

Chainwheel Chatter

B.I.K.E.S.

Your Snohomish County Cycling Club for OVER 30 YEARS

From the President

As I write this we've been experiencing an extended summer so it sure doesn't feel like fall. However, the days are shorter and I know that we'll soon have more rainy days than sunny. But, fall also means that BIKES will host its annual Volunteer Breakfast. This year it's scheduled for November 5th at The Local Scoop in Arlington. The ribbon cutting ceremony for the final four miles of the Centennial Trail between Bryant and the Skagit County line is scheduled for November 5th and club rides will be organized around the breakfast and trail opening. If you're a club volunteer or ride leader watch for your e-mail invitation. All club members are invited on the post-breakfast rides. Check the Ride Calendar and November newsletter for ride details.

Most BIKES members know that club member Wendell Hultman passed away this summer. On September 18, Wendell's wife, Marlene Hultman, hosted an open-house memorial in Wendell's honor. Friends and riding-buddies from the greater Seattle and Snohomish County areas turned out to show their respect and talk about riding with Wendell and how he impacted their lives and how much he loved bicycling. They also enjoyed pastries from L'Artisan French Bakery in Wendell's name. At the memorial Marlene Hultman and family friend Bob McBride each presented BIKES with a \$500 contribution in Wendell's name. The club is researching how best to use the money to invest in the local cycling infrastructure.

The October Ride Calendar offers a good selection of weekday and weekend rides. Most of us are home from vacationing and it's a good time to catch up with friends. If you haven't logged into the new website and subscribed to the Ride Updates forum take a few minutes to check it out. By subscribing you'll make sure you don't miss out on last minute ride listings and changes.

Pedals Up,

Debby Grant

OCTOBER 2011

ISSUE 384

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October **Club Meeting** **THURSDAY**

Oct, 13th 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:

El Paraiso Mexican Grill
2801 Colby Avenue, Everett, WA (425) 252-6026

Volunteer Corner

In October, **BIKES will staff a table at Everett Public Schools Employee Health Fairs**. If you can spare an hour or two on a week day and enjoy talking to others about bicycling and the benefits of belonging to a club, please consider volunteering for this event. Contact president@bikesclub.org for more information about dates and times. Effective in November, Past President **Linda Hunter will assume the job of Frequent Rider Miles Coordinator**. Please thank Linda when you see her. David Wadley plans to relocate to Eastern Washington early next year so is passing on this important volunteer task. Ride Leaders, please continue to send ride miles to ridermiles@bikesclub.org to make sure they're recorded. **Warren Bare has resumed the Newsletter Editor position**. John Carlin is enjoying his world travels and I look forward to his bike tour reviews in

Vice President Rick Schranck had (2) attractive images of Centennial Trail Jerseys at the September club meeting. The jerseys celebrate the completion of the Centennial trail. Jerseys will be sold in bike shops for \$85.

At the October meeting Club members may place an order at \$75.00 each.

Club Miles Compiled to 9/18/11

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

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Approximately 40% of
BIKES membership get
the Chainwheel Chatter
electronically online.
YOU TOO CAN GET YOUR
newsletter electronically.
Email roster@bikesclub.org
and save a tree.

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 Updates 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.

Warren Bare	1745	Warren McAndrew	98	John Happold	30
Bill Lutterloh	1146	Bob Nyberg	94	Moe Moosavi	30
Gery Osowiecki	734	Susie Paquette	86	Nancy Webb	26
Wendell Hultman	602	Rod McDonald	77	Sally Davies	25
Dan Scott	536	Doug Andrews	68	Albert Penta	24
Tim Wise	499	Keith Gerhard	54	Linda Hunter	22
Bill Weber	497	James Wright	54	Bill Newman	22
Evelyn Rayburn	470	Jay Grant	50	Patty Garrett	20
Debby Grant	449	Steven Hudspeth	49	Tom Crisp	19
Tom Weber	397	Perry Walker	47	Kristi Knodell	18
Steve Linari	360	Joanne Kennedy	47	Fred Koch	16
Dorothy Lindstrom	313	Larry Kennedy	47		
Pier Fiorentini	257	Clarence Elstad	46		
David Wadley	219	Robert Smith	45		
John Carlin	214	Susan Hausmann	45		
Peter Pisani	209	Annie Peterson	44		
Mike Dahlstrom	205	Dan Cornelissen	44		
Elaine Scott	204	Shirley Slade	42		
Kathy Riddle	194	Kala Koch	41		
Cheryl Walchi	167	Dick Nicholson	40		
Nancy Graham	131	Stephanie Roche	33		
Kay Peterson	126	Jack McClincy	30		
Dave Fielder	126	Janell Reich	30		
Pam Hallanger	118	Michael Snodgrass	30		
Adrienne Dorf	105				
Allyson Welsh	101				

**Warren Bare is the November
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** / 10-13 MPH
- Moderate** / 13-16 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.

