

# Chainwheel Chatter

B.I.K.E.S.

Your Snohomish County Cycling Club

## From the President

Based on the amended Constitution adopted by members last December, annual officer elections took place at the May meeting. Debby Grant, Doug Andrews and Kristi Knodell agreed to remain in their elected positions and members in attendance unanimously approved. Warren Bare resigned his position as Vice President. So you all know what that means – BIKES needs a VP.

There are many reasons for becoming more involved in BIKES. But, you don't have to be a prolific rider leader, or even lead rides. You don't have to be interested in bicycle legislation. You don't have to be a polished public speaker. If you value the opportunity to join others on scheduled CLUB rides and want to share the fun of bicycling for exercise and recreation, then this is your chance to make sure BIKES continues to thrive. Meetings are once a month except June – Aug and December. A few years ago the meeting day was changed because of individual schedules. So don't let a scheduling conflict get in the way – we're flexible. Give one of the Club officers a call and find out what it's all about.

Speaking of bicycling for exercise and recreation, the Club weekend in Yakima on May 22 and 23 was a huge success and fun for all who attended. Twelve members and two guests joined Jack McClincy on Saturday for his annual tour of Yakima valley wineries. Jack said this was the best turnout since he began organizing the getaway for BIKES. Visiting the tasting rooms at the wineries is fun even for non-wine tasters because there are often unique gardens or flagstone patios or picnic grounds to enjoy while the tasters head inside.

Jack's original lunch restaurant choice was closed but the group wasn't disappointed when he led us to Whitstran Brewing Co. in Prosser. Terry Snodgrass, our volunteer weekend SAG driver, gave the pub advance notice and tables were ready when we arrived. I like pub food and wasn't disappointed. The menu listed an eclectic selection and offered something for all tastes, both food and brew.

Jack leads a ride from Yakima to Naches on Sunday and lunch is a picnic stop along the route. In addition to Club members who joined Jack for the weekend, another Club group, led by Bill Lutterloh, rode a local Yakima trail on Saturday and participated on Sunday in the *Your Canyon for a Day* event that's hosted each year by Yakima County Crime Stoppers. So whether one fancies camping or indoor accommodations, trails or wineries, the weekend offered something for all.

We're having typical unpredictable spring weather so try to fit some rides between rain showers. And good luck to all who are participating in Bike To Work month.

Pedals Up,  
Debby Grant

JUNE 2010

ISSUE 371

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**NO MEETINGS**

**June, July or August.**

**Have fun riding!**

### Annual Club Picnic

**Saturday — July 10**  
**Thornton A Sullivan**  
**Park**  
**at Silver Lake**

10am Club Rides  
1pm Barbeque

The Club provides burgers, dogs, condiments and soft drinks. You provide side dishes & desserts.

Last name A-R: sides

Last name S-Z: desserts

RSVP to  
president@bikesclub.org

### Newsletter Etiquette

What's newsletter etiquette, you ask? The rules we need to follow so that the Chainwheel Chatter can be organized, formatted, proofed, corrected, sent to the printer, printed, posted to the website and mailed to reach members by the first of the month. Whew... That's a long list and that's why we ask that you submit articles, ride listings, notices and whatever else you want to share with other BIKES members by the 18th of the month.

**Remember—our newsletter staff is volunteer. Any questions?**

**B.I.K.E.S.****Club Officers and  
Support  
Information****Debby Grant  
President**[president@bikesclub.org](mailto:president@bikesclub.org)**OPEN****Vice President**[vicepresident@bikesclub.org](mailto:vicepresident@bikesclub.org)**Doug Andrews  
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Coordinator**[ridermiles@bikesclub.org](mailto:ridermiles@bikesclub.org)**Monthly Ride  
Coordinator**[leadaride@bikesclub.org](mailto: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](mailto:roster@bikesclub.org)

and save a tree.

