

Chainwheel Chatter

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

Your Snohomish County Cycling Club

JUNE 2020
VOL. 490

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

Prez Sez

June 2020

Turbulent Times

On May 1 st Governor Inslee extended the “Stay Home, Stay Healthy” order as part of Phase 1 to reopening businesses and modifying social distancing measures through at least the end of May. At the time of this writing Phase 2 is delayed beyond June 1 st . All BIKES Club rides remain cancelled until Phase 2 begins. The BIKES Club Board of Directors is developing a return to riding policy which will define special rules during this time of COVID-19. BIKES Club rides have been cancelled since Governor Inslee’s initial “Stay Home, Stay Healthy” order on

March 23 rd , 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.

Here is an article I found about COVID-19 on surfaces, including paper.

<https://www.webmd.com/lung/how-long-covid-19-lives-on-surfaces>

BIKES Shift Talks

These 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.

The View Ahead

We have been through some weird times over the last few months. At least in Snohomish County we can ride our bikes if we choose. Summer is arriving with long, sunny days perfect for short sleeves, bike shorts and no need for a jacket. Whether you choose to ride solo, or with a BIKES Club group (when we can again), we live in a great place to ride bikes. Lots of people are rediscovering that bicycling is a good way to see our local scenery. I believe we are rolling through a rough patch now and there is good road coming soon!

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!

Equipment Donations for a BIKES Club Memorial

The BIKES Club is looking for donations of good bike stuff to be sold. The Seattle Bike Swap was scheduled for June 14, but has been cancelled. Another event may emerge, so stay tuned. 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 .

⇒ Examples of donatable items include:

- ◆ Bike parts such as 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.

National Bike Challenge / Love to Ride Washington

BIKES Club is an established group with Love to Ride Washington, a program of the National Bike Challenge of the League of American Bicyclists. You can ride your bike and enter your own miles and compare how the BIKES Club does versus other groups. There is a goal for the BIKES Club to ride 10,000 miles in May and I expect we will do it again in June. As Monday May 25th, it looks like we will fall short.

You're invited to join BIKES Club of Snohomish County on Love to Ride. Check it out and join here: <https://www.lovetoride.net/washington>. You will need to enter your own mileage each day you ride. You can also enter miles from the 1 st of the month to now. Results will be available for your review and entertainment immediately after data entry.

The website is fun to use and it helps to encourage people to ride bikes.

BIKES Club has gained National Bike Challenge prominence in the county, state and the global level. Your miles can help us meet our goals and show everyone what we do.

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.

There may be a special June club meeting via Zoom before we return to group bike rides.

Premature Optimism
Rick Proctor

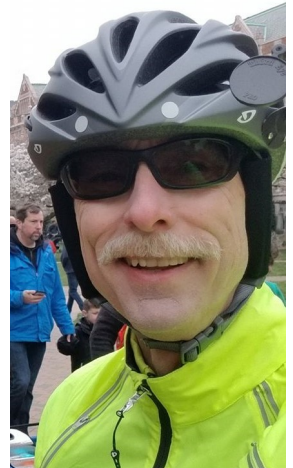
Ok, I admit my can-do optimism was premature. But I'm determined to not stop and keep cranking away at this challenge I took on. I know I have the right stuff to do what needs to be done. I've often taken on challenges that at first looked like fun, but when it became real work, I kept at it anyway with a commitment for success. I didn't know this challenge would have this many twists and turns, and now the initial enthusiasm is being overcome by fatigue.

I'm not in this to set a record, but to prove to myself I can still take on a challenge, make a plan, put it into action and make the right changes on the fly. There is a strategy for challenges: Adapt – Improvise – Overcome, the mantra of some military forces. Adapt to the situation, improvise a solution, then put it into action to overcome opposition. I know if I hammer too hard, I will burn out early. On a climb like this, it's better for me to start a bit relaxed and expend higher level efforts sparingly on particularly steep sections.

I had intended to count the turns on this climb, but my mind is focused on keeping my feet busy cranking the pedals to get over this pass non-stop. Short attention span or narrow bandwidth? The grade varies but is always up. Shady spots are nice, the sun is hot and getting hotter. I had a good drink as I started up this grade and now I'm thirsty but I don't want to break my cadence. It felt good to pass a few other riders who either started before me or passed me earlier although I haven't seen anyone else now for half an hour.

Another turn and the grade eases noticeably and levels out. Ahh, the summit! 10:30 AM. I can't stop yet, but I can get that drink and a couple bites of an energy bar. Now it's time for the downhill part, the other part of this challenge. My speed picks up and it's time to rest the legs and put the hands to work on the brakes. Fast is fun, but too fast could hurt. The turns come sooner going down than going up and before long the near constant braking for the turns has my hands and forearms screaming. A drogue chute would be nice about now. This challenge is enhanced with a few potholes, bad pavement and shady places that can hide surprises. Occasionally the downhill grade eases allowing me to take a hand off each brake to shake some life back in. This downhill run is an adventure, the mountain scenery is fantastic, and I think I'm ahead of everyone else.

