

Chainwheel Chatter

B.I.K.E.S.

Your Snohomish County Cycling Club

From the President

by Debby Grant

BIKES' volunteers have been busy over the past month. We were at REI's Cyclefest in late April and Bike to Work in May. Bill Weber and I gave away club information and membership applications at Cyclefest and REI raffled off a goody bag full of club loot, including a hat, grab bag, bicycle bell, headband and a free membership.

On Bike to Work Day, Friday, May 20, BIKES helped host eight Snohomish County Bike to Work celebration stations. We gave away club note pads, book marks, membership applications and generally had a good time talking about BIKES and how we like to ride together and help new members come along. Celebration station volunteers counted 329 more riders this year than last. As of May 20, there were 124 teams and 616 team members participating in the Commute Challenge.

BIKES sponsored the Challenge and when it comes to an end on June 17, all finishing team members receive a pair of cycling socks.

Mark Melnyk and Community Transit staff have done an excellent job promoting BIKES. The club name and link is in every email about Bike to Work.

Check out the June club rides starting on page three – there are plenty of them and something for everyone on both week days and weekends. We have

lots to offer new members who start riding with us this summer.



Everett Celebration Ride – May 20, 2011
Photo by Mark Melnyk

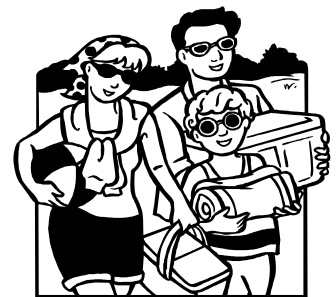
JUNE 2011

ISSUE 381

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No regular meetings
June – August



Club Picnic
Members and Guests

Saturday July 30
Thornton A Sullivan Park
Silver Lake

Moderate and social paced
rides before BBQ
Check the website in July for
time, what to bring, etc.

Volunteer Corner

Ride Around Puget Sound August 27-28 BIKES Club volunteers needed to prepare and serve food at the Allyn rest stop on Saturday, Aug. 27, from about 9am to 3pm. It's a beautiful setting and we'll enjoy music by the Windjammers Community Band while helping to raise money for the Bicycle Alliance of Washington. To volunteer contact Kristin at 360-658-2462. If you'd rather ride RAPSody, it's one of the friendliest, most scenic yet challenging rides in the Northwest. RAPSody is 170 miles of rolling hills in two days, starting and ending in Tacoma with an overnight in Shelton (free luggage support and camping). RAPSody is sponsored by BIKES and five other bicycle clubs. Visit www.rapsodybikeride.com to learn more.

**B.I.K.E.S. Club
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Ride Coordinators

Ride leaders - send your ride listings to the "leadaride" address. The email automatically forwards to the current month's coordinator.

July: Dan Scott
Aug: Tim Wise

Frequent Rider Club - Miles thru mid-May

The Frequent Rider Miles program is a fun benefit for BIKES Club members. Ride 100 miles or 500 miles or 1000 miles, or more, on club-sponsored rides and earn a reward. Miles are tracked from BIKES Club rides as reported by 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 Change web page and the ride leader and one other person from a different address participate. When reporting please include your name, name of ride, ride date, number of miles, names of participants, member status. Ride miles must be reported separately by ride date.

Warren	Bare	887
Wendell	Hultman	524
Bill	Lutterloh	460
Dan	Scott	316
Evelyn	Rayburn	280
Steve	Linari	278
Gery	Osowiecki	261
Bill	Weber	225
Tim	Wise	191
David	Wadley	185
Tom	Weber	149
Kathy	Riddle	149
Mike	Dahlstrom	102
Rod	McDonald	77
John	Carlin	74
Bob	Nyberg	64
Elaine	Scott	62
Dorothy	Lindstrom	62
Cheryl	Walchi	62
Allyson	Welsh	56
Pier	Fiorentini	53
Debby	Grant	53
Shirley	Slade	52
Dick	Nicholson	40
Kay	Peterson	34
Jay	Grant	33
Warren	McAndrew	23
Linda	Hunter	22
Pam	Hallanger	14
Nancy	Graham	11
Steven	Hudspeth	11

Ride Guide

Pace		Terrain	
Leisure	Under 10 MPH	A	Mostly flat / Norman Rd
Social	10-14 MPH	B	Rolling Terrain / McClinchy
Moderate	14-16 MPH	C	Rolling steeper hills / Kitsap Peninsula
Brisk	16-18 MPH	D	Difficult Terrain / Whidbey Island
Strenuous	Over 18 MPH	E	Very Difficult / RAMROD

Monthly Ride Calendar

Weekday Rides

Tuesday lunch-time ride – every Tuesday in June Start at 11:30am for a short (10 miles) social pace ride (leisurely going uphill), terrain mostly A, a little B. Meet at Bicycle Centers of Everett, Silver Lake location, on the corner of 19th Ave, and 128th St. NE for a loop through Silver Lake, Pioneer Trails, and Mill Creek. Optional coffee and pastries or lunch afterwards at L'Artisan Bakery nearby. Lousy weather cancels the ride, but not the stop at the bakery... Ride leader Gery Osowiecki (469) 358-2887 or geryo@frontier.com.

