

Chainwheel Chatter

B.I.K.E.S. Club of Snohomish County
February 2023





Prez Sez

New Techie Stuff for the B.I.K.E.S. Website and other Stuff

#1: Techie Stuff

If you've checked the club website recently, you'll notice there have been a few changes. You **have** checked the website recently, right?!? First of all, you'll see it has a new, cleaner look. Second, it is now mobile-friendly, which means that if you load bikesclub.org on your phone, it'll display properly for a small screen which makes navigation and interacting with the site much easier. You may have noticed that the menu system is being updated so it's easier for new members and visitors to find what they're looking for and so you can too.

#2: More Techie Stuff

Speaking of using your phone for interacting with the club, you do use the **Wild Apricot phone app**, don't you? With this phone app, you sign in with your same name and password as on the bikesclub.org website, and you have even easier access to upcoming events including registration, and easy access to the member directory.

#3: Even More Techie Stuff

The club now has an online store! We'll be selling stuff such as extra club jerseys for McClinchy registrants and new club members (or just for anybody who wants a jersey), extra club merchandise, and who know what else. The store is not going to be a big amazon style money-maker for the club. It's more of a good way to handle and distribute extra stuff the club has. (BTW, you'll be glad you ordered in the Primal store last month since the price in the club store is higher!). You'll find the store on our website in the main menu under ... wait for it ... STORE!

#4: Clubie Stuff

Did you notice that our all-member club meetings will now start at 6:30 p.m. instead of 7:00 p.m.? You probably know that since you periodically check our website. You **have** checked the website recently, right?!? And just to make it easier for more people to attend our meetings, we will continue with hybrid meetings (in-person and zoom).

#5: Bike-ridey Stuff, finally

You'll also see that we have an **Upcoming Tours list** on the website. I know what you're asking right about now ... what is a Tour and do I want to go on one? A Tour is simply a multi-day bike ride and they can take many forms. And **YES, you do want to go on a Tour**. Keep an eye on the Upcoming Tours list (under Rides + Events) to see what's coming up later this year. There are none scheduled at this very moment, but they will be added, believe you me!

That's all for now. You know where to go to get updates, right? :-)

Keep on pedalin',

Prez Drew

[Prez Drew](#)

Vice Prez Sez

At Home Smart Trainers

BIKES clubbers – Your VP doesn't have much of importance to contribute this month, other than encouraging everyone to keep the pedals turning one way or another during the Big Dark. Last year Vickie and I set up smart trainers at home and we try to use them to maintain a minimum level of conditioning. It helps to have an on-line training app to make the effort a bit less dreary. We use Zwift, it provides lots of options, but it is a bit pricey at \$16 monthly, and it's a takes a while to get set up. Other web tools are available; [DC Rainmaker](#) has good reviews, if you want to learn more. And a shout-out goes to our ride leaders who are keeping events on the calendar during this chilly season; I was able to join Paul Heydron on his steady ride circuit of the Skagit flats this last week; thank you Paul!

Keep riding and be safe!

Vice Prez Jim

vicepresident@bikesclub.org.

ASK THE WRENCH

Dear Road Bike Wrench,

Is it true that you can wash your bike too often? Too much? I realize parts have to be lubed. I like my bike looking pretty. I have been accused (slightly) of washing my bike(s) too much. Can you share bike washing tips?

Sincerely,

From The Girl Who Cleans Too Much

Dear TGWCTM,

First of all, I want to congratulate you on having multiple bikes. I noted that you used parentheses in the plural form of bike, and being as astute as I am (I really can't help it) I can tell that this thoughtful and sensitive use of expression was singularly meant for our fellow cyclists who, probably through no fault of their own, own only one bike. You don't want to make anyone feel bad, and that's being just plain kind.

