

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

As the October B.I.K.E.S. election meeting broke up, Bill Weber handed me the gavel, the orange "Prez" hat and a few Marathon Energy Bars to use as a Sound Block. I'm not one to wear hats but wielding the gavel might prove to be fun! When you see Bill on a ride, please thank him for his three years at the helm.

Also taking office for the upcoming year is Warren Bare, continuing as Vice President, Doug Andrews stepping in as Secretary and Kristi Knodell rising to the role of Treasurer. All of us are involved because we enjoy having a club to ride with, care about safe cycling and want to keep B.I.K.E.S. active in Snohomish County.

The annual club holiday party is coming up in early December, see page two for details. At this year's party, amidst the ever-popular potluck and craziness of a competitive white-elephant gift exchange, we will conduct some club business. A committee has drafted and presented to the Board a proposed amendment to the club's Constitution.

The Constitution sets forth the parameters by which the club operates. For example, it dictates when we elect officers, an expense approval process and meeting schedules. The purpose of the amendment is to bring the Constitution in line with the actual operations of the club. Proposed major changes are to officer's duties, the timeline for election of officers and committee structure. Come to the party to have fun and say hi to friends you haven't seen in a while but also to help B.I.K.E.S. stay on track and function smoothly.

Pedals Up,
Debby Grant
President

Ride Review by Bill Lutterloh

On a Friday morning in late September, club members Bill Lutterloh, Annie Peterson, Doug Andrews, and Steve Hudspeth set out for a cycling weekend on Vancouver Island, BC. After loading mountain bikes into Bill's van, we headed to Bellingham for breakfast and then to the U.S./Canada border crossing at Blaine. A Canadian border guard didn't like the looks of the Halt dog spray hanging from one of the bikes (it could have been the Ride Leader's bike). The guard invited us into the building along with our passports and the Halt dog spray to explain and have it confiscated, which was good because all the handling made it start to leak.

At Tsawwassen we boarded the ferry to Swartz Bay on Vancouver Island. We had some difficulty locating the Lochside Trail as parks were not where the map indicated and locals didn't know the name of the bike trail in their own back yard. The prettiest section of the Lochside Trail runs between Swartz Bay and Victoria and is part gravel, part paved residential streets and about 17 miles one-way. A stop at a small farmers' market yielded a cookie and coffee break.

We climbed back into the van and traveled to a Howard Johnson motel in Victoria. Our home for the weekend, the Howard Johnson is located on the Switch Bridge Trail, a connector trail that links the Lochside Trail and the Galloping Goose Trail.

On Saturday morning, we accessed the Galloping Goose Trail from the town of Sooke. We biked to the extreme northwest end of the trail to Leechtown, a former mining town that's now mostly forest and a few scattered remains of mining equipment. We back-tracked toward Victoria and were treated to a shady canopy of trees, views of an adjacent river and picturesque curved trestle bridges. The Galloping Goose Trail is about 38 miles one-way and at many street intersections, bikes have right of way!

We spent a leisurely Sunday morning riding the Switch Bridge trail, about seven miles round trip, to downtown Victoria. We took in some local sights and peered at dioramas found on the undersides of many of the street overpasses before heading to Swartz Bay to board the ferry and return home.

NOVEMBER 2009

ISSUE 363

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November Club Meeting

11/12/09— 7:00pm

Snohomish County PUD

Bldg 2320 California Ave.
Everett

Everyone's welcome and if time permits join other club members at 5:30pm for an early dinner at:

Yupa's Thai Cuisine,

They moved. Its now at 2925
Wetmore Ave

Bicycle Alliance Seeking New Board Members

The Bicycle Alliance of Washington is seeking members from around the state to serve on its Board of Directors. This is an opportunity to help lead the only organization devoted to bicycle advocacy for all cyclists in Washington State. The Board is responsible for creating vision, setting overall policy, ensuring implementation of programs, and fiscal oversight. As a Board member, you will serve on committees, participate in fundraising, provide technical and professional advice, and participate in advocacy efforts. Board members serve a 3-year term and the full Board meets every other month. Interested parties can make inquiries and applicants should email BAW-board@bicyclealliance.org by Nov. 10 to request a board candidate application.

B.I.K.E.S.

