

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

Bike to work kicked off with bicycle riders stopping at celebration stations in Snohomish Co. Club members volunteered at many of them. The Everett station logged 125 riders this year and the estimated total count was over 900

I still have Volunteer opportunities for club members. Some are more fun than work. Contact me for more information at president@bikesclub.org.

I have been looking at the promotional items in the storage locker and wondering if they could do a better job of promoting our club and rides (Last year nobody from the storage locker signed up for the club or rode the McClinchy) I think it is time to start expanding the area of influence of our promotional items. I would like some ride leaders to contact me and help spread some of them to members and riders in the community.

For those waiting for warm weather to get out and ride, it is time, the tights are off. inflate those tire, dust off the saddle and oil the chain. Come out and join a ride. We know where the best bakeries are.

Keep the pedals turning
Bill Weber

JUNE 2009

ISSUE 358

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Hundreds of Cyclists Take to the Streets Bike Commute Challenge continues through June

Snohomish County, Wash. – Nine hundred people tried a two-wheeled commute Friday as Snohomish County and Bothell residents and workers celebrated a sunny Bike to Work Day.

Community Transit and Everett Transit sponsor Snohomish County Bike to Work as part of the agencies' commitment to alternative transportation. Multimodal commutes were common, as ferry commuters stopped by the Edmonds "celebration station" before hopping on the train or bus. Others biked the Interurban Trail to the Lynnwood Transit Center "celebration station," where the city sought input on common bike routes. Lynnwood Council member and Community Transit board alternate Lisa Utter welcomed riders to the station.

Community Transit CEO Joyce Eleanor and BIKES Club of Snohomish County member Debby Grant were among those biking a portion of the 17-mile Interurban Trail. "Biking is an important part of the transportation mix," Eleanor said. Community Transit publishes the Snohomish County bike map, and has had bike racks on all its buses since 1996.



BIKES member Debby Grant, Community Transit board alternate and Lynnwood City Council person Lisa Utter and Community Transit CEO Joyce Eleanor discuss the impacts of the Multimodal commutes and the fun of cycling part at the conclusion of the Lynnwood Celebration ride

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B.I.K.E.S.

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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, 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. (The miles below are compiled from BIKES Club Rides as reported by the ride leaders)

MILEAGE AS OF MAY 17

Warren	Bare	1631	Leslie	Strickland	54
Wendell	Hultman	1313	Pam	Hallanger	53
Pier	Fiorentini	672	Jack	Boileau*	53
Bill	Lutterloh	575	Stephen	Benson	50
Dan	Scott	385	Bob	Huey	48
Kathy	Riddle	325	Bruce	Bullock *	43
Doug	Andrews	317	Marc	Peterson*	42
Bill	Weber	288	Dan	Wakefield*	42
Gery	Osowiecki	275	Skyler	Dompier*	42
Tim	Wise	262	Lena	Sullivan	39
Steven	Hudspeth	255	Erik	Troili	38
Warren	McAndrew	205	Michael	Snodgrass	37
Bob	Nyberg	203	Helen	Taubeneck*	36
Kay	Peterson	193	Roger	Frost	36
Tom	Weber	183	Perry	Walker	35
Annie	Peterson	181	Bruce	Deitz	34
Dennis	Larson *	181	Gina	Kalamen*	34
Bob	Palm	180	Anne	Schreibvogl*	31
Jim	Shaver*	154	Al	Currier*	31
Steve	Linari	147	Kevin	Schroeter *	30
Ed	Janonis*	144	Dan	Cornelissen	29
Rick	Schranck *	139	Patty	Inghan*	29
Rod	McDonald	139	Dale	Dahl*	29
Laura	Elmore	134	Michell	Gilluly*	29
Allyson	Welsh	108	Walt	Davis*	29
Dick	Nicholson	104	John	Marshall	28
Elaine	Scott	76	Shari	Osti*	25
Glen	Moffitt	75	Mark	Everett*	24
Jan	Johnson*	71	Mike	Dahlstrom	20
Melanie	Greene	68	Peter	Pisani	15
Debbie	Grant	64			

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

June Rides

Weekday Rides

FREEWHEELING THURSDAY'S: These relaxed social paced 25/40+ mile rides with regroup, varied terrain happen every Wednesday, weather permitting. Next week's route is chosen by the group at the lunch /food stop this week. For info call Warren Bare at (425) 478-9594 or email bare.warren@gmail.com . Will try to have particulars on the Ride Changes page of the web site by Wednesday AM.

