

# Chainwheel Chatter

B.I.K.E.S.

Your Snohomish County Cycling Club

## From the President

The hot club topic for the next several months is Volunteer! McClinchy Mile is scheduled for Saturday, March 20, and it takes numerous volunteer hours to pull off a successful event. Planning is well underway: route maps have been proofed; registration forms were updated and 10,500 have been printed and sent to Cascade for distribution in the February Cascade Courier; a cool preregistration giveaway has been ordered; mechanical support is secured; Kristi Knodell and Kristin Kinnamon took on the task of scheduling club rides to verify the route queue sheets.

There's still plenty to do before the Event such as planning and purchasing food for the rest stops, distributing registration forms to local bike shops and painting Dan Henrys along the routes. On the day of McClinchy the club needs about 40 volunteers to each work a few hours. Some die-hards work all day at a rest stop or driving SAG (Support and Gear) or greeting riders as they begin and end their routes at Haller Middle School. Last year Dan Scott patrolled the Centennial Trail pulling a bob trailer loaded with tools and spare tubes. This year we need at least two people to share the task.

Proceeds from McClinchy allow the club to actively contribute to cycling in Snohomish County by giving money to organizations that support safe riding for children and adults. It also helps pay the basic cost to keep B.I.K.E.S. operating and prevent a dues increase. Membership dues isn't enough to cover the cost to produce and mail the newsletter, pay for website hosting and remit the annual club insurance premium. McClinchy also give B.I.K.E.S. the resources to pay for holiday parties, summer picnics and occasional pizza feasts – the social activities that let members connect off bike and out of spandex!

The old cliché “Many hands make light work” holds true, so think about how much you enjoy year-round club rides and how much fun you can have working to ensure they continue. Sign up for one (or more) of the following McClinchy jobs:

- Route Painting
- Food Distribution
- Registration Check-in
- SAG Driving
- Rest Stop Host – AM or PM
- Food Planning & Buying
- Parking Lot Management
- Road Sign Placement
- Centennial Trail Patrol
- Route Sweep(s)

If you're not available for McClinchy, consider working at B.I.K.E.S. booth at Bike Expo the weekend before, March 13 or 14. The reason for a booth at Expo is to promote McClinchy and pre-register as many riders as possible. We'll have the “cycling grab bag” giveaway as an enticement and it's always fun to browse the vendors at this annual event. Mike Dahlstrom is club coordinator for Expo, contact him at [bikeexpo@bikesclub.org](mailto:bikeexpo@bikesclub.org).

On another note, at the February meeting John Carlin will show a video from last summer's Tour BC. Deadlines are coming up for many summer ride registrations and Tour BC might make it to your list after John's presentation.

February's ride calendar offers something for most weekends check it out.

Pedals Up,  
Debby Grant

FEBRUARY 2010

ISSUE 366

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## FEBRUARY Club Meeting

February 11, 7:00 pm

Snohomish County PUD Bldg

2320 California Ave. Everett

Everyone's welcome

Featuring **John Carlin's**

Presentation of his

**Tour of British**

**Columbia 2009**



And if time permits join other club members at 5.30pm for an early dinner at: The Irishman Pub  
2933 Colby Ave

**B.I.K.E.S.****Club Officers and Support Information****Debby Grant  
President**[president@bikesclub.org](mailto:president@bikesclub.org)**Warren Bare  
Vice President  
Newsletter Editor**[vicepresident@bikesclub.org](mailto:vicepresident@bikesclub.org)  
[editor@bikesclub.org](mailto:editor@bikesclub.org)**Doug Andrews  
Secretary**[secretary@bikesclub.org](mailto:secretary@bikesclub.org)**Kristi Knodell  
Treasurer**[treasurer@bikesclub.org](mailto:treasurer@bikesclub.org)**Tim Wise  
Web Master  
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Frequent Rider Miles  
Coordinator**[ridermiles@bikesclub.org](mailto:ridermiles@bikesclub.org)**Monthly Ride  
Coordinator**[leadaride@bikesclub.org](mailto:leadaride@bikesclub.org)**Bicycle Centres**

has graciously agreed to continue sponsoring McClinchy Mile maps. A day-of-ride map will entitle the bearer to a 15% discount on "accessories"

**FREQUENT RIDER MILES**

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.

First name	Last Name	YTD
Warren	Bare	242
Wendell	Hultman	185
Tim	Wise	92
Bill	Lutterloh	84
Kathy	Riddle	65
Steve	Linari	62
Dan	Scott	60
Doug	Andrews	49
Gery	Osowiecki	45
Allyson	Welsh	23
Dan	Cornelissen	23
Debby	Grant	23
Mike	Dahlstrom	23
Liz	Raemont	20
Clarence	Elstad	20
Laura	Elmore	12

**UP COMING EVENTS****Around the Sound****2010 Seattle Bike Swap**

Saturday February 27

9 a.m. - 2 p.m.