**Club Officers and
Support
Information**

**Debby Grant
President**

president@bikesclub.org

**Warren Bare
Vice President
Newsletter Editor**

vicepresident@bikesclub.org
editor@bikesclub.org

**Doug Andrews
Secretary**

secretary@bikesclub.org

**Kristi Knodell
Treasurer**

treasurer@bikesclub.org

**Tim Wise
Web Master
Member Roster
Coordinator**

roster@bikesclub.org

**Steven Hudspeth
Frequent Rider Miles
Coordinator**

ridermiles@bikesclub.org

**Monthly Ride
Coordinator**

leadaride@bikesclub.org

FURNACE CREEK 508 RACE

Furnace Creek 508 was recognized as one of the world's ten toughest bicycle races. This 508-mile event with 35,000 feet of total elevation gain traverses Death Valley with grueling heat and wind, gusting up to 60 mph and the notable accomplishment is just finishing. This year's October 3 start included BIKES member **Eric Troili** and he was one of the 49% that did finish. Check out the website here - <http://www.the508.com/> and this blog - http://blog.seattlepi.com/velocity/archives/180828.asp?from=blog_last3

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

Wednesday Evenings, Everett Station Ride. Meet at the station, 33rd St and Smith Ave for a mid week training ride, 6 pm start, 20 to 25 miles, high moderate to brisk + paced ride, flat to hilly terrain. Lead Bob Nyberg, bobnyberg@msn.com - **Lights Required!** Sprinkles ok, heavy rain cancels.

Weekend Rides

Sunday, November 1 — Two Ride Choices at 10:30am: A leisurely / social ride starting at Maple and Pine and riding the Centennial Trail. This ride is led by Brent and Linda Hunter (425)771-2824 and Patty Garrett (360) 435-0146 as co-leader. Distance will be determined at the start.

The second ride choice, also at 10:30am, is the clockwise High Bridge loop at a social pace, 24 miles, starting at the restrooms on 1st St. Led by Warren Bare (425)478-9594.

Both rides are post Ride Leader Breakfast Rides but all members are welcome and Rain, Sleet, Ice, Snow or generally miserable weather cancels.

Saturday, November 7 — **Marysville Miles:** 30 to 40 mile ride starting from Alan Creek Elementary, 9:30am start time - social to moderate pace over A/B terrain to suit riders. Bring sandwich and drink and join me for hot soup at my house, only 4 blocks away, at end of ride. Call Mike Snodgrass at (360) 653-2384. Rain cancels.

Sunday, November 8 — **Lake Sammamish Loop:** We're joining Allyson Welsh from Cascade Bicycle Club for this ride around Lake Sammamish. Meet at Redhook Brewery for a 10am start. Social pace, B terrain, 36 miles. Please don't park directly in front of the brewery – leave those spaces for Redhook customers. Or better yet, meet at Log Boom or another spot along the trail and ride to Redhook. The group will take a quick midpoint break at Tully's in Issaquah and have an optional post ride lite bite/brew at Redhook. Visit the Cascade daily ride page for more details. http://www.cascade.org/EandR/Activities_Calendar_RDetail.cfm?eventID=13018 BIKES ride leader Debby Grant, debby@jaygrant.com, 206 353-0249. Rain or ice cancels.

Saturday, November 14 — **Modified Bergeron Loop:** The loop with minor changes like starting at the Paine Field Park on Beverly Park Rd at Gibson on the north side. 10am start, social pace, 38 miles, with a food stop in Everett and rain, snow etc. cancels. Contact Warren Bare (425) 478-9594.

Holiday Party December 5th at 6 PM

Where : The Community Room at Carriage Club Mobile Home Park

13320 Highway 99 Everett WA.

All BIKES Club members and families are welcome

Food – Potluck with BIKES providing Ham and non-alcoholic beverages. Members bring other drinks of choice.

Suggestions for members potluck dishes are those with last names that begin with

A-F Side Dishes G-L Desserts/Appetizers M-Z Salads

There will be a White Elephant gift exchange. Please bring one for each member /guest in your party.

In addition to dinner and the gift exchange, we'll hand out Frequent Rider Club mileage awards.

There's plenty of room for everyone, so come meet fellow members and enjoy the festivities. Carpooling is encouraged. For directions, check the website, see the December newsletter or call Warren Bare at (425) 743-7593.

Please RSVP by Nov 27 to Club President **Debby Grant** at (425) 778-5530 or president@bikesclub.org

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)

Ride Leaders: When reporting a ride, please remember that a ride is eligible for club miles when 1) the ride is listed in the newsletter and on the Rides web page; even if only the ride leader participates or 2) the ride is listed on the Ride Changes web page and the leader and one other person from a different address participates. When reporting, please include your name, name of your ride, ride date, number of miles, names of participants, member status.