Monthly Ride Calendar

UNABLE TO FIND A RIDE THAT WORKS FOR YOU?
CHECK OUT THE RIDE UPDATES ON THE WEB SITE.
STILL NOT FINDING ONE OF INTEREST –
Enter one on the Ride Updates on the Web.

Weekday Rides

Every Tuesday. 10 mile, social pace, A/B terrain 11:30 AM (Except Oct 4 th) Starting at Bicycle Centers of Everett, Silver Lake Location - on Bothell-Everett Hwy and 128th St. SE. Lousy weather cancels the ride, but not the trip to the bakery. Gery Osowiecki - 469-358-2887

Sunday Saunter – Great Beginner to Intermediate ride. 1:00pm Centennial Trail (Arlington) 10, 25 or 35 mile out and back, you can't get lost! Call ahead to confirm. Ride leader Rod McDonald (425-359-6710) or Rick Schranck (425-737-8445) Showers cancel.

Alternating Wednesdays and Thursdays, October 5, 13, 19, 27. – Pedal Pushers. Start at 10am at various locations, distances range from 18-25 miles, social pace. Check the website Ride calendar for details. 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.

Weekend Rides

Sunday, October 1 - Verlot to Barlow Pass & Return. Start at 10am at the Verlot Service Center on Mountain Loop Hwy. Set your own pace. 38 miles, A-B terrain. Bring lunch or a snack, we'll make a picnic stop on the descent from the pass. Optional food stop in Granite Falls after the ride. Ride leader Debby Grant debby@jaygrant.com or 206 353-0249. Call or email to arrange carpool. Steady rain cancels.

Sun Oct 2nd, 10am McCollum Park to Snohomish, Everett and return. Stop for snack at a bakery. Pace: moderate with some hills. Heavy rain will cancel. Ride Leader: Tim Wise 425-754-7916

Saturday, October 8th –Make Up Ride – this is the ride I had to cancel back in August - Snohomish to Sultan Bakery, 40-45 miles at a low moderate pace – 9:30 start from the Centennial Trail head in Snohomish, better parking area I think. This ride is primarily 'B' terrain with a couple of good hills, it's the standard figure 8 route going out High Bridge and Old Owen roads and returning on Ben Howard and the river road with a stop at the Sultan Bakery for lunch/snack. Rider leader Mike Snodgrass (Michael.snodgrass@frontier.com or 360-653-2384) Rain cancels

Saturday October 15 - Centennial Trail Grand Opening of "the Gap" (1 mile section between Arlington Trailhead and 172nd St (Hwy 531). Time TBA. Rain or shine - Rick Schranck (425-737-8445)

Saturday October 15 - Sister Clubs Ride. Cyclists of Greater Seattle (COGS) is hosting the Sister Clubs Ride this year. Come out and join members from the other sister clubs that host RAPSody – The Capital Bicycle Club, COGS, Tacoma Wheelmen's Bicycle Club and West Sound Cycling Club. The proposed start is from the Mercer Island Community Center at 10am. Both moderate and social pace routes will be offered. COGS organizers are still working out the details. Check the ride calendar for details as the date approaches. Please RSVP to president@bikesclub.org so we have a general idea of participation.

Sun Oct 16th, 10am McCollum Park to 3rd Place Books via Woodinville. Stop for snack at 3rd Place Books. Pace: moderate with some hills. Heavy rain will cancel and this ride may be shorten due to weather. Ride Leader: Tim Wise 425-754-7916

Saturday October 22 Salute the Troll, Expletive – Lenin, and take the measure of “The Center of the universe”. A 9:30am start at Echo Lake Park will take us south past Green Lake, down to Fremont where we will do the above then snack/ lunch at PCC followed by riding west to Ballard before working our way back to the start. Twenty miles with possible options after lunch. We could end up doing 30 miles at riders option. Leader Warren Bare 425-478-9594

BIKES says kudos to the Edmonds Bicycle Advocacy Group for this result and thanks all of the organizations below for their support and hard work on behalf of our community's children.

As reported in the March and November 2010 Chainwheel Chatter, The Edmonds Bicycle Advocacy Group acting as a linchpin raised initial funding and brought together the Cascade Bicycle Club's education arm and the Edmonds School District to provide Bicycle Safety and Skills Training with the Cascade bicycle "Basics of Bicycling Program" for grades 3,4 and 5 throughout the Edmonds School District. The incremental start garnered support and funding as described below by Julie Salathé (BIKES donated \$1000 to the cause last year).

