

Chainwheel Chatter

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

Your Snohomish County Cycling Club

MAY 2020
VOL. 489

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

Prez Sez

May 2020

Uncertain Times

The ongoing COVID-19 crisis has created significant uncertainty everywhere. As of May 1st, 2020: In accordance with Governor Inslee's extension of the "Stay Home, Stay Healthy" order as part of phase 1 to reopening business and modifying physical distancing measures, **all BIKES Club rides are cancelled through May 31st, 2020.**

- To go to the Washington state Coronavirus Response (COVID-19) page: <https://coronavirus.wa.gov/>.
- To go to the one-page Washington's Phased Approach page that summarizes the 4 phases: <https://coronavirus.wa.gov/sites/default/files/2020-05/PhasedReopeningChart.pdf>

You can still ride solo or with family. The Member Directory under the Member-only tab of our www.bikesclub.org website is a good way to stay in touch with BIKES Club friends.

BIKES Shift Talks are a weekly Monday evening opportunity to talk bike stuff with BIKES Club people in an informal Zoom meeting online. BIKES Club e-mails are sent to all members weekly with details.

Next BIKES Club Meeting

Normally, BIKES Club has monthly club meetings for members on the 2nd Thursday of each month from September to May. No meetings in the summer or December. However, the PUD building where we have normally met is now off limits for our use until June.

The next BIKES Club meeting will be 7 PM on May 14th, 2020 using Zoom.com.

- You will need to download the free Zoom.com app ahead of time to the computer or smart device you will use. Make sure your microphone and camera are functional.
- An e-mail will be sent to all BIKES members with the Zoom hyperlink specific for this meeting. **Please do not forward, share or post this meeting info on Facebook or other social media.**

Why "Zoom"?

Due to the ongoing COVID-19 crisis and our governor's "Stay Home, Stay Healthy" order, we cannot meet as a group in person or go on club group bike rides. However, we can use teleconferencing for meetings to talk about biking and club business while social distancing. Nearly a dozen teleconference providers have been looked at and Zoom was found to have good features and is the easiest to use for the widest variety of users. Zoom's security issues of the past have been reported as fixed.

Stay well and have a good ride!

Rick Proctor

President, BIKES Club of Snohomish County

More of Prez Sez in News You Can Use

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.

NEWS YOU CAN USE!

Electronic Online Waiver

An online electronic waiver form and process is being developed that will require once a year online signing and RSVP signups for future BIKES Club rides. This will take some time to develop and deploy but will eliminate signing the paper sign-in sheet for members at every ride.

Snohomish County Parks Visioning Survey

You can help Snohomish County Parks look long term beyond this current crisis about how to best serve the people who use Snohomish County park facilities, green spaces, and trails. Your input is critical in shaping the future of our parks by helping the decision where to focus efforts and resources. Thank you for taking this survey. Note: that you do not need to sign in to participate in the survey and that the form is most easily viewed on a desk top.

<https://www.snohomishcountywa.gov/FormCenter/Parks-22/Snohomish-County-Parks-Visioning-Survey-545>

Walk and Roll: WSDOT Active Transportation Update April 13, 2020

The good folks at WSDOT Active Transportation have put together an amazing array of what's going on regarding walking and rolling around the world, across our nation and in your neighborhood. The impacts of the COVID-19 crisis have had some positive effects on biking and walking. Whether you prefer to ride or stride there is probably something you'll like. There is way too much info in the latest e-mail newsletter of April 13th to paste in here, but you can subscribe yourself.

Activate your in-box with the Active Transportation e-news update from WSDOT by subscribing through the long hyperlink on this same article on www.bikesclub.org. After entering your e-mail address check the boxes for lines with "Active Transportation" or "Bicycling".

Everett Bike Repair Stations

The City of Everett is looking for volunteers to help maintain the City's bicycle repair stations. We will provide replacement parts, repair instructions, and additional contact information to volunteers. There are 11 repair stations near major commuting destinations: Everett Community College, Snohomish County Campus, the Everett Municipal Building, Everett Station, Hopeworks Station II, Kaiser-Permanente-Everett, Everett Public Library Main Branch and Evergreen Branch, the YMCA, Fluke-Everett, and Boeing-Everett.

