

# Chainwheel Chatter

B.I.K.E.S.- Celebrating our 30th year as cycling's Voice in Snohomish County

## Your Snohomish County Cycling Club

### From the President

Although by the time you read this the McClinchy Mile will be done for the year, at submission deadline there are two days left before the event. Volunteers have filled most of the slots and anticipation is mounting.

The advocacy work is still ongoing with a great meeting with Alta Planning in Everett, a Healthy Communities collaborative meeting, phone calls about new bike lanes in Mountlake Terrace and an upcoming meeting with transportation specialists in Everett.

The promised info from last month will not be included due to a family illness (my self) that prevented me from collecting information on the events. I can however, tell you about the excellent job that B.I.K.E.S. members did at Bike EXPO this year. Thanks Mike and crew, I hope you enjoyed yourselves while you were there as much as I did.

Cycling is really starting to pick up with many of the limited participation organized rides already sold out. Now is the time to start collecting some saddle time for the big rides this summer. Come out and join some club rides; many are starting off easy this year.

Ride safe,  
Bill Weber

### Mountlake Terrace Meeting

On April 6th, as part of its regular meeting, the Mountlake Terrace council will discuss/ decide on the resurfacing of 52nd Avenue in MLT, from 220th Street to 212th Street.

The options to be decided are-(1) Re-stripe the roadway as it currently exists (2) Shared roadway, no bike lanes but shared roadway markings and route signage (3) Bike Lanes.

Staff is recommending Council proceed with option 3, bike lanes, and is expected to make additional bicycle improvements to the corridor in the future. 52nd Avenue forms a key connection between 220th and 212th Street, as well as to the Interurban Trail, which crosses 52nd Avenue just to the north, in the City of Lynnwood. Also, Lynnwood has identified 52nd Avenue as a key north-south corridor in its non-motorized plan.

Send comments on this project by 3/27/09 to:

Kirk Roberts, Traffic Engineer  
City of Mountlake Terrace  
23204 58th Avenue W  
Mountlake Terrace, WA 98043

or email [KRoberts@ci.mlt.wa.us](mailto:KRoberts@ci.mlt.wa.us)

To attend the April 6th, 7pm meeting in person, go to the Mountlake Terrace Library, which is located next to City Hall:  
Mountlake Terrace Library  
23300 58th Avenue W  
Mountlake Terrace, WA 98043

APRIL 2009

ISSUE 356

### INSIDE THIS ISSUE:

Club News	1
Frequent Rider Miles	2
Ride Calendar	3
Advocacy News	4-5
RAPSody Training	5
Membership Application	6

B.I.K.E.S. April Meeting

April 9th 7:00 PM

Location :

Snohomish County PUD

Building

2320 California Ave,

Everett WA.

Pre-meeting dinner

5:30pm

The Irishman Pub

2933 Colby Ave; Everett

The 2009 McClinchy Mile  
will be discussed.

Including the general funding  
for cycling causes that

BIKES

supports

Please come and share

your views.

**B.I.K.E.S.****Club Officers and Support Information****Bill Weber****President**

(425) 252-9587

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(425) 487-3221

[roster@bikesclub.org](mailto:roster@bikesclub.org)**Steven Hudspeth****Frequent Rider Miles****Coordinator**[ridermiles@bikesclub.org](mailto:ridermiles@bikesclub.org)**Monthly Ride Coordinator**[leadaride@bikesclub.org](mailto:leadaride@bikesclub.org)**Address, Name, Phone and Email Changes**

Remember to contact

Fred or Kala at

(425) 487-3221 or [roster@bikesclub.org](mailto:roster@bikesclub.org) for any changes or corrections to your address, phone number or email in the club records.

If you are a member and are not receiving your newsletter in the mail, let Fred or Kala know.

**Club Miles for Club Members**

The Frequent Rider Miles program is intended as a fun benefit of BIKES Club membership. Ride 100 miles on club-sponsored rides, earn a club water bottle. Ride 500 miles, earn a club cycling cap, etc.

