Ellison at (425) 239-8700 or idrew@me.com by March 6th to arrange for pickup or drop-off at Drew's house.

- Examples of donatable items include:
 - ◊ Bike parts including derailleurs, handlebars, brakes, pedals, saddles, shifters, etc.
 - ◊ Bike tools including wrenches, pumps, stands, etc.
 - ◊ Bike frames.
 - ◊ Complete bikes.
 - ◊ Bike clothing like jackets, jerseys, gloves, etc. must be clean.
- All donated items should be in good to like new condition.
- All donations are not returnable.
- Drew need all donations by March 6th to get it all organized, packaged and priced.

All donated items will be priced to sell on the day of the Bike Swap.

Proceeds will be used for a future BIKES Club memorial to commemorate members who have passed away.

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 steep-er 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.

Pedals

Rick Proctor

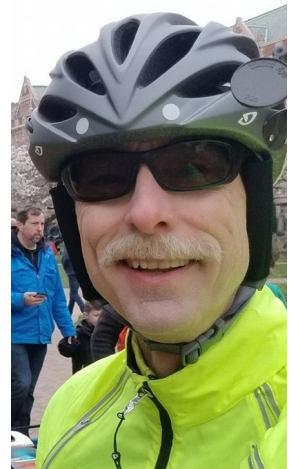
Hands, feet and butt are the three parts of a rider’s body that contact a bike. The spatial relationship of these contact points are important for rider comfort and control. Each body part contacts the bike differently. The butt is typically perched on a saddle, the manner of which could be a whole other story. The hands include fingers long enough to wrap around the handlebars and can be used to activate shifters and brakes – perhaps more on that someday. The feet apply power to the pedals to make the whole contraption go. Most of us don’t have toes long enough to wrap around the pedals so various options have evolved for how the feet maintain contact with the pedals.

Each foot, usually covered by a shoe or sandal (sock optional), needs to occupy the top of the pedal to apply a strong pedaling force downwards. The ability to apply force with the foot all the way around the circular pattern of pedaling has advantages too. Keeping both feet in constant contact with the pedals helps present a graceful image of human & machine working together as one to go somewhere.

Basic pedals, or “flat” pedals, are the simplest and what most of us learned to ride with. Flat pedals are the easiest to get your feet on and off. The rider must learn to keep their feet on the pedals while pedaling with no option to pull up with the feet during the pedaling action. Any type of shoes, sandals, flip flops or go-primal-barefoot will work with flat pedals.

Flat pedals with “clips” attached allow the rider to pull up with their feet. The clips are usually straps or cages that hold the feet onto the pedals. Clip adjustment is critical. Getting a foot off the pedal when stopping can be risky if the clips are too tight. It’s also good if the shoes don’t snag the clips.

“Clipless” pedals require special shoes or sandals with a special cleat on the bottom that will engage with a mechanism on special pedals. The term “clipless” is a misnomer – the initial confusion fades over time. These may also be known as “clip-in” pedals. There are many clipless pedal options to choose from, each has advantages and disadvantages. Clipless pedals all offer a way to mechanically “clip-in” (attach) your foot to each pedal, usually with some amount of “float” (allowable wiggle angle of the foot on the pedal) and will “unclip” (disengage) from the pedal by twisting the foot beyond the float angle. Most pedal mechanisms can be adjusted to change the amount of force required to clip in and out. Clipless pedals allow the rider to confidently apply power all the way around while pedaling.



The clipless pedal / shoe / cleat arrangement has two major types: road and mountain. Road shoes have smooth soles where the cleats are installed. Mountain bike shoes have traction lugs on the soles and the cleats are installed between the lugs with a recessed look about them. Road and mountain pedals / shoes / cleats are generally not interchangeable. The primary advantage of the road type is top aerodynamic performance while pedaling although walking in road shoes is awkward, which can be entertaining for others to watch. The primary advantages of the mountain type are walking fairly normally and clipping in & out with debris on the cleat-to-pedal contact area. For most of us, both road and mountain types can feel the same while pedaling on the bike.

Both clip and clipless pedals offer the opportunity to fall over when arriving at a stop if the rider doesn’t get the appropriate foot free from the pedal in time. To avoid embarrassment and potential injury, adjust your pedal mechanisms and practice clipping in and out of the pedals before riding in public.

Someone asked me to write up something about selecting bike pedals. After lots of discussions about pedals over several years with many different bicyclists it’s obvious that bike pedals are one of the most personal choices made in setting up a bike. Most nice bikes are offered for sale without pedals due to the many options. I won’t wade into the swamp of opinions with a personal valuation of a particular setup – you get to decide what is good for you.

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!!

Bike Classes at Sharing Wheels

Sharing Wheels offers bike classes open to the public. The goal is to give people the skills to work on their own bikes – as well as to train future volunteers who can help in the shop.

All classes are at the shop, 2531 Broadway Ave., Everett, WA 98201. Entrance is in back of building.

Advance registration is required for all classes. <http://sharingwheels.org/classes/>



April 26, 2020

More details in next month's newsletter!