The City of Everett is working very hard to add and improve bicycle facilities throughout the City, improving routes, connectivity, and installing amenities like bicycle racks and these repair stations. As dedicated members of the bicycle community, you are better able to identify when these repair stations need maintenance. Everyone at the City appreciates your advocacy and dedication—your volunteer efforts to help maintain these facilities is vital to making Everett more bicycle friendly and helps the City to add more amenities.

If you have questions or want to volunteer, please contact Christina Curtis by email or phone. Please also feel free to pass on this request and contact information.

Christina Curtis, P.E.
Associate Engineer | Public Works
425.257.8855 | 3200 Cedar St., Everett, WA 98201
CCurtis@everettwa.gov



MORE NEWS YOU CAN USE!!

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 June 14. 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 jdrew@me.com.

- 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.

The View Ahead

The everyday normal of a couple months ago is different today. The scientists, business leaders and politicians are indicating the quarantine restrictions will gradually relax in the near future, although there are various opinions over how much, when, where and who.

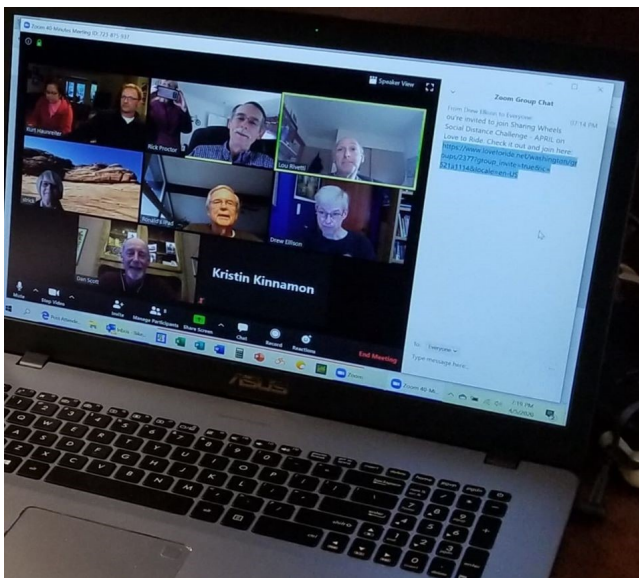
I believe if a magic COVID-19 cure suddenly emerged tomorrow BIKES could easily go back to the old normal of group club rides because we know how to do that. Until then, I believe the BIKES Club needs innovative changes that will allow us to thrive in the changing world situation.

One thing is certain – bicycling is still a popular way to get some exercise and go somewhere. Bike riding is still fun and local bike shops are busy. I believe we are rolling through a rough patch now, but good riding lies ahead!

Stay well and have a good ride!

Rick Proctor

President, BIKES Club of Snohomish County



Situational Awareness

Rick Proctor

There is more to bike safety than strapping on a helmet. People make mistakes and break rules. This is part of the human experience. It would be nice if the roads and streets we ride on were designed to prevent crashes caused by mistakes and broken rules, and there is some slow progress toward that *vision zero* goal. In today's environment, I believe the most critical safety element a cyclist can have are the skills to ride a bike in the real world with the people, transportation infrastructure and environmental factors as they are. We can call this skill *situational awareness*.

The essence of situational awareness is the mental ability to understand what's happening and make adjustments along the way. This is a skill learned through real world experience by sensing the local environment through sight, sound, feel, even smell and taste, then comparing this information with experience to understand and resolve any situations.

Have you ever watched a flock of starling birds flying in a cloud of thousands and marveled at how the cloud of birds will change direction and shape without collisions? Each bird has a sense of situational awareness in three dimensions. As bicyclists, we are typically concerned with only two dimensions. As humans, we like to think we are smarter than birds, but why do we have so many problems moving about on the planet? Could it be we don't all have the same level of situational awareness? Perhaps those of us with it need a stronger sense of it to make up for those who are lacking.

