

Chainwheel Chatter

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

Your Snohomish County Cycling Club

THE PREZ SAYS

Another year is behind us. I have my usual list of resolutions again this year. Ride more (fun and interesting rides all year long), go to a club meeting (at the January meeting, Will McMahan will present on his cross country bicycle trip – and the club buys pizza!),

Other things to do are; list a ride on our monthly calendar or ride changes page), volunteer for the McClinchy Mile Ride (many opportunities allow you to ride as well as volunteer). You probably remember them all from last year.

In 2008, I had the opportunity to meet with Everett, Snohomish Co. and DOT employees regarding bicycle related projects. This year I will act as a co-chairperson for a Healthy Communities subcommittee in Everett. I encourage everyone to talk with an elected official from your neighborhood about bicycling in your community.

You will be surprised by how many of them already cycle or want to learn more about a route or event that you may have attended.

Some club members will go to Olympia again this year for Transportation Lobby Day on February 24th to meet with state elected officials.

Contact me if you are interested in more details.

I hope to see everybody on a ride this year.

Bill Weber

January's Club Meeting Features

Will's Bicycle Adventure.

Please join B.I.K.E.S. for its 2009 kick-off meeting on January 8th at Alfy's Pizza, 2317 Broadway in Everett.

Bicycle adventurer and club member Will McMahan will give a presentation of his cross-country bicycle journey from Everett, Washington to Raleigh, North Carolina.

If you are not familiar with Will's trek from Everett to Raleigh, then check out this article in the Everett Herald <http://www.heraldnet.com/article/20080727/NEWS01/953223543/0/>

And of course, you can relive his adventure on a nearly day to day basis on his website <http://www.willsbicycleadventure.com/>

The Club meeting begins at 6:00pm followed by Will McMahan's presentation at 7:00. The business portion of the meeting is McClinchy Mile planning. The club buys the pizza for this meeting so come and learn what's going on with McClinchy and then follow along as Will recounts his adventure.

JANUARY 2009

ISSUE 353

INSIDE THIS ISSUE:

Club News	1
Frequent Rider Miles	2
Ride Calendar	3
Advocacy News	4
Members	6

New Members

Daan Mulder

Member Renewals

Judy Corcoran

Pam & Bruce Deitz

Peter Pisani Jr

Thanks for joining or renewing



OF EVERETT AND SNOHOMISH COUNTY

B.I.K.E.S.

Total Frequent Rider Miles 2008 by Club Members

Club Officers and Support Information

Bill Weber
President
(425) 252-9587
president@bikesclub.org

Warren Bare
Vice President
Newsletter Editor
vicepresident@bikesclub.org
editor@bikesclub.org

Mike Dahlstrom
Secretary
secretary@bikesclub.org

Debby Grant
Treasurer
(425) 778-5530
treasurer@bikesclub.org

Fred & Kala Koch
Member Roster Coordinator
(425) 487-3221
roster@bikesclub.org

Steven Hudspeth
Frequent Rider Miles Coordinator
ridermiles@bikesclub.org

Monthly Ride Coordinator
leadaride@bikesclub.org

Address, Name, Phone and Email Changes

Remember to contact Fred or Kala at (425) 487-3221 or 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

Warren	Bare	3996	Glen	Moffitt	295
Pier	Fiorentini	3903	Erik	Troili	222
Wendell	Hultman	3303	John	Carlin	204
Bob	Nyberg	3018	Dick	Nickelson	197
Dan	Scott	2131	Brian	Elmore	191
Pam	Hallanger	1584	Peter	Pisani	172
Bill	Lutterloh	1569	Bruce	Deitz	162
Bill	Weber	1563	Linda	Hunter	161
Steve	Linari	1469	Desire	Troili	159
Tim	Wise	1400	John	Marshall	177
Warren	McAndrew	1136	Kala	Koch	147
Doug	Andrews	1130	Fred	Koch	147
Steven	Hudspeth	1062	Mike	Dahlstrom	129
Kristie	Marlett	1053	Brent	Hunter	125
Kathy	Riddle	1022	Pam	Deitz	122
Allyson	Welsh	870	Kathleen	Humbert	118
Laura	Elmore	807	Jack	McClincy	109
Elaine	Scott	798	Patty	Garrett	105
Debbie	Grant	762	Justin	Sleasman	96
Mike	Cundiff	589	Tom	Crisp	90
Annie	Peterson	570	Mark	Andrews	82
Kristin	Kinnamon	543	Melanie	Green	73
Rod	McDonald	535	William	Morrison	61
Kristi	Knodell	524	Jay	Grant	53
Terri	Spencer	497	Corinne	Beuchet	53
Michael	Snodgrass	482	Doug	Andrews II	50
Stephen	Benson	475	Robert	Palm	49
Bob	Palm	417	Jeanne	Crisp	48
Art	Arneson	404	Gibb	Johnson	48
Tom	Weber	386	Dan	Cornelissen	43
Scott	Moore	360	Will	McMahon	41
Bob	Huey	360	Mary	Andrews	40
Genade	Osowiecki	352	Bogdan	Vladu	35
Keith	Gerhard	342	Ginger	Decker	34
Mason	Rutledge	318	Graham	White	27
Roger	Frost	300	Linda	Allen	25