Magnuson Park Hangar #30

**Chilly Hilly**

Sunday, Feb. 28, 2010

Chilly Hilly has been kicking off the cycling season in the Northwest for the past 36 years.

**Bike EXPO**

March 13 - 14, 2010

Smith Cove Cruise Terminal 91

**- AND -****The Ever Popular****B.I.K.E.S. McClinchy Mile**

Saturday, March 20, 2010

**Volunteer Opportunity**

As of press time we still need volunteers for B.I.K.E.S. booth at Bike EXPO on March 13-14. It's a fun experience and the club covers the entry fee. While there you can check out the latest bikes, gear and replenish items at discount for the cycling season.

**Contact Mike Dahlstrom**[bikeexpo@bikesclub.org](mailto:bikeexpo@bikesclub.org)**to sign up for an open time slot.****Bill Weber is the March 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](mailto: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.

## **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.**

### **Late January Ride**

**Sunday, January 31. Arlington Short Loop.** This will be the same route as the McClinchy Mile loop. We will be confirming this years cue sheet and map. We will start at Haller Middle School in Arlington, 600 East First St. Start time 10:00am. Lunch afterwards in Arlington? 20 miles, social pace, A-B terrain. Kristi and Kristin ride leaders. Home phone 360-658-2462, day of ride phone 425-220-8973. Snow cancels.

### **February Weekday Rides**

**Monday Morning Motoring** - Meet at Haller Middle School (600 East First St., Arlington - where McClinchy Mile begins) for a 10am start, 25-35+ miles, moderate pace, A-C terrain. We usually do a route that includes all or part of the Centennial Trail, though some days we go north on Hwy 9. Bring snacks and hydration, we stop when we need to but we don't take too long. If temp is in the 30s we stop for coffee/cocoa. Ride leader Rick Schranck (425-737-8445). Please call the day before or by 9am if you are going to show up as I might start earlier or later, depending on weather. Also check the Ride Changes page for updates. Rain cancels. No ride on President's day 2/15.

**AWW (Arlington Wednesday Workout)** - Meet at Haller Middle School (600 East First St., Arlington - where McClinchy Mile begins) for a 10am start, 25-35+ miles, moderate pace, A-C terrain. We usually do a route that includes all or part of the Centennial Trail, though some days we go north on Hwy 9. Bring snacks and hydration, we stop when we need to but we don't take too long. If temp is in the 30s we stop for coffee/cocoa. Ride leaders Rod McDonald (425-359-6710) and Rick Schranck (425-737-8445). Please call the day before or by 9am if you are going to show up as we might start earlier or later, depending on weather. Also check the Ride Changes page for updates. Rain cancels.

### **February Weekend Rides**

**Sunday February 7 Arlington, Granite Falls, Machias Loop.** This will be the same route as the McClinchy Mile loop. We will be confirming this years cue sheet and map. We will start at Haller Middle School in Arlington, 600 East First St. Start time 9:30am. Bring a snack, we will lunch at Neapolis in Lake Stevens approximately 31 miles in. 47 miles, moderate to brisk pace, B terrain. Kristi and Kristin ride leaders. Home phone 360-658-2462, day of ride phone 425-220-8973. Snow cancels.

**Saturday February 13 - 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 February 14 - Valentine's Day Ride.** Start at the Rexville Grange at 10:00am for this 39 mile social pace, A some B terrain, with a food stop at the Mt. Vernon Co-op Contact Warren Bare 425-478-9594 and rain may cancel. <http://www.bikely.com/maps/bike-path/Skagit-Vally-loop>

**Saturday February 20 – Twin Lakes via McCray to Stanwood.** Start at 10:00am at Twin lakes near Smoky Point for this 37 mile ride at a social pace, A-B terrain, and a food stop in Stanwood. Contact Warren Bare at 425-478-9594. Rain may cancel.

## Community Transit Needs Your Help

*(Help C-T Help us)*

To update the "[Snohomish County Bicycling Map](#)," Community Transit wants to include the latest information on common bike routes and paths to assist both recreational and commuting cyclists.

The routes designated on the 2008 bike map are not limited to "bike lanes" only. It also shows roads with wide shoulders, routes commonly used by bicyclists and low-traffic roads that connect to key corridors. Your experiences riding in Snohomish County can help identify if a road has been widened that is shown as narrow, or if traffic has increased on a route that's shown as lightly traveled. You may also know of useful paths or connectors between roads that might not show up on a road map, but that are great shortcuts by bike.

Please take a look at the current Snohomish County bicycling map with these questions in mind:

- Are the routes shown coded correctly as high or low traffic, road width, etc.?
- Are major hills shown, so you aren't surprised with a high-burner when following the map?
- Are there other roads commonly used by bicyclists but not shown?

Keep in mind that there are many nice roads for bicycling in Snohomish County, and while every road is shown in the background of the map, they can't all be marked as routes. So the focus is on the most useful and common routes for people traveling by bicycle.