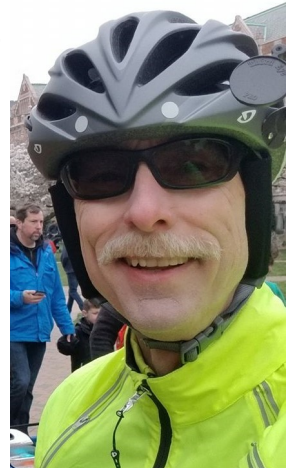
A rider with low situational awareness is a threat to others nearby. A rider that weaves, wobbles and wanders erratically while riding is likely to have low situational awareness due to inexperience. This is usually obvious to more experienced riders. It seems best on group rides to maintain a buffer zone from inexperienced riders to help avoid a tangle.

Riding solo is a different situation to be aware of than when riding with others in a group. A solo rider is not as visible to other traffic as a group of riders, although there is likely to be more space around the solo rider for evasive actions if needed. When riding in a group there are opportunities to tangle with other riders. Evasive actions in group rides are limited due to the nearness of group riders plus other traffic. Hand signals and verbal callouts from a rider in front can help alert the following riders of hazards, although all riders should maintain a group member type of situational awareness to be ready for unannounced hazards.

Leading a group of riders requires a measure of situational awareness for the whole group. The ride leader determines the route and should adjust the ride pace to accommodate the capabilities of all riders in the group in conjunction with the terrain and infrastructure. The ride leader should also help the following riders by indicating hazards and providing verbal callouts.

Training can accelerate the development of situational awareness. Riders can learn basic skills through individual studies or group instruction about urban riding, group riding and ride leading faster than through experience only. Honing those basic skills into the confidence to ride solo or in a group with motor traffic takes time and practice.

Skilled riders can make bicycling look easy and fun. It takes time riding a bike in the real world to develop situational awareness and that skill needs riding time to maintain. In this sense, every ride is a training ride.



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.



BIKES Club of Snohomish County

April Minutes

April 9, 2020

In Attendance: Rick Proctor, Dan Scott, Ron Anderson, Kristin Kinnamon, Debby Grant, Bill Weber, Bob Getz, Drew Ellison, Leslie Strickland, Cheryl Walchli.

Budget / financials: Debby has been busy working on refunds for the cancelled McClinchy Mile (she has a few that haven't contacted her with addresses). The refunds will total \$1390.98. \$105.89 of that are fees. She has issued checks via BECU.

Members McClinchy Mile: The Stay Home statewide order has eliminated the April date. It may be postponed until August.

Ride sign in revisions: The feasibility of doing the insurance waiver sign in annually as part of membership renewal is being looked at. Debby thinks it should be straightforward. Rick wonders if ride leaders will be able to access this via the Wild Apricot members app. Discussion ensues as to whether this is different from the WA administrators app. Rick has an upcoming webinar with Wild Apricot. Ron asks if the app will give access to emergency numbers. More discussion; Debby will do some initial exploration of this members app.

Nominations for Board Positions: Rick Proctor is willing to run again for president. Debby Grant is willing to run again for treasurer. Leslie Strickland is willing to run for secretary. Drew nominated Lou Rivetti for Vice President; he was not present and will be contacted. Voting will take place at the May meeting.

Bike Swap: Has been postponed to June 14th. Drew is collecting donations for selling; monies will go towards the BIKES memorial fund for a table at the planned trailhead on the Centennial Trail near Highway 92. The memorial fund is near \$913. Drew has already sold 2 donated bikes, and has the other donated items ready for the June sale. He asks for more bikes and/or bike parts that can be sold for this.

Ride leaders roundtable: Likely as a May virtual meeting. Topics to include Ride Leader guidelines, encouragement of new ride leaders.

Club jerseys: On hold.

Ride with GPS: Rick will hold a Q&A session for those who want. Likely as a Zoom meeting or other virtual platform.