When the road levels I find a place for a pit stop. I met my goal of taking on Old Blewett Pass non-stop. Before leaving this morning, I mentioned going up and over the pass non-stop, which brought out a couple of scoffs from some other riders. Satisfied now with my performance it's time for a good drink and more energy bar. There's a lunch stop a few miles ahead and I'll be ready for it. Later, I read in the route guide there were 248 curves on Old Blewett Pass. Sometimes part of a ride sticks with me for a long time. This was the morning of the last cycling day from Cle Elum to Leavenworth during the weeklong Ride Around Washington that started in Raymond in August 2011.



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**

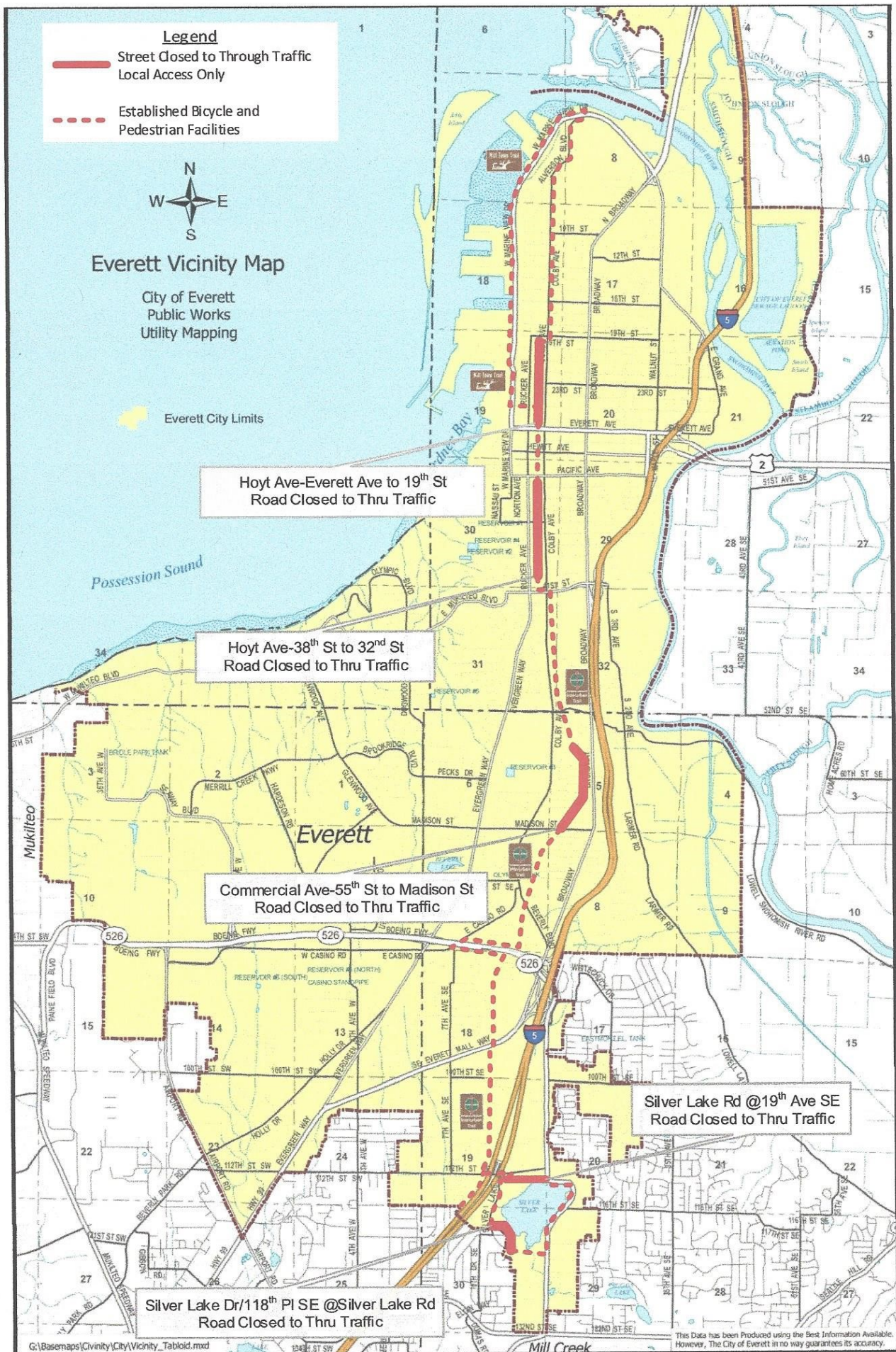
Member benefits: 10% discount at local bike shops with your member card (see website for list), low-cost bike box and trailer rentals, Frequent Rider Club, monthly newsletter, social and advocacy activities.





New Bike Decision Guide





Vicinity Map

Stay Heathy Everett Proposal



BIKES Club of Snohomish County

May Minutes

May 14, 2020

Note: This meeting was held as a teleconference via Zoom.Com

In Attendance: Rick Proctor, Debby Grant, Kathy Riddle, Drew Ellison, Jim Stewart, Leslie Strickland, Dan Scott, Jack Willis, Cindy Proctor, Dale Shoup, Bill Weber, Mike Dahlstrom.

