

# Chainwheel Chatter

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



# Prez Sez

***Envelope, please.***

***And the winner is ...***

Now, hold on a sec. You didn't think I was just going to announce the winner of our (for the fun of it) "What Could B.I.K.E.S. Stand For" contest and leave it at that, did you? No way!

***Squeaking by with about 24% of the total vote ...***

Well, it wasn't a landslide, but as they say (and who are "they" by the way?) closeness only counts in horseshoes and hand grenades.

***We're getting word that the winner has planned an extensive acceptance speech ...***

Oh, here we go again. We're going to hear about agents and fans and all the little people who made this award possible. I'll have time to go to the bar and get another drink.

***Now word is coming through that our audit firm Deloitte made in error in tabulation ...***

They probably put a summer intern on the project.

***The newly re-tabulated results are just now coming over the wire. And the winner is ...***

***Biking Intelligently Keeps Everyone Smiling!!!***

***Give it up for Faith Sokol!!! Accepting the award for Faith is Cal Worthington and his dog Spot! <https://youtu.be/8hT2oP--NSU>***

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## **BILL WEBER MEMORIAL BIKE RIDE:**

Most of you knew Bill Weber. He was a member of BIKES Club for many years and had a significant impact on the club through volunteering and leading rides.

Please join Bill Weber's family and friends for a memorial bike ride and gathering on Saturday, May 6 in Arlington. Meet at 11:30 a.m. at Arlington Legion Park, under the big round shelter in downtown. Ride leaves at noon north on the Centennial Trail to the barn and back, 16 miles round trip, or less if you turn around early. After the ride we'll gather for snacks and stories. Bill was a longtime club member and leader. He passed away Dec. 15, 2022. Bill's wife Barbara and son Tom will join us for the ride.

Don't forget to RSVP on the BIKES Calendar.

Until then, keep on pedalin',

Prez Drew

[president@bikesclub.org](mailto:president@bikesclub.org).





# News You can Use....

## Advocacy and Infrastructure News

New additions to our [BIKES Club](#) website [Advocacy](#) page are shown below and will include the date added. Older information and links will be revised, replaced, or removed as new information becomes available.

### Granite Falls:

[Snohomish County Granite Falls Bridge #102 Replacement \(govdelivery.com\)](#) - added 10-Apr-2023

### Snohomish County:

[Snohomish County Cycling & Trail Map 2020](#) - updated link 19-Apr-2023

[Trails | Snohomish County, WA - Official Website \(snohomishcountywa.gov\)](#) - added 19-Apr-2023

[Centennial Trail \(SnoCo Parks & Recreation\)](#) - added 19-Apr-2023

[Interurban Trail \(SnoCo Parks & Recreation\)](#) - added 19-Apr-2023

[Whitehorse Trail \(SnoCo Parks & Recreation\)](#) - added 19-Apr-2023

[Whitehorse Regional Trail \(Phase 3 Improvements\) | Snohomish County, WA - Official Website \(snohomishcountywa.gov\)](#) - added 19-Apr-2023

[County Bicycle Facility System Map](#), Nov. 2018

### King County:

[East Lake Sammamish Trail - King County](#) - added 19-Apr-2023

[Three Major Eastrail Projects Opening in 2023 — Eastrail Partners](#) - new 16-Apr-2023

[SR 520 Construction Corner - Construction Map](#) - added 30-Mar-2023

Stay well and have a great ride!

Rick Proctor

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# ASK THE WRENCH

Dear RBW,

What is the best road bike frame material: titanium or steel or composite? I think we can agree aluminum is not a contender.

Signed,

Material Questioning

Dear Questioning,

First of all, I think we should all agree up front that Yours Truly, the humble and highly esteemed Road Bike Wrench, does not easily agree with anybody. Can we agree to that?

Second of all, if we are looking at an exhaustive list of frame materials, we should extend the list to include bamboo and wood, at least.

And as we all know, many framesets use a combination of materials, not just one. (A point of clarification. A "frameset" is the frame and the fork, and often implies the inclusion of the headset - the bearings and cups and races which connect the two. A "frame" does not include the fork and headset.) Forks may be made of aluminum and carbon. Frames may be made of steel and carbon, or bamboo and aluminum. A frameset may use carbon, steel, and aluminum in various parts.

Since RBW is quite attuned to the thought processes of cyclists, he will let you in on the inner thoughts of today's owners of the different types of materials.

Steel: "I'm a traditionalist and I can afford a handmade frameset by a craftsman whose work is practically worshipped by a very small, very exclusive group of people in the know. It doesn't matter to me that you've never heard of the brand or the maker (but if you have, you'll be drooling over the incredible lug work and craftsmanship). Besides, my bike has a cushy feel."

Aluminum: "I don't need to impress you with how much money I spent on my bike, and of course you know that it came out of a mega-factory in Asia, but hey, those people gotta work too you know."

Titanium: "Don't you wish you had a nice springy feel in your bike like I've got in mine? Just cuz I can't really feel it, everybody says it's there and the important part is you think it's there, too and you're jealous. And besides, I spent as much on my titanium bike as you spent on that high-bling carbon thing of yours."