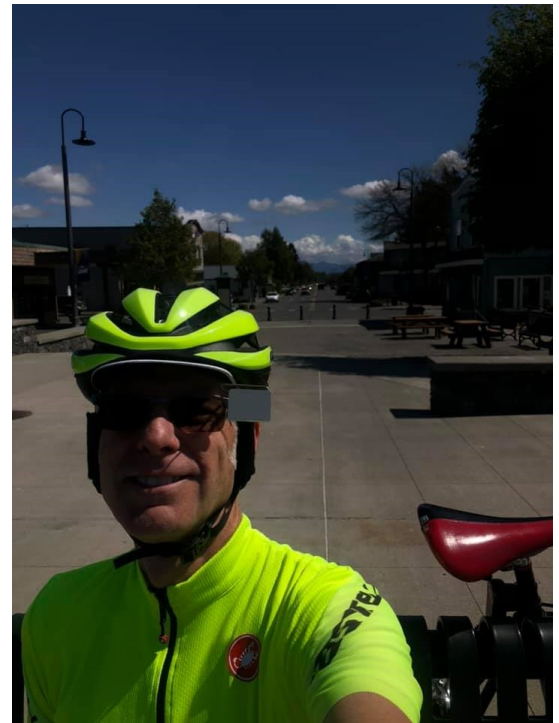
BIKES Shift talk via Zoom: Rick will set up the 2nd one of these for Monday evening the 13th.

Next Meeting: Location/format to be announced. PUD building not available.



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

| | | | |
|-------------------|-----|-------------------|----|
| Paul Vermeulen | 441 | Kayla Koch | 77 |
| Rick Proctor | 418 | Mike Fenlin | 76 |
| Linda Thiem | 411 | Bob Garrett | 68 |
| Drew Ellison | 403 | Bette-Ann Shroyer | 67 |
| Lou Rivetti | 300 | Jack McClincy | 59 |
| Steve Linari | 259 | Tara Fuller | 56 |
| Cindy Proctor | 257 | Bob Pahlman | 55 |
| Dan Scott | 238 | Cheryl Funkhouser | 52 |
| Jim Stewart | 235 | Dayle Iverson | 51 |
| Earl Bardin | 226 | John Whitehouse | 51 |
| Bill Paul | 221 | Jack Willis | 51 |
| Bob Nyberg | 205 | Karen Berliner | 47 |
| Rick Dermody | 187 | Fred Koch | 47 |
| Ron Andersen | 176 | Debbie Kawamoto | 46 |
| Adrienne Dorf | 167 | Dave Stewart | 46 |
| Christi Cowley | 151 | Paul Heydron | 42 |
| Chad Bronstein | 146 | Pidge Hopper | 41 |
| Brian Elmore | 142 | Raquel Haunreiter | 37 |
| Cheryl Walchl | 141 | Jim Shavers | 35 |
| Patrick Robertson | 122 | Marcia Stedman | 34 |
| Vickie Stewart | 116 | Bob Getz | 30 |
| Elaine Scott | 115 | Brian Mendendorp | 30 |
| Nancy Graham | 104 | Mitch Pico | 30 |
| Bill Weber | 96 | Tom Weber | 27 |
| Janet Leister | 94 | Genelle Reich | 26 |
| Mike Dahlstrom | 90 | Brenda Ferguson | 25 |
| Bill Lutterloh | 90 | Gabriel Rinkes | 21 |
| Kristin Kinnamon | 84 | Alison Ahlgrim | 20 |
| Judy Izutsu | 83 | Bill Brack | 20 |
| Bob Biesiedzinski | 81 | Matt Covert | 20 |
| Viv Biesiedzinski | 81 | Judy Lang | 20 |
| Debby Grant | 81 | Kristin Knodell | 7 |
| Kathy Riddle | 80 | | |

