

Chainwheel Chatter

B.I.K.E.S.

Your Snohomish County Cycling Club

From the President

McClinchy Mile is fast approaching and there are still a few details to wrap up. Finalizing the volunteer crew is a major component of a successful event and Kristin Kinnamon took on that responsibility this year. It's important to have all volunteer assignments firmed up several weeks out so if you haven't yet committed now's the time. See the Volunteer Opportunities box below for openings and then let Kristin know how you'd like to help (kinnamonk@aol.com).

The 2011 Seattle Bike Expo is March 12-13, the weekend before McClinchy. BIKES' booth will be staffed both days and in the past several years Expo has generated more than half of our McClinchy pre-registrations. Make sure to stop at BIKES' booth as you wander the rows of exhibitors and pick up deals on clothes and drool over new hardware.

Do you know that a benefit of attending club meetings is access to magazine subscriptions and other club newsletters? BIKES subscribes to *Bicycling Magazine* – and it isn't just for cycling geeks. Two of my favorite columns are *The Coach* and *Body Work*. In *Body Work* in the December, 2010, issue, the author gave specific exercises for strengthening hamstrings, a muscle area often neglected by cyclists. It was three simple exercises to use in conjunction with or instead of leg work we might already do at home or at the gym. And in the January/February, 2011, issue, *The Coach* gave tips for building hill climbing strength and endurance. I admit that many of the articles are for speedsters or those we might consider more elite but two years ago I clipped an article about annual bike maintenance that taught me how to change my handlebar tape. Before that I would've paid \$15 or \$20 for the service at a bike shop.

BIKES also belongs to Adventure Cycling and brochures and catalogs are often available along with information about local and not-so-local tours and weekend adventures. So come to a meeting and dinner before the meeting and hobnob pick up some light reading.

Pedals Up,
Debby Grant

MARCH 2011

ISSUE 378

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**Next meeting
Thurs - March 10
5:30pm**

March is McClinchy – come help make sure we have all our bases covered. If you're a McClinchy or Expo volunteer the club buys your pizza. If you haven't yet signed up to volunteer you can do it at the meeting.

Brooklyn Brothers Pizzeria
1919 Hewitt Ave, Everett

Volunteer Corner

McClinchy Mile is Saturday, March 19. SAG drivers, or cyclists, are needed for all routes and more help at the rest stops is always appreciated. In addition to day-of assistance we need to mark the routes the weekend before the event. See the ride listings on page 3 and 4 for details. BIKES' booth at Expo is staffed by club members. Mike Dahlstrom, Expo coordinator, has a full roster but extra hands are welcome and volunteering earns you admission.

**B.I.K.E.S. Club
Officers & Support
Information**

**Debby Grant
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president@bikesclub.org

**Vacant Position
Vice President**
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editor@bikesclub.org

**David Wadley
Frequent Rider Miles
Coordinator**
ridermiles@bikesclub.org

Monthly Ride Coordinator
leadaride@bikesclub.org

Ride Coordinators

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

- April: Tim Wise
- May: Doug Andrews
- June: Kristi Knodell
- July: Dan Scott
- Aug: Tim Wise

Frequent Rider Club - Miles thru mid-February

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	451
Wendell	Hultman	337
Bill	Lutterloh	191
Steve	Linari	155
David	Wadley	151
Bill	Weber	117
Genadi	Osowiecki	110
Tom	Weber	109
Tim	Wise	92
Evelyn	Rayburn	81
Rod	McDonald	77
Pier	Fiorentini	53
Mike	Dahlstrom	47
Bob	Nyberg	46
Allyson	Welsh	37
Kathy	Riddle	37
Cheryl	Walchi	29
Warren	McAndrew	23

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

March 4th, 14th – Mukilteo-Snohomish-Monroe. Meet at 10:00 AM in Mukilteo same parking lot now of Point of Grace church. Return via High Bridge Rd - Lowell-Larimer Rd, 54 Miles. Pace: depends on riders, terrain: B/C. Snow cancels. Leave a message (425)349-5065 or email: fiorepg@frontier.com

March 7th, 30th - Mukilteo - Echo Lk – Mukilteo. Meet at 10:00 AM in Mukilteo same parking lot now of Point of Grace church. Via Lowell-Larimer Rd, Connelly, Elliott, Welch Rd, Fales, 49 Miles. Pace: depends on riders, terrain:D. Leave a message (425)349-5065 or email: fiorepg@frontier.com

March 21st - Mukilteo-Lake Stevens. Meet at 10:00 AM in Mukilteo same parking lot now of Point of Grace church. Route: Mukilteo-Lowell-Snohomish-Machias-Lake Stevens-Everett-Mukilteo, 52 miles. Pace: depends on riders, terrain:B/C. Snow cancels. Leave a message (425)349-5065 or email: fiorepg@frontier.com

March 25th - Mukilteo-Snohomish-Everett (Al;'s Loop). Meet at 10:00 AM in Mukilteo same parking lot now of Point of Grace church. Route: Mukilteo-Lowell-Snohomish-Everett-Mukilteo, 42 or 47 miles. Pace: depends on riders, terrain:A/B. Snow cancels. Leave a message (425)349-5065 or email : fiorepg@frontier.com

Weekend

Saturday March 12 - Paint Ride (McClinchy Granite Falls Loop) 48 miles. Leisurely to Moderate – As fast as the ride leader can ride and still paint. Let's Meet at Haller Middle School at 9:30 AM. A-B Terrain and there will be a food stop in Granite Falls. Rain/Snow or Wet roads Postpones. Leader Warren Bare 425-478-9594 bare.warren@gmail.com

Saturday March 12 – Paint Ride (McClinchy Stanwood and Northend Extension Loops) 34 miles or 18 miles or some part of each. Leisure to social pace – like Warren says, as fast as the leader and crew can ride and still paint. Meet at Heritage Park in Stanwood at 10am. A-B terrain and a food break in Stanwood after the painting. If we break into three groups it will go fast. Ride leader Debby Grant 425 778-5530 or debby@jaygrant.com.

