

Chainwheel Chatter

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



Prez Sez

Three Important Things & One Fun Contest

1. McClinchy Mile Camano Climb, our club's biggest event of the year, is fast approaching! If you don't know about it yet, check our [McClinchy page](#) on our website. You know our website, right? It's bikesclub.org. Lots of volunteers are needed for pull off this bestest north sound club event in world history. If you can help out (both prior to and on day of), please email me at president@bikesclub.org.

2. We have a new page on our website for listing other clubs' rides. If you're doing another ride or know of one, [list it here](#) for the benefit of other club members. You have to be signed in to see or add to the list.

3. Do you know the rules of the road as it pertains to riding your bike in Washington? Look for Bike Laws in the Resources menu on our website.

FUN CONTEST:

The official legal name of our club is B.I.K.E.S. Club of Snohomish County. You know, no doubt, B.I.K.E.S. stands for Bikers Ideal Kinematic Exploration Society. For real, yes, that's what it stands for.

Now, put on your creative thinking cap. Here's the fun contest part: What do you think B.I.K.E.S. could stand for? Maybe it's Beautiful Iridescent Kites Entering Space. It could be cycling related or not.

Send your entries to president@bikesclub.org. Maybe you'll win a prize, maybe not. But for sure the winning entry will get published in next month's Chainwheel Chatter.

Keep on pedalin' and explorin',

Prez Drew

president@bikesclub.org.



Vice Prez Sez

Do your tires rotate?

Maybe a better way to say it is 'do your tires migrate' – front to back that is! Just like when you take your car in for service and part of the routine is to "rotate" the tires from one wheel to another to equalize wear, bike tires need the same treatment. You have no doubt noticed that your rear tires wear out faster than the fronts, due to having more of your weight on the back. One option is to swap the front and rear every 500 miles or so to equalize wear, but this results in the front tire getting worn as much as the back, and it's important to keep the front tire sound – if you are going to have a failure, you don't want it to happen in front! The best way to handle this is when the rear tire gets worn then migrate the less-worn front tire to the rear and put a brand new one on the front. This way you keep relatively good rubber on the front when you need it, and the rear regularly gets upgraded as needed.

One more hint – remember to take a peak under your fenders to make sure your tires are still sound - once on a bike that always had fenders mounted, I was surprised to see the rear tire had become threadbare without me noticing because it was hidden under the fender!

Keep riding and be safe!

Vice Prez Jim
vicepresident@bikesclub.org.



ASK THE WRENCH

A sometimes monthly advice column from Road Bike Wrench

Dear RBW, (Road Bike Wrench)

Do I need to clean and regrease my wheel bearings every year? Free hub? Crank bearings? Pedal bearings? Steerer bearings?

I 'm mostly a fair weather road rider but do put a lot of miles on my bike every year.

Or should I do this every other year? Or Less frequently than every other year?

— from Bearing The Burden of Ignorance

Hello Bearing ... !

Being a fair weather rider (like me) means that you can save all sorts of time and money by not needed to overhaul your bearings. Yay!

I only overhaul or repack my bearings on an as-needed basis. This means that I will, while cleaning the bike, check the bearings by hand and if they spin easily with no play in them, they 're good. So that means when the wheels need to come off for cleaning such as when the cassette really needs a deep clean, I 'll feel the bearings. If it 's a light cleaning and I don 't need to take the wheels off, I don 't bother to check the bearings.

Likewise, if I take the chain off or drop it off the chainrings so I can clean the chainrings, I 'll spin the cranks - slow and fast. If the bearings are tight, then the cranks won 't spin very far with a slow spin. A fast spin and they should go a long time. I 'll also feel for play in the bb bearings at that time by trying to wiggle a crank arm perpendicular to the bike.

Eventually you will need to repack the bearings if 1) they get really wet/dirty in there and the grease gets contaminated,

2) the bearing get loose and you don 't know and they 'll eventually wear unevenly/races will get pitted,

3) bearings get too tight and then they 'll get destroyed by the pressure,

4) the grease dries out, which happens mostly with non-use.

So the key is to keep the bearings adjusted (the feel test) and clean (wipe surface dirt/water off the bearing entrances when cleaning).

With that said ... hubs are the most likely to need periodic adjustments - but keep 'em adjusted and overhauling is less often. Pedals are usually just ride 'em hard until they are trash and don 't bother with pedal bearings.

I usually go many years between bearing overhauls. I 'm sure I 've got some bikes that are well past 10 years without overhauls on bottom brackets, headsets, and some wheels.

YMMV.

—RBW

Road Bike Wrench (Prez Drew)

drew@roadbikewrench.com

Members make McClinchy happen

It takes a lot of people to host a safe, fun, and well-supported bike event. BIKES Club of Snohomish County hosted our first McClinchy Mile Bike Ride in Monroe in October 1982. We had 43 participants. That's about how many volunteers we'll need on the day of this year's ride, Sunday, April 30.

Members who volunteer for at least 3-hours can ride McClinchy for free before or after your shift. Of course, you can also [help the club by registering for McClinchy](#) - and encouraging your friends to join you.

Members get a \$10 club discount off registration – if you are logged in to the club website (use the email at which you receive this newsletter). Mind you, the price goes up \$10 on April 1 - you'll still get the discount, but do the math.

Machias marketing in April

BIKES Club is working with Snohomish County Parks to officially “advertise” McClinchy at the Machias Trailhead of the Centennial Trail. Dates are tentatively April 1-2 or 8-9 - depending which weekend looks warmer and sunnier. We'll be able to post flyers and signs, and have club volunteers “hangout” to promote McClinchy for a few hours on the best day.

Volunteers will be needed and able to register on the club Calendar later in March

March BIKES Club Meeting.

New Time 6:30pm

The next BIKES Club meeting is set for **6:30 PM**, March 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...

March Club rides

There will be a variety of BIKES Club rides scheduled through March 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,

Since March is a month of changeable weather, you might plan rides that have options for shortening them. Some routes lend themselves to cutting off portions. Be sure to include in your posting the conditions under which you will cancel. And it's always good to route near a place to stop and get warm if needed, maybe a coffee shop. Since roads are usually wet during March, include reminders about slippery surfaces and increased following distance in your pre ride briefing.

As always, thanks for listing rides.

Dan Scott,

Ride Leader Coordinator

leadaride@bikesclub.org

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

New Membership options

[Membership Benefits>>>](#)

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



Rider Miles

Top riders for Feburary

Linari	Steve	494
Proctor	Rick	347
Warren	Wayne	285
Rivetti	Lou	235
Tweedy	Christine	234

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 >>>](#)

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.



Sharing Wheels

Sharing Wheels News

Nonprofit partnerships make biking better

By Kristin Kinnamon, Sharing Wheels board president

Sale: Sharing Wheels March 25

Items both new and vintage will be on sale in the parking lot of Sharing Wheels on Saturday, March 25. Need replacement parts for your bike? A new set of wheels? Rack or bike bags?

Bikes, accessories, folding tires, and more will be 20 to 50% off. Sale is 11 a.m. to 3 p.m. in the parking lot behind 2531 Broadway Ave., Everett. See the website or Facebook to learn more about sale items.

Volunteers are also needed to help staff the sale.

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

Learn about volunteering

Want to spend a few hours a week at Sharing Wheels, or maybe help once a month at a mobile bike repair clinic out in the community? Sharing Wheels is seeking volunteers for our busy spring and summer seasons.

Learn about volunteer opportunities during our monthly Zoom orientation. The next session is 5:30 p.m. Wednesday, March 15.

To register and receive the link, email Executive Director Christy Cowley ccowley@sharingwheels.org

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](#)