Carbon/Composite: "Look at these tubes! You might think that all these weird tube shapes and bends and curves are just for show, but I really think they do make me faster. And it's got an Italian name on it (even though it came out of the factory next door to the Asian aluminum mega-factory) and it looks really cool. And I look pretty stylin' with my leg casually draped over the top tube as I try to look totally in control. Besides, my bike's lighter than yours."

Just so you all know, RBW owns bikes made of all those materials and he likes them all (and perhaps he's entertained thoughts as suggested above, maybe). He doesn't have a wood bike or a bamboo bike, yet.

RBW knows that cyclists are concerned about material largely as it relates to comfort. Many think "carbon good, aluminum bad". But frame material is pretty low on the list in the comfort contributing category. What are the primary factors in comfort?

1) Position on the bike. This is a function of geometry, or relative position of saddle, handlebars, and pedals interacting with the body position, taking into account the person's flexibility and condition.

2) Tires. Wider tires better than narrow tires. Supple tires better than stiff tires. Minimal tread better than lotsa tread. Wide-supple-minimal tread tires best for comfort. Also most expensive.

3) Saddle. A well fitting shape will be comfortable. Too little or too much padding (I'm talking about the saddle here, not your seat) is not comfortable (well, maybe it does apply to your seat). If you need a little more padding, RBW suggests a good quality bib short and some vanilla ice cream.

4) Frameset design. Much comfort can be had with a well designed frame, taking into account vibration absorption of the material and intended type of riding.

5) Material. Sure, some types of material are more absorptive than others. But if any of the above four characteristics are not right, you'll have an uncomfortable ride.

RBW loves his aluminum gravel bike for soft surface riding. It is comfortable because the top four are dialed in.

So there.

—RBW

Road Bike Wrench (Prez Drew)

[drew@roadbikewrench.com](mailto:drew@roadbikewrench.com)

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## Trip Report: Tour de PNW Phase 1: Rialto Beach – Mill Creek

Four BIKES Club members rode our bikes on a 5-day journey across the Pacific NorthWest from Rialto Beach to our home territory in Snohomish County. Along the way we encountered the range of weather typical for the area, although about 10°F cooler than normal, and we experienced by bicycle the substantial geographic changes along the way. This was the first of three phases of crossing our region from the Pacific Ocean to the Rocky Mountains. Here's what we did to ride across the western third of Washington:

[Read More and Check out the Views...](#)

By Rick Proctor

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## April BIKES Club Meeting.

**Time 6:30pm**

The next BIKES Club meeting is set for **6:30 PM**, May 11, 2023 at the Snohomish County PUD Building. 2030 California St. Everett, WA 98201

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.



# Coming Up...

## May Club rides

There will be a variety of BIKES Club rides scheduled through May 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

I see a number of rides being listed. Thank you all for that. If you're a ride leader and haven't listed one in 2023 it would be nice to jump in and set one up. The further out you can list the better. Although with the weather so far this year it has been hard to list early, hopefully May will be better.

As always, don't forget to edit your listing to show that you are the ride leader. Not sure how to do this? Contact me. And if using the ride leader template is a pain, contact me with all the information and I'll list it for you.

As always, thanks for listing rides.

Dan Scott,

Ride Leader Coordinator

[leadaride@bikesclub.org](mailto:leadaride@bikesclub.org)

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

## New Membership options

[Membership Benefits>>>](#)

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





# Rider Miles

## Top riders for April

Linari	Steve	1384
Proctor	Rick	1031
Tweedy	Christine	773
Heydron	Paul	662
Warren	Wayne	527

[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*

## Interested in getting around by bike?

Sharing Wheels is sponsoring an event at the Everett Public Library (Main Branch on Holt) on May 2 from 6 to 7:30.

Topics include:

- How to get started as a bike commuter and how to scale up
- How to ride safely when commuting and running errands by bike
- Tips for combining biking with public transport
- The best local Everett bike routes and resources
- Recommended gear for everyday bike commuters
- Plus, a Q&A session

Details at the Everett Public Library website:

<https://www.epls.org/Calendar.aspx?EID=5449&month=4&year=2023&day=30&calType=0>

## It's backpacking! It's biking! It's bike-packing!

Bike-Packing 101 another Sharing Wheels event at the Everett Public Library (Evergreen Way branch) on Tuesday, May 9, 2023 from 6:00 to 7:30

Learn more at the Everett Public Library website:

<https://www.epls.org/Calendar.aspx?EID=5450&month=5&year=2023&day=7&calType=0>

## BIKE Everywhere Day is May 19 at the Everett Station from 8 to Noon.

Did you know May is Bike Everywhere month?

Everett Transit has resources to help you commute on your bike, and provides links to other groups like Sharing Wheels who can help you.

Find all the details about the annual event on Everett Transit Website

<http://www.everetttransit.org/287/Biking-Resources>

## Everett Farmer Market Sunday May 21.

Stop by and learn about Sharing Wheels shop, our programs and volunteer opportunities. Spin our prize wheel for a cool bike related item!

<https://sharingwheels.org/event/sharing-wheels-at-the-farmers-market/2023-05-21/>

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](https://bikesclub.org)

Comments or suggestions? Send an email to:

[Newsletter Editor](#)

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