

# 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 February 11th @ 7:00 pm](#)

## Prez Sez

February 2021

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 this month if you are equipped for it.

### Winter BIKES Club Activities

There are BIKES Club [rides](#) scheduled through February for those who are 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](#).

BIKES Club rides with a limit of 5 riders, including the Ride Leader, with social distancing and precautions has been a popular way for BIKES members to get out and ride their bikes during this time of COVID-19 era restrictions. The weather this time of year can be cold making it uncomfortable to be outside. Maintaining social distancing while being outside is considered safer than being indoors with other people. Bike riding is a great outdoor activity.

### Online Ride Registration Process

After months of development, the Online Ride Registration process is online. Ride / Event setup training sessions and Ride Leader Roundtable discussions will be offered.

There are several new tabs in the website header to help you with the changes. [COVID-19 Info](#) is now consolidated under the [Let's Ride](#) tab.

[Online Ride Registration](#) under the [Let's Ride](#) tab will describe the details of how riders will register for a ride.

There is a lot of new text to explain the details, but the basic steps are:

- Ride Leaders will post rides direct to the rides Calendar page on our website.
- Riders will need to login and register (RSVP) online through the ride posting on the Calendar page, then receive an e-mail confirmation.
- Riders will electronically check a box to "sign" the waiver as part of registration.
- Riders should cancel if they will not go.
- Ride Leaders will be able to access and "check-in" the registered riders.
- Ride Leaders should continue to e-mail Rider Miles reports as usual.

Information will be retrievable for who "signed" the waiver, when, and for which ride.

**Signing the paper waiver before every BIKES Club ride is still required for rides that do not use the Online Ride Registration process.**

There is additional information for Ride Leaders:

New tabs have been added under the [Member-only](#) and [Ride Leaders](#) tabs.

The [Ride Leader Program Guidelines](#) have been updated for the Online Registration Process.

This new process will be a significant improvement for BIKES Club activities.

### Next BIKES Club Meeting

BIKES Club has monthly club meetings for members on the 2<sup>nd</sup> 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 February 11<sup>th</sup>, 2021 and will be via Zoom due to COVID-19. BIKES Club members will be e-mailed the agenda and Zoom meeting details.

Stay well and have a great ride!

Rick Proctor  
President, BIKES Club of Snohomish County  
[BikeHound@comcast.net](mailto:BikeHound@comcast.net)

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**VOL. 498**

## RIDE GUIDE

### PACE

<b>Easy</b>	under 10 mph
<b>Social</b>	10–12 mph
<b>Steady</b>	12-14 mph
<b>Moderate</b>	14-16 mph
<b>Brisk</b>	16-18 mph
<b>Strenuous</b>	> 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 steeper 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

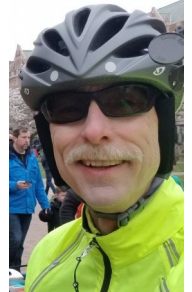
B.I.K.E.S. partners with the Lynnwood Senior Center to welcome and encourage older adults to bicycling. Bring your bike if you like and we'll do minor fit and safety checks. **Lynnwood Senior Center** Wednesdays. See the [Rides calendar](#) for details.

### Wet Feet

Rick Proctor

I had high hopes for the weather to remain dry during the drive to the ride start at the Stanwood Park & Ride. Cloudy skies and calm air in the low 40s F provided conditions good enough for a mid-winter club bike ride. One other rider joined me on this loop ride on the country roads of Snohomish and Skagit counties through Conway.

The first few miles are parallel to I-5 with plenty of high-speed freeway traffic noise. When our route turned east away from the freeway the silence was a welcome change. Motor vehicle sightings seem rare on most of these roads. A winter bike ride through the rural setting of this area offers views of scattered farms, ranches, and country estates with occasional glimpses of distant mountains and Puget Sound.



Shortly after turning northward on 44<sup>th</sup> Ave NW the road changes names as it crosses into Skagit County and becomes Bulson Road at about mile 13 into the ride. Fisher Creek crosses the road there too. On a ride here the year before I saw a coyote crossing the creek and surrounding meadow. No coyotes today, but the creek was swollen from recent rains and was flowing gently across the road. We stopped by the Water Over Roadway sign to look over the situation and think of a plan B. The water didn't look too deep and the center line was visible through the clear water all the way across. The lack of a suitable detour was considered, as was turning back. But, again, the water didn't look too deep, it was clear, the road underneath looked fine, and the flow was slow. The opportunities for success seemed high.

I decided to go ahead and asked my friend to wait until I got across. We had a success oriented plan. I gained a little speed rolling down the gentle slope while pedaling easy. I stayed near the center line in the road as my wheels entered the shallow water and I stopped pedaling hoping momentum would carry me across. However, I soon realized I needed to pedal to keep going as the water depth went from an inch deep to 2 inches, 4 inches, then 6 inches deep at the mid-point. My feet were splashing into the water ankle deep with each pedal stroke. This was not part of the plan. My feet were totally soaked, and that water was downright **cold** too! Stopping or turning around were not good options. As the lower part of my drivetrain went under water a variety of unpleasant thoughts crossed my mind. Then I heard a different sound coming from behind me. My friend may have thought I was having fun, so he decided to go for it too.