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

Weekend Rides

Saturday June 6th Silver Lake to Snohomish and Downtown Everett for late lunch at Pave's via "suicide hill", Ebey Island, Hwy 2 bike path, and Interurban Tail. Distance: about 30 miles Start time: 10:00am - pace - social. Terrain -mostly A & B Phone Gery O @-469-358-2887. Rain, showers, drizzle, sprinkles, or any other form of water falling from the sky will cancel the ride.

Special note: this ride includes a very steep downhill with a stop-sign and a sharp turn at the bottom - please make sure that the brakes on your bike are in good working order.

Sunday June 7th – Peninsula Metric. Join me on this organized ride that supports BAW and is a great training ride for RAPSody. Choose a 29, 62 or challenging 100-mile loop with great food stops and SAG support along the routes. I'll ride the 62 mile loop at a moderate pace – join me or choose your own route and pace. Go to <http://www.twbc.org/events/peninsula/> for ride details and to register. There is a fee for this ride – register by mail by 5/25 and online by 6/4 to receive the advance registration discount. To ride with the group, take the 7:35am ferry from Fauntleroy (South Seattle) to Southworth. Ride leader Debby Grant treasurer@bikesclub.org or 425 778-5530. Let me know you're riding or connect with me on the day of the ride for BIKES Frequent Rider miles. Email or call if you want to arrange to carpool to the ferry in South Seattle.

Sunday June 14th Carnation – North Bend: A 9:30 AM start at the Mariner little league field across from the Tolt School. We will take the hard pack railroad trail to above the Falls then to North Bend and country roads back with a possible stop by Snoqualmie Falls and return down hill to Fall City and loop back to Carnation. A- C terrain Social –Moderate with re-groups.35-40 Miles Bikely Map <http://www.bikely.com/maps/bike-path/296909> For info call Warren Bare at (425) 478-9594 or email bare.warren@gmail.com

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Tim Wise is the July ride coordinator.

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

leadaride@bikesclub.org

Ride Guide

PACE

Leisurely / Under 10 MPH
Social / 10–14 MPH
Moderate / 14-16 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.

SATURDAY JUNE 20 - Silver Lake to Everett Farmer's Market. Meet at Thornton Sullivan Park parking lot for 10am start. Ride to North Everett Marina for lunch and a stroll through the market. A and B terrain, social pace, approximately 22-24 miles. Ride leader Mike Dahlstrom, 425-337-0887, mike.dahlstrom@verizon.net. Rain cancels.

Sunday June 21 – Father's Day Ride from McCollum Park to ? - Starting at 9:00am at McCollum Park and Ride parking lot. Social moderate pace with regroup. 30-35 Miles. Route will be decided by attendees. Heavy rain cancels. Leader Tim Wise (425-754-7916) tcjkwis@verizon.net

Saturday, June 27th, Snohomish, Monroe, Sultan (Bakery) loop going out High Bridge Rd and Old Owen and returning on Ben Howard and the river. It's 45 miles (I think) of A and B with a couple of good hills social to moderate pace and a great Baker for Lunch. This link <http://www.bikely.com/maps/bike-path/Snohomish-Sultan-Bakery> should get you to a bikely map showing the route. We'll start at 10AM from the centennial trail head for easy parking. Questions, call Mike Snodgrass 360-653-2384. Rain cancels.

Saturday, June 27th, Monroe, Sultan (Bakery) loop - Going out North of Highway 2 and returning on Ben Howard and the river. It's approximately 25 miles of A and B with a couple of good hills social pace and a great Bakery for Lunch. We'll start at 10.00AM from LEWIS STREET PARK - S. Lewis St and Sumac Dr Questions ?? call Gery O. at 469-358-2887. Rain cancels



Members who didn't take advantage of the Wine Ride last month in Yakima enjoyed the beautiful day riding around Padilla Bay with a food stop in Anacortes at Gere Deli and the views along the Bay such as this one on March Point.