Budget /financials: Debby provided a status on BIKES budget. Total Assets \$11,314.76, Total Liabilities \$12,128. Cash on hand -\$813.24. McClinchy pre-registered \$1,195. Fee returned -\$1,294.71. BIKES Memorial Fund \$923.

Club officer annual elections: Dan nominated Leslie Strickland for Secretary. Drew seconded. Motion passed unanimously. The following officers will remain in office: Rick Proctor-President, Debby Grant-Treasurer. BIKES is looking for a Vice-President.

Club insurance discount: Rick contacted, American Specialty Insurance, regarding a discount during COVID-19. Insurance company will check to see if BIKES will receive a partial refund on their insurance.

BIKES Shift Talks: Rick will continue Bike Shift Talks on Monday evenings at 7:00 PM via Zoom.

WA State Reopening Phases & BIKES Club: In compliance with Washington State reopening plan Phase 2 may begin on June 1. This allows 5 people to gather for outdoor recreation. Phase 3 will allow 50 people to gather for outdoor recreational.

Ride sign-in revision in work: Debby has been working on revisions to BIKES sign in process. A discussion was held regarding electronic sign-up and manual sign-up. Members could sign up once a year at picnic or holiday party for manual sign-up. More details need to be worked out. Thank you Debbie.

Bike Swap: Drew informed club that Bike Swap has been cancelled. Sharing Wheels is planning a garage sale when restrictions for public gatherings are lifted. He will see if BIKES could set up a booth. Drew is still accepting donations and will get more details regarding Sharing Wheels garage sale.

Ride Leader's Roundtable: To be determined.

Ride With GPS Q and A: Rick is working on ways to answer questions members may have on Ride With GPS. No date has been set.

BIKES Club Annual Picnic: Sunday Aug. 9th.

Members only McClinchy Mile: Sunday Aug. 16th.

Next Meeting: Will be Sept. 10 th at 7:00 PM. Location to be announced.

Bicycle Bingo

How many categories can you fill during this Bike Everywhere month? Only one category per ride. Add your miles to the BIKES Club challenge total, and share some pictures.

<https://www.lovetoride.net/washington/groups/1574?locale=en-US>

Logged my miles in the National Bike Challenge	Biked in the rain	Rode someplace I'd never ridden before	Rode someplace near salt water.	Said hello to another bicyclist	Added air to tires 5/1/20
Biked at least 10 miles in one day 5/3/20	Encouraged a friend to go for a ride.	Rode to the grocery store 5/5/20	Participated in a special Bike Month event!	Rode on a trail 5/4/20	Rode farther than I ever have before - this year. 5/8/20
Lubed my chain	Checked out a Little Library on a ride.	BIKES Club free spot	Looked at the WA Bikes website	Rode to a city/county park	Changed a bike tire
Bought coffee or tea OR made my own on my ride.	Rode on a different trail	Rode my oldest bike 5/7/20	Joined a BIKES Shift talk	Brought a picnic lunch (or bought some take out).	Practiced situational awareness while riding
Rang my bicycle bell on a trail	Checked that I carry a spare tube	Read the latest Chainwheel Chatter	Rode near a lake	Wild Card; supply your own category	Rode on a quiet street

Dan Scott May 2020

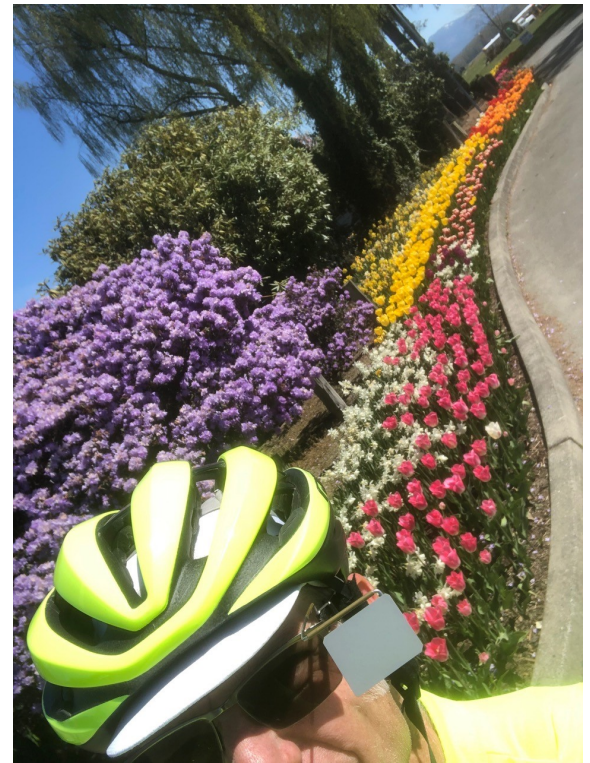
Suggestions:

- drop B2

- BP
- rode to a bike shop
 - rode to a hardware store
 - biked in the sun
 - rode past a barking dog
 - rode every day for a week
 - rode by some beautiful flowers / flowering

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!



May had many great rides, by ourselves, or with others! 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](#)

