

# Chainwheel Chatter

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



# Prez Sez

## Winter Is Coming!

The temperature drops and the days are shorter and maybe it's a bit wetter outside. Many of us think "oh, it's time to put the bike away for the next 4 months."

Sacre Bleu!

Winter doesn't mean you have to put your bike away. But it does mean some different things compared to summer riding. Here's my list of how to stay on your bike all winter long.

1. Good gloves are a must. Keep your hands warm and dry. Lobster style gloves are my personal favorite when it's really cold and they keep my fingers toasty.
2. Thermal cap for under your helmet. Depending on how snug your current helmet is, you may want to invest in a slightly larger helmet to accommodate a thermal cap or beanie. If you do, get a high vis color.
3. A woolie base layer. Maybe you've got something in your old bag of ski gear.
4. If you'll be out in the rain, how about waterproof socks? Truly waterproof socks don't breathe very well, so there is a thermal benefit to them. Beware - if it's not very cold, your feet may sweat and get clammy.
5. Fenders! There are all sorts of fenders - full coverage, clip on, under saddle - so when you go shopping at the LBS, take your bike and the sales person can help you decide what would work best for your bike.
6. Lights! These are a must on cloudy, gray, dreary days; Not so you can see but so everyone else can see you.

There's not one magic setup which works for everyone, so you get to experiment, which is part of the fun. It also means that if what you've got doesn't quite work, you get to go to the LBS and get new stuff!

Layering your clothing is a good idea. Many layers of thinner stuff gives more flexibility and functionality than one super heavy garment.

And if you still want to stay indoors, then here's my recommendation (and a subject for another time): Get a trainer!

Keep on pedalin',

Prez Drew

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





# Vice Prez Sez

HAPPINESS IS



*...doing what you love.*

Most of us have seen these “signs” and can relate. What are some of the off-beat ways you know you’re a cyclist? I admit to signaling in the grocery store when I make a turn with my cart.

## Signs You Might Be A Cyclist

- You can’t recognize your biking friends when they aren’t wearing colorful stretchy biking outfits.
- The “check engine” light in your car has been on for months, but the most minor mechanical issue on your bike is fixed first.
- You have at least one social network profile shot of you posing on or next to your bike with a gorgeous landscape behind you.
- You also know what it’s like to use choice words when a vehicle cuts you off or a hater honks and nearly startles you off your bike.
- You run errands after your bike ride while wearing your colorful stretchy biking outfits.
- You spend more time biking, spending weekends and planning vacations around bike rides and rides with groups.
- Stripes on your thighs and ankles, cut-out shapes on the tops of your hands, your colorful stretchy bike outfits tan lines will incite laughter at the beach and pool.
- You ride to and from work because it’s the fastest way, and you’ve become a pro at changing in the office bathroom.
- You don’t notice the grease on your clothes or tears in your pants until you’re at that meeting.
- You embrace fluorescent jackets, vests, and shirts. The brighter, the better.
- You’ve felt the shame of having to walk your bike up a hill and the pride of conquering that climb on your bike after a few weeks’ of riding.
- You have more colorful stretchy biking pants (or shorts) in your laundry basket than jeans.
- You’re baffled when your roommate or partner doesn’t understand why your bike can’t be stored outside.

- Some of your hardest falls have happened when you've stopped or slowed to a crawl, which doesn't make sense but happens none-the-less.
- You take a bad fall with bloody hands and knees, but your first question is whether or not your bike survived.

(Borrowed from a Word Press article online, January 2017)

Ride safe, and...

Tailwinds

Vice Prez Cindy  
[vicepresident@bikesclub.org](mailto:vicepresident@bikesclub.org).



# News You can Use....

The RBW has taken the month off. If you have a topic you would like me to cover sent me an e-mail.

Road Bike Wrench

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

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## BIKES Club Meeting.

### November Meeting

The next BIKES Club meeting is set for **6:30 PM**, on November 9, 2023 **on line Zoom only.**

See the Calendar Events for details and log-in information

<https://bikesclub.org/event-5471508>

The meeting will be covering some important topics

- Year end club grants: How much? Who to?
- Itsa comin' -- McClinchy 2024. Planning and recruiting.

Please plan to **Zoom**-in and have your voice heard.

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...

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### November Club rides

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

Hello Ride leaders,

## How to cancel a Ride listing.

In the late fall/early winter weather certainly impacts many rides. Be sure to check Ride Updates or contact the ride leader if you have any question as to whether a ride is a "Go" or not.

Ride leaders, try to make your 'go/no go' decision early enough for those who signed up to be informed. Then follow the directions for canceling;

Ride / Event Cancellation:

"If the ride / event is cancelled for everyone for whatever reason do not delete the ride / event. Instead:

1. Add the word "CANCELLED:" in front of the ride / event title through the Events List page. There is no need to cancel Registrants, who shall remain not checked-in.
2. Disable Registration near the top left of the page.
3. Send a cancellation e-mail to Registrants through the Events List page using the Basic and Simple options or use the Wild Apricot Admin app.."

Have fun everyone, and ride carefully.

Dan Scott,

Ride Leader Coordinator

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

## New Membership options

[Membership Benefits>>>](#)

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



## Rider Miles

### Top riders for October

Linari	Steve	5083
Proctor	Rick	3450
Tweedy	Christine	2941
Rivetti	Lou	1729
Heydron	Paul	1672

How many Club miles do you have?



## Club meeting minutes

We did not have a meeting for the month of October. The link below is for the September meeting.

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*

## Make a Bike Wheel Wreath

**Sunday, Dec. 3 at Sharing Wheels**

Join Sharing Wheels for an afternoon of holiday wreath making in Everett. We will help you 'upcycle' our old bicycle wheels into a festive indoor or outdoor decoration. Make a wreath that celebrates winter, Christmas, biking – any theme you choose.

Crafting materials such as ribbon, glue, wire, greenery, etc. will be provided. Feel free to bring along your own crafty additions to go with your theme.

*Hot cider and cookies will get you in the holiday spirit!*

Workshop session: 12 noon to 2 pm at Sharing Wheels.

**Cost is \$10** per wreath. Children under 16 are welcome if accompanied by an adult.

**[Space is limited, so register early.](#)**

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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