Rod	McDonald	3372	Jack	McClincy	182
Rick	Schranck	3140	Janell	Reich	182
Warren	Bare	2634	Art	Arneson	159
Pier	Fiorentini	2442	Dick	Nicholson	148
Wendell	Hultman	1871	Leslie	Strickland	146
Bill	Lutterloh	1232	Glen	Moffitt	135
Dan	Scott	1159	Mike	Dahlstrom	122
Debby	Grant	1051	Linda	Hunter	104
Tim	Wise	822	Ronn	Larpeuteur	103
Doug	Andrews	764	Melanie	Greene	85
Roger	Frost	641	Patty	Garrett	79
Steven	Hudspeth	620	Jeannie	Grippin	79
Bob	Huey	563	Peter	Pisani	64
Kathy	Riddle	556	Brent	Hunter	60
Bill	Weber	534	Graham	White	60
Gery	Osowiecki	534	Danna	White	60
Elaine	Scott	493	Fred	Koch	58
Tom	Weber	448	Kala	Koch	58
Kristi	Knodell	442	Don	Sperlin	53
Kristin	Kinnamon	436	Stephen	Benson	50
Bob	Nyberg	390	John	Spencer	45
Lena	Sullivan	388	Cecily	Tillinghast	41
Pam	Hallanger	376	Ginger	Decker	37
John	Carlin	366	Perry	Walker	35
Laura	Laures	354	Bruce	Deitz	34
Steve	Linari	344	Mary	Andrews	34
Warren	McAndrew	302	Anne	Schreibvogl	31
Kayo	Downey	275	Al	Currier	31
Allyson	Welsh	291	Dale	Kaiser	30
Michael	Snodgrass	289	Dan	Cornelissen	29
Annie	Peterson	269	David	Johnson	29
Keith	Gerhard	269	Rick	Pressley	29
Terri	Spencer	235	John	Marshall	28
Bob	Palm	234	Sharon	Andrews	25
Brian	Elmore	225	Pete	Pias	22
Kay	Peterson	222	Colleen	Norcott	20
Laura	Elmore	220	Tom	Crisp	15
Michele	Wolski	217	Debby	Kawamoto	9
Erik	Troili	212	Dale	Kaber	9
Desiree	Troili	200	Liz	Raemont	9
Clarence	Elstad	199			

Road Rage and a Bicycle

How many times have you had a person in a vehicle try to run you off the road or hit you with a mirror while you are riding your bicycle down the road? Or maybe they are only trying to see how close they can come to you without hitting you. It has happened to me several times and I used to get very upset and wave the single digit hand wave to them while yelling and shouting.

Maybe the best thing to do is be quiet and forget about it or wave (with all fingers) and tell them to have a nice day. Or better yet if you have time, write down the license number and report it to the police. If they get enough reports of bad driving from the same vehicle, maybe they will talk to the owner like this person from Cle Elum did . http://seattletimes.nwsources.com/html/localnews/2009735012_apwahitrn.html

The worse thing that can happen is the driver will stop and get out of their vehicle to confront you or try to run you over. The one thing that you must NOT do is touch or hit the vehicle. This will really upset the driver and cause them to retaliate and inflict harm on you or your bike. There are several articles on the internet about bicyclists getting hurt and killed when the driver stops and tries to back over the bike or rider because of the single digit wave or the names that were yelled at them. Here is one such article. <http://commutebybike.com/2008/01/10/dealing-with-road-rage/>

The one thing to remember is the bike and rider will lose against a two-ton motorized vehicle. There will always be drivers out there that think bikes don't belong on the road. We can't do anything about it, and it's not worth getting into an altercation with them which could very well ruin your day. How do you handle Road Rage drivers? Let me know; chinstrap@bikesclub.org.



Ride Safe.
Yours Truly, Chin Strap

Dan Scott is the November ride coordinator.

Ride leaders can simply send their ride ideas to the "leadaride" address, then the email will automatically forward 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.

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

Stamp
Goes Here

Renewing Members — Thank You

Mary Andrews — Everett
Art Arneson — Olympia
John Carlin — Edmonds
Judy Corcoran — Everett
Jeanne & Tom Crisp — Mukilteo
Bruce & Pam Deitz — La Conner
Nancy Graham & Susan Lahti — Mukilteo
Debby & Jay Grant — Edmonds
Jim & Jeannie Grippin — Everett
Pam Hallanger — Lake Stevens
Steven Hudspeth — Marysville
Wendell Hultman — Mukilteo
Kathleen Humbert — Shoreline
Linda & Brent Hunter — Edmond
Ron Johnson - Mukilteo
Debbie Kawamoto - Everett
Kristin Kinnamon & Kristi Knodell
Marysville
John Laggart — Marysville
Karen McMahan — Everett
Gery Osowiecki — Everett
Kathy Riddle — Everett
Betty Roberts — Arlington
Rick & Joan Schranck - Arlington
Mike Snodgrass - Marysville
Tim Wise - Lynnwood
Jim & Sheila Wright — Mukilteo

New Members — Welcome

Barb & Dave Aldrich - Everett

SHARING WHEELS

Is having a work party or two for refurbishing bikes for **Christmas House**. No specific skills are required to help out, have fun, and brighten the holidays for our community's children during these tough economic times. The first work party is Sunday Nov 8 from 10am to 3pm and possibly one near black Friday. **For info contact Zach at (425) 344-0705 or sharingwheels@gmail.com**

Is it time to renew? →

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NEWSLETTER SUBMITTAL

Please submit all material for the **December** newsletter by **November 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 their 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.