

Chainwheel Chatter

B.I.K.E.S.

Your Snohomish County Cycling Club

From the President

Bike season is in full swing and with it comes opportunity for pleasure and pain. On page five, read Jack McClincy's report of a mechanical failure most cyclists would never anticipate. Fortunately, no vehicle was involved. Not in story form because it happened as the newsletter was in edit-stage is the account of Dan Scott's run-in with a pickup truck.

On Monday, April 19, Dan was riding from his home in Everett to Marysville. As he entered Marysville on Hwy 529 he spotted a pickup truck in his rearview mirror. He told Elaine "I thought the truck was going to hit me and then it did". Dan heard the driver of the truck say that he didn't see him. Dan was wearing his neon green cycling vest and Elaine reminds us that this is the second accident where Dan was wearing the vest and the driver said he wasn't visible.

Both Jack's and Dan's experiences remind us that cycling can be a dangerous sport. As you take to the roads this spring make sure your bike is in good mechanical repair and ride defensively. When cycling alone or with the club or with friends, be sure to practice safe riding skills, encourage others to do the same and follow the rules of the road.

A somewhat related subject is the insurance that BIKES carries as a member of the League of American Bicyclists, BIKES subscribes to a plan designed by American Specialty Insurance specifically for bicycle clubs. The plan provides BIKES and its members with liability insurance. It also provides *secondary medical coverage* to club members when participating in a club activity. Non-club members are covered only the first time they participate in club activities. When BIKES sponsors a paid activity, such as The McClinchy Mile, a separate rider is purchased and a per-rider fee is charged. This year the cost was over \$1100 for the 755 McClinchy participants.

Insurance has been a discussion item at the past couple of club meetings and I'm glad to have clarified it for members who are unable to attend. So please, when you invite friends to join you on club rides also encourage them to become members. It's a bargain at \$15 or \$20 a year.

Have fun and enjoy spring riding conditions. Club ride leaders have a variety of weekend offerings lined up in May and be sure to watch for ad hoc listings on the Ride Changes page.

Pedals Up,
Debby Grant

MAY 2010

ISSUE 370

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May Club Meeting

May 13 , 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:

Scuttlebutt Brewing Co

1524 W Marine View Dr

Everett, WA 98201

(425) 257-9316

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, in parking lot behind building. For more information call 425-252-6952.

Sharing Wheels Community Bike Shop is still collecting used kid's bike for its annual Kid's Bike Swap. Collection day is May 9th 11am to 3pm at Sharing Wheels, 2531 Broadway. If you cannot make this date please call 425-252-6952 and make arrangements to drop off while a volunteer is present.

B.I.K.E.S.**Club Officers and
Support
Information****Debby Grant
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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.

Club Miles Compiled to 4/14/2010

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	Elaine	Scott	60
Warren	Bare	741	Lena	Sullivan	54
Rod	McDonald	572	Bob	Huey	50
Wendell	Hultman	455	Mike	Dahlstrom	50
Bill	Lutterloh	392	Gery	Osowiecki	45
Kathy	Riddle	298	Kristi	Knodell	38
Kayo	Downey	228	Kristin	Kinnamon	38
Dan	Scott	179	Anne	Schreibogl	37
Doug	Andrews	178	Al	Currier	37
Bill	Weber	170	Peter	Pisani	31
Tom	Weber	170	Dan	Cornelissen	23
Tim	Wise	132	Tom	Radford	23
Dick	Nicholson	103	Steven	Hudspeth	20
Allyson	Welsh	102	Liz	Raemont	20
John	Carlin	95	Clarence	Elstad	20
Bob	Nyberg	87	Glen	Moffitt	19
Debby	Grant	86	Don	Sperlin	19
Pam	Hallanger	75	Laura	Elmore	12
Steve	Linari	62			

Ride Report:

On Sunday, April 18th, Elaine and I were joined by Warren Bare, Wendell Hultman, Fred & Kayla Koch, Lena Sullivan, Debby Grant, and new member Richard Johnson for a little jaunt from Emerson Elementary in Everett, out around Silver Lake, snaking through the houses in Pioneer Trails, and on through neighborhoods east of Mill Creek. The day was warmer and sunnier than forecast, making Lena the winner in terms of clothing choices. It was fun to roll on past plants that have begun to get in the swing of greening up, past gardens that are just taking off, past lawns that we didn't have to mow. When we turned north, we worked our way back to L'Artisan French bakery near Silver Lake, where we scrambled for chairs (boy were they busy) and munched. Not a long ride, but fun.