We both made it across non-stop and as we slowly pedaled away from the creek into Skagit County, we discussed our situation and decided to keep going, wet feet and all. The bikes had no complaints. Most of the water drained out of my shoes in a couple of minutes and the heavy wool socks and poly sock liners I was wearing did a good job keeping my feet only chilly, but not freezing or numb, the rest of the ride. The squishy feeling in my shoes with each pedal stroke lasted for hours through the next 16 miles of the bike ride to get back to our cars.



I usually bring spare shoes and socks in my car to change into after a ride if the need occurs, although I rarely ever use them. On this day that extra precaution paid off with warm, dry feet for the drive home. The contrast of experiences this day increased my appreciation for the parts with a good plan. The wet feet served as a bonus experience.

**B.I.K.E.S.-Membership** P.O. Box 5242, Everett WA 98206

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email \_\_\_\_\_

<b>Membership</b>	<b>\$25 Annual (INDIVIDUAL)</b>	<b>New Member</b>	<input type="checkbox"/>
<b>DUES</b>	<b>\$35 Annually (FAMILY)</b>	<b>Renewal</b>	<input type="checkbox"/>

**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****January Minutes****January 14, 2021**

**Note:** This meeting was held online via Zoom.

**In attendance:** Rick Proctor, Debby Grant, Lou Rivetti, Dan Scott, Cindy Proctor, Mike Dalhstrom, Bill Weber, Shirley Slade, Cheryl Walchi, Debbie Kawamoto, Leslie Strickland.

**Budget/financials:** Debby provided a status on the BIKES budget. Summary - Total Assets: \$15,206.02 Total Liabilities: \$13,935.) Cash on Hand: \$1,271.

**Online ride registration (RSVP) process:** Most ride leaders have been trained and are using the online registration process. Ride leaders are reminded to check in riders (important for insurance) and to send in rider miles (separately). There are only a couple of ride leaders who are using the previous manual method and need training in online registration. Debby is organizing training on an as needed and as ready to lead (after COVID) basis.

**WA state COVID-19 conditions:** New definitions for Phase 1 and Phase 2 Roadmap to Recovery were released 1/11/21. <https://www.governor.wa.gov/sites/default/files/HealthyWashington.pdf>. Washington's guided activities group limit has changed to twelve. [Outdoor Recreation COVID-19 Requirements](#). Discussion followed on the best course of action to take to ensure the BIKES riders health and safety while accommodating rider limit demands. The BIKES club ride limit is still five. This limit will be re-evaluated at the February meeting.

**Ride Updates for Event Admins:** The BIKES Ride Updates web page posting access is changing. Only ride leaders will be able to post an entry on the Ride Updates page. Other BIKES members communication will take place on the Member forum page. (Reminder to subscribe on the Forum page to receive notifications).

**BIKES and Trail Coalition Dedication table:** BIKES will split the \$3500 cost of a picnic table, labor, assembly, and a 4 x 6 memorial plaque with the Snohomish County Trails Coalition. The projected cost for the BIKES club is \$1750. BIKES has funds for this through donations and Drew's bike related sales. <https://www.snohomishcountywa.gov/926/Dedication-Donations>. The tentative plan is for the table to be located close to the Centennial trail, .5 mile north of Hwy 92. Rick has been working on this with the Trails Coalition. Rick will share proposed memorial plaque wording at the February BIKES meeting. Debby suggested using remaining memorial funds to install bike racks at needed locations. In the past BIKES has partnered with the City of Everett to install a bike rack.

**Events for 2021:** Due to COVID events in the next six months such as the McClinchy Mile Event are not on the calendar. BIKES is hoping to hold the annual picnic on August 7, 2021. Cindy will make a reservation at Hauge Homestead Park on Silver Lake, Everett. (Last year's \$75 reservation fee was refunded). BIKES is also hoping to have some overnight group tours in the fall and the annual holiday party in December.

**Major Progress on Washington's Longest Trail:** The Great American Rail Trail\Washington Cascade to Palouse Trail construction continues. [Major Progress on Washington's Longest Bike Trail](#).

**Washington Active Transportation Plan:** The state is seeking input on developing a network of transportations connections (walking and rolling). To learn more and offer input go to [WA Active Transportation Plan Online Open House](#). The deadline for comments on this draft plan is February 15, 2021

**Spot Personal Insurance:** A group rate (\$53/yr) is offered is through Cascade Bike Club. Individuals can also sign up for personal insurance at a higher rate. To learn more go to [Spot Insurance](#).

