

Chainwheel Chatter


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

Your Snohomish County Cycling Club

**JUNE 2014,
VOL. 417**

June Rides: Weekends & Tours

Sunday June 1, 9:30 AM - Echo Lake Park to Ballard Market We will ride to Greenlake and take the Ballard Greenway to Golden Gardens. Then back to the Ballard Market for lunch. Pace: Steady, 30 miles, some hills Ride Leader Mary Jo: maryjo1532@hotmail.com

Saturday, June 7  Training ride of 70-80 miles. Steady and moderate pace options.

Sunday June 8, 9:30 AM - Martha Lake Park—Everett Sorticulture A scenic loop around Everett with a stop at the Garden Arts Festival in Legion Park. Steady pace, 35 miles, mostly flat with a few hills. Ride Leader Mary Jo: maryjo1532@hotmail.com

Monday June 9, Mukilteo—Port Townsend—Port Townsend Getaway – Two nights in Port Townsend and three days riding Whidbey Island and touring in and around Port Townsend. This is a credit card tour. We're staying in hotels with no cooking and no SAG. See the Members only Weekends and Tours page for details and ride leader contact information.

Saturday, June 14, 9:00 AM Burn some miles going up the Centennial Trail Start out at the trailhead at Maple & 6th in Snohomish. We will ride at least as far as Arlington, and as group decides further north. We will stop in Machias for water, and coffee in Arlington (lunch in Arlington on the Way back). Between 50 to 60 miles, as group decides. Social Pace, 90% A, 10% B terrain.

Gery O. [469-358-2887](tel:469-358-2887) Steady water falling from sky cancels, occasional drizzle is still a "go".

Saturday, June 14, 9:00 AM – Reality Weekend - Marysville 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. BIKES and the ride leaders have some loaner equipment available - panniers and trailers. See the Members only Weekends and Tours page for details and ride leader contact information.


Sunday, June 15, 9:30 AM Father's Day Ride Sullivan Park (Silver Lake) Ride to Snohomish and Everett and a snack / food stop along the way. Social pace with a few hills and 30 or so miles and heavy rain will cancel. Leader Warren Bare [425-743-7593](tel:425-743-7593) bare.warren@gmail.com

Friday, June 20-23 Biking in Bend There will be lots to do in Bend. Biking and hiking, as well as outdoor concerts, interesting museums and breweries to visit. Motel or camp, hub and spoke. See the Member only Weekends and Tours page for details and ride leader contact information.

Saturday, June 21, 9:00 AM Everett Station to Sultan As flat as possible – via Snohomish and Monroe (no climbing up to high-bridge). Coffee stops in Snohomish and Monroe on the way, lunch at Sultan. Note that if two or more riders wish to climb high-bridge, they are welcome to do so, providing at least one of them is a club ride-leader who knows the way....
Approx. 50 miles, social pace, mostly 70% A, 30% B terrain

Gery O. [469-358-2887](tel:469-358-2887) Steady water falling from sky cancels, occasional drizzle is still a "go"

Sunday, June 22, 9:30 AM Third Place Books Loop from McCollum Park This ride via Canyon Park to third place books and return through Mountlake Terrace / Lynnwood. Social pace, 32 miles, some hills and heavy rain cancels. Leader Warren Bare – [425-743-7593](tel:425-743-7593) bare.warren@gmail.com

June 29  Training ride of 70-80 miles. Steady and moderate pace options.

For Weekday Rides, see the club website or your e-newsletter.

RIDE GUIDE

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 ride is right for you.

Pedal Pusher

Kick-off: B.I.K.E.S. partners with the Lynnwood Senior Center to welcome and encourage older adults to bicycling. Bring your bike if you like and we'll do minor fit and safety checks. Lynnwood Senior Center at noon

Prez Sez...

HELP – If you have time to join me at the Snohomish County P.U.D.Health / Wellness fair on June 17th. We will have a table to promote BIKES at the operation center near Boeing from 8:00am – 10:00 and also at the P.U.D. building on California where we have our club meetings from 1:00pm – 4:00pm. A call or email to me would be appreciated.

BIKES was well represented at Bike to Work Day locations. (5/16/14). Bill Weber doing his usual good job of making sure Everett knows how to properly do a cycle CELEBRATION ride. Clarence Elstad while at the Beverly Park & Commando Road station sponsored by , Esterline - Korry, reported to a Seattle Times personal the activity while mentioning BIKES

<http://blogs.seattletimes.com/today/2014/05/bike-to-work-organizers-hope-to-break-16000-trip-record/>

The Edmonds Station was staffed by the Edmonds Bicycle Advocacy Group that included BIKES members John Carlin. The Lynnwood Transit Center greeted a good number of riders and the station was dominated by Community Transit’s OXY-GENE who was well supported by BIKES member Kathy Riddle and yours truly. (pictures elsewhere)

And last but not least Bill Weber was one of a number of people interviewed by the Everett Tribune regarding the most recent Everett Bike Plan implementation. The full article is linked below.

http://www.snoho.com/stories_2014/052114_everett_bicycle_friendly.html

At the May BIKES club meeting, the last before the summer hiatus the election resulted in the re-election of the previous officers and the addition of Kristin Kinnamon as Vice President. This move will also result in the newsletter preparation being taken over by Bob and Vivian Biesiedzinski. I want to thank everyone for taking on these jobs and look forward to a great year for BIKES.

On another note Mary Jo has added an August Tour ride in the Port Angeles, Sequim area. Check it out on the website.

Warren Bare



So that’s what a Superhero uses for fuel!