**Club Miles Compiled to 6/18/2010**

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	2074	Brian	Elmore	67
Denny	Andrie	1148	Liz	Raemont	56
Warren	Bare	913	Clarence	Elstad	56
Rod	McDonald	856	Peter	Pisani	55
Wendell	Hultman	569	Mike	Dahlstrom	50
Bill	Lutterloh	495	John	Schwartz	49
Kayo	Downey	403	Gery	Osowiecki	45
Kathy	Riddle	374	Tom	Crisp	40
Bill	Weber	312	Kristi	Knodell	38
Tom	Weber	272	Kristin	Kinnamon	38
Tim	Wise	236	Anne	Schreibvogel	37
Doug	Andrews	228	Al	Currier	37
Allyson	Welsh	215	Art	Arneson	29
Dan	Scott	203	Robin	Schwartz	28
Roger	Frost	192	Steven	Hudspeth	27
Bob	Nyberg	157	Fred	Koch	24
Steve	Linari	157	Kala	Koch	24
Lena	Sullivan	139	Dan	Cornelissen	23
Debby	Grant	138	Tom	Radford	23
Dick	Nicholson	103	Perry	Walker	22
Bob	Huey	100	Linda	Hunter	20
John	Carlin	95	Glen	Moffitt	19
Elaine	Scott	84	Don	Sperlin	19
Laura	Elmore	79	Brent	Hunter	7
Pam	Hallanger	75	Patty	Garrett	7
Richard	Johnson	74			

**Warren Bare is the JULY  
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.*

## BAW Legislative and Statewide Issues Meeting – 6/12/10

On Saturday, June 12, at REI's main store in Seattle from NOON to 5 p.m., the Bicycle Alliance of Washington's Legislative and Statewide Issues Committee will meet to prepare for the 2011 legislative session and to discuss other bicycle issues of statewide interest. The agenda includes evaluating the BAW's 2010 successes and issues requiring continued effort, identifying new items, developing priorities, and mapping out strategies to address.

The Bicycle Alliance works year round to bring forward input from bicycle clubs and bicyclists from throughout the State. Even though it is very tough to get legislation passed, it is essential that bicyclists in Washington know that BAW is working for them to get their ideas incorporated into State law. The Bicycle Alliance web page has more info on our legislative efforts: <http://www.bicyclealliance.org/programs/legislation.html>.

The committee consists of representatives from bicycle clubs and other advocates from around the state. The meeting is also open to non-committee members. If you would like to participate in the meeting and make a positive difference for bicyclists, please consider attending. You may also share any items with a Committee member (see list on the web page above) if you are unable to attend. Food and beverages will be available at the meeting. Please RSVP Bob Duffy in advance at [enb3pin2@comcast.net](mailto:enb3pin2@comcast.net).

**The BAW looks forward to seeing you in Seattle!**

### RIDES THAT SUPPORT BAW

#### June 6 : Peninsula Metric Century - Southworth & Gig Harbor

Tacoma Wheelmen's Bicycle Club  
[www.twbc.org](http://www.twbc.org)

#### June 6 : Wheels to Meals - Puyallup.

The Food Connection  
[www.wheelstomeals.org](http://www.wheelstomeals.org)

#### June 19 : Ann Weatherill Cycling Classic - Walla Walla

Wheatland Wheelers CC  
[annweatherillcyclingclassic.blogspot.com](http://annweatherillcyclingclassic.blogspot.com)

#### June 26 : Chelan Century Challenge - Chelan

Lake Chelan Rotary  
[www.chelancenturychallenge.com](http://www.chelancenturychallenge.com)

#### June 26 : Cycle de Vine - Chelan

Lake Chelan Rotary  
[www.chelancycledevine.com](http://www.chelancycledevine.com)

#### June 27 : Two County Double Metric Century - Millersylvania State Park, Olympia

Capital Bicycling Club  
[www.capitalbicycleclub.org](http://www.capitalbicycleclub.org)

### First Annual Mukilteo Classic Sunday, June 13, 2010

Presented by **Quality Fitness** and the **City of Mukilteo**

Choose from three routes [ This is a Fee Ride]

8-mile family fun ride -25-mile ride to north Everett and a 40-mile ride to North Everett and the Snohomish River Valley.