Sharing Wheels Community Bike Shop

Is holding it's 7th Annual Childrens Bike Swap on Sunday June, 7th. Work Parties for fixing bikes for this event are on Wednesday and Thursday nights thru June from 5pm - 8pm. Co-op Maintenance Classes are on the last Wednesday of each month at 6pm-8:30pm. Join the Co-op and Join the Fun! For info email:

sharingwheels@verizon.net 425/252-6952 - sharingwheels.org

Join us, ladies:

First Tuesday of the Month –from 7:00-9:00pm

Learn how to work on your bicycle in a fun and low-testosterone environment. Help fix up bikes for our charity programs: providing bikes for kids, low-income families, homeless people and sending bikes to Africa. Free to Co-op members or earn your Co-op membership: which entitles you to classes, access to the shop and tools, and exchanging volunteer hours for used parts and bikes.

Sharing Wheels Bicycle Co-op - 2525 Broadway, Everett
(In the back of the Broadway Mall, behind QFC)
(425) 252-6952 - www.sharingwheels.org

No Boys Allowed!



(At Right)
Oxy-Gene
praising club
member Debby
Grant on her
personal
mobility choice
“for really clean
air” and club
member Dan
Scott “working”
at the Lynnwood
bike to work
station.



The New Edmonds station location did a bang up job It was coordinated by the Edmonds Bicycle Advocacy Group with support from the city, Pictured are Station workers and Councilman Steve Bernheim.

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At Everett Station, Everett Mayor Ray Stephanson and Snohomish County Sheriff John Lovick led the “celebration ride” for a group of about 30 cyclists including Brier City Councilman and Community Transit board chair Carlton Gipson and Everett City Councilman Paul Roberts. The mayor told the crowd about city plans to complete a bike-pedestrian path on West Marine Drive and a downtown bike lane on Hoyt Avenue. A regular cyclist himself, Stephanson said he hoped today’s numbers would multiply by the thousands in the coming years.

Everett Transit manager Tom Hingson announced that 30 bike lockers at Everett Station would be available as soon as nearby construction is complete in June

In Marysville, Mayor Dennis Kendall, also a Community Transit board member, led a group of about 16 cyclists on a ride to the “celebration station” at Comeford Park. Celebration stations were also set up at McCollum Park Park & Ride and the University of Washington-Bothell, where the college, the city and the Northshore YMCA coordinated the day’s snacks and goodies. The new Edmonds station location was coordinated by the Edmonds Bicycle Advocacy Group with support from the city, including City Councilman Steve Bernheim, who stopped by with his bike. As it has for each of the past nine years of the Snohomish County event, the Boeing station drew the most cyclists, 307.

There's no foolproof way to count how many people ride their bikes to work, but the national estimate is about 1 percent of all commuters, Kristin Kinnamon said. "We're pretty much in line with it," she said of Snohomish County. Some areas are higher or lower, she said. King County is about 2 to 3 percent and Portland, Ore., is about 6 to 9 percent. Still, Bike to Work Day and Bike to Work Week, this past week, attract more riders every year, Kinnamon said, Some of them stay on the road, even if only for a day or two a week or for part of the year.

(Information in this article was derived from a release by Community Transit and Bill Sheets: writing for the Everett Herald.)

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

Stamp
Goes Here

Address

Is it time to renew? →

IT'S ABOUT ROUTES AND CONNECTIONS

Help the City of Lynnwood with their bicycle routes

Go to our website and specify what routes you like or would like through, into or around Lynnwood and send them to the City Engineer or vicepresident@bikesclub.org

The City of Everett has ordered the Bike Rack to be located on the sidewalk by Zippies. The Club committed to pay for the rack and the City is handling the installation.

It has taken some time but the new rack will be the inverted "U" or staple as called for by the new Downtown Core plan and recommended by the BAW on their website. If not installed by the time you read this it will be soon.

Lynnwood has started the bike lane work that was recently in the news.

The portion of 168th St. SW west of Highway 99 will be shared lane with motorized traffic and 188th SW and 208th SW west of Highway 99 will have striped bike lanes and parking along some of one side of the road.

New Member &
Earth friendly Member

Leslie Strickland

Thanks for getting your newsletter electronically online.

Chainwheel Chatter JUNE 2009

NEWSLETTER SUBMITTAL

Please submit all material for the July newsletter by **June 18**

E-mail Warren Bare at 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: 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.