

Chainwheel Chatter

B.I.K.E.S. Club of Snohomish County

July 2021



Prez Sez

July BIKES Club Activities

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. Lots of people are rediscovering that bicycling is a great way to see our local scenery.

There will be a variety of BIKES Club rides scheduled through July on the

[Calendar](#). Some rides may be posted the day before scheduled activity. Rides can be cancelled or changed when weather conditions are forecast to be sufficiently foul as determined by the Ride Leaders and which forecasts they think may be accurate. Keep up with ride changes by subscribing to [Ride Updates](#).

Attention Ride Leaders:

- **Online Ride Registration**

All rides require online registration as described in the ride posting on our website Calendar page. This is part of the new normal for BIKES. Efforts are underway for future non-member riders to use online registration. BIKES Club is moving toward 100% paper free for all registrations and waivers.

- **Ride Sign Up Forms**

Please deliver any paper Ride Sign Up Sheets and Minor Release Forms to Rick Proctor (BIKES President) as soon as possible either:

- At the BIKES Club picnic July 31st
- Paper mail to:
 - President, BIKES Club of Snohomish County
 - PO Box 5242
 - Everett, WA 98206

- **Ride Leader Program Guidelines Rev B**

There have been a few updates to the Ride Leader Program Guidelines, enough for a Rev B to be released after approval by the BIKES Board on June 23rd, 2021. These revisions include:

- Updates for public visibility of rides.
- Cancellation and ride date change process
- Assorted corrections.

[Online Reg - Tips for Ride Leaders >>>](#)

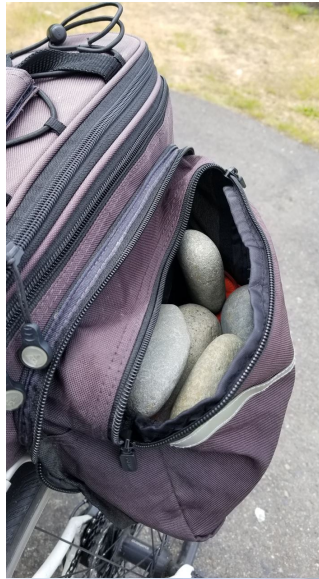
[Online Reg - Tips for Everyone >>>](#)



BIKES Club Picnic

The annual BIKE Club picnic is back in the plan for this year on Saturday, July 31st, 11 AM – 3 PM at Hauge Homestead Park in south Everett next to Silver Lake. With the reopening of Washington state and a relaxing of COVID-19 restrictions this event is changing from a bring-your-own-lunch event to a pot-luck event similar to the good old days of a couple years ago. No alcohol allowed per Everett Parks rules. The restrooms at this park are open. Please register online so we will know how many plan to attend. Club rides before the lunch are expected. Parking is limited, ride from home or a remote parking area if you can. More details will be e-mailed to all members later.

[Register for the Picnic >>>](#)



Coming Up...

July Club rides

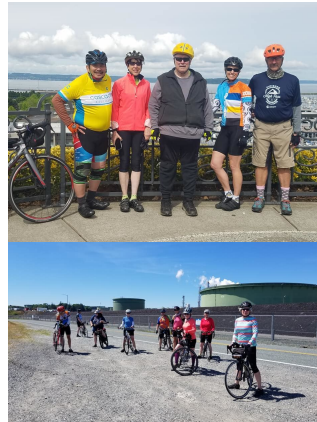
There are a variety of BIKES Club rides scheduled throughout July; weekdays, weekends & evenings. Some rides may be posted the day before scheduled activity. Rides can be cancelled or changed when weather conditions are forecast to be sufficiently foul. The determination of “foul” weather varies among Ride Leaders and which forecasts they think may be accurate. Find a ride on the Calendar.

[Rides Calendar >>>](#)

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, September 9th, 2021 and might be in person if the COVID-19 situation allows and if a suitable meeting place is found.. An agenda and Zoom meeting details, if necessary, will be emailed to all BIKES members.



News You Can Use...

Have you heard about the League of American Bicyclists? Learn more by following the links below!

Did you know you can post rides and events on Bikeleague.org? [The League's much-visited national directory](#) is a great resource for finding bike clubs, LCI's, advocacy organizations and more resources near you. As a member of the League, you can [log into bikeleague.org](#) and upload your own social rides. Questions? Check in with membership@bikeleague.org

Be well, stay safe and Pedal On!



Parking Brake

Rick Proctor

How many times have you leaned your bike against a post, tree, or whatever to park it in a delicate and barely stable situation? Then when you step away it rolls a bit and falls over. Did you get any new scratches, dings, bent or broken parts as a result? Is there a better way?

A simple type of a parking brake is available. It is cheap, lightweight, and reliable. A commercially available product called a "Brake-Band" is a short piece of elastic material similar to a small bungee with a plastic tab holding the ends together to form a loop that is placed onto a bike's handlebars near the brake levers. The tab is also a finger-tip handle to simplify use.



To set the parking brake simply pull the brake lever to actuate the brake with the hand of your choice and use your other hand to pull the tab to stretch the Brake-Band over the brake lever. The brake is held in place by the bungee. Lean the bike against a post, tree, or whatever with increased confidence that it will not easily roll and fall over. This even works on sloped surfaces you would not have considered before. Unknowing onlookers may marvel at your bike parking prowess. When you are ready to go, simply pull the tab and bungee off the brake lever to release the brake and the bike is ready to roll. The Brake-Band can be left out-of-your-way and in place on the handlebars when not in use.

WARNING: This may seem like a no-brainer, but don't try to use the Brake-Band while moving on the bike because bad stuff could happen.

CAUTION: Over-stretched, or aging, bungees may weaken. Also, the bike could still fall over if bumped or blown by wind.

I have used Brake-Bands for several years on bikes with mechanical rim brakes, mechanical disc brakes, and more recently hydraulic disc brakes – all with favorable results. I typically use two Brake-Bands, one for each brake for double the holding power, or use just one when convenient. It's nice to have options.

I have found Brake-Bands are available through:

- Click-Stand www.Click-Stand.com [Extra Brake-Bands - Click-Stand](#) \$1.50 each.
- Adventure Cycling Association, [https://www.adventurecycling.org/ Click-Stand Brake Band - Tools & Accessories](https://www.adventurecycling.org/Click-Stand%20Brake%20Band%20-%20Tools%20&%20Accessories) | [Adventure Cycling Association](#) \$2.00 each.

Notes:

- Black seems to be the only color available. They are nearly invisible when used with black bar tape.
- There will likely be charges for tax, shipping, etc.
- You could make your own.

There may be resistance to using Brake-Bands due to weight, but they weigh only 3 grams each. They are pretty small and can be positioned out of your way and to minimize any aerodynamic drag concerns when not in use. Brake-Bands may not be considered fashionable by the bicycling elite, but neither is a fallen bike. You get to decide what's right for your bike.



Club meeting minutes

Catch up here to read the most recent meeting minutes. Log on to the club website to access all meeting minutes.

[Meeting Minutes >>>](#)



Rider Miles

How many Club miles do you have?



Sharing Wheels Update

People who stop by a local event can get their SnoCo Bike Bingo cards (and check off a few squares). The month-long bingo game offers encouragement and prizes for local bike trips and bike-related activities, such as visiting public art by bike, biking to a farmer's market, or tackling a big hill.

Learn more about local Bike Month activities on:

[Sharing Wheels Website >>>](#)

bikesclub.org

Comments or suggestions? Send an email to:

[Newsletter Editor](#)