Rides begin and end at Mukilteo's City Hall, 11930 Cyrus Way, Mukilteo, WA 98275.

We are promoting physical fitness in our community and proceeds benefit Mukilteo's scholarship program for the Recreational and Cultural Services programs.

For more info- **425.263.8180**

<http://www.qualityfitnessmukilteo.com/MUKILTEOCLASSIC.html>

or [http://www.ci.mukilteo.wa.us/files/bike\\_registration\\_form.pdf](http://www.ci.mukilteo.wa.us/files/bike_registration_form.pdf)

### A recurring popular Stanwood Area Ride

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

### Over 55 and looking for a ride - Not a race

**Thursday Pedal Pushers: Sponsored by the Lynnwood Senior Center,**

These are leisure/ low-social paced rides ranging from distances of 10 - 22 miles. For ride details go to <http://reconnect.ci.lynnwood.wa.us/>, click on Activities and then search for Bicycling. Warren Bare and Debby Grant, city of Lynnwood employees, are ride leaders.



< **Jillian** with Community Transit greets a happy cyclist at McCollum Park.

Community Transit took the lead in hosting over 700 riders that braved the cold and rain at seven Celebration Stations throughout the County on May 21<sup>st</sup> **BIKE TO WORK** day.

## 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

**Monday Morning Motoring** – June 7, 14, 21, 28 - Arlington - 9am 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)

**AWW (Arlington Wednesday Workout)** – June 2, 9, 16, 23, 30 - 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 Bob Nyberg, bobnyberg@msn.com . Check the Ride Changes page for updates. Sprinkles OK Heavy rain cancels.

### Weekend Rides

**Sunday Saunter — Great Beginner to Intermediate ride.** 1pm Centennial Trail (Arlington) 10, 25, 35 mile out and back, you can't get lost! Great place to begin your training. Bring snacks and hydration. Ride leader Rod McDonald (425-359-6710) or [rodmc@cedarcomm.com](mailto:rodmc@cedarcomm.com) . Also check the Ride Changes page for updates. Rain cancels.

**Sunday June 6 - McCollum Park / Snohomish / Everett/ or maybe somewhere else.** Start at 9:00am at McCollum Park and Ride parking lot. Social moderate pace with regroupings. 30-35 Miles. Heavy rain cancels. Leader Tim Wise (425-754-7916) [tcjkwise@verizon.net](mailto:tcjkwise@verizon.net).

**Sunday June 13: Carnation – North Bend :** Meet at the parking lot by the Snoqualmie Valley Trail. (Directions: In Carnation on highway 203 / Tolt Ave turn East on Entwistle about 3 blocks.) Ten mile gravel railroad trail followed by gently rolling and flat rural roads for 35 miles or so. Social ride, 9:30 start with a food stop in North Bend. Heavy rain cancels and call the ride leader to arrange carpools. Warren Bare 425-478-9594

**Saturday June 19: Snohomish – Granite Falls:** Meet at the Centennial Trail Head at 9:30 for this 35 mile social/ Moderate ride because there is a new piece of road to check out (round-a-bout) near Granite falls. There will be a food stop and heavy rain cancels. Leader Warren Bare 425-478-9594

**Saturday June 26 — From Shoreline to Bothell, A Day of Arts Festivals:** We'll take in the Shoreline Arts Festival and the LiveArts Bothell Festival on the UW Bothell campus (free admission to both). The route isn't set so watch the Ride Changes page for start time, distance and terrain. Low moderate pace and probably around 35 miles. Food is available at the art festivals. Debby Grant 425 778-5530 or [debby@jaygrant.com](mailto:debby@jaygrant.com). Rain cancels.

**Mark your calendar for the Birch Bay Weekend Tour — September 11-12**

Camp at Birch Bay State Park or stay at Birch Bay Hostel — reservations may be made for either.

