

Chainwheel Chatter

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

Your Snohomish County Cycling Club

[Next B.I.K.E.S. Club meeting is October 8th @ 7:00 pm](#)

Prez Sez

October 2020

Autumn has kicked in bringing us the most colorful season of the year. The smoke of mid-September has cleared out and occasional rain has returned. Wet conditions are more tolerable when the air is clean. Autumn is a great time of year for bike rides in our region.

BIKES Club members have adapted to the COVID-19 era restrictions. The limit of 5 riders per ride group, including the ride leader, and social distancing will continue until further notice. For more information, see our website link <https://bikesclub.org/resources/Documents/TempPhase2Precautions21June2020.pdf>

Next BIKES Club Meeting

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 BIKES Club meeting is set for 7 PM October 8th and will be via Zoom due to the COVID-19 crisis. BIKES Club members will be e-mailed the agenda and Zoom meeting details.

National Bike Challenge / Love to Ride Washington

Now is the time to enter your final miles for May 1st – September 30th, 2020 in the National Bike Challenge / Love to Ride Washington website. You can ride your bike and enter the miles you rode solo, with family & friends, and BIKES Club rides, then compare how the BIKES Club does versus other groups. The website is fun and easy to use.

We have a goal for the BIKES Club to ride 10,000 miles every month May through September. We have plenty of members like you who ride enough for us to easily reach the goal if we can get you to join and enter your miles. Check it out and join here: <https://www.lovetoride.net/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. BIKES Club has gained National Bike Challenge prominence in the county, state, and national levels. Your miles can help us meet our goals and show everyone what we do.

Stay well and have a great ride!

Rick Proctor
President, BIKES Club of Snohomish County

More of Prez Sez in "News You Can Use"

OCTOBER 2020
VOL. 494

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!

Rider Miles Reporting

A unique feature of our BIKES Club is the tracking of the miles accumulated by club members on club rides throughout the year. A minimum of 2 riders (Ride Leader plus at least 1 other rider) are required for legitimate BIKES Club rides. We do not count miles outside the club ride.

The Rider Miles feature of our BIKES Club is a totally separate activity from the mileage tracking of the National Bike Challenge / Love to Ride Washington activity. Your miles can be counted in both places!

A few Ride Leaders forget to report rider miles in a timely manner. It's not a problem if they get them to the Rider Miles guy (Mike D.) prior to the 24th each month. After the 24th, it creates a lot of retro numbers juggling to get them in the previous month, then update the current balance going forward. Please report rider miles within a day or two after the ride. The 24th of each month is the cutoff to get the Rider Miles report together for the Chainwheel Chatter newsletter.

Idaho Stop

The Safety Stop bill was signed by Washington Governor Jay Inslee on March 18, as the last step in the legislative process to make it a law effective October 1st, 2020.

The Safety Stop is also known as the Idaho Stop for the 1st state to pass such a law in 1982.

The legislation has two exemptions that are important to note. Stop sign signals on school busses will still require a complete stop, as well as the stop signs present at railroad crossings. Otherwise, beginning this fall, people who bike can recognize a stop sign as a "yield the right of way."

Washington's yield protocol entails:

- Slowing down to a speed reasonable for road conditions and, if required, to be able to safely come to a stop
- The person operating a bicycle should yield the right of way to any vehicle in the intersection or approaching on another roadway that is close enough to present an immediate hazard

For more information, refer to <http://wabikes.org/2020/03/18/an-intuitive-new-law-the-safety-stop-is-coming-to-washington/>

Online Ride RSVP

We recognize the inconvenience of the present RSVP process, waiver signing and waiver document storage. There must be a better way to do what needs to be done – something modern. A few energetic and knowledgeable members are developing a new process where:

- Ride Leaders will post rides direct to the rides Calendar page on our website.
- Riders will need to login and RSVP, or register, online through the ride posting on the Calendar page, then receive an e-mail confirmation. Riders may also cancel.
- Riders will electronically check a box to "sign" the waiver as part of registration.
- Ride Leaders will be able to access the list of registered riders.
- Information will be retrievable for who "signed" the waiver, when, and for which ride.

This new process will be a significant improvement for BIKES Club activities. More information will be provided as the process matures in development.

More NEWS YOU CAN USE!

Maximize Your BIKES Club Experience

If you are feeling left out of BIKES Club communications, you have a few options to improve the information you get from the club:

Do you want to know when someone posts a new ride or makes a change to the Ride Update page?

1. Visit the [Ride Updates](#) page.
2. Click on the "Subscribe to Forum" link on the right side of the page across from the "Create Topic" button.
3. You will be prompted to log-in (use the email address where you get club e-mail and your password).
4. Go to the Member Only section / Member Profile page of the website.
5. Click the "Edit Profile" button and the "Email Subscriptions" link to how often you receive updates.
6. Set "Ride Updates" to be delivered "immediately."
7. Click the "Save" button at the bottom.

Now you will get an e-mail sent to you when someone posts a new ride or adds a change to the Ride Updates page.

You can also do the same to get [Member Forum](#) e-mails under the [Community](#) tab.