Member News

Let’s all welcome our new B.I.K.E.S. member:

Erik Westlund

Thanks for renewing your membership:

Larry & Joanne Kennedy



Rider Miles June 2014

Bob	Nyberg	771
Pier	Fiorentini	632
Dan	Scott	576
Warren	Bare	481
Bette-Ann	Shroyer	422
Gery	Osowiecki	347
Steve	Linari	300
Bill	Weber	226
Tim	Wise	221
Jim	Barrett	221
Michael	Sheldrake	208
Bill	Lutterloh	204
Tom	Weber	201
Bob	Biesiedzinski	175
Vivian	Biesiedzinski	175
Gary	Broughton	173
Kathy	Riddle	165
Mike	Dahlstrom	154
Brenda	Ferguson	149
Nancy	Graham	140
Allyson	Welsh	127
Debby	Grant	124
Robert	Pahlman	124
Fred	Koch	115
Debbie	Kawamoto	108
Chuck	Garrity	94
Diane	Slenkamp	84
Kristi	Knodell	83
Kristin	Kinnamon	83
Elaine	Scott	75
Victoria	Peters	75



**SAWDUST TRAIL
PLACE NAME PROPOSAL
FOR**

EVERETT RECREATIONAL VIEW TRAIL

Everett claims some of the finest views in Washington state. From the Olympic Range over Possession Sound and Port Gardner Bay on the west, to spectacular Mount Baker from Preston Point on the north, and the majestic Cascades looming behind our verdant Snohomish River Valley on the east, Everett citizens as well as visitors discover continuous visual wonder on all three sides.

Fortunately for us, the City of Everett has demonstrated great foresight, planning and investment in the design of wide boulevards for vehicles, walkers, runners and cyclists on all three perimeters. Well known and appreciated, these are East Grand Avenue, East Marine View Drive, and West Marine View Drive connecting to lower Hewitt Avenue and Bond Street in Bayside, and the recently completed sidewalk view trail bordering these boulevards.

Unfortunately, Everett’s wonderful perimeter recreational trail has no name – and therefore no identity or brand.

To learn more about naming the trail see the full article on the club website.

Kala	Koch	73
Bobbie	Laue	65
Janell	Reich	61
Steve	Lodholz	60
Dorothy	Lindstrom	59
Pam	Hallanger	59
Kay	Peterson	58
John	Carlin	53
Philip	Gay	50
Jack	McClincy	46
Dick	Nicholson	41
Laura	Elmore	40
James	Wright	37
Jim	Stewart	35
Vickie	Stewart	35
Adrienne	Dorf	33
Cheryl	Walchi	33
Leslie	Strickland	33
Michael	Snodgrass	32
Linda	Hunter	30
Jennifer	Winson	28
Chad	Pritchard	26
Bill	Ferguson	24
Susan	Hausmann	24
Marcia	Stedman	23
Diane	Gordon	20
Pete	Pias	20
Peter	Pisani	20
Alec	Kutchma	11
Donald	Mohs	8

Traffic Alert for Centennial Trail at Lake Armstrong Road

County Public Work Department is performing needed road improvements to Lake Armstrong Road and will need to use a 1, 000 ft section of the Centennial Trail for temporary motor vehicle access.

Users of the Centennial Trail will have normal access except for possible slight delays during the times noted below (10AM, 12 Noon, 2PM).

The project is scheduled to start on June 16, 2014 and be completed by June 27, 2014. The closure is for the section of road from Harvey Creek Road to the Centennial Trail Crossing at Lake Armstrong Road. Traffic control crews will be onsite Monday – Thursday, 730am – 4:00pm. Motor vehicle use of the trail will be limited to 10am, 12 (noon), and 2pm each day during the construction period.

This traffic control will primarily affect the homeowners on Lake Armstrong Road.

Next Club Meeting

The club meets at 7 p.m. Thursday, September 11 at the PUD, 2320 California St., Everett.

A Note From the Editor:

After many great years Kristin Kinnamon has handed the reigns of the Chainwheel Chatter to a new Editor. It is with humble appreciation that I accept this new role. If you like the content of the Newsletter tell your friends. If you do not like the Newsletter tell me! I will try each month to bring you news from the local cycling community, an accurate list of upcoming club rides and some general information articles related to the great sport of cycling.

Respectfully,
Bob Biesiedzinski



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

Chainwheel Chatter June 2014

Upcoming Events & Activities

August 11, 12 and 13 – Discovery Trail

Visit the Elwha River, bike the Discovery Trail and ride around Sequim.

Monday: Ride the Trail to the Elwha River

Time: 1:30 pm

Start Location: Port Angeles City Pier

Ride Pace: Steady

Ride Distance: 20 miles.

Details: After lunch in Port Angeles we will ride the Discovery Trail from Port Angeles to the new pedestrian bridge overlooking the Elwha River and flood plain.

Tuesday Ride: Port Angeles to Sequim and back

Time: 9:00 am

Start Location:

Ride Pace: Steady

Ride Distance: 45 miles

Ride Terrain: Mostly flat with some moderate hills

Details: Ride the Discovery Trail to Sequim for lunch and back or turn around before then for a shorter ride.

Wednesday Ride: Ride around Sequim

Time: 9:30 am

Start Location: Sequim

Ride Pace: Steady

Ride Distance: 30 miles

Ride Terrain: Mostly flat

Details: Drive to Sequim and ride around Sequim before returning to Seattle.

Ride Leader: Mary Jo cell 206-331-9025 Email ride leader for cue sheets and lodging recommendations maryjo1532@hotmail.com

Details: Take the 7:55 ferry from Edmonds. Drive to Port Angeles and have lunch. Spend 2 nights in Port Angeles. Return to Seattle after ride in Sequim on Wednesday. Make reservations soon.

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.