You can provide feedback on the "Snohomish County Bicycling Map" in several ways:

- Email written comments to [kristin.kinnamon@commtrans.org](mailto:kristin.kinnamon@commtrans.org)
- Mark up a map and send to: Kristin Kinnamon, Community Transit, 7100 Hardeson Road, Everett, WA 98203

Also, Community Transit will be hosting a meeting at its Everett offices in **mid-February** to review the map and recommended changes. If you'd like to be invited, send Kristin an email.

Thanks for your help.

Sincerely,

Kristin Kinnamon, Public Information Specialist  
Community Transit, (425) 348-2369

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## Barb Culp Returns as Executive Director of Bicycle Alliance of Washington

Barbara Culp, who served as the Executive Director for the Bicycle Alliance of Washington from 1999-2007, has returned to take the reins of the organization again. She is delighted to be back with the BAW and is looking forward to working with bike advocates around Washington State.

"I particularly want to reacquaint myself with our statewide membership and I want to hear from them," Barb stated. "It's their voices that help shape and prioritize our advocacy, education and outreach efforts," she added. Barb believes that this is an exciting time for bicycling. She sees this as an opportune time to "link active transportation with healthy living, and for developing and expanding conservation and climate change partnerships."

The BAW is hosting an Open House at its Pioneer Square office, Thursday, February 4, from 6 – 8 PM. Drop by and welcome Barb back! Barb Culp can be reached at [barbc@bicyclealliance.org](mailto:barbc@bicyclealliance.org), or 206.224.9252 x325.

The full story on Barb Culp's return can be found at [www.bicyclealliance.org](http://www.bicyclealliance.org).

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## BAW's 2010 Legislative Agenda

**Safe Routes to School: SB 5743 + HB1793** Protect funding and make improvements to the program to meet the demand from schools around the state to improve walking and biking conditions and education.

**Complete Streets: HB 2911** Ensure that roads are designed for all users, tying funding and grants to projects that meet this goal.  
**Texting and cell phones: HB 2635 + SB 6345** Make distracted driving a primary offense for which one can be stopped and ticketed. Previous efforts made these secondary offenses.

**Vulnerable Users: SB 5838** Support [Cascade Bicycle Club](#)'s push to hold drivers accountable for serious crashes involving cyclists and pedestrians that are caused by driver negligence.

We will attempt to update BIKES Webpage "BAW 2009 Legislative Initiatives information" to reflect 2010 information By February 1st or shortly thereafter.

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## **B.I.K.E.S. Meeting Minutes**

### **Thursday November 13, 2009 7:00pm**

**Members attending:**

Debby Grant, Bill Weber, Warren Bare, Mike Dahlstrom, Doug Andrews, Kristi Knodell, Mary Andrews, Dan Scott, Tim Wise, Kathy Riddle, Clarence Elstad, Bill Lutterloh, John Carlin and Mike Snodgrass.

President Debby Grant opened the meeting.

**Agenda:**

Call to order and introductions.

Minutes of last meeting.

Treasurer's report.

New Business.

Old Business.

Other business.

Adjourn.

The minutes of the last meeting were accepted without review.

Kristi reported available funds as \$3,415.61 Checking and \$5319.49 Savings.

Old business.

Tim is in charge of the membership database, Mike Dahlstrom will assist.

Format of renewal notices. Postcard or envelope with additional info? The president's signature to be removed from membership cards?

New Business.

Advocacy day January 28th.

New ride leader card awarded to Clarence Elstad.

McClinchy planning – Debby.

Map review, Cue sheets to be confirmed by Kristi by riding the routes.

Mike D. to contact Bicycle Centres about advertising.

Bento box proto due in 3 weeks.

Giveaway to be available at Bike Expo.

Massage will be available after ride in front of school.

Wristbands will be used in place of bib numbers.

Bill W. To co-ordinate bike mechanic.

Call for volunteers- route painting, registration, rest stops etc.

Other Business.

Renewal cards request info on interest in volunteering and general interests. This information is not currently used. It was decided to bring renewal cards to regular meetings to collect volunteer information and discontinue collecting general interest information.

Adjourn at 8:30.

The next meeting will be February 11<sup>th</sup>, 2010

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

Stamp  
Goes Here



Is it time to renew? →

**Traffic Lights that don't detect bikes**  
Still looking for lights that do not treat bikes as traffic. Email any information to Warren at [vicepresident@bikesclub.org](mailto:vicepresident@bikesclub.org)

**Club President Debby Grant** presenting new ride leader **Clarence Elstad** with a Starbucks gift card for leading a ride early in the New Year



**IT'S EASY : IT'S FUN**

Lead your first ride and receive a Starbucks card.

### Chainwheel Chatter February 2010

. NEWSLETTER SUBMITTAL

Please submit all material for the **March** newsletter by **February 18**

E-mail Warren Bare at [editor@bikesclub.org](mailto: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 Annual (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.