

Chainwheel Chatter

B.I.K.E.S.

Issue 372; Sept, 2010

Club Meeting Thursday Sept 9th 7PM

Meeting location: Snohomish County PUD Building 2320 California Ave, Everett

Pre-meeting dinner will be at 5:30 at :

Scuttlebutt's

1524 West Marine View Drive

Everett, WA 98201-2067

(425) 257-9316

From the President:

As I begin to write for the September issue of the Chainwheel Chatter it seems as if the summer riding season has barely begun – probably because early summer was rainy and cool and my riding got off to a slow start. I'm sitting in a room at the Deer Lodge Motel in Mill Bay, BC, gazing east at the blue water of the Saanich Inlet, looking forward to tomorrow's ride around Lake Shawnigan. I left home last Friday, August 13, and rode to Vancouver, BC, with four friends and the 1300-person RSVP pack.

My sister joined us after RSVP on Saturday and our group continued up the Sunshine Coast and over to Vancouver Island and is now heading south to end our tour in Victoria on Friday afternoon. The Lake Shawnigan route is one that a friend rode last year as part of the Vancouver Island MS Ride. We're looking forward to a relaxed 35-mile ride around the lake in moderate temperatures rather than the 90+ heat that we trudged thru on RSVP. I should add that we're not self-supported. My brother-in-law is driving SAG for us and we're staying at moderately priced motels and enjoying good food and drink along the way.

I'm registered to ride RAPSody next weekend and I hope I run into many of you. All event proceeds go directly to Bicycle Alliance of Washington and in addition to a beautiful well-supported route the food is some of the best to be found on an organized ride. BIKES is a RAPSody sponsor and if you aren't able to participate maybe you'll consider helping with the event next year. It's a fun way to meet members of other local clubs and learn how to make an organized event come together.

Effective this edition, John Carlin is the new Chainwheel Chatter editor. It's a major volunteer position and requires a team-effort to bring it together each month. If you have something to contribute or would like to suggest a regular column, talk to John or another

Club officer. And next time you ride with John, let him know that you appreciate his hard work.

Let's hope for a lingering summer and mild fall so that we don't hang up our skinny tire bikes too soon this year. I look forward to seeing you soon on a Club ride.

Pedals Up,
Debby Grant

B.I.K.E.S

**Club Officers and Support
Information**

Debby Grant

President

president@bikesclub.org

OPEN

Vice President

vicepresident@bikesclub.org

Doug Andrews

Secretary

secretary@bikesclub.org

Kristi Knodell

Treasurer

treasurer@bikesclub.org

Tim Wise

Webmaster

roster@bikesclub.org

John Carlin

newsletter editor

editor@bikesclub.org

Steven Hudspeth

**Frequent Rider Miles
Coordinator**

ridermiles@bikesclub.org

Monthly Ride Coo

leadaride@bikesclub.org

Plan to attend September club meeting. We'll be reviewing a new membership card format and a new-member packet. We'll also start talking about the 2011 McClinchy routes. The club received a few negative comments about the short McClinchy route this year and based on proposed trail-use fees we need to review use of the Centennial Trail for both the 20-mile and 47-mile routes. All club members' insight and opinions are valued and help make the annual McClinchy Mile a success.