Details will be posted to the web site and in the September newsletter

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### Sharing Wheels Community Bike Shop

Will be hosting it's annual Kid's Bike Swap Sunday, June 13, 11:00am to 3:00pm.

Bring in your kid's old bike and trade it in for a larger bike that's been refurbished by Sharing Wheels' volunteers.

There may be a small cost to upgrade bikes. Free helmets will be available. A parent or guardian must be present.

Located at 2531 Broadway, enter thru parking lot behind the building. For more information call 425-252-6952.

#### ALSO HELP—Sharing Wheels is looking for Volunteers for the Kids Bike Swap

**Needed are:** Setup workers – Greeters - Paper pushers - Helmet fitters - Mechanics -Test ride helpers -Take down workers

If you want to help us or know of someone who can contribute and make this event a great one please call 425-252-6952 or email [Sharingwheels@gmail.com](mailto:Sharingwheels@gmail.com). If you have a specific task you are interested in please let us know.

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## **SNOHOMISH COUNTY CYCLING NEWS**

### ***Snohomish County***

#### **North Road = Rumble Strips**

The placement of the new Lynnwood High School on North Rd. created a severe safety hazard for pedestrians (students on the walk path) walking on the west side shoulder, along North Rd.

Citizens and council members asked public works for temporary safety features until the County completely fixes the road with increased width, sidewalks and bike lanes in 2012.

Public Works plans to install the raised rumble strips separating the southbound drive lane from the shoulder pedestrian walk.

**The rumble strips will have a 20 foot open area every 60 ft to accommodate bicycle access into and out of the shoulder** and will increase the safety of Non-motorized users.

#### **Dangerous Road Section for Cyclist**

As a result of the meeting described in the April issue of the Chainwheel Chatter about 67<sup>th</sup> Ave NE from the Centennial trailhead to 172 St NE, the County has placed **Share the Road / Bicycle signs** near the trailhead viewable by northbound traffic and at the north end of the County right-of-way viewable by southbound traffic. Kudos to **Snohomish County** for moving ahead with this safety measure.

A series of public outreach open house meetings will be held on

#### **Snohomish County's Future North Creek Trail**

The trail will be part of a regional pedestrian/bicycle transportation system—the trail dimension, exact alignment and type are unknown at this time. The County is seeking citizen comments. Attend any of the public open house meetings

**Check the Website for meeting dates and times as is currently linked to a PDF on the front page.**

### ***Edmonds***

As we go to press a meeting is being held in Edmonds for political leaders and citizens to promote a Complete Streets program. Hosted by Cascade Bicycle Club in conjunction with Feet First, the Cascade Land Conservancy and Transportation Choices Coalition the various aspects of a Complete Streets program will be covered with the goal of the city implementing an ordinance as Kirkland, Seattle and other cities throughout the region have done.

### ***Lynnwood***

Bicyclists/Walkers, A contest - **BRIDGING THE GAP** Over 44<sup>th</sup> Ave W.

An **application** for the first group of walkers and the first group of bicyclers to go over the bridge will be available on the **Lynnwood website** and will be placed on **BIKES** website. Fill out the app. and send it in as directed.

### ***Everett***

After a pause to take a deep breath, Everett is reenergized to pull together and complete their Master Bike Plan. The City is reengaging Alta Planning and Design to develop Bicycle Master Plan Implementation services for the City. The route detailed comments are being finalized and categories may change based on the cost estimates. It is hoped that public hearing on the final draft will be held in the foreseeable future.

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

Stamp  
Goes Here



**No Chainwheel Chatter  
in July and August**

Volunteer staff need some time off to enjoy more summer days on their bikes. Look for the next issue in September.

Ride Listings and Club Miles will be posted to the website.

*Is it time to renew? →*

**Renewing Members — Thanks**

Doug Andrews  
Mike Cundiff  
Steve Linari

**New Members— Welcome**

Carl & Mary Knoke  
Richard Johnson

**Chainwheel Chatter June 2010**

**NEWSLETTER SUBMITTAL**

Please submit all material for the **September** newsletter by **Aug 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 a 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.