Can you wash your bike too often? To answer this question, imagine that you roll up to the start of a group ride and your bike has just been cleaned. It may even have been polished with a nice Brazil wax and it glistens in the sun. Since your chain has been recently lubed, your tire pressure has been optimized for just a 15% drop, and you look sharp in your new Castelli kit including reflective sunglasses which match the contour of your aero helmet, you coast silently to the start line, as quietly as an owl at the break of day gliding over a meadow, ready to dive into the grass to catch its prey, unawares.

Now someone else in your group rides up. Let's call him Bartholomew. (The name has been changed to protect the innocent, or the ignorant, or something like that.) Good ol' Bart's bike has bugs stuck to the head tube, has a squashed slug sprayed on the underside of his down tube, has a streak of dried dirt on the back of his seat tube, and oh my, look at that grease all over his bottom bracket shell from when he dropped his chain three rides ago. And we haven't even mentioned his dirty and ripped handlebar tape or his road grime laden chain which makes quite a grinding noise whenever he pedals. (Everybody in the group likes coasting downhill because of the silence from not pedaling.)

Bart glances at you and says hello. He seems calm and in control. Even though his demeanor is such that most people would think he doesn't seem to care about the condition of his bike, you can tell from his subtle body language that he is dealing with inner turmoil; that he knows there's something wrong here. Maybe he just can't put his finger on it, or maybe he is purposely suppressing his angst in the hope that no one will notice. You, on the other hand, are completely at peace, confident, and ready for a beautiful ride, looking forward to gliding gracefully over the tarmac, silently, ready to dive into the next bend and catch the rider ahead of you, unawares.

Now, does that answer your question about how clean your bike should be? Yeah, I thought so. You've heard the adage "Cleanliness is next to godliness", right? Even John Wesley, the founder of Methodism, used the phrase in a sermon in 1778 and if anyone would know the truth of that statement, he would.

Road Bike Wrench doesn't ever wash his bike(s) with water. That would mean hoofing it through the garden (get dirt in my cleats, no way), uncoil the dirty hose, attach the drippy nozzle, find a place to spray my bike(s), put it all away, dry off my bike(s), ("Hmm, I wonder if Mrs. Wrench would mind if I used this nice clean bath towel. I wouldn't want to use a dirty towel after all!"), take my shoes off before I go inside, get the bottom of my socks dirty because I took

my shoes off outside, etc. And if I don't use a soapy brush on my bike(s), then the water dries and still leaves a film of dirt on my bike(s). Nah, there's a much simpler way to a squeaky clean bike worthy of godliness.

After a ride (or just before your next), spray some general degreaser/cleaner on a clean shop rag to get it fairly damp. (Please don't use the nice white hand towels you find on the guest bathroom counter. Ask me how I know.) Wipe the whole bike down with the damp rag. Do it again on the tough parts (like getting the splattered slug off the bottom of your down tube). If need be, wipe the whole bike with a clean, dry shop rag. Sparkle!

When cleaning your bike(s) this way, lubing your chain and other parts are done separately when it's appropriate to perform that function. Someone told me that there's an incredibly awesome article (his words, not mine) on how to clean a chain in the Prez Sez column in the September 2022 issue. Maybe your Prez knows what he's talking about, maybe not. That's for you to decide.

—RBW

Road Bike Wrench (Prez Drew)

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Bicycle Channel Updates for 2023

Television is a wonderful entertainment and educational tool. Most of us grew up with TV as a common home utility, like hot water, flush toilets, and refrigerators. As TV technology grew, so did the programming options, allowing us a limited choice of stuff to watch *if* we were available when the program of interest was offered. Were those really the good old days? Then a few recording options came along to let us watch that limited choice of stuff *when* we wanted. Nowadays we can choose from a huge selection of stuff to watch when we want in high definition from a streaming service without the need to record it first. How convenient is that?

Back in those good old days, there was a program *quality* problem. You had to choose among programs controlled by the advertisers and entertainment industry of the day – finding anything featuring a bike was impossible. In recent years new options have evolved for home TV where entertainment and education have merged into high quality bike oriented programs about real people doing some really cool stuff, presented in interesting ways.