**Ride Guide
PAC
E**

TERRAIN

LEISURELY / UNDER 10 MPH
A MOSTLY FLAT / NORMAN ROAD SOCIAL / 10-14 MPH

B ROLLING TERRAIN / MODERATE / 14-16 MPH
BRISK / 16-18 MPH
STRENUOUS / OVER 18 MPH

Mileage thru August 16

Rick	Schranck	2331	Kala	Koch	94
Rod	McDonald	1302	Peter	Pisani	85
Warren	Bare	1179	Elaine	Scott	84
Denny	Andrie	1148	Kay	Peterson	83
Bill	Lutterloh	791	Laura	Elmore	79
Wendell	Hultman	718	Pam	Hallanger	75
Kathy	Riddle	553	Richard	Johnson	74
Kayo	Downey	538	Mike	Dahlstrom	72
Bill	Weber	406	Jack	McClincy	65
Tim	Wise	401	Pete	Pias	65
Doug	Andrews	380	Liz	Raemont	56
Tom	Weber	366	Clarence	Elstad	56
Allyson	Welsh	282	Janell	Reich	53
Bob	Nyberg	282	John	Schwartz	49
Steve	Linari	205	Linda	Hunter	46
Dan	Scott	203	Gery	Osowiecki	45
Roger	Frost	192	Ginger	Decker	40
Debbie	Grant	178	Mike	Cundiff	40
Kristi	Knodell	150	Tom	Crisp	40
Kristin	Kinnamon	150	Anne	Schreibvogl	37
Lena	Sullivan	139	Al	Currier	37
Steven	Hudspeth	122	Robin	Schwartz	28
Brian	Elmore	119	Dan	Cornelisser	23
John	Carlin	114	Tom	Radford	23
Michael	Snodgrass	105	Perry	Walker	22
Dick	Nicholson	103	Glen	Moffitt	19
Art	Arneson	102	Don	Sperlin	19
Bob	Huey	100	Brent	Hunter	14
Fred	Koch	94	Patty	Garrett	7

September

Weekday Rides

Sept 6th Labor Day, PROS Ride (Perimeter Ride of Seattle) Presented by Bicycle Alliance of WA and COGS, moderate and brisk paced groups, 84 or 56 (lite) miles, lot of hills. Discovery Park North lot, meet 8:00 for an 8:30 start. Leads Dan Wakefield, Bob Nyberg and others. Check COGS web link for cue sheets and further details.

Monday Morning Motoring – September 13, 20, 27 - Arlington - 8am start (**or earlier if weather is good**), 50-100 miles, moderate-brisk pace, A-C terrain, stay together ride. Bring snacks, hydration, 2 tubes, pump and bike in sound condition. Call for directions. Also check the Ride Changes page for updates – ride length depends on weather (nice = long ride). Rain cancels. Ride leader Rick Schranck (425-737-8445)

Sweetcakes – Tuesdays nights thru September @ Stanwood Velo 6:00pm (stanwoodvelosport.com) 9.6 mi loop, 14.4 mi loop. Longer & faster routes also. Cue sheet and map online (Rides and Events)

AWW (Arlington Wednesday Workout) – September 1, 8, 15, 22, 29 - Arlington - 9am start, 40-60 miles, moderate pace, A-C terrain, stay together ride. Bring snacks, hydration, 2 tubes, pump and bike in sound condition. Call for directions. Ride leaders Rod McDonald (425-359-6710) and Rick Schranck (425-737-8445). 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 Steve Linari. Check the Ride Changes page for updates. Rain cancels.

Monday, September 6th The Sixth Annual Perimeter Ride of Seattle COGS and the Bicycle Alliance presents the 2010 version of PROS. A circuit around the City of Seattle. This year there will be a snack stop in Tukwila at about the 25 mile point. Donations accepted for the Bicycle Alliance's work to make Washington State a safe place to ride.

Start: Discovery Park North Parking Lot

Time: 8:00 for 8:30 start

Distance: About 80 miles for the full PROS, 56 for PROS Lite.

Pace: Moderate to brisk.

Leader: Several ride leaders and paces to be organized.

Cue Sheet: <http://www.bikely.com/cuesheet/route/PROS-Perimeter-Ride-of-Seattle>

Weekend rides

Sunday Saunter – Great Beginner to Intermediate ride. 1:00pm Centennial Trail (Arlington) 10, 25, 35 miles out and back, you can't get lost! Call ahead to confirm. Ride leader Rod McDonald (425-359-6710).

