

Chainwheel Chatter

B.I.K.E.S.

Your Snohomish County Cycling Club

From the President

by Debby Grant

May 20th is Snohomish County Bike to Work Day and celebrates the first week of a five-week campaign to get us on and keep us on our bikes when we commute to and from work – or school for students. BIKES contributed \$2,000 to Community Transit to sponsor this year's "Commute Challenge." Challenge team members who complete and record a minimum of 10 one-way trips between May 16 and June 17 are "finishers." The club money provides a pair of cycling socks to all finishers. In exchange for the \$2,000 donation, the club is featured on all Bike to Work posters, banners, brochures and on the Community Transit website. And we get to support commuting on two wheels.

The Club is using Bike to Work to jump start a spring membership campaign that I hope lasts thru summer and into fall. There are lots of cyclists in Snohomish County and we want more of them to learn about BIKES, go on rides and then become members. We have a full May ride calendar so be sure to join a few rides, welcome new faces and get the season off to a good start. And to make sure we fill the June ride calendar start thinking about your favorite route and when you want to share it with club members.

Beginning in May, BIKES is partnering with the Lynnwood Senior Center to lead weekly 15 – 25 mile social paced rides. The rides will alternate on Wednesdays and Thursdays into mid-September. This is the fifth year for the Pedal Pushers and each season has seen participation grow. Senior Center staff will lead two rides each month and BIKES leaders will fill in the remainder. If you're retired, don't work on Wednesday or Thursday or can occasionally switch-up your work days, come out and join the group. They like to have fun and the ride always includes a snack break somewhere.

I think I see some sun shine...

MAY 2011

ISSUE 380

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**Next meeting
Thurs - May 12
7:00pm**

Snohomish County PUD
2320 California St
Everett

Bike Commuting 101

Anyone new to cycling on the road or looking for information on how to bike and bus will find this session helpful. See details on page 4.

No-host dinner before the meeting – 5:30pm

Scuttlebutt Brewing Co
1205 Craftsman Way #101
Everett

New location – 2 blocks north and 3 blocks west of old pub.

Happy Hour closes at 6pm

Volunteer Corner

Bike to Work Day is Friday, May 20. BIKES helps staff the Celebration Stations and your volunteer effort is needed! In addition to greeting new and experienced commuting cyclists we'll be promoting BIKES. This is your opportunity to tell other bicyclists about our club and invite them to join. Celebration stations range from Lynnwood to Marysville. They open early and close by 9am so you'll have the rest of the day to play. Please send an email to president@bikesclub.org and let me know your availability.

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

**Debby Grant
President**
president@bikesclub.org

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

**Doug Andrews
Secretary**
secretary@bikesclub.org

**Kristi Knodell
Treasurer**
treasurer@bikesclub.org

**Tim Wise
Web Master**
webmaster@bikesclub.org

**John Carlin
Newsletter Editor**
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.

June: Kristi Knodell
July: Dan Scott
Aug: Tim Wise

Frequent Rider Club - Miles thru mid-April

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	700
Wendell	Hultman	487
Bill	Lutterloh	262
Dan	Scott	231
Steve	Linari	222
David	Wadley	185
Gery	Osowiecki	161
Tim	Wise	161
Bill	Weber	152
Evelyn	Rayburn	117
Tom	Weber	109
Rod	McDonald	77
Bob	Nyberg	64
Kathy	Riddle	57
Pier	Fiorentini	53
Mike	Dahlstrom	47
Dick	Nicholson	40
Allyson	Welsh	37
John	Carlin	32
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 Rides

Tuesday lunch-time ride – every Tuesday in May 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 May 4 – Pedal Pushers North Lynnwood to Everett Start at 10am at the Walmart on 164th St SW. Ride from north Lynnwood to Everett Mall on the Interurban Trail. Social pace, A terrain, 11 miles on trail and road connections. Snack break in Everett – bring food or purchase. Ride leader Debby Grant. RSVP 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 May 12 – Pedal Pushers Log Boom Park to Red Hook Brewery Start at 10am at Log Boom Park and ride on the Burke Gilman Trail to Red Hook Brewery and back. Social pace, A terrain, 14 miles. Snack break at Red Hook – bring food or purchase. Ride leader Bill Lutterloh. RSVP 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.

