

Chainwheel Chatter

B.I.K.E.S.

Your Snohomish County Cycling Club

From the President

McClinchy Success! This is my seventh year helping BIKES put on its annual fundraising ride and the biggest turnout out that I've experienced. On Saturday, March 20th, 755 cyclists participated in The McClinchy Mile. Over 325 of them were preregistered which means that our fantastic registration team processed about 430 day-of-ride cyclists! The queue that snaked down the hall and thru the double doors at Haller Middle School seemed like it would never end but it actually moved pretty quickly.

Pre-assigned numbers along with registration divas Kristi, Kay and Brenda, made for a fast efficient process. Kristi's team greeted riders, reviewed registration forms, accepted payment and issued identification numbers while remaining calm and not asking "When is this line going to end?" At the other end of the foyer Patty Garrett, Janell Reich and Clarence Elstad checked in preregistered riders who lined up out the door and along the sidewalk. This year we used wristbands rather than bibs to identify riders so both teams also helped a vast number of riders fasten the bands. We received quite a lot of favorable feedback on the wristbands so the Club will probably continue to use them for future events. No more pin holes in jackets and jerseys.

When BIKES moved the McClinchy start to Arlington it planned for Granite Falls, 14 miles into the 47-mile route, to be a mini-stop along the way to Machias Station on the Centennial Trail. This year, spurred by the need to enforce more stringent Health District regulations, we served only prepackaged snack bars and whole bananas at the Granite Falls stop. Again, positive feedback says it was a successful change and worth repeating.

At the April meeting we'll review McClinchy proceeds, discuss what worked and what didn't and decide on a total for 2010 monetary grant awards. I hope to see you there. Oh, don't forget to read the ride listings on page 2 and 3. Lots of good stuff coming up in April as well as the annual Yakima Wine Tour in May.

Pedals Up,

Debby Grant

APRIL 2010

ISSUE 369

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April Club Meeting

April 8, 7:00pm

Snohomish County PUD Bldg
2320 California Ave. Everett

Celebrate the Recent McClinchy. See the final numbers and bring your suggestions for a more successful ride in the years to come.

Everyone's welcome and if time permits join other club members at 5.30pm for an early dinner at:

Supee S Thai Kitchen
2925 Wetmore Ave, Everett, WA

Annual Yakima Wine Tour Weekend

Saturday - May 22: Annual Yakima Wine Tour. About 35-40 miles at a social pace plus stops at wineries to be determined. For those who like to camp we will stay at Yakima Sportsman Park and drive to the start point and ride from there. Community potluck dinner in camp on Saturday after the ride. Hosts Jack and Janell will make spaghetti. Others bring appetizers, side dishes and deserts.

Sunday - May 23: 35 miles rolling hills. Traditional Yakima to Naches ride.

Please notify us by May 20 if you plan to attend so that we can coordinate dinner and start time and location for the ride. Jack's phone: home 360-435-5978 cell 425-322-6478 while in Yakima.

Jack & Janell will be in space #49 at Sportsman. If you plan to camp, don't hesitate, make a reservation now. Want to ride on Friday? Maybe the Yakima Canyon or some other route? Send a message to president@bikesclub.org and we'll try to put something together.

B.I.K.E.S.**Club Officers and
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Frequent Rider Miles
Coordinator**ridermiles@bikesclub.org**Monthly Ride
Coordinator**leadaride@bikesclub.org

Approximately 25% of
BIKES membership get
the Chainwheel Chatter
electronically online

YOU TOO CAN GET YOUR
newsletter electronically
Email roster@bikesclub.org
and save a tree.

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**Friday Variable ride series:**

April 2 - Three-fourths of the Bergeron Loop: 33 miles, moderate pace, food stop, start 9:00 Top Food/Interurban Trail area. Dan Scott 425-355-4510

April 9, 16, 23, 30 - Rides of 35 - 50 miles will continue on: Route/start spot will be posted on Ride Changes.

Monday Morning Motoring (Apr. 5, 12): Meet in Arlington (near Haller Middle School) for a 10am start, 50-100 miles, moderate to brisk pace, A-D terrain. Shorter, mellower rides if another leader is there. Bring snacks and hydration. Call for directions. Also check the Ride Changes page for updates. Rain cancels. □ Ride leader Rick Schranck (425-737-8445) or rschranck@aol.com .

