

# Chainwheel Chatter

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



# Prez Sez

## Everything's Important

### So please read all seven bullet points.

1. Look at the [Advocacy](#) page on the club website, located in the Resources menu. Advocate Rick has recently updated it and there's good stuff there. Check it out.
2. Do you go on group rides with the club? If the answer is yes, then you should sign up to receive ride updates. Our Ride Leaders use the Ride Updates Forum to post late notice changes or updates to scheduled rides. Simply go to [Ride Updates Forum](#) and click on Subscribe to forum.
3. Bike-MS is a great fundraising ride in Skagit Valley on September 9-10. It's a team based event which raises close to \$2 million every year to support those dealing with the nasty disease multiple sclerosis. One of the teams riding this year is [MS Eradicators](#) and there are many BIKES Club members on the team including Cindy Proctor, Debby Grant, Linda Thiem, Paul Vermeulen, Dayle Iverson, and Drew Ellison. (Hey, that's me!) How about sponsoring one of your fellow BIKES Club members? Or you might want to join the team and have a great weekend riding in beautiful Skagit Valley.  
<https://events.nationalmssociety.org/index.cfm?fuseaction=donate.team&teamID=40792>
4. Most homeowners insurance policies cover regular (pedal) bikes, but it's unusual for homeowners policies to cover e-bikes. If you have an e-bike, you might want to check with your insurance agent. If it's not covered, you may be able to purchase an e-bike specific policy. If you don't have an insurance agent who can help you, let me know and I can provide a recommendation.
5. BIKES Club has a board of directors and once in a while they get together to discuss club policy. Copies of the minutes of these meetings are posted on the [Meeting Minutes](#) page. (You must be signed in to view the page.)
6. Speaking of board activity, we'll be presenting a motion at our next all-member club meeting regarding allowing Class 2 (throttled) e-bikes on group rides. Current policy allows Class 1 (20 MPH pedal assist) and Class 3 (28 MPH pedal assist) e-bikes on group rides. The proposal will be to allow Class 2 e-bikes on club rides, at Ride Leader discretion.
7. Speaking of club meetings, the next one is scheduled for Thursday, September 14. Watch the website and your inbox for further details.

Until then, keep on pedalin',

Prez Drew

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





# Vice Prez Sez

## Do I have Everything?

Helmet, gloves, locks, sunglasses, keys, socks, front wheel, wallet, shoes... a partial list of all the things and that some of us have forgotten on club rides. Sometimes in spite of having a "check-list" of all your essential gear, it's so easy to overlook the sometimes obvious...like shoes.

On Dan's recent Leavenworth two day tour, I realized I had forgotten my bike shoes. Panic time. Contacted all the friends nearby, and I was considering either a drive home or just trying to buy new bike shoes somewhere, neither of which would be very practical *and* I'd miss most of the big day of biking out of Leavenworth. It wasn't going to be comfortable to ride in street shoes on such a hilly ride that day.

Just like the Cinderella story, a *princess* charming came to my rescue. My friend Raquel miraculously had a spare pair of bike shoes that not only fit but had the right cleats to fit my pedals. Talk about a fairy tale ending. OH, and thanks to her husband Kurt too for suggesting she bring the spare pair to begin with.

What are some of the things you've managed to forget on your rides? You're in good company



Ride safe, and...

Tailwinds

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



# News You can Use....

## ASK THE WRENCH

Dear Wrench-Readers,

Road Bike Wrench (RBW) is on a long bike journey at the moment so he asked me, his brilliant big brother Road Bike Host (RBH), to step in and fill his quite large shoes this month. So that's why you got me this time — consider yourself lucky.

Have you wanted to meet other cyclists who have incredible journeys on their bikes, and hear their adventures? Sure, you could buy a book or watch some videos on the interwebs or read some blogs about bike adventures. But what could be better than actually meeting some of these intrepid travelers and helping them along on their journeys, I ask?

You can do exactly that! Through a non-profit organization called Warm Showers ([www.warmshowers.org](http://www.warmshowers.org)) you can sign up to be a host for traveling cyclists. It's like free couch surfing for bike tourists. When you sign up, you state your location and what you can provide to bike tourists (meals, beds, tenting areas, showers, how many you can host, etc). If your location fits in their travels, they will contact you through the site asking about the possibility of staying with you. You then reply and make arrangements (or not) directly with the cyclist.

In turn, you can then bike tour around yourself and ask other Warm Shower hosts about staying at their place. All tourists and hosts are rated on the site so you can see their past activity and read what previous hosts' and cyclists' experiences have been.

RBH has hosted many tourists over the years, including cyclists going from Prudhoe Bay to the southern tip of South America, circumnavigating the U.S.A., and a few people on worldwide tours. Some cyclists are out there just to get some fresh air and discover new places and they just keep going on their bikes. And although RBH has not gone on any continental tours, he has stayed at Warm Showers hosts when riding across the state. Every Warm Showers experience (hosting and guesting) has been very positive.

Check it out: [www.warmshowers.org](http://www.warmshowers.org). You'll be glad you did.

—RBW

Road Bike Wrench

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

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# Equipment Report: Tour de PNW: Rick's Bike Configuration

by Rick Proctor



The BIKES Club Tour de PNW, a 3-phase bike ride from Rialto Beach on the Pacific coast to the crest of the Rocky Mountains, was successfully completed in April and June of this year:

- [Phase 1 was from Rialto Beach to Snohomish County in April 2023.](#)
- [Phase 2 was from Snohomish County to the Columbia River in June 2023.](#)
- [Phase 3 was from the Columbia River across most of Idaho. An extra day was added to reach Montana.](#)

The phase description links above are about the journey. Several people are interested in the details of my bike and how it was configured for this trip –

[So Read On>>>](#)

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## BIKES Club Meeting.

### September is Here

The next BIKES Club meeting is set for **6:30 PM**, September 14, 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...

## September Club rides

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

Ride leaders, as always you are a huge part of this club's success. As we move into fall and folks return from summer travels, it's nice to "come home" to the regular rides that you provide for club members. So thank you.

If you're a ride leader but haven't listed a ride for awhile, how about listing an old favorite? We especially need some more ride leaders for the social paced rides (10-12mph). One person has been carrying a huge part of that load and would probably welcome some helpers.

Also, if you know of someone who's interested in becoming a ride leader, let me know.

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 August

Linari	Steve	4337
Proctor	Rick	2877
Tweedy	Christine	2480
Heydron	Paul	1513
Rivetti	Lou	1425

[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 Drew Ellison



These people are obviously having way too much fun, but they are entitled to because they are all volunteers at Sharing Wheels! If you become a volunteer at [Sharing Wheels](#), you can have this much fun next year at the annual Volunteer Party. [JOIN HERE](#)

One of the ways volunteers help out is with mobile repair clinics where Sharing Wheels goes out into the community to service bikes and walkers and wheelchairs. (Good news: you don't have to be a mechanic to be help out!) Volunteers are still needed at the 5 remaining mobile repair clinics and 2 Farmers Markets. The [sign up genius page](#) accepts sign ups 24/7 Thank you!

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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