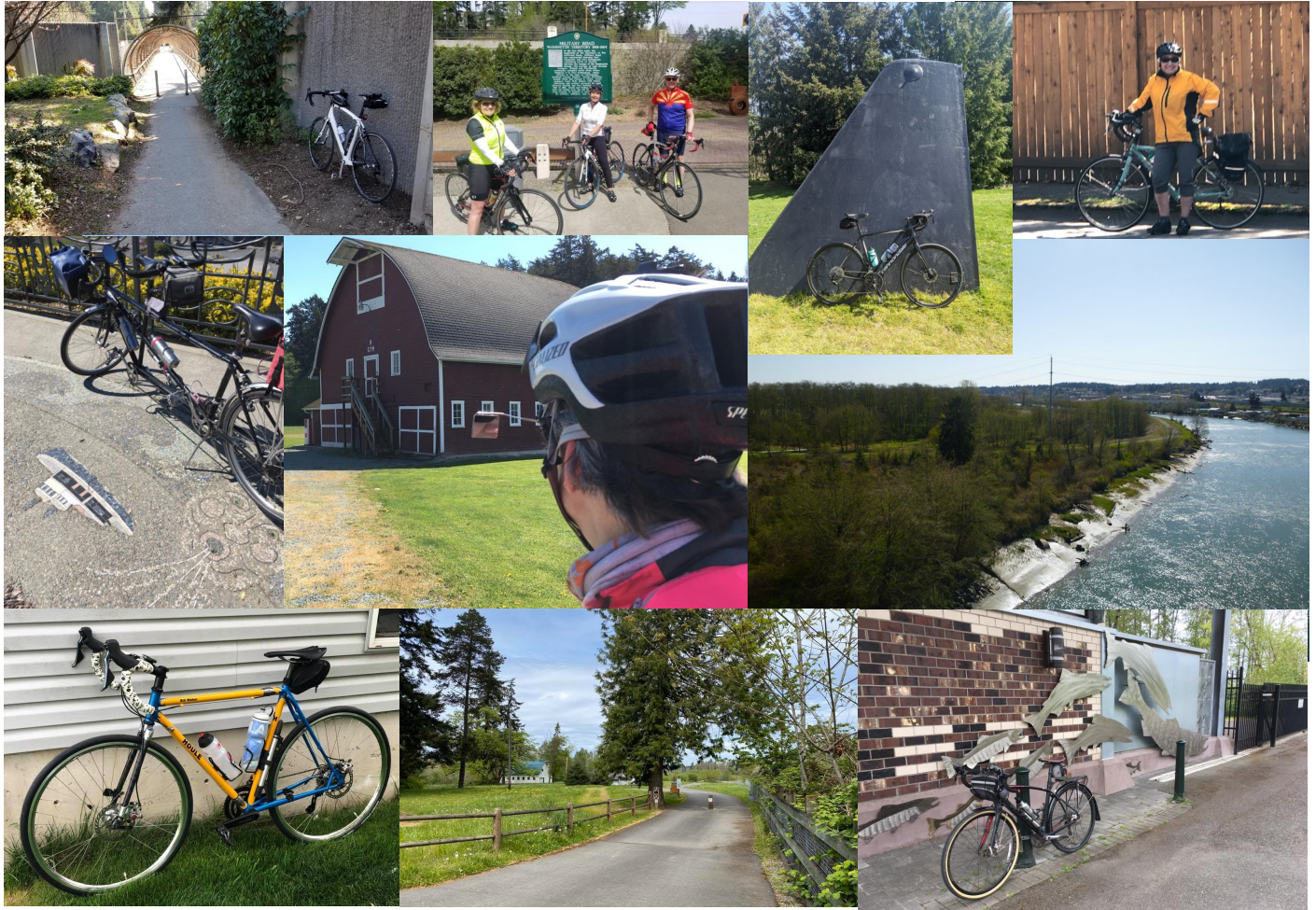


How are BIKES Club Rider Miles Calculated?

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!



April had many great rides! Thank you to all who posted photos of what we love to do...
RIDE OUR B.I.K.E.S.!

****Editors Note: Many of these photos were taken prior to the social distancing mandate was announced**

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](#)