February 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
26	27	28 10:30 AM Tuesday Ride (Moderate Pace) 10:30 AM Tuesday Ride (Social Pace) 10:30 AM Tuesday Ride (Brisk Pace) 10:30 AM Tuesday Ride (Steady Pace)	29	30 10:30 AM Centennial Trail Moderate Ride -- RSVP	31 10:00 AM Jack's January 2020 Rides	Feb 1
2	3	4 10:30 AM Tuesday Ride (Moderate Pace) 10:30 AM Tuesday Ride (Social Pace)	5	6 10:30 AM McCollum Park - Blyth Park Loop - RSVP	7	8 10:30 AM Stanwood Park & Ride - Conway Loop - RSVP
9 10:00 AM Lake Ballinger Park	10 10:00 AM Fir Island - Mount Vernon -- RSVP	11 10:00 AM Tuesday Ride (Brisk Pace) 10:30 AM Tuesday Ride (Moderate Pace) 10:30 AM Tuesday Ride (Steady Pace)	12	13 7:00 PM BIKES Club Meeting	14	15

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 WANT YOU FOR
A RIDE LEADER!**



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

BIKES Club of Snohomish County

January Minutes

January 9, 2020

In Attendance: Rick Proctor, Cindy Proctor, Kathy Riddle, John Carlin, Debby Grant, Debbie Kawamoto, Kristin Kinnamon, Shirley Slade, Jack Willis, Cheryl Walchli, Bill Webber, Drew Ellison, Tara Fuller, Gabriel Rinkes.

Introductions: Rick asked members to introduce themselves and their biking goals for 2020. Most members present plan on doing more bike tours in 2020.

Budget /financials: Debby provided a status on budget and passed out a copy of BIKES Balance Sheet, BIKES Budget, Club Revenue/Expenses from 10/1/2019 through 12/31/2019 and McClinchy Mile/Expenses.

Sandwich Boards: Bill checked out prices of sandwich boards with Countryman Signs in Everett. \$250. per board with a sign on both sides. A fiber board is less expensive and folds either way. Thank you Bill. Tara Fuller offered to find a sandwich board less expensive with a vendor she works with. Thank you Tara.

Feather flag: Shirley passed out copies of designs for a feather flag. Members present voted on a blue, non-boarder, with bold font and white behind the wheel. Members decided that the 9^{ft} tall and 26ⁱⁿ wide flag at a cost of \$265. plus tax should be purchased for BIKES functions.

Step Ladder: Rick informed the club that we needed a new step ladder with no utility tray. Bill made a motion to purchase a new step ladder for under \$100. and donate the old ladder to Sharing Wheels. Debby Grant seconded. Motion passed.

Jersey Bids: Kurt was not present. Jersey bids will be discussed in February BIKES Club Meeting.

Rider miles: Due to obligations at home Gabe will no longer coordinate the rider miles. Thank you Gabe for the work you did on rider miles. Mike Dahlstrom will be the new ride miles coordinator. Thank you Mike.

Bicycling advocacy news:

Snohomish County Active Transportation Survey Results: Results will be on the home page with map comments.

Four types of Transportation Cyclists in Portland: 1% Strong and Fearless, 7% Enthused and Confident, 60% Interested but Concerned, 33% No Way No How.

White Center Bicycle Playground: Teaches kids how to bike on public streets safely. The kids learn what all the lines and signs on the street mean and get comfortable navigating them all in a car-free space.

Trail Coalition of Snohomish County:

Thursday Jan 16th, 5:30 – 6:30 PM, @Christ King Community Church, Arlington

Thursday Feb 20th, 5:30 – 6:30 PM, @ Willis Tucker Park

May help with funds for BIKES Memorial:

Need \$\$ estimate from SnoCo Parks

Name – Memorial Station?

Bike Swap: Will be March 22nd, at Seattle Center Exhibit Hall. Drew needs donations in good condition by March 6th, so he can price and organize. Proceeds of sale will go to BIKES Memorial Fund. Information can be found on upcoming newsletter. Thank you Drew for collecting and pricing donations.

McClinchy Mile – Camano Climb: (2020 Logo)

Date: Sunday April 26th

Coordinator: Debby

Next Planning meeting: Monday Jan 13th, 6PM Sno Co PUD Everett

Program: No program presentation as Raquel was not present.

Next Meeting: Will be Thursday, Feb 13th, at 7:00 PM

Meeting Adjourned

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

Linda	Thiem	142
Paul	Vermeulen	142
Bob	Nyberg	119
Patrick	Robertson	115
Rick	Proctor	111
Lou	Rivetti	94
Cindy	Proctor	79
Dan	Scott	64
Nancy	Graham	63
Judy	Izutsu	61
Rick	Dermody	60
Drew	Ellison	59
Steve	Linari	59
Bob	Pahlman	55
Cheryl	Funkhouser	52
Jim	Stewart	51
Ron	Anderson	48
Bill	Lutterlow	46
Dave	Stewart	46
Debbie	Kawamoto	46

Mike	Dahlstrom	41
Kathy	Riddle	38
Cheryl	Walchli	37
Paul	Heydron	35
Chad	Bronstein	34
Earl	Bardin	34
Bill	Weber	32
Brenda	Ferguson	25
Dale	Iverson	25
Karen	Berliner	25
Raquel	Hauvreiter	25
Bette-Ann	Shroyer	23
Bill	Paul	20
Bill	Brack	20
Jim	Shaver	17
Vicki	Stewart	17
Adrienne	Dorf	16
Janet	Leister	16
Marcia	Stedman	16

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!



What's wrong with these pictures?

January 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](#)