Dan & Elaine Scott**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 MPHTERRAIN

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.

Weekday Rides

Monday Morning Motoring – May 3, 10, 17, 24 - Arlington - 9am start, 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) – May 5, 12, 19, 26 - Arlington - 10am 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.

If anyone else wants to co-lead or join up we are open to doing a route you prefer. Here are some of my favorites
Rick - 425-737-8445

Lake Cavanaugh – 51 miles, 2500'
Camano Island – 50-80 miles, 3000'
Arlington-Granite-Monroe-Snohomish – 68 miles, 2700'
Arlington-Granite-Monroe-HighBridge – 75 miles, 3200'
Bellingham – 105 miles, 3500'
Anacortes and back – 84 miles, pretty flat
LaConner and back – 70 miles, flat
Lake Washington Loop – 140 miles, 3500'
Darrington-Rockport-Sedro – 107 miles, 2800'
Whidbey Island (loop from Arl) – 127 miles, 7500'
Arlington-Mukilteo-South Whidbey-Muk-Arl – 102 miles, 5300'
Arlington-Sultan-High Bridge – 97 miles, 4000'

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.

Thursday Pedal Pushers: Sponsored by the Lynnwood Senior Center, this group is for adults 55+. 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.

Wednesday May 5th – Cinco de Mayo ride on the Centennial Trail: Meet at 10am at Pine & Maple in Snohomish for a leisurely/social ride down the trail. After the ride we will celebrate Mexico's independence with lunch. Sombreros & serapes are optional as is the mileage. Please let us know if you plan to ride, if the weather is bad we may cancel. **Ride leaders Brent & Linda Hunter 425-771-2824.**

Friday May 21st - Post Bike to work celebration ride. Meet at Silver Lake at Sullivan Park at 10am and we will ride to Snohomish, Everett with a food stop along the way and return. **RSVP Warren Bare at 425-478-9594** and 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. Also check the Ride Changes page for updates. Rain cancels.

Saturday May 1st — Aurora Transit Center to Montlake Cut for the Windermere Cup crew races, then on into Ballard and back north to complete the loop. Approx. 27 miles. We will utilize trail sections, so it will be crowded. Social pace, rain cancels, 9am start. Eat/snack etc., and take time to watch some crew races before cycling back. **Please RSVP Warren Bare 425-478-9594**

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.

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 May 8th — Arlington to Stanwood the Long Way; This is a 40 miler starting at the Hagen's on the south side of Arlington with a swing to the north just getting us into Skagit County. This link, <http://www.bikely.com/maps/bike-path/Arlington-to-Stanwood-the-long-way>, will get you to the route on bikely.com. We'll be doing this in a clockwise direction and this is a B terrain ride. We'll be trying for a pace on the slow side of moderate (remember speed listed for moderate is on a level grade and I don't go anywhere near that fast up hills). We'll regroup frequently. Bring water and a snack. Depart Hagen's at 9am, rain CANCELS. We'll have lunch at Hagen's afterwards. Mike Snodgrass, Michael.snodgrass@verizon.net (360) 653-2384.

Sunday May 16 — McCollum Park to 3rd Place Books - Starting at 9am at McCollum Park and Ride parking lot. Social moderate pace with regroups. 30-35 Miles. We will go the extended route by Maltby if the weather is good. Heavy rain cancels. Leader Tim Wise (425-754-7916) tcjkwise@verizon.net.

Annual Yakima Wine Tour Weekend May 22-23

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: Traditional Yakima to Naches ride. 35 miles rolling hills. 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.