**MILEAGE AS OF March 18, 2009**

Warren	Bare	812
Wendell	Hultman	688
Pier	Fiorentini	463
Bill	Lutterloh	274
Tim	Wise	193
Kathy	Riddle	161
Bob	Nyberg	156
Doug	Andrews	154
Steven	Hudspeth	153
Rick	Schranck *	139
Rod	McDonald	139
Dennis	Larson *	122
Jim	Shaver*	111
Bill	Weber	106
Dan	Scott	100
Annie	Peterson	94
Steve	Linari	88
Allyson	Welsh	85
Kay	Peterson*	75
Warren	McAndrew	74
Stephen	Benson	50
Bob	Huey	48
Glen	Moffitt	48
Melanie	Greene	43
Elaine	Scott	42
Marc	Peterson*	42
Dan	Wakefield*	42
Skyler	Dompier*	42
Lena	Sullivan	39
Erik	Troili	38
Michael	Snodgrass	37
Helen	Taubeneck*	36
Roger	Frost	36
Ed	Janonis*	33
Jan	Johnson*	31
Anne	Schreivogl*	31
Al	Currier*	31
Dick	Nickelson	30
Kevin	Schroeter *	30
Dan	Cornelissen	29
Laura	Elmore	29

*Monthly Ride Calendar (cont.)***Upcoming Weekend Tours**

**May 15, 16 and 17 - Yakima Valley Wine Tour.** Jack McClincy is once again hosting his ever-popular winery tour. The Saturday ride will take in five to seven wineries with a lunch stop along the route. Sunday's route will wind its way between Yakima and Naches. Distances are around 30-35 miles, A/B terrain, varied paces. The core group camps at Sportsman State Park but Yakima offers many motel options for those that prefer other accommodations. Saturday night is usually potluck spaghetti at the campground. Make your overnight plans now because spaces fill. Check the May newsletter for further details.

**June 12, 13 and 14 - Columbia Gorge Weekend.** This is a joint tour with Cyclists of Greater Seattle (COGS – formerly Seattle Bicycle Club). Come ride in the beautiful Columbia Gorge! On Friday, we will ride on the Washington side of the river. On Saturday, we will cross over to the Oregon side and do *The Gorge Ride*, sponsored by the Friends of the Historic Columbia Gorge Highway. Sunday's route is yet to be determined. Check the website main page for full details or contact Debby Grant. COGS and BIKES club members will lead both moderate and social paced groups along the same routes.

Tom	Weber	29
John	Marshall	28
Shari	Osti*	25
Pam	Hallanger	24
Jack	Boileau*	24
Mark	Everett*	24
Gery	Osowiecki	23
Bruce	Bullock *	22
Mike	Dahlstrom	20
Peter	Pisani	15
Debbie	Grant	5

# Monthly Ride Calendar

UNABLE TO FIND A RIDE THAT WORKS FOR YOU?  
CHECK OUT THE RIDE CHANGES PAGE ON THE WEB SITE.

STILL NOT FINDING ONE OF INTEREST?

Enter one on the Ride Changes Page.

## Weekday Rides

**Tuesday Evenings, SweetCakes Rides** - @Stanwood Velo Sports ..3 courses...the "original" 15 miles (Social/Moderate) and 2 longer ones 25 + - (Brisk) and 30 + - (Strenuous). They will run until the end of September...start time is now 5:30...will change to 6:00 then 6:30 as the evenings stay light longer...for updated info call Stanwood Velo Sports @360-629-6415 or Rod McDonald at 425-359-6710.

**Freewheeling Wednesdays** - These are more relaxed rides with no one left behind and a lunch / snack stop along the way. The location and start time of the following week's ride is decided at the current lunch stop. These are 25-45 mile rides. Contact Warren Bare (425)743-7593 [warrenbare@verizon.net](mailto:warrenbare@verizon.net).

## Weekend Rides

**Saturday April 11 - Garfield Park / Snohomish.** Start at Garfield park (2 blocks East of Walnut on 23rd St.) at 10:00am. We will ride about 20 miles, leisure social pace with a food stop in Snohomish. Rain, ice or snow may cancel. Leader Bill Weber 425-327-3516 [president@bikesclub.org](mailto:president@bikesclub.org)

**Sunday April 12 - McCollum Park / Snohomish / Everett.** Start at 10:00am at McCollum Park and Ride parking lot. Social moderate pace with re-groups. 30-35 Miles. Heavy rain cancels. Leader Tim Wise (425-754-7916) [tcjkwise@verizon.net](mailto:tcjkwise@verizon.net).

**Saturday April 18 - Mill Creek / Snohomish / Everett.** Start at 10:00am at the new Park and Ride on 112th and I-5 to Snohomish via the Interurban, Mill Creek, 132nd St and Springhetti Rd for a coffee. Then return to Everett via River Road, the trail by the river, walk through the construction area to 41st Ave, stop for ice-cream on 41st Ave, and finally return via the Interurban trail. Distance is approx. 25 miles, terrain is 50% A, 50% B, and the pace will be 10-12 MPH on the flats, no more then 8 going uphill. If we cannot get through the construction area on 41st then we will return to Lowell and WALK up the hill to the Interurban. Ride leader Gery Osowiecki [geryo@verizon.net](mailto:geryo@verizon.net) 469-358-2887. Check Ride Changes page for day of ride updates and rain will cancel.

