

Chainwheel Chatter

The Monthly newsletter of B.I.K.E.S. Club of Snohomish County

Your Snohomish County Cycling Club

MARCH 2014

ISSUE 415

RIDE GUIDE

Club Tours for 2014

Plan a long weekend or mid-week adventure with your BIKES Club friends this spring, summer or fall. Experienced club volunteers are planning the routes and will provide more information on accommodations, food and other details as the dates approach on the club website. Advance registration is required for all tours.

Tours are for members only. Make sure your membership is up to date.

Wine Country Weekends

May 3-4 (Sat & Sun) - Join BIKES tour leaders *Jack and Janell* for a weekend of Yakima wine touring, camping and fun with other club members. Some members head over a little early and bike on Friday.

Friday: Approximately 35 miles, steady pace, A-B terrain. A few wineries before lunch, one or two after.

Saturday: A 25-30 mile out and back to Naches, steady to moderate pace.

May 16, 17, 18 and 19 (Fri – Mon) - Come and bike and hike with *Mary Jo* in Yakima where the sun is shining and the apples trees are blooming. We might do a little wine tasting off the bike. Motel or camp, hub and spoke.

Friday: 35 miles, steady pace, mostly flat.

Saturday: 40 miles, steady pace, mostly flat with one or two moderate hills.

Sunday: 40 miles, steady pace, mostly flat **OR** Crime Stopper's Your Canyon For a Day

Monday: Hike Umtanum Creek Canyon

Port Townsend

June 9, 10 11 – (Mon – Wed) - Credit card tour with Dan & Elaine, motel/hotel, dine out - no cooking, no SAG.

Monday: 30 miles, hilly, two ferries, regroup.

Tuesday: Bike ride TBD OR explore Port Townsend

Wednesday: 30 miles, hilly, two ferries, regroup (some route changes from Friday).

Bike Touring 101: Reality Weekend

June 14, 15 – (Sat – Sun) Self-contained bike touring is ... easier than backpacking, a great way to really experience the places you travel, and takes a little practice and fine-tuning to truly enjoy. *Leaders Kristin and Kristi*. We'll meet to discuss your packing list and equipment in early June, then hit the road with our bikes and gear for a camping overnight at River Meadows Park in Arlington on June 14. BIKES and the ride leaders have some loaner equipment available - panniers and trailers.

PACE

Easy under 10 mph

Social 10–12 mph

Steady 12-14 mph

Moderate 14-16 mph

Brisk 16-18 mph

Strenuous < 18 mph

TERRAIN

Mostly flat: Flat or gentle grades only (trails, Norman Rd)
Rolling: Most climbs are short and easy (Granite Falls, Kitsap)

Hills: Frequent steeper and/or longer hills (Whidbey Island)

Difficult: Many hills, long, steep grades (RAMROD, mt. pass)

Pace is based on speed on flat ground. Contact the Ride Leader if you are unsure whether a particular ride is right for you.

Basic Bike Maintenance

Sharing Wheels is offering a class to review the essentials for keeping your bike happy and healthy. 6-9:30 p.m. Wednesday, March 19 or April 23. Cost: \$35. Call 425-252-6952.

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Train for that big ride with BIKES

Are you signed up for a century (100 mile ride), or Cascade Bicycle Club's Seattle to Portland, or another big bicycle ride this summer? Riding with experienced BIKES Club members can be part of your training plan. Our training series includes at least two rides a month based on the STP training schedule. Training topics such as bike fit, pedaling skills and shifting will precede each ride start. Most rides are free, though some events with fees are included in the schedule. You must be a member of BIKES Club to participate - you can join after your first ride with us. On every ride we will have a Steady pace (12-14mph) leader and a Moderate pace (14-16 mph) leader.

Go to <http://www.bikesclub.org/Rides> for start location, ride leader names and other details.

Sat 3/15 34 miles

McClinchy Mile. Go to <http://www.bikesclub.org/mcclinchy> for registration and fee details.

Sun 3/23 35 miles, McCollum Park Loop, 10 a.m. start

Sat 4/5 40-50 miles

Sat 4/19 40 miles

Sat 5/10 60 miles

Skagit Spring Classic. Go to <http://www.skagitspringclassic.org/> for registration and fee details.

Sat 5/31 60 miles

Sat 6/7 70-80 miles

Sun 6/29 70-80 miles

March Ride Calendar

Tuesdays March 11, 18, 25th - Gery's Lunch Time Ride – Start at Bicycle Centres at Silver Lake
Join Gery for a short 10-mile Silver Lake and Mill Creek loop. Social pace (10-12mph), flat terrain. Coffee regardless of weather. Ride leader Gery Osowiecki, 469-358-2887 (mobile)

Thursday March 13 & 27th 11:00 a.m., Sammamish River Trail - Social Pace, A/w/slight B terrain, approx. 22 mile ride. Start in the city of Bothell at the Sammamish River Park (aka Chicken Park). Bring lunch/snack. Ride leader Bette-Ann Shroyer, cell # 206 300-7825.