***Earlier start - Monday Morning Motoring (Apr. 19, 26):** Meet in Arlington (near Haller Middle School) for a 9am start, 50-100 miles, moderate to brisk pace, A-D terrain. Shorter, mellower rides if another leader is there. Bring snacks and hydration. Call for directions. Also check the Ride Changes page for updates. Rain cancels. □ Ride leader Rick Schranck (425-737-8445) or rschranck@aol.com .

AWW Arlington Wednesday Workout (Apr 7, 14, 21, 28) - Arlington (near Haller Middle School) - 10am start, 30+ miles, moderate pace, A-C terrain. Bring snacks and hydration. Call for directions. Ride leaders Rod McDonald (425-359-6710) rodmc@cedarcomm.com and Rick Schranck (425-737-8445) rschranck@aol.com . Also check the Ride Changes page for updates. Rain cancels.

Wednesday Evenings - Everett Station Rides: Meet at the Everett Station for a 6pm start, 20 miles or more depending on group and conditions, high-moderate to brisk pace, A-C terrain. A second ride leader may offer a second pace option. Ride leader Bob Nyberg, bobnyberg@msn.com . Check the Ride Changes page for updates. Rain cancels.

**Doug Andrews is the May
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.

Weekend Rides

Sunday Centennial Trail (Apr 4, 11, 18, 25): Beginner to intermediate level. Arlington Trailhead (67th near 152nd) 1pm start, 10 to 40+ miles, social to moderate pace, A-C terrain. Out and back so no map is needed. Great place to begin your training. Bring snacks and hydration. Ride leader Rod McDonald (425-359-6710) or rodmc@cedarcomm.com. Also check the Ride Changes page for updates. Rain cancels.

Saturday April 10 - Some Roads Less Traveled: Meet at 9:30 at Haggen's Grocery in Arlington for this 35-40 mile, social paced, A-C terrain ride in North Snohomish – South Skagit County. We will find some roads we haven't been on for awhile. Rain may cancel and there will be a food stop along the way. Leader Warren Bare (425)478-9594 Bare.Warren@gmail.com.

Sunday April 18 - Mill Creek Ramble: 22 miles, social pace, 10am start @ Emerson Elementary south parking lot, food stop. Rain cancels. Dan & Elaine Scott 425-355-4510 or scott.dan.l@verizon.net.

Saturday April 24 - High Bridge reverse Plus: Meet at Silver Lake Sullivan Park at 9:30 for this 40-45 mile, social paced, A-C terrain ride with a food stop in Snohomish. Return via South Everett. Leader Warren Bare (425) 478-9594 Bare.Warren@gmail.com.

Saturday May 1 – Camano Climb: Join BIKES member Rod McDonald on this challenging but beautiful organized ride. Find a registration form and ride details at <http://stanwoodvelosport.com/index.cfm>. Contact Rod for information on where to meet, who's riding, etc at 425-359-7610 or rodmc@cedarcomm.com. There is a fee for this ride. Save \$\$ by registering before April 24.

Saturday May 8 – Skagit Spring Classic: Join BIKES member Rod McDonald on this organized ride and choose your route and distance. Find a registration form and ride details at <http://www.skagitspringclassic.org/>. Contact Rod for information on where to meet, who's riding, etc at 425-359-7610 or rodmc@cedarcomm.com. There is a fee for this ride. Save \$\$ if postmarked by May 1 or use www.active.com by May 6.

Saturday - Sunday, May 22 & 23 - Annual Yakima Wine Tour Weekend: See front page for details.

Club Miles Compiled to 3/18/2010

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.

Rick	Schranck	968	Allyson	Welsh	102	Gery	Osowiecki	45
Warren	Bare	606	John	Carlin	95	Anne	Schreibvogl	37
Rod	McDonald	572	Bob	Nyberg	87	Al	Currier	37
Wendell	Hultman	410	Steve	Linari	62	Dan	Cornelissen	23
Bill	Lutterloh	297	Bill	Weber	57	Tom	Radford	23
Kayo	Downey	228	Tom	Weber	57	Liz	Raemont	20
Kathy	Riddle	188	Debby	Grant	56	Clarence	Elstad	20
Doug	Andrews	147	Lena	Sullivan	54	Glen	Moffitt	19
Tim	Wise	132	Bob	Huey	50	Laura	Elmore	12
Dan	Scott	127	Mike	Dahlstrom	50			

Advocacy Issues

SB 6345 Passes, Awaits the Governor's signature

As of press time Senate Bill 6345 (making texting and using a handheld cell phone while driving a primary offense) has been passed by the House in its original version and has been approved by the full legislature. Hopefully by the time you read this Governor Gregoire will have signed it into law.