Saturday May 29 Start the Holiday weekend with a **Snohomish to Sultan Loop** – Meet at the Snohomish restrooms at 9:30am on 1st St. for this 48 mile social /moderate ride with regroups. This ride has everything you want, Flats, Hills and lunch at the Sultan Bakery. **Leader Warren Bare (425) 478-9594.** Serious rain cancels and to view the route/terrain use this Bikely Map <http://www.bikely.com/maps/bike-path/Snohomish-Sultan-Re-Do>

Popular May and June Event Rides in the Area and Beyond.

The following April and May event rides make a contribution to the Bicycle Alliance's advocacy and education efforts. Please consider signing up for one or more of these events.

May 1 : RACC - Ride Around Clark County - Vancouver
Vancouver Bicycle Club www.vancouverbicycleclub.com

May 2 : Rhody Bike Tour - Port Townsend.
Port Townsend Bicycle Association www.ptbikes.org

May 2 : May Day Metric - Federal Way
Phil's South Side Cyclery / Tailwind www.maydaymetric.net

May 8 : Group Health Inland Empire Century - Richland
Kiwans of Columbia and Tri-Cities Industry
www.inlandempirecentury.org

May 8 : Skagit Spring Classic - Burlington
Skagit Bicycle Club skagitspringclassic.org/

June 5 : American Red Cross Life Cycle - Bremerton
American Red Cross Westsoundredcross.org

June 6 : Peninsula Metric Century - Southworth & Gig Harbor
Tacoma Wheelmen's Bicycle Club www.twbc.org

June 6 : Wheels to Meals - Puyallup.
The Food Connection www.wheelstomeals.org

June 19 : Ann Weatherill Cycling Classic - Walla Walla
Wheatland Wheelers CC annweatherillcyclingclassic.blogspot.com

June 26 : Chelan Century Challenge - Chelan
Lake Chelan Rotary www.chelancenturychallenge.com

June 26 : Cycle de Vine - Chelan
Lake Chelan Rotary www.chelancycledevine.com

June 27 : Two County Double Metric Century - Millersylvania State Park, Olympia
Capital Bicycling Club www.capitalbicycleclub.org

Also a Member Favorite

May 1 st The Camano Climb Saturday
The Stanwood – Camano Kiwanis www.stanwoodvelosport.com/

And a New Area Ride

Sunday June 13 —The Mukilteo Classic A new local ride with 3 routes, 8-40miles, presented by Quality Fitness and the City of Mukilteo.

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

A harrowing Experience From Jack McClincy And a thoughtful warning

I have an adjustable handlebar stem on my Trek. On a recent ride while cruising along at a little over 20 and riding along in my normal riding stance I was greatly surprised to have the bolt holding the adjustable part of my stem snap into two pieces, leaving me holding the bars that were no longer attached to the bike. Having no other options I surrendered to gravity with scrapes on both elbows, hands, knees, shoulder, back and hip. Could have been worse. If you have an adjustable stem I highly recommend checking the connecting bolt or better yet replace it. It is a weak link and is vulnerable as is the rider. Safe riding, Jack



Tommy Weber at the Centennial Trail Head at 67 Ave SE south of Arlington on a ride led by Tim Wise. One half of the ride complete and 100% of the McClincy notice signs retrieved so he's ready to return to Snohomish for a well deserved treat.

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

Stamp
Goes Here



**Find BIKES' members at
this
Upcoming Event
Bike to Work Day**

Friday, May 21, 7-9am
Lynnwood, Everett, Marysville
Community Transit Celebration
Stations

Is it time to renew? →

Renewing Members — Thanks

- John Carlin
- Pam Hallanger
- Lucie Johns
- Gloria McClinchy
- Peter Pias
- Dan & Elaine Scott
- Leslie Strickland
- Lena Sullivan
- Cecily Tillinghast

Chainwheel Chatter May 2010

NEWSLETTER SUBMITTAL
Please submit all material for the **June** newsletter by **May 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.