Saturday March 15 [THE MCCLINCHY MILE](#) Join fellow members and people from around the region in our annual event ride - our club's main fund raiser. 34-100 miles. If you aren't ready to ride, then **volunteer to help** by contacting Kristin at 360-658-2462.

Saturday, March 22 - Training Ride, approx. 35 miles, B terrain. First in a series of rides to get members ready for a century, STP, Ramrod or other ambitious ride goal. Pace options of steady and moderate. Rider Leader Kristin Kinnamon.

Saturday March 29th - Century of the month - This month the century will be 100 meters of elevation gain. We will start from the gravel parking lot in Sylvana at 10:00 for an easy pace, mostly flat [16 mile ride](#). We will look for coffee and a cookie in Stanwood. Ride leader Bill Weber (425) 327-3516

Club Tours for 2014

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Biking in Bend

June 20, 21, 22 and 23 – (Fri – Mon) – Biking, hiking, outdoor concerts and more in Bend, Ore. with *Mary Jo*.

Friday: 40 miles, steady pace, mostly flat.

Saturday: 37 or 52 miles, steady pace, some moderate hills.

Sunday: 35 or 22 miles, steady pace, some hills.

Monday: Get off the bike! Hike, float on a tube on the Deschutes River, visit Lava River Caves.

Climb Washington Pass

July 12, 13 - (Sat – Sun) - Ready to climb a challenging mountain pass – Hwy 20 through the North Cascades? If you are training for RAMROD or another big ride this year - or just like hills (some of us do), join *Kristin and Kristi* for this 54-mile round trip ride up to Rainy and Washington Pass (you can go further if you want!) We'll camp at Colonial Creek Campground Saturday night so we can ride on Sunday. Motel accommodations also nearby.

Whatcom County Weekend

July 11 – 13 - (Fri – Sun) - Explore rural roads and towns of Whatcom County with *Mary Jo*.

Friday: 35 miles, steady pace, mostly flat

Saturday: 40 miles, steady pace, mostly flat with one or two moderate hills.

Sunday: 40 miles, steady pace

Biking the Islands

Sept. 4 – 8 (Thu – Mon) - **Friday Harbor, Lopez and Vancouver islands, Victoria.**

Thursday: Friday Harbor/San Juan Island, 30 miles, steady pace, hilly.

Friday: Lopez Island, 35 miles, steady pace, hilly.

Saturday: **Sidney to Victoria, 20 miles, steady pace, fairly flat**

Sunday: Tour Vancouver Island, 45 miles, steady pace, some hills

Monday: Seaside Trail then back to Sidney, 45 miles, steady pace, mostly flat

Birch Bay Farm Tour Weekend

Sept. 13 -14: (Sat – Sun) - This weekend coincides with the local farm tour. Motel or camp. Watch for updated ride details from the ride leaders.

Idaho Trails

Sept. 13 -18 (Sat – Thu) – Dates may change! Centennial Trail, Trail of the Coeur d'Alenes, Route of the Hiawatha and maybe more with *Bill Lutterloh*.

B.I.K.E.S. Club
P.O. BOX 5242
Everett, WA 98206

stamp

Club news & moves

Find Frequent Rider Miles on the club website in the Members Only section.

Pres Sez from Warren Bare is in the Member Forum of the website

New and renewed members are listed in the monthly e-newsletter. If we miss you one month, we promise to welcome you the next.

Monthly Ride Calendar is sent with the e-newsletter, posted on the website and included here.

A PDF of this newsletter is posted to the website as well.



We're on the web at
www.bikesclub.org

Address

Is it time to renew? →

Chainwheel Chatter

March 2014

See you at McClinchy Mile

Saturday, March 15

Haller Middle School

600 E. First Street, Arlington, WA

Registration: 8 to 11 am

Ride a 34-mile flat and scenic loop or choose from two more challenging loops – 48 miles thru Granite Falls or 52 miles thru Stanwood when you add on the north-end extension. Ride both and make it an early season century! Food stops and SAG support on all routes.

We've got the volunteers to host a great ride, and the weather looks pretty good. Now all we need is riders! Join us and bring a friend.

B.I.K.E.S.-Membership P.O. Box 5242, Everett WA 98206

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (____) _____ - _____ Email _____

Membership \$15 Annual (INDIVIDUAL)

DUES \$20 Annually (FAMILY)

Member benefits: 10% discount at local bike shops with your member card (see website for list), low-cost bike box and trailer rentals, Frequent Rider Club, monthly newsletter, social and advocacy activities.