**Saturday April 25th - Aurora Village / Seattle Loop.** Meet at Echo Lake Park 19901 Ashworth Avenue North at 9:30am. We will go to Lake Forest Park and take the Burke Gillman to the "U", then on the trail by the ecol. bldg, around Portage Bay, around Lake Union out and thru the locks, have a snack in Ballard and north returning to the Shoreline Trail. Social pace with regroup, A/B terrain and serious rain cancels. The gmap below is the general route. <http://www.gmap-pedometer.com/?r=288812>. Rain may cancel. Contact Warren Bare [warrenbare@verizon.net](mailto:warrenbare@verizon.net) (425)478-9594.

**Newsletter CORRECTION! This ride is Sunday April 26 - Lynwood transit center to Greenlake.** Meet at 10:00am to take the Interurban trail to Green Lake for some food at one of the many places to eat over there. Return the same way. Distance is about 30 miles and the terrain is 70% A with some B here-and-there, pace will be 10-12 MPH. This is what I call the "jinxed ride" - I have NEVER been able to ride all the way to Green Lake, whenever I tried, I run into some sort of a problem (I've gotten lost a few times, broke a wheel once, and got caught in a cold and nasty rain once - but I'm not giving up :-)) Ride leader Gery Osowiecki [geryo@verizon.net](mailto:geryo@verizon.net) 469-358-2887 Check ride changes page for day of ride updates and rain will cancel.

Doug Andrews is ride coordinator for May.

Ride leaders can simply send their rides to [leadaride@bikesclub.org](mailto:leadaride@bikesclub.org) the email will be automatically forwarded to the current month's ride coordinator.

## Ride Guide

### PACE

**Leisurely** / Under 10 MPH

**Social** / 10-13 MPH

**Moderate** / 13-16 MPH

**Brisk** / 16-18 MPH

**Strenuous** / Over 18 MPH

### TERRAIN

A Mostly flat / Norman Road

B Rolling Terrain / McClinchy Mile

C Rolling steeper hills / Kitsap Peninsula

D Difficult Terrain / Whidbey Island

E Very Difficult / RAMROD

*Use this chart and the ride description to determine if a particular ride is right for you. Don't take on 50 miles when you haven't done 20, but don't be afraid to start out with us on a 20-30 mile ride if your butt and legs have handled 15.*

## Advocacy News

### Legislative Updates

Bicyclists are being heard and listened to in Olympia this year, despite the legislators main focus on budget woes and difficult times. About 100 bicycle, pedestrian, transit and rail advocates participated in Transportation Lobby Day in February, including BIKES Club members Warren Bare, Rod McDonald, John Lindstrom, John Carlin and Kristin Kinnamon. Many other cyclists have contacted their legislators by phone or email in support of bike issues.

The session ends April 20, and it's likely our bills still need support as you read this. One thing we've learned this session is that many legislators just don't "get" bicycling, especially when adults are doing it. Education will be a key focus of our agenda for the rest of 2009.

Of the four issues carefully developed by the Bicycle Alliance of Washington for legislation this year, all four were heard in committee and two made it out of the House for action (we hope) in the Senate.

**3-Foot Passing - HB1491:** Passed House 63-32 with strong Democratic support despite several Republican attempts at unfavorable amendments (along the lines of "if cyclists don't ride far enough to the right, vehicles don't need to pass them safely".. The Senate Transportation Committee, headed by 10<sup>th</sup> District Sen. Mary Margaret Haugen, will be key to this bill moving on.

**Safe Routes to School - HB 1793:** Although the bill was amended to remove any funding requirements in order to make it out of the House, it still requires the state Department of Transportation to establish a Center for Safe Routes to School and protects the existing funding for school district grants that encourage education, engineering and enforcement for safe walking and biking to schools while adding the important element of project evaluation. Some of our local legislators are bill sponsors - let's thank them for the support.

Two bills that would have a lot of applicability in Snohomish County did not have enough legislative support to move forward this year. HB 1403, Vehicle Activated Signals and HB 1535, Construction Zones. I personally am hopeful we will bring them back in 2010, but that will be a strategic decision made by the Bicycle Alliance Legislative & Statewide Issues Committee, which is made up of representatives from bike clubs and advocates across Washington.

This year the Bicycle Alliance shared many priorities and lobbying efforts with our partners in environmental and transportation advocacy, the Cascade Bicycle Club, Transportation Choices Coalition, Futurewise and the Washington Environmental Council. We hope to coordinate with those groups early this year to identify mutual interests and priorities.