[Read on >>>](#)

Stay well and have a great ride!

Rick Proctor

February BIKES Club Meeting.

New Time 6:30pm

The next BIKES Club meeting is set for **6:30 PM**, February 9, 2023 at the Snohomish County PUD Building. 2030 California St. Everett, WA 98201

Online Zoom meetings.

[Prez Drew](#) will send out a separate notice with the information to join Zoom. Members wanting to attend online, watch your email.

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.



Coming Up...

February Club rides

There will be a variety of BIKES Club rides scheduled through February on the [Calendar](#). Some rides may be posted the day before the 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](#).

[Rides Calendar >>>](#)



Ride Leader Corner

Ride leaders,

Winter is a good time to think of upcoming rides that you would like to do, and perhaps revisit old favorites. However, if it's been quite awhile since you pedaled them, conditions may have changed. Now might be a good time to pedal, or drive if the weather won't permit riding, your route to check it out. Doing this at the time of day you would likely lead a ride is the best, and make note of traffic levels, street level changes, new stores along the route etc. And maybe a new bakery has opened—better check it out too.

As always, contact me if you have questions or issues posting your ride.

Thanks for leading.

Dan Scott,

Ride Leader Coordinator

leadaride@bikesclub.org

New Membership options

[Membership Benefits>>>](#)

COVID-19 persists

[Temporary Precautions for BIKES Club Ride During the COVID-19 Crisis.](#)

Max Group Sizes

Ride groups may now have 12 riders or less as determined by the Ride Leader. The number includes the Ride Leader. The ride posting and registration page should indicate the maximum number of riders for the ride.

[Online Reg - Step by Step>>>](#)

[Online Registration Process for Ride Leaders >>>](#)



Rider Miles

Top riders for January

Proctor	Rick	214
Linari	Steve	203
Funkhouser	Cheryl	195
Heydron	Paul	178
Rivetti	Lou	162

[How many Club miles do you have?](#)



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 >>>](#)



Sharing Wheels

Sharing Wheels News

Nonprofit partnerships make biking better

By Kristin Kinnamon, Sharing Wheels board president

Volunteer Workshops Sundays

Every Sunday we invite new and experienced volunteers to help us "keep bikes moving" in the shop. You can learn or practice bike mechanic skills as you: Fix flat tires Strip usable parts from unusable bikes (a great way to learn!) Clean bikes or replace worn parts. Some Sundays will have a special project - watch our Facebook page. [RSVP on the Sharing Wheels calendar.](#)

Join us at the Shop: 2531 Broadway Ave., Everett, Washington.

Sharing Wheels Sale

A Trek 8000 mountain bike with disc brakes or a beautiful Italian road bike with top-quality components are among the bikes on sale at Sharing Wheels this month. To help move some of our more expensive inventory, all bikes priced \$350 or more are 20% off through Feb. 25. And any bike purchase this month gets you \$10 credit to spend on something extra - a pump? Jersey? Light set?

Basic Maintenance Class Feb. 8

This 3-hour class includes: how to fix a flat, chain care, adjusting gears and brakes, and identifying when to take your bike into a bike shop. Bring your own bike to learn on in this hands-on class. [Advanced registration required.](#)

See all the events at [Sharing Wheels Calendar](#)

[Sharing Wheels Website >>>](#)

Other Links

League of American Bicyclists

Click on the link below to read the League blog and catch up on League efforts around the country. BIKES is a member of the League of American Bicyclists and it is through the League that we purchase our club insurance.

[League of American Bicyclists>>>](#)

Adventure Cycling

Whether you like your adventures in the saddle or from the armchair, Adventure Cycling will inspire. You might also find reviews of new bikes and equipment and tips on how to enjoy or improve what you already have.

[Adventure Cycling >>>](#)



bikesclub.org

Comments or suggestions? Send an email to:

[Newsletter Editor](#)