Sunday September 5 th -- 2nd Annual "Weenie/Hot Dog" Ride: Whether you prefer a "weenie" ride, a "hot dog" ride or something in between, we will have 3 rides to choose from. A flat six- mile ride (or less with kids welcome), a twenty or so mile ride & a twenty-five miler with some hills. After everyone is done riding we will have refreshments for all the riders, weenies, hot dogs, hamburgers, chips & soft drinks. Route details & start times will be listed in the September newsletter. Ride Leaders: Brent & Linda Hunter, Patty Garrett & Warren Bare. We hope you'll save the date, we'd love to see you there!

Saturday September 11th - 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, may cancel. Leader Bill Weber 425-327-3516 bbill@clear.net

Saturday September 11-12th – Birch Bay Weekend Tour. We will visit dairy farms and taste cheese on Saturday and visit the Peace Arch in Blaine on Sunday. We will ride about 40 miles on Saturday and 40 miles on Sunday. There may be a ride on Friday., so let me know if interested. We are planning to have a pot-luck dinner on Saturday after the ride. Please RSVP to tcjkwis@verizon.net and let me know if you plan to go. Check out <http://www.parks.wa.gov/> for park reservations or check for hotels/hostels. Check out the website <http://www.bikesclub.org>

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.

All ride descriptions must be submitted before the 18th of the month.

Ride leaders are encouraged to support each other's rides by checking in with the Coordinator on dates to avoid double listings, especially rides at similar paces and distances.

BICYCLE HELMETS ARE REQUIRED ON ALL BIKE RIDES.

Journeys Afield

It's been an adventurous summer for your editor. Tour BC, RAW and RSVP with Bike Switzerland coming up in September. I'll report on these as space permits. This month, TOUR BC.

Tour BC is a week-long ride exploring a different part of the province every year. This year the start/finish point was Simon Fraser U in Burnaby. This has the advantage of being accessible via Amtrak and BC Transit.

We started Sunday morning rolling down Burnaby Mountain and turning east thru Port Moody, the

opposite way of the second day of RSVP. We made our way east up the Fraser thru Abbotsford and Chilliwack. We finished the day crossing the Fraser to a camp in Agassiz, near Harrison Hot Springs.

The second day it rained. We persevered north on highway 1, stopping for the night at a resort just south of Boston Bar. There were several tunnels and we were required to have red blinker lights. Also there was a lot of highway construction in progress.

Day 3 the weather cleared and we continued north up the Fraser, getting off Highway 1 onto 12, ending in Lillooet. Now we were in the very warm interior.

Day 4 was the big climb, westward over the pass to Pemberton. This was a major challenge, with a gain of over 1,000 meters in 60km. I walked a good percentage. Payback came with the descent. The caution here was to avoid riding the brakes. We were warned that the rims could get so hot they could pop a tire. You had to break some tough, or you'd shoot off a switchback.

Day 5 was a semi-rest day, up the hill to Whistler, on ly 32 km to enjoy this resort town.

Day 6 was mostly downhill into Squamish.

Day 7 had the disadvantage of traveling on the main highway. Fortunately it was upgraded for the Olympics and has good shoulders all the way. We stopped for lunch in Horseshoe Bay, then continued east on Marine Drive and local streets and over the Ironworkers' (Second Narrows) bridge to Burnaby. Up the hill via designated bike routes and back to SFU. This is a well-organized and supported ride and definitely worth considering. Web site is "tourbc.net". Check it out!

Renewing Members – Thanks

Rick Schrank & Family
Pier Fiorentini
Genadi Oswiecki
Catherine Mathews

New Members – Welcome
Dama Lambeth
Brian & Laura Elmore
Mark Snyder
David Wadley

B.I.K.E.S. Membership, PO Box 5242, Everett, WA 98206

Name _____

Address _____

City _____ State _____ ZIP _____

Telephone (____) _____ Email _____

Membership \$15 individual

Dues \$20 family

Member benefits: 10% discounts at local bike shops with your member card (see web site for list), low cost bike box and trailer rentals , Frequent Rider Club, monthly newsletter, social and advocacy activities.