January 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

MONDAY NITE INDOOR TRAINING SESSIONS. Starting Monday 04 November till MARCH 09 6 P.M. start BRING YOUR BIKE, and TRAINER...some trainers available at the shop call to reserve 360-629-6415. All "classes" held at Stanwood Velo Sports...come join the fun...Every Tuesday Night till March 9th Rod McDonald 360-654-1499 Email: rodmc@cedarcomm.com

TUESDAY NITE LADIES ONLY INDOOR TRAINING SESSIONS Stanwood Velo Sports will host indoor bring your bike and trainer training for women only (SORRY GUYS) spin sessions starting at 6P.M....they will run thru March 09 For more info call 360-629-6415.rodmc@cedarcomm.com
Ladies these are GREAT CLASSES please come try them out.

MEANDERING MONDAYS: These are Social pace rides with regroupings; 25 to 40+ miles; varied terrain; and a food/snack stop along the way. Check the ride changes page or contact Warren Bare at (425) 743-7593 or email warrenbare@verizon.net for location and start time.

Friday January 1st NEW YEARS DAY RIDE...Are you riding or HIDEING...Start from north Centennial Trailhead to Snohomish and back START TIME 11 A.M. 35 +- miles...EASY PACE...bring money for refreshments in Snohomish...COME ENJOY A RIDE... Rod McDonald 360-654-1499 Email: rodmc@cedarcomm.com

2009 Transportation Advocacy Day Set for February 24. *Save the Date!*

Once again the Bicycle Alliance is working with Transportation Choices Coalition, the Sierra Club, and other transportation-related organizations to hold Transportation Advocacy Day in Olympia. The February 24 event will provide a great opportunity to learn the issues, meet with your legislators, and network with other advocates. Check back after the first of the year for more details. Hope to see you there

By Kristin Kinnamon Bicycle Alliance of Washington Board Member

(For more information on this article and the Bicycle Alliance of Washington Legislative initiative's on page 4 please visit the Bike Alliance web site <http://www.bicyclealliance.org/index.html>)

leadaride@bikesclub.org

Ride leaders can simply send their ride ideas to the "leadaride" address, then the email will be automatically forwarded to that month's ride coordinator.

leadaride@bikesclub.org

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.

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

Stamp
Goes Here

With the new year upon us it is time to start thinking spring.

Some upcoming events:

Seattle Bike swap. February 21, 2009
Warren Magnuson Park. Hanger #30

Chilly Hilly February 22nd, 2009

2009 Transportation Advocacy Day
February 24

Bike Expo March 14 and 15, 2009
Warren Magnuson Park. Hanger #30

McClinchy Mile March 21, 2009
B.I.K.E.S main fundraiser of the year.

Check the website often for news and ride changes.

See you on a ride soon.



Club President Bill Weber demonstrating techniques of **got to have more light** at the Scott's for the **Bike Holiday Lights Ride**

Address

Is it time to renew? →

Chainwheel Chatter

January 2009

Bicycle Alliance of Washington 2009 Legislative initiative's - Abbreviated

Traffic Actuated Signals: The Bicycle Alliance proposes a bill to require cities, counties and the state to make all new traffic-actuated signals detect bikes and motorcycles and to upgrade equipment at existing signals when significant upgrade work is being done or when an upgrade involves an arterial or bicycle route.

Construction Zones: Bicycle Alliance bill will require compliance with MUTCD standards so that people who use wheelchairs, bikes or their own two feet are considered important user groups when construction, repair, utility or maintenance closures and detours are necessary.

3-Foot Passing: This Bill proposed by The Bicycle Alliance would assure the requirement that requires cars to pass cyclists at a "safe distance" This bill would specify what that distance is. We've been studying other state's laws and have good information on how similar bills have succeeded. .

School Transportation Funding: The Bicycle Alliance as a partner in the Center for Safe Routes to School in Washington State. Wants' to give school districts incentives to work for safer roads and healthier transportation in their community, not just more money for buses year after year. .

Global Warming: A Bicycle Alliance representative serves on the state's Climate Change subcommittee on transportation. The committee will be supporting policies and legislation that encourage bicycles as a climate-friendly transportation option.

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.