

Chainwheel Chatter

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

Your Snohomish County Cycling Club

JULY 2020
VOL. 491

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

Prez Sez

July 2020

We Can Ride Again!

On June 5th Snohomish County was approved to go into Phase 2 of "[Safe Start Washington](#)". BIKES Club rides have started again with no more than 5 people per ride group as outlined below to comply with temporary government restrictions. Be aware there are many differences from the "old normal":

- BIKES Club rides are temporarily for BIKES Club members only.
- The Calendar will only be visible to BIKES members who are logged in.
- All rides are RSVP to help ensure only 5 per ride group, including the Ride Leader.
- Closed: most park restrooms, water fountains and parking at some parks.
- Food establishments can reopen at reduced seating capacity, lines are likely.
- Face masks are required at all indoor establishments and outdoors where proper social distancing cannot be maintained.

There is more information regarding BIKES Club rides during the COVID-19 crisis on www.bikesclub.org Home page and the link to [Temporary Phase 2 Precautions for BIKES Club Rides During the COVID-19 Crisis](#).

BIKES Shift Talks

These are a weekly 7 PM 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.

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. You can also enter miles from the 1st of the month to now. Results will be available for your review and entertainment immediately after data entry. The website is fun and easy to use.

We have a goal for the BIKES Club to ride 10,000 miles every month this summer. We have plenty of members like you who ride enough for us to easily get to 10,000 miles if we can get you to join. You can enter your solo miles, family & friend miles, and BIKES Club miles.

Check it out and join here: <https://www.lovetoride.net/washington>. BIKES Club has gained National Bike Challenge prominence in the county, state and the national level. Your miles can help us meet our goals and show everyone what we do.

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!

Centennial Trail Closed from Hilltop Rd to Wade Rd

A new sinkhole has opened next to and under the trail near Hilltop Road in addition to an older sinkhole next to the trail a 1/2 mile or so to the north near Wade Road. The older sinkhole is being funded and is scheduled for repairs to be finished by mid-September. Repairs for the new sinkhole are neither funded nor scheduled.

This portion of the Centennial Trail, between Arlington and Getchell, was closed June 18th. There is presently no reopening date and no safe detour between Hilltop Rd and Wade Rd. 67th Ave NE parallels the trail in this area, however it is rather intimidating with 50 mph speed limits, narrow lanes, no shoulders, and plenty of motor traffic.

Road iD

Road iD is offering \$10.00 off for BIKES Club members. The link (below) takes you to the Road ID offer, where you can request the coupon code via email. Once you have received the coupon, it is good for three months. The link will stay active through the end of the year.

<https://www.roadid.com/pages/pe?id=roadid>

Ride solo, but not alone. Always ride with ROAD iD, the one accessory no cyclist should be without—a ROAD iD is a simple and stylish identification that you customize with the information most important to you, from emergency contact numbers to vital medical info. Road ID offers a variety of bracelets, tags, and other means for you to have your emergency information on you in an easy to find location, just in case.

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.

The next regular BIKES Club meeting is set for 7 PM September 10th.

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.

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.

Summer!

Summer has arrived with long, sunny days perfect for short sleeves, bike shorts and no need for a jacket. We live in one of the best places in the world for summer bike riding. Get out for a ride, whether on a socially distanced club ride or solo. Lots of people are rediscovering that bicycling is a great way to see our local scenery.

Social Distraction

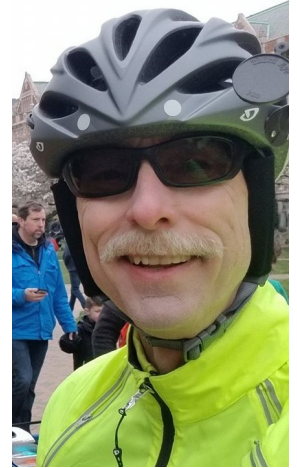
Rick Proctor

I don't know about you, but I'm weary of social distancing. Maintaining at least 6 feet, or 2 meters if you're metrically inclined, from other people when I'm out and about is often inconvenient, especially in retail establishments like grocery stores, hardware stores and bike shops. The experts say it's good for my health, so I do my best to keep my distance from other people and keep a farther distance from places where other people choose not to keep their distance.

When I'm outside there is a lot more space available to stay away from other people. Solo bike rides are easy to manage, but the conversation can be too predictable. Club bike rides with other people are easy too if each rider chooses to keep their distance from the rider in front of them. Bicyclists already tend to distance themselves from other vehicles for safety concerns, so treat other bicyclists as vehicles to distance yourself from. 5 people max on a club ride helps keep us from getting spread out of sight as we strive for sufficient distancing, although conversations are certainly more difficult.

Health experts also say we should wear a face mask when away from home in retail establishments and outdoors when we cannot maintain good social distancing. I'm ok with this too, although face masks are uncomfortable and muffle conversations.

What will be the long term repercussions of these social distractions? I'm no social scientist and can't offer an intelligent guess. But I will be glad when it's over.



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

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.

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

Paul	Vermeulen	607
Linda	Thiem	550
Rick	Proctor	542
Drew	Ellison	510
Lou	Rivetti	416
Earl	Bardin	396
Bill	Paul	332
Jim	Stewart	289
Dan	Scott	280
Cindy	Proctor	273
Bob	Nyberg	263
Steve	Linari	259
Brian	Elmore	257
Adrienne	Dorf	245
Ron	Andersen	210
Rick	Dermody	209
Cheryl	Walchl	198
Bob	Pahlman	162
Christi	Cowley	151
Chad	Bronstein	146
Elaine	Scott	141
Jack	Willis	136
Bill	Lutterloh	124
Patrick	Robertson	122
Viv	Biesiedzinski	116
Bob	Biesiedzinski	116
Vickie	Stewart	116
Nancy	Graham	104
Cheryl	Funkhouser	98
Pidge	Hopper	96
Bill	Weber	96
Janet	Leister	94
Mike	Dahlstrom	90
Kristin	Kinnamon	84
Judy	Izutsu	83

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Debby	Grant	81
Kathy	Riddle	80
Kayla	Koch	77
Mike	Fenlin	76
Debbie	Kawamoto	69
Bob	Garrett	68
Bette-Ann	Shroyer	67
Jack	McClincy	59
Tara	Fuller	56
Judy	Lang	54
Dayle	Iverson	51
John	Whitehouse	51
Karen	Berliner	47
Fred	Koch	47
Dave	Stewart	46
Paul	Heydron	42
Raquel	Haunreiter	37
Jim	Shavers	35
Marcia	Stedman	34
John	Dennino	30
Bob	Getz	30
Brian	Mendendorp	30
Mitch	Pico	30
Tom	Weber	27
Genelle	Reich	26
Brenda	Ferguson	25
Peneolpe	Thompson	23
Gabriel	Rinkes	21
Bill	Brack	20
Alison	Ahlgrim	20
Matt	Covert	20
Gloria	Hammond	18
Kristi	Knodell	7



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 web-site 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!



June had many great club rides for the first time in a while! 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](#)