### Everett Bike Plan

Have you heard about the city of Seattle's ambitious bike master plan? That's the kind of thing City of Everett officials are hoping to accomplish in Snohomish County. About 70 community members attended an action meeting on the City of Everett's bike plan in early March. In addition to presenting some of their ideas and possible strategies, consultants from Alta Planning presented scenarios for small group strategy sessions. "What's the preferred bike route from Everett Station to the Hewitt Avenue Trestle trail?" "What's the preferred route through downtown?" "How do you get from north to south?" They then asked attendees to vote on best options for solving some of the city's bike infrastructure problems.

There was a lot of energy and excitement in the room thanks to the great turnout and the ideas for improving biking in Everett. Unfortunately, the meeting ended with the information that there is no particular funding plan in place for any of the projects. However, having plans in place does enable the city to get grants and other funding to accomplish its goals.

City officials plan one final public meeting on the plan next fall. Stay tuned for any opportunities in the interim to shape this important document, a first of its kind in Snohomish County.

### Marysville Health Communities

Budget woes have eliminated the Healthy Communities project from the Snohomish Health District budget, but the county's first "healthy community" (also designated as the most overweight zip code) is continuing its efforts to improve access to healthy food, low cost activities and an active environment.

Thanks to the commitment of Marysville Mayor Dennis Kendall and city staff including Parks Director Jim Ballew and Community Development Director Gloria Hirashima, committees continue to meet and a family play day is planned for June 6. If you'd like to assist with a BIKES Club table at the event (we'd hand out bike maps and perhaps do helmet fitting or safety checks), please contact Kristin Kinnamon at [kinnamonk@aol.com](mailto:kinnamonk@aol.com) or 360-658-2462.

## Advocacy (cont)

### Edmonds Bike Plan

The Edmonds Bike Advocacy Group and BIKES Club members have given some input this past year on the city's updated Transportation Plan. At the beginning of March the draft plan was presented at an open house. A final plan will be presented for public review in May.

I have several concerns with the current plan. The city proposes designating three recreational bike loops. These designated routes are for recreation, and aren't intended to serve any particular destinations such as the Edmonds Ferry. If the routes have brown signs, like recreational amenities, fine. But I've followed existing green "bike route" signs in Edmonds thinking they'll take me somewhere and instead just turning here and there up and down the Edmonds hills.

I needn't worry, perhaps, as the "bikeways" element of the Transportation Plan has the least funding, at \$145,000 of \$109 million in expected transportation needs through 2025. Bike lanes and other improvements for cyclists are part of many other elements of the plan, however, from roundabouts to wider streets (a mixed blessing).

You can view the city presentation on the plan at [http://www.ci.edmonds.wa.us/news/OpenHouse2\\_presentation.pdf](http://www.ci.edmonds.wa.us/news/OpenHouse2_presentation.pdf)

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## Dear Fellow Bicyclist,

### The five bicycle clubs that host RAPSody invite you to these other great events that will help get you ready for RAPSody while supporting the Bicycle Alliance of Washington:

**April 19** - Daffodil Classic hosted by the Tacoma Wheelmen's Bicycle Club. The ride starts in Orting. [www.twbc.org](http://www.twbc.org)

**April 26** - Lilac Century Surprise hosted by Aurora NW Rotary and North Division Bicycle Shop. The ride starts in Spokane. [www.northdivision.com/lilac.htm](http://www.northdivision.com/lilac.htm)

**April 26** - Rhody Tour hosted by Pt. Townsend Bicycle Association before the Hood Canal Bridge closes. The ride starts in Pt. Townsend. [www.ptguide.com/rhodytour/](http://www.ptguide.com/rhodytour/)

**May 2** - Ride Around Clark County hosted by the Vancouver Bicycle Club. The ride starts in Vancouver. [www.vancouverbicycleclub.com](http://www.vancouverbicycleclub.com)

**May 3** - May Day Metric hosted by Phil's South Sound Cyclery. The ride starts in Federal Way. [www.maydaymetric.net](http://www.maydaymetric.net)

**May 9** - Group Health Inland Empire Century hosted by the Tri-City Bicycle Club. The ride starts in Richland. [www.tricitybicycleclub.org](http://www.tricitybicycleclub.org)

**May 9** - Skagit Spring Classic hosted by the Skagit Bicycle Club. The ride starts in Burlington. [www.skagitbicycleclub.org](http://www.skagitbicycleclub.org)

**June 7** - Peninsula Metric Century hosted by the Tacoma Wheelmen's Bicycle Club. The ride has two starts, at the Southworth Ferry Terminal and in Gig Harbor at the Fire District 5 Station on Kimball Drive. [www.twbc.org](http://www.twbc.org)