Wednesday June 1 – Mukilteo-Snohomish-Monroe Meet at 9am at the church at 5425 Harbour Pointe Blvd, Mukilteo. Return via High Bridge Rd-Lowell-Larimer Rd, 54 miles, pace depends on riders. Terrain B/C. Leave a message at 425-349-5065 or e-mail fiorepg@frontier.com.

Wednesday June 1 – Pedal Pushers North on the Centennial Trail Start at 10am at the beginning of the trail in Snohomish at Pine and Maple to ride north on the Centennial Trail. Social pace, A terrain, 14 miles. Snack break along the trail – bring food. Ride leader Nancy Graham. RSVP and arrange carpooling to dgrant@ci.lynnwood.wa.us. Rain or other inclement weather cancels. Call the Lynnwood Senior Center at 9am day of ride if weather is questionable 425 670-5050.

Monday June 6 & 13 – Sammamish River Trail Start time 4pm, social pace, A terrain on asphalt paved trail. Start in Bothell at Sammamish River Park, SW corner of 102nd Av NE (overpass) and Sammamish River. Go south over the overpass and turn right into gravel parking lot, with chickens. Good idea to bring a head and tail light. Bad weather cancels and then we can go for coffee. Ride leader Bill Lutterloh. Phone 360-668-9554. E-mail LutterlohB@gmail.com; cell day of ride: 425-870-6418. Center at 9am day of ride if weather is questionable 425 670-5050.

Monday June 6 and Wednesday June 29 – Mukilteo-Snohomish-Everett (Al's loop) Meet at 9am at the church at 5425 Harbour Pointe Blvd. Pace depends on riders. Leave a message at 425-349-5065 or e-mail fiorepg@frontier.com.

Wednesday June 8 – Whidbey Island:Clinton, Freeland, Maxwellton Meet at 9am at the church at 5425 Harbour Pointe Blvd, Mukilteo. Ride the south part of the island, 48 miles. Bring snacks. Cappuccino in Freeland. Pace depends on riders. Terrain C. Leave message at 425-349-5065 or fiorepg@frontier.com.

Thursday June 9 – Pedal Pushers on the Sammamish River Trail. Start at 10am at Wilmot Gateway Park and ride to Marymoor Park on the Sammamish River Trail. Social pace, A terrain, 18 miles. Bring food or money for a snack break at Marymoor Park. Ride leader Debby Grant. RSVP to dgrant@ci.lynnwood.wa.us. Rain or other inclement weather cancels. Call the Lynnwood Senior Center at 9am day of ride if weather is questionable 425 670-5050.

Monday June 13 – Mukilteo-Echo Lake-Mukilteo. Meet at 9am at the church at 5425 Harbour Pointe Blvd, Mukilteo. Via Lowell-Larimer Rd, Connelly, Elliott, Welch, Fales. Pace depends on riders. Terrain B/D. Leave message at 425-349-5065 or fiorepg@frontier.com.

Wednesday June 15 – Pedal Pushers Lynnwood to Silver Lake. Start at 10am at South Lynnwood Neighborhood Park and ride to Thornton A Sullivan Park and around Silver Lake on the Interurban trail. RT 18 miles on trail and road. Mostly level with some uphill on the trail. Snack break at Silver Lake or L'Artisan Bakery. Ride leader TBD. RSVP to dgrant@ci.lynnwood.wa.us. Rain or other inclement weather cancels. Call the Lynnwood Senior Center at 9am day of ride if weather is questionable 425 670-5050.

Thursday June 16 – Mukilteo-Edmonds-Golden Gardens (Seattle) via Blue Ridge. Meet at 9am at the church at 5425 Harbour Pointe Blvd, Mukilteo. 50 miles. Pace depends on riders. Terrain C/E (Blue Ridge) Leave message at 425-349-5065 or fiorepg@frontier.com.

Weekday Rides cont.