Wednesday May 18 – Pedal Pushers Echo Lake Park to Green Lake Start at 10am at Echo Lake Park and ride to Green Lake on the Interurban Trail and low-traffic streets. Social pace, A terrain, 16 miles. Snack break at Green Lake – bring food or purchase. Ride leader Warren Bare. RSVP bare.warren@gmail.com. Rain or other inclement weather cancels. Call the Lynnwood Senior Center at 9am day of ride if weather is questionable 425 670-5050.

Tuesday May 24 - Centennial Trail Meet at Pine & Maple in Snohomish, ride starts at 10am. 22-35 miles depending on how everyone feels. Low Social pace. Rain cancels. Ride Leaders: Brent & Linda Hunter, day of ride cell 425-478-6287.

Thursday May 26 – Pedal Pushers Rotary Park to Snohomish & Return Start at 10am at Rotary Park on the river in Everett and ride to Snohomish via River Rd. Social pace, A/B terrain, 18 miles. Snack break in Snohomish – bring food or purchase. Ride leader Evelyn Rayburn. 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.

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.

Weekend Rides

Saturday May 7 - 'Round the River Meet at Rotary Park, 9am, Lowell on the river. 18 miles, social pace, rotten weather cancels. Ride to Snohomish on one side of the river, return on the other. Possible side trip in Everett for snack/food or eat after. Dan & Elaine Scott, DOR Cell 425-501-6198.

Sunday May 8 - Silver Lake - High Bridge Start this 42 mile at Sullivan Park on Silver Lake at 9:30am. Pace will be Low Moderate with regroupings and a food stop in Snohomish. Foul weather cancels and contact ride leader Warren Bare at 425-478-9594 or bare.warren@gmail.com.
<http://www.bikely.com/maps/bike-path/Silver-Lake-High-Bridge>

Saturday & Sunday May 14 - 15 Yakima Valley Weekend

Saturday May 14 - Wine tasting ride in the Yakima Valley 35 miles, social to moderate pace with lots of regroupings. We will stay at Yakima Sportsman Park (reservations recommended) on Friday and Saturday. Motel accommodations are available in nearby Yakima. Meet at Sportsman Park at 9am Saturday morning to commute to the start point for the ride. We will stop at 5-7 wineries along the way with a restaurant lunch stop. We would like to do a potluck dinner in camp and would appreciate an RSVP by May 12 so we have an idea of the head count. Jack will fix spaghetti and others can bring something to go along with. We usually have a sag vehicle to carry tired riders or purchases made along the way. Home phone: 360-435-5978. Jack's Cell (in Yakima) 245-322-6478.

Sunday May 15 - Yakima Chesterly Park to Naches Moderate pace, 24-35 miles depending on rain and interest. There is no restaurant lunch stop so bring something along to have for a lunch break. Start time to be determined on Saturday with the riders that come for the wine ride. See Jack's home and cell phone numbers above.

Saturday May 14 - Hills Hills and More Hills Ride your bike around **Camano Island** in this 12th annual event. Either 44 miles to go the distance or a shorter 28-mile ride. Call to arrange meeting and start time with ride leader Bill Weber 425-327-3516.
[http://stanwoodvelosport.com/merchant/1573/files/CamanoClimbRegistration\[2011\].pdf](http://stanwoodvelosport.com/merchant/1573/files/CamanoClimbRegistration[2011].pdf)

Sunday May 15 - 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 at noon for a 15-mile loop through town, up to the Centennial Trail and back. Ride leader will share tips on sharing the road with cars, shifting and basic bike handling. Non-members welcome if this is your first ride with the club. Ride leader Kristin Kinnamon 425 328-9097 or kinnamonk@aol.com.