Snohomish County

On March 20, Don Kusler, an avid Snohomish cyclist, invited others (several BIKES members) and arranged a meeting with representatives of the Snohomish County road engineering department to discuss 67th Ave NE from the Centennial trailhead to 172nd St NE, acknowledged by everyone as a dangerous road for trail users. This connects the trail head on the south to the Arlington wide multiuse sidewalk continuation of the trail going north with no shoulders, a ditch on each side, high volume of traffic and a 50 miles per hour speed limit.

Some ideas the group explored were a lowered speed limit, addition of Share the Road and Bicycle Route signs, and Sharrow symbols painted on the road.

One of the aspects presented by the engineers was that Arlington's right of way extends south of 168th St NE where 67th Ave becomes narrower. Engineering felt that if Arlington were to install Share the Road/Bike Route picture signs facing the southbound traffic Snohomish County would probably be able to mirror Arlington's near the trail head facing northbound traffic.

This topic will be mute when and if the actual trail missing link is completed

Transportation 2040: Final Environmental Impact Statement was made available and a few points to ponder. There were (5) Alternatives (1-5) in the comment period but what evolved was new Preferred Alternative – Constrained and a Preferred Alternative focusing on the bike/pedestrian aspect of the report.

Preferred Alternative Bicycle and Pedestrian

The Preferred Alternative would prioritize pedestrian and bicycle facilities within regional growth centers and within ¾ mile of transit passenger facilities. Missing links in regional trails would be completed. The Preferred Alternative includes 553 miles of new off-road trails, more than any other alternative.

Other positive aspects of the report are The Preferred Alternative includes more light rail miles than any other alternative, and the largest expansion of commuter rail of any alternative, equal to Alternative 5.

The Preferred Alternative includes more local transit investment than any other alternative: over 100% more service than 2006 in peak periods and over 80% more service off-peak. All-day service with high frequencies (generally every 15 minutes) would be emphasized.

Unfortunately the rest speaks to more freeway miles, more SOV drivers and more pollution.

Travel will change over the 30 years and the needs will have to be met with different energy sources, different infrastructure funding and adjusted modes of travel and transport.

(If interested, the Newsletter Editor has the hard copy of "Executive Summary" and a CD of the FINAL Environmental Impact Statement of Transportation 2040 or contact PSRC direct.)

It's time to start thinking about this years **BIKE to Work Commute Challenge**.
The first meeting was held by Community Transit and attended by program sponsors.

BIKE TO WORK DAY is May 21, 2010.

BIKE COMMUTE CHALLENGE is May 17 to June 18 2010.

GET READY - form a team, assign a Captain, figure out your route!



◀ Past President Bill Weber at Bike Expo describing the fun to be had on the upcoming McClinchy Mile.

Rick Schrank and Rod McDonald at Bike Expo ready for the people that will fill the aisles after the nearby performances let out. ➤



◀ Bill Lutterloh and Peter Pisani all set for the first of many waves of happy riders on McClinchy (Stanwood rest stop).

President Debby Grant and just some of the many Volunteers with the last rider gone. Everything cleaned up after a job well done. ➤



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

Stamp
Goes Here

Find BIKES' members at
these
Upcoming Events

REI Cyclefest
Saturday, April 3
REI, Alderwood Mall

Bike to Work Kick-Off
Thursday, April 29, 3-6pm
Longfellow Large Annex
3715 Oakes Ave. Everett

Bike to Work Day
Friday, May 21, 7-9am
Lynnwood, Everett, Marysville
Community Transit Celebration Stations

Marysville Healthy Communities
Challenge Day II
Saturday, June 5
Allen Creek Elementary, Marysville

Renewing Members — Thanks

George Price

Gary & Joanne Sauter

Bruce Folden

Warren Bare

New Members — Welcome

Trish Graisy

Joel Niemi

Is it time to renew? →

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NEWSLETTER SUBMITTAL

Please submit all material for the May newsletter by April 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.