Monday June 20 – Whidbey Island: Clinton-Freeland-Greenbank-Clinton. Meet at 9am at the church at 5425 Harbour Pointe Blvd, Mukilteo. We will catch the 930 ferry (\$4.95). 58 miles. Bring snacks. Pace depends on riders. Terrain C/D. Leave message at 425-349-5065 or fiorepg@frontier.com.

Wednesday June 22 – Mukilteo-Snohomish-Monroe-Sultan-Monroe Mukilteo. Starts 9am at the church at 5425 Harbour Pointe Blvd, Mukilteo. 75 miles. Pace depends on riders. Terrain: B/C. <http://www.bikely.com/maps/bikepath/Mukilteo-Sultan-Mukilteo>. Leave message at 425-349-5065 or fiorepg@frontier.com.

Thursday June 23 – Pedal Pushers Paine Field, Lynnwood, Silver Lake Loop. Meet at Paine Field Community Park and ride on road to Lynnwood where we'll pick up the Interurban Trail for a few miles before returning to Paine Field via Silver Lake. RT 20 miles, mostly level road and some trail. Bring food for a snack break in Lynnwood. Ride leader Warren Bare. RSVP to dgrant@ci.lynnwood.wa.us. Rain or other inclement weather cancels. Call the Lynnwood Senior Center at 9am day of ride if weather is questionable 425 670-5050.

Monday June 27 – Mukilteo-Lake Stevens-Everett. Meet at 9am at the church at 5425 Harbour Pointe Blvd, Mukilteo. Route: Mukilteo-Lowell-Snohomish-Machias-Lake Stevens-Everett-Mukilteo. 54 miles, pace depends on riders. Terrain B/C. Leave message at 425-349-5065 or fiorepg@frontier.com.

Weekend Rides

Saturday June 4 – Round the River Meet at Everett Station, 9:30am. 18 miles, social pace, rotten weather cancels. Ride to Snohomish on one side of the river, return on the other. Snack/food stop after. Dan & Elaine Scott. Day of ride cell: 425-501-6198.

Saturday June 4 – Mukilteo-Snohomish-Monroe-Flowing Lake (via Westwick-Spada Rd)- Lake Stevens. Start 9am at the church at 5425 Harbour Pointe Blvd, Mukilteo. Return via High Bridge Rd- Lowell-Larimer Rd. Estimated 75 miles. Pace depends on riders. Terrain B/C. Leave message at 425-349-5065 or fiorepg@frontier.com.

Saturday June 11 – Mukilteo-Snohomish-Monroe Sultan-Monroe-Mukilteo. Starts 9am at the church at 5425 Harbour Pointe Blvd, Mukilteo. 75 miles, pace depends on riders. Terrain B/C. We will not do Welch Rd. <http://www.bikely.com/maps/bikepath/Mukilteo-Sultan-Mukilteo>. Leave message at 425-349-5065 or fiorepg@frontier.com.

Sunday June 12 – McCollum to Everett Farmers' Market. Meet 11am at McCollum Park for a social-pace ride (leisurely going uphill) to Everett for late lunch via Lowell-Larimer Rd, Broadway and Marine View Dr. Return via Colby and Interurban Trail. Terrain is mostly A, with two noticeable but short sections of B. Distance 20-25 miles estimated. Leader: Genadi (Gery) Osowiecki, 469-358-2887 cell or 425-379-6128 home or Geryo@frontier.com.

Sunday June 12 – Another Snohomish ride. Start at 9:30am at McCollum Park for a moderate 40 mile ride to Snohomish. Food stop in South Everett on the return. Foul weather cancels. Ride leader: Warren Bare, 425-478-9594. Map: <http://ridewithgps.com/routes/378989>.

Saturday June 18 – Rexville-Fidalgo Island. Start at Rexville Grange at 9:30am and ride west on this Fidalgo Island loop with a lunch stop in Anacortes at Gere-a-Deli. Some hills; 16% on one; rolling and flats on this 44 mile low moderate loop. Rain may cancel. Call or e-mail Warren Bare to arrange carpooling to start. 425-478-9594 or barewarren@gmail.com. Map: <http://www.ridewithgps.com/routes/422204>

Saturday June 18 – Mukilteo-Redmond-Maltby-Mukilteo Via Lowell-High Bridge Rd- W. Snoqualmie Valley Rd-Union Hill. Start 9am at the church at 5425 Harbour Pointe Blvd, Mukilteo. 70 miles, pace depends on riders. Terrain: C. <http://www.bikely.com/maps/bike-path/Mukilteo-Carnation-Mukilteo>. Leave message at 425-349-5065 or fiorepg@frontier.com.

Weekend Rides cont.