Saturday, March 12 – Snohomish to Sultan Bakery, 45+ mile ride. We'll go the typical route, out on High Bridge and Old Owen and back on Ben Howard and the river road. AB terrain at a social moderate pace, adjusted to the group, with lunch/snack at the bakery. Park at the centennial trail head in Snohomish, we'll blend right in, and leave at 10AM. Rain will cancel. Contact Mike Snodgrass (360) 653-2384 or michael.snodgrass@frontier.com

Sunday March 20 Celebrate and Unwind (McClinchy) We will ride 34-40 miles on a modified Begeron route starting at 9:30 AM at Paine Field Park (Entrance located on Beverly Park Road where Gibson meets BP.) Moderate Pace with a food stop along the way and rain may cancel. Leader Warren Bare 425-478-9594 bare.warren@gmail.com

Weekend Rides cont.

Saturday March 26 Monroe, Snohomish, Lakes Rd. Meet at 10AM at Skykomish River Centennial Park lot in Monroe (Access off of Main onto Village - South of SR2 about 5 blocks). Route-Monroe to Snohomish, Coffee stop at Snohomish Bakery. Then No. on Cent Trail onto 3 Lakes and back on Woods Creek. 31 miles Pace-leisure/social Terrain AB-Leave a message with Jeff at 206-356-6755 or jeff@cyclepathescapes.com



Advocacy

(The current position of the BAW backed bills below was at press time)

HB 1129 - Traffic safety education require that the driving schools attended by motorists who have received a traffic ticket teach the Department of Licensing's approved curriculum for safe driving around cyclists and pedestrians. Such legislation was introduced during the 2010 session, but died without final action. **HB-1129 - Feb 8 Out of House and first reading in the Senate referred to Transportation.**

HB 1071 - Complete streets create a framework for a grant program to create incentives for but died without final action. **HB-1071 - Feb 15 passed on the House second reading by Rules Committee.**

HB 1700 – DIGEST Complete Streets - Requires certain standards be met in the construction or modification of bicycle facilities and pedestrian rights-of-way. Requires the department of communities that adopt a "complete streets" policy to ensure that their streets are designed and built to accommodate cycling and walking. A "complete streets" bill was introduced during the 2010 session, transportation, when constructing, reconstructing, retrofitting, maintaining, altering, or repairing any portion of a transportation network, to: (1) Consult with local jurisdictions in the scoping, design, and planning phases; and (2) Consider the needs of all users by applying certain design solutions from the institute of transportation engineers. **Feb 17 - Passed to the House Rules Committee for second reading.**

Advocacy cont.

HB 1217 - Lower speed limits : Give communities broader authority to lower speed limits to 20 miles an hour in neighborhoods with high pedestrian and bicycle traffic. Studies in Europe have shown that lower speed limits sharply reduce injuries and death. BH-1217 – Feb 8 Out of house and first reading in the Senate referred to Transportation

SB-5326- Vulnerable User Bill - Addresses negligent driving in the second degree with a vulnerable user victim. **SB 5326 Feb 10 Placed on second reading by the Senate Rules Committee.**

HB-1339 - Vulnerable User Bill - Addresses negligent driving in the second degree with a vulnerable user victim. **HB 1339 Feb 16 - Passed to House Rules Committee for second reading**

EVERETT

On the evening of February 15 2011 Everett DOT and Alta Planning presented the new Everett Master Bike Plan developed over the last year plus. After presentation and discussion and public support the Planning Commission voted to present the plan to the City Council with recommendation to insert and update the bike portion of the Everett Comprehensive Plan. Former BIKES Presidents Bill Weber and Kristin Kinnamon spoke in favor of the plan.

EDMONDS

On the morning of February 1st a meeting in Edmonds with Council Representative Strom Peterson, The Public Works Director, City Engineer and Engineer Bertrand Hauss was held seeking input from the Cycling Community for the development of Edmonds Complete Streets Ordinance. Hank Landau with the Edmonds Bicycle Advocacy Group and Warren Bare representing BIKES were able to offer input and suggestions on where the initial limited funding should be spent for the most impact.

Edmonds has funding in place to complete the Interurban Trail within Edmonds this year.



Members, Renewing

Mike Snodgrass
Warren Bare
Dan & Mareda Cornellsen
Dan & Elaine Scott
John Carlin
Gary & Joanne Sauter

Members, New

Adrienne Dorf



Need a new bike map?

Snohomish County bike map is published by Community Transit. It includes detailed Interurban and Centennial Trail maps. You can view them at www.communitytransit.org/bikes or request a hard copy by calling 425-353-7433. Club members help update the map every few years and the club contributes to printing costs. Members might also find a map at a club meeting.

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NEWSLETTER SUBMITTAL

Please submit all material for the April newsletter by March 20.
E-mail John Carlin 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 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.