If you would like to get the Chainwheel Chatter E-newsletter e-mailed to you as soon as it comes out:

1. [Login to www.bikesclub.org](http://www.bikesclub.org).
2. Select "View Profile" in the upper right corner.
3. Select "Edit Profile".
4. Scroll down to the "Additional Information" section and click on the Yes for E-newsletter.
5. Scroll back up and select "E-Mail Subscriptions".

Check boxes for what may interest you. I suggest checking all boxes for the fullest club experience.

For the selections under the Forum Subscriptions, be sure the "Immediately" option is selected in the pull-down menus.

You can also access Chainwheel Chatter newsletters on our website:

1. Login to www.bikesclub.org.
2. Select "Newsletters" under the ["About Us"](#) tab.
3. Links for the archived newsletters are available for your selection.

Another Gear

Rick Proctor

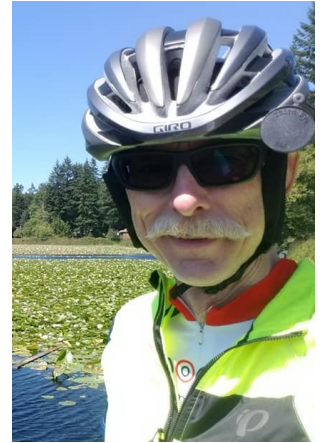
We have all been on a bike ride, chatting with friends and rolling along nicely when the grade increases a bit, but no worries, we just downshift a gear to keep the same pedaling cadence and a little slower speed. The grade may have kept increasing and we kept downshifting until we ran out of gears. As the pedaling became slower and harder, we might occasionally hit the shift lever again, but at some point, no lower gear was available. We grunted our way up the grade until it began to ease toward levelness, and we could shift gears again to speed up.

A nice downhill section may have come along next with smooth pavement, great visibility, no traffic, and a couple of sweeping curves. We kept pedaling and shifting to the highest gear and felt the thrill of rushing through the air with a visual torrent of scenery streaming by. The downhill grade steepened a little more until pedaling provided no propulsion. We might hit the shift lever a couple more times just to be sure the bike was in the highest gear. Time to coast and enjoy it. Whether coasting fast or slow, coasting is a big part of why bicycling is so much fun.

Gear shifting on a bicycle was one of the great technological improvements that helped make bicycles easy to ride on a wide variety of terrain. You've probably ridden a bike with single speed gears, which is useful over a narrow range of terrain. Most people learn to ride bikes on single speed bikes with just limited fun. It's probably a good thing to limit the fun for newbies until they've learned how to control the fun.

Early in the evolution of bicycle design someone got bored with the narrow range of a single speed and found a way to greatly expand the fun with gearing options mounted on the bike. Over the last hundred years a variety of gear mechanisms have been developed and tried on the open market. Internal gears, external gears, chain drives, belt drives, shaft drives, even direct drives have all been tried in every conceivable configuration and there is just one consistent winner. The externally geared derailleur system with a chain drive hits the sweet spot for range of gears, efficiency, weight, bulk, cost, maintainability, durability, and the expanded-fun performance envelope.

The manual action of shifting gears is part of the fun of bicycling and has endured while much of the motorized sector of transportation has evolved from manual to automatic gear shifting. Whether the derailleur is mechanical or electric, and whether the shifters are levers or push buttons, the rider decides when to shift gears using their fingers. Someone may eventually develop an app where thought control is used to shift gears. Or worse yet, an automatic gear shifting scheme for bikes. For now, we each have full control of our bikes as we glide through our environment where we make the decisions. Let's decide to enjoy the 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
October Minutes
September 10, 2020

Note: This meeting was held online via Zoom.

In Attendance: Rick Proctor, Patrick Robertson, Fred Koch, Debby Grant, Kristin Kinnamon, Lou Rivetti, Dan Scott, Cindy Proctor, Christy Cowley, Cheryl Walchi, Leslie Strickland, Teresa Russell

Budget/Financials: Debby provided a status on the BIKES budget. Total Assets: \$13,730.07
Total Liabilities: \$12,670.00 (includes prospective 2021 McClinchy Mile expenses and Memorial Fund \$1,465) Cash on Hand: \$1,060.07. BIKES is in good shape financially. Can go a year without major fundraiser. BIKES was credited \$96.80 (COVID-19 refund) by American Specialty Insurance.

Discussion followed on other insurance related topics. BIKES insurance through American Specialty Insurance does not cover BIKES event SAG drivers. Insurance Coverage for drivers and passengers is through each SAG driver's personal policy. Personal protection (umbrella) policies may provide higher insurance coverage. BIKES insurance available for \$500 through American Specialty Insurance covers the BIKES Club for the 1-day event.

Washington COVID Reopening Phases: Snohomish County is still in Phase 2. We must be in Phase 4 to run the McClinchy Mile Event. Planning may continue although cancelling the 2021 McClinchy Mile event, tentatively scheduled for April 25th, is still a possibility. A decision will be made in the next few months.