Sunday June 19 – Marysville Meander. - Leisurely-paced ride for those who just got their bikes out of the garage for the first time this year (or decade). Meet at Jennings Park Barn parking lot for a 15-mile loop through town, up to the Centennial Trail and back. Ride leader will provide tips on sharing the road with cars, shifting and basic bike handling. Non-members welcome if this is your first ride with the club. Contact ride leader for start time and RSVP: Kristin Kinnamon, kinnamonk@aol.com 425-328-9097.

Saturday June 25 – The Famous “jinxed ride” (it's no longer jinxed but I refuse to give up the name) **to Green Lake.** Meet at either 9am at McCollum Park or, for a shorter ride, 10:30am at Lynnwood Transit Center near the 44th Ave Interurban Trail overpass. We will ride at a social pace to Green Lake and back via the Interurban Trail. Terrain is mostly A with two notable sections of B which are relatively short. Distance: Approx 50 from McCollum, 40 from Lynnwood (shorter if we decide to forego the loop around the lake). Any form of water falling from the sky will cancel these rides. Leader: Genadi (Gery) Osowiecki, 1-469-358-2887 cell, or 1-425-379-6128 home. Geryo@frontier.com.

Sunday June 26 – Join in on the fun at the 2nd Annual Mukilteo Classic This fun community bike ride, produced by Quality Fitness and Mukilteo's Recreation Department, welcomes all who can ride a bike. We offer a family-friendly 8 mile ride in Mukilteo's Harbour Pointe neighborhood, a 30-mile loop to north Everett with a few rolling hills, and a 40-mile loop to Snohomish, north Everett and returning via Mukilteo Blvd and Mukilteo Speedway. All proceeds benefit the Mukilteo Recreation Scholarship Fund. All rides start and end at Mukilteo City Hall, 11930 Cyrus Way, Mukilteo, WA. Routes are fully supported. Cost is \$15 for family ride, \$25 for longer routes, \$40 for family up to 4. T-shirt is included! For more information call Mukilteo Recreation Department at 425-263-8180 or Quality Fitness at 425-347-5191. Web: <http://www.qualityfitnessmukilteo.com/MUKILTEO-CLASSIC.html> Volunteers welcome for the Mukilteo Classic - SAG drivers, sweep riders, check-point chiefs. Contact Kay Peterson 425-319-2235.

SHARING WHEELS COMMUNITY BIKE SHOP OPPORTUNITIES

LADIES NIGHT- NO BOYS ALLOWED

1st Wednesday, every month
6 to 9 PM

Ladies Night will be here again Wednesday, June 1. We welcome all women and girls 14 and up. Children must be accompanied by an adult. Get answers to some of the more puzzling questions concerning your bike, like “How do I stop my bike from squeaking?” Come join us in a great environment. Snacks provided. No cost. If your gender disqualifies you, tell the women in your life about this opportunity.

MECHANIC 1 CLASS

Saturday, June 11
9 AM to 3 PM

Sharing Wheels Community Bike Shop is happy to present Mechanic 1 Class. Class is limited to 5 students so sign up early. All tools included. Mechanic 1 is the basics of the bicycle. Learn the parts of the bike and how to evaluate its condition. Learn about the bearing systems and how to overhaul them. Bring your own bike or you can use one of ours. \$45 to be prepaid to secure a spot in class. Call or come by to register.

Sharing Wheels Community Bike Shop

“connecting unused bikes to people who need wheels”

2531 Broadway
Everett, WA 98201
425-252-6952

Members, Renewing

Stephan Benson
Don Kusler
Dorothy Lindstrom
Janell Reich & Jack McClincy
Robert Palm
Penny White

sharingwheels@gmail.com



Marysville Healthy Communities Day Saturday June 4

BIKES Club has a table at this event every year, passing out hundreds of bike maps and encouraging people young and old to get out and ride. We need volunteers to staff our table - no experience necessary, just a friendly smile. The event is 10 a.m. to 2 p.m. To volunteer contact Kristin at 360-658-2462

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NEWSLETTER SUBMITTAL

Please submit all material for the July newsletter by June 15.
(Early date due to editor's vacation)

E-mail John Carlin at editor@bikesclub.org

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 bikes. Cost – FREE with a \$25.00 refundable deposit. 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 PO Box 5242, Everett, WA 98206

Name _____

Address _____

City _____ State ____ Zip _____

Telephone (____) _____ Email _____

Membership Dues \$15 Annual (individual)

\$20 Annual (family)

Member Benefits: Club rides, Frequent Rider Club, monthly newsletter, social and advocacy activities, low-cost bike box and trailer rental, 10% discount at local bike shops with your member card.