**June 20** - Ann Weatherill Cycling Classic hosted by the L'Ecole No. 41 (a winery!) and the Wheatland Wheelers Cycling Club. Ride starts in Walla Walla. [www.annweatherillcyclingclassic.blogspot.com/](http://www.annweatherillcyclingclassic.blogspot.com/)

**June 28** - Two County Double Metric Century hosted by Capital Bicycle Club. The ride starts from Millersylvania State Park south of Olympia. [www.capitalbicycleclub.org](http://www.capitalbicycleclub.org)

**July 26** - Tour de Kitsap hosted by West Sound Cycling Club. The ride has two start locations, at the Bremerton Ferry Terminal and in Silverdale. [www.westsoundcycling.com](http://www.westsoundcycling.com)

**August 9** - TRYBR (Tenino Rainier Yelm Bucoda Rally) hosted by Capital Bicycle Club. Starts in Tenino. [www.capitalbicycleclub.org](http://www.capitalbicycleclub.org)

**August 22 to 23** - Ride Around Puget Sound (RAPSody) is a challenging 2-day ride hosted by five bicycle clubs (BIKES of Snohomish County, Capital Bicycle Club, Cyclists of Greater Seattle, Tacoma Wheelmen's Bicycle Club, and West Sound Cycling Club) to insure your enjoyment. Starts and ends at Tacoma Community College. The 170 mile ride goes across the new Tacoma Narrows Bridge with an overnight stop in Shelton. Great rest stops with lots of music. A 1-day option for the entire course starts on August 23. All funds donated to the Bicycle Alliance of Washington to support bicycle advocacy and safety programs. [www.rapsodybikeride.com](http://www.rapsodybikeride.com)

**September 20** - Chuckanut Century hosted by the Mt. Baker Bicycle Club. The ride starts in Bellingham. [www.mtbakerbikeclub.org](http://www.mtbakerbikeclub.org)

**September 27** - Headwaters Century hosted by the Tacoma Wheelmen's Bicycle Club. [www.twbc.org](http://www.twbc.org)

**October 3** - Manashtash Metric hosted by the Retired and Senior Volunteers of Kittitas County. Starts in Ellensburg. [www.drier-ride.org/](http://www.drier-ride.org/)

### Team RAPSody

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

Stamp  
Goes Here

**New Members:**

Rick Pressley – Seattle

**Renewals:**

Mike Cundiff – Marysville  
Lucie Johns – Marysville  
Rod McDonald – Arlington  
Cecily Tillinghast – Mukilteo  
Warren Bare – Everett  
Pete Pias – Marysville

Address

*Is it time to renew? →*

**Sharing Wheels Community  
Bike Co-op  
Up-Coming Events**

Last Wednesday of the Month  
Maintenance Class at 6:30 pm.

The second Sunday of each month is our  
Bicycle Donation Day. You can always  
come in and wrench on some bikes then!

Annual Children's Bike Swap is the first  
Sunday of June. We are fixing up bikes for  
now, so stop in and lend a hand. Call for  
hours, 425/252-6952

**Shop Hours:**

Mon	2pm-6pm
Tue	4pm-8pm
Wed	5pm-9pm
Thu	2pm-6pm

**Bike to Work with E's**

Snohomish County Bike to Work is one day,  
on two wheels, for three reasons: exercise,  
environment and economy. Bike to Work  
Day is May 15, and BIKES Club volunteers  
are needed to help staff Celebration Stations  
around the county. BIKES members can also  
organize teams to bike to work one day a  
week for a month in the Bike Commute  
Challenge. To learn more about the  
challenge, come to the kickoff between 3pm  
and 6pm on April 30th at Community  
Transit, 2300 Kasch Park Rd., Everett. Visit  
[www.communitytransit.org/biketowork](http://www.communitytransit.org/biketowork) to  
learn more.

**Chainwheel Chatter April 2009**

NEWSLETTER SUBMITTAL

Please submit all material for the May newsletter by April 18

E-mail Warren Bare at [editor@bikesclub.org](mailto:editor@bikesclub.org)

**Club Bike Box and Trailer**

Ready to travel with your bicycle? BIKES Club members can use our sturdy bike box for airline travel or our BOB trailer to tow gear behind your bicycle. Cost - FREE with a \$25.00 refundable deposit. Basically, these are club benefits we want people to use. To arrange for use contact Warren Bare at (425) 743-7593 or another club officer.

**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:** Year-round recreational weekday and weekend rides, weekend tours, 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.