**Next meeting:** February 11, 2021 at 7 pm (online via Zoom).

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

Rick	Proctor	170
Dan	Scott	169
Steve	Linari	141
Christine	Tweedy	141
Debbie	Kawamoto	123
Lou	Rivetti	109
Brian	Elmore	107
Earl	Bardin	85
Drew	Ellison	85
Paul	Vermeulen	85
Cheryl	Walchli	73
Elaine	Scott	69
Debby	Grant	51
Fred	Norouzi	50
Bob	Nyberg	47
Rick	Dermody	46
Adrienne	Dorf	46
Hilary	Heath	45
Pidge	Hopper	40
Linda	Thiem	40
Cheryl	Funkhouser	32
Bill	Paul	30
Mitch	Pico	26
Leslie	Strickland	25
Tim	Wise	25
Alison	Ahlgrim	24
Cindy	Proctor	24
Bob	Pahlman	23
Bob	Biesiedzinski	18
Viv	Biesiedzinski	18
Kristin	Kinnamon	18
Kristin	Knodell	18

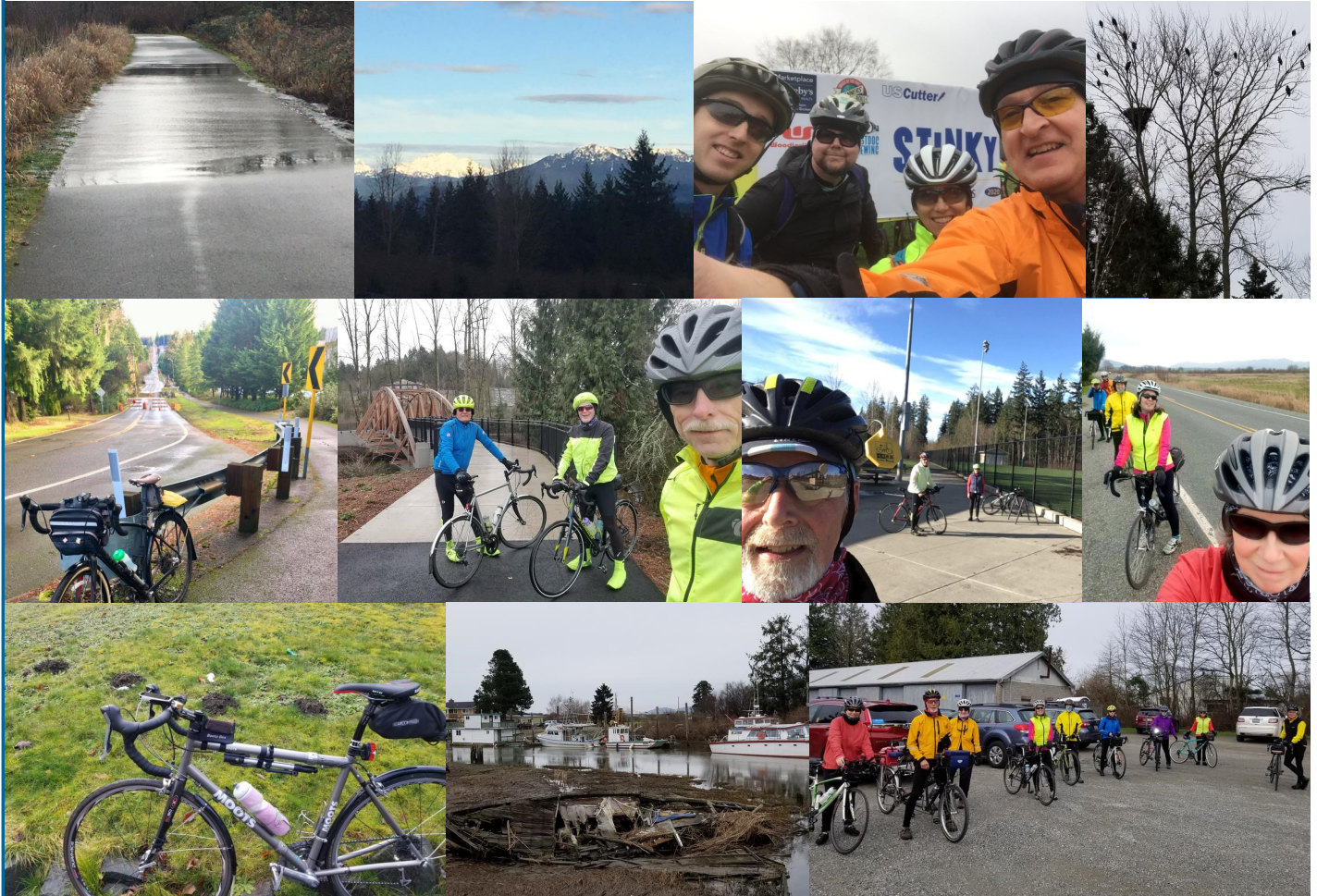
We're on the web at  
[www.bikesclub.org](http://www.bikesclub.org)

**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!



January 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](mailto: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](#)