Ride Sign-In Revisions: Progress is continuing on online ride signup (RSVP) via the BIKES Club website hosted by Wild Apricot. Debby and Drew are working on revisions as a few ride leaders and others test the new features and provide input.

Other Potential Fundraisers: Rick introduced "Tour de Cascadia" virtual ride idea. Riders independently complete 1,000 miles in five months. Riders could receive rewards for reaching key distance and elevation milestones. Proposed fees: \$10 registration and \$30 finishers. Rick will revise the proposal to appeal to social and steady riders.

Discussion followed on intent of the McClinchy event to bring interest to bike riding in the Snohomish County. Concerns expressed for creating activities for all levels of riders without incurring the insurance liabilities of a BIKES sponsored event.

Other potential fundraiser ideas: Tour de Cookie (mentioned by Fred as a Tuscon event. Riders are given a cookies at designated locations). Other ride to reward possibilities: Ice Cream, root beer float, coffeneering. Interested individuals will continue research on the logistics and feasibility of such events.

Christy from Sharing Wheels expressed interest in partnering more with BIKES. Offered Sharing Wheels as a location for possible Tour de Cookies stop. Biking and bike purchases have grown during COVID. Christy would like to have more BIKES Club information and activities (training, rides) available to new riders. Discussion followed on some BIKES offered activities and current COVID limitations (ride group size 5, shortage of ride leaders, training not provided). Cindy will bring BIKES Club bookmarks to Sharing Wheels.

BIKES Leaders Roundtable: Meeting will be held in October or November via Zoom. There will be no Ride Leader's Breakfast this year due to COVID-19 restrictions.

Next Meeting: October 8, 2020

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

| | | | | | | | | |
|----------|------------|------|-----------|---------------|-----|----------|------------|----|
| Rick | Proctor | 1588 | Bob | Biesiedzinski | 208 | Jim | Shavers | 61 |
| Paul | Vermeulen | 1582 | Viv | Biesiedzinski | 208 | Jack | McClincy | 59 |
| Earl | Bardin | 1365 | Kayla | Koch | 208 | Tara | Fuller | 56 |
| Lou | Rivetti | 1144 | Kathy | Riddle | 183 | John | Whitehouse | 51 |
| Linda | Thiem | 1128 | Paul | Heydron | 177 | Linda | Hunter | 48 |
| Drew | Ellison | 1108 | Judy | Lang | 173 | Karen | Berliner | 47 |
| Bill | Paul | 1001 | Mike | Dahlstrom | 168 | Dave | Stewart | 46 |
| Brian | Elmore | 874 | Debby | Grant | 166 | Terri | Russel | 40 |
| Cheryl | Funkhouser | 732 | Ji | Kim | 160 | Mary | Chesney | 39 |
| Jim | Stewart | 730 | Marcia | Stedman | 155 | John | Carlin | 35 |
| Pidge | Hopper | 640 | Daryl | Bates | 140 | Bob | Getz | 30 |
| Dan | Scott | 575 | Dayle | Iverson | 131 | Brian | Mendendorp | 30 |
| Christi | Cowley | 542 | Bill | Brack | 129 | Mitch | Pico | 30 |
| Cindy | Proctor | 528 | Gary | Broughton | 129 | Tom | Weber | 27 |
| Adrienne | Dorf | 481 | Gloria | Hammond | 115 | Genelle | Reich | 26 |
| Cheryl | Walchli | 459 | John | Dennino | 114 | Rebecca | Hollenbeck | 24 |
| Fred | Koch | 452 | Hilary | Heath | 105 | Adrienne | Reynolds | 23 |
| Ron | Andersen | 435 | Nancy | Graham | 104 | Peter | Smith | 23 |
| Debbie | Kawamoto | 424 | Chuck | Hopper | 101 | Erik | Westlund | 23 |
| Bob | Pahlman | 415 | Olivia | Getz | 98 | Linda | Braun | 22 |
| Bill | Lutterloh | 361 | Bill | Weber | 96 | Gabriel | Rinkes | 21 |
| Bob | Nyberg | 358 | Janet | Leister | 94 | Alison | Ahlgrim | 20 |
| Fred | Norouzi | 336 | Tim | Wise | 87 | Matt | Covert | 20 |
| Jack | Willis | 303 | Peneolpe | Thompson | 85 | Shirley | Slade | 20 |
| Rick | Dermody | 302 | Kristin | Kinnamon | 84 | Matt | Petersen | 18 |
| Elaine | Scott | 267 | Raquel | Hunreiter | 80 | Francis | Philbin | 18 |
| Steve | Linari | 259 | Mike | Fenlin | 76 | Joe | Self | 18 |
| Judy | Izutsu | 248 | Brenda | Ferguson | 73 | Pam | Snook | 18 |
| Vickie | Stewart | 245 | Bob | Garrett | 68 | Patrick | Robertson | 12 |
| Leslie | Strickland | 243 | Bette-Ann | Shroyer | 67 | Kristin | Knodell | 7 |
| Chad | Bronstein | 237 | | | | | | |

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!



September had many great club rides where everyone stayed safe! 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](#)