Saturday May 21 – Mount Vernon / Sedro Woolley – A wonderful ride of flat and rolling terrain with one big hill. We will start at Mount Vernon Edgewater Park at 9:30am for this 46 mile Low Moderate pace with regroupings. Bring snacks as the planned food stop is 32 miles into the ride. Call – email ride leader Warren Bare to arrange local ride sharing to the start at 425-478-9594 or bare.warren@gmail.com. Bikely map <http://www.bikely.com/maps/bike-path/506464>

Saturday May 28 Garfield Park / Snohomish Start at Garfield park (2 blocks East of Walnut on 23rd St.) at 10am. We will ride about 25 miles, social pace with a food stop in Snohomish. We will find some hills to grind up on the way. Rain, may cancel. Leader Bill Weber 425-327-3516 bbill@clear.net

Monday May 30 South Lake Washington Loop Start at 9:30am for a 40-45 mile loop around the south end of Lake Washington. Because of Burke Gilman construction start place will be announced on the Ride Changes page later in May. Moderate pace, A/B terrain with regroupings. Food stop around mile 20 at Gene Coulon park in Renton. Ride leader debby@jaygrant.com or 206 353-0249.

Looking Ahead – Classes and Rides

Bike Commuting 101 - May 12, 7pm, Snohomish County PUD, 2320 California St, Everett. Get some advice on how to get started as a new bicycle commuter at this friendly class hosted by B.I.K.E.S. Club of Snohomish County. We will discuss clothing, routes, bikes and gear, traffic laws and

techniques, plus you can practice putting your bike on a bus bike rack and learn how to fix a flat tire (or how to avoid fixing one). Free.

Get Ready to Ride - May 10, 7pm

Get Ready to Ride - June 16, 7pm - for women

Jennings Park Barn, 6915 Armar Rd., Marysville. Learn how to get you and your bicycle ready to ride this spring and summer, whether you want to bike to work, to the store or down the Centennial Trail. Class covers: bike types and basic bike fit, safety, traffic laws, bike safety check, practical gear and accessories. Taught by an experienced bicycle commuter who is a certified League of American Bicyclists bike instructor. Sign up through Marysville Parks & Recreation at <http://marysvillewa.gov>. There are fees for these classes.

Join in on the fun at the 2nd Annual Mukilteo Classic on Sunday June 26! 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. Rides 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.



Ride Around Puget Sound Aug. 27-28

BIKES Club volunteers needed to prepare and serve food at the Allyn rest stop on Saturday, Aug. 27, from about 9 a.m. to 3 p.m. 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. Contact Kristin to volunteer 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). Visit www.rapsodybikeride.com to learn more.

ADVOCACY by Warren Bare

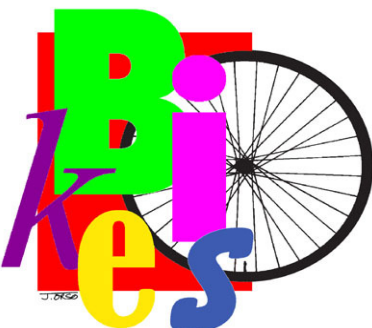
- On April 20, Everett City Council accepted the Planning Committee's recommendation to incorporate the revised bicycle plan into the City's Comprehensive Plan.
- Also on April 20, Snohomish County Council accepted the low bid for construction of the Centennial Trail Missing Link which currently forces cyclists to ride on 67th Ave NE between 152nd and 172nd Streets. Tom Teigen, Parks Director, has advised Council that completion of the link and the four-mile north section to North Trailhead Park is planned for Sept or early Oct.
- Bicycle Alliance of Washington and Cascade Bicycle Club had success in Olympia this year. They thank the staff and their partners for the hard work leading to these accomplishments:
 - 1129: Driver Education including a bicycle and pedestrian traffic safety curriculum in certain traffic schools and safety courses; signed into law by Governor Gregoire.
 - 1071: Creates Complete Streets program; delivered to Governor, for signature.
 - 5326: Concerns negligent driving resulting in substantial bodily harm or death of a vulnerable user of a public way; delivered to Governor, for signature.

Members, Renewing

- Roger Frost
- Nancy Graham & Susan
 Lahti (2 year)
- Pam Hallanger
- Kristi Knodell & Kristin
 Kinnamon
- Steve Linari
- Rick Schranck
- Leslie Strickland
- Cecily Tillinghast

Members, Renewing

- Roger Frost
- Kristi
- Steve
- Pam
- Rick
- Leslie
- Nancy
- Cecily



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NEWSLETTER SUBMITTAL

Please submit all material for the June newsletter by May 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.

Members, New

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. Contact Kristin to volunteer at 360-658-2462

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.