Now The Rest of the Story
FROM THE SEPTEMBER CASCADE COURIER

From Cascade Courier – Sept issue. 2011

By Julie Salathé – Education Director

Cascade Bicycle Club's Basics of Bicycling program in elementary schools served more than 14,000 third- to fifth-grade students in four Seattle-area school districts during the 2010-11 school year, including a new program in the Edmonds School District. The Edmonds program is starting its second year with additional funding from several different sources.

The **South Snohomish County Commission for Health** (Public Health District No. 2) has awarded Cascade **\$53,000** to develop and add an advanced Basics of Bicycling for sixth- to eighth-grade students. The third- to fifth-grade basics program provides a solid foundation for children in basic bicycle skills, but students need more practice in understanding traffic laws and situations in order to become confident and skilled bicyclists. The sixth to eighth-grade program will provide the needed continuity to work on building lifetime skills for children.

The **Washington State Department of Transportation** has awarded a federal Safe Routes to School grant to the city of Mountlake Terrace, which includes **\$34,200** over two years to extend the Basics of Bicycling to all the elementary schools in the Edmonds district, and provides the city of Mountlake Terrace with additional funds for engineering improvements and enforcement of traffic laws around schools.

In addition, **Swedish/Edmonds Hospital** has generously contributed a **\$10,000** sponsorship towards the Edmonds Basics program for 2011-12. **Group Health** will continue its longstanding sponsorship of Basics in all four school districts — Edmonds, Highline, Seattle and Lake Washington — with a **\$22,000** sponsorship for 2012.

Hurray for the Hot Dogs and Wieners

Thanks to **Brent** and **Linda Hunter** for their third annual Wieners and Hot Dogs event. They supplied wieners, hot dogs and hamburgers for three groups of wieners and hot dogs (riders) of course and as usual no one was left out even as the last riders returned to Machias Station there was still ample food and cookies. A number of rational folk count this event as pretty much the end of the riding season (there was a sprinkle) until next year – the rest are just crazy.

Sharing Wheels

LADIES NIGHT- NO BOYS ALLOWED

1st Wednesday Every Month

6:00pm to 9:00pm

Ladies Night will be here again Wednesday October 5, 6pm to 9pm. We welcome all women and girls 14yrs old 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.

WORK PARTY FOR CHRISTMAS HOUSE KIDS BIKES

Help Sharing Wheels Community Bike shop get bikes ready for Christmas House. Last year Christmas House in Everett served more than 10,000 children, representing 3,485 families, by providing age appropriate gifts. Some of the big demands include coats, hats, and bikes. Sharing Wheels has provided refurbished kids bikes in previous years and will be doing the same this year. Help make this happen by participating in one or all of the work parties. Bike mechanic skills are a big plus but spit and polish is just as important. All tools, supplies and lunch will be provided. If you can't make any of the work parties feel free to come by the shop when we are open and we can surely put you to work.

Saturday October 1, 10:00am to 3:00pm

Saturday October 29, 10:00am to 3:00pm

Saturday November 12, 10:00am to 3:00pm

Sharing Wheels Community Bike Shop
 "connecting unused bikes to people who need wheels"
 2531 Broadway Everett WA 98201
 425-252-6952
Sharingwheels@gmail.com

B.A.W.Legislative Agenda: (2011-2012 Session)

The Bicycle Alliance board approved a set of 2012 legislative priorities as recommended by the Legislative & Statewide Issues Committee. Our agenda will include:

Continued support of HB1700, which carries over from 2011 and would encourage higher-quality bike and pedestrian facilities by allowing greater flexibility in design standards.

Continued support of HB1217, which would give cities and counties the authority to establish 20 mph zones on some non-arterial streets to lower accident rates and protect vulnerable users.

Work with other non-profits to support a transportation funding package called Transportation for Washington.

Work with WSDOT and others to support funding for the Complete Streets bill passed in 2011.

Use 2012-2013 to see if there is support for a 3-5' safe passing bill and, if so, build a coalition of support.

Please check the Legislative Page or read our blog for more information and updates. And mark your calendars now for the 2012 Transportation Advocacy Day in Olympia on January 31!

You could be a Winner

At the September meeting BIKES members voted to purchase (2) tickets to the **BAW Auction** (see page 6) to be held October 22 at the Fisher Pavilion. The tickets will be awarded at a drawing to be held at the BIKES October 13 meeting. Must be present to win.

Or a Winner

Also at the September meeting BIKES members voted to donate (2) entries to the March 17, 2012, McClinchy Mile to the **BAW Auction** .

Or a Winner

BAW is Calling all Artists and Bicyclists!

Now more than ever we need to promote the message "Share the Road" to increase safety for all roadway users. The Bicycle Alliance of Washington is excited to announce its Share the Road t-shirt design contest. Deadline is October 14, 2011. Prize is a gift certificate to REI. See flyer on website for details.

Centennial Trail News

Vice President Rick Schranck reported at the September Club meeting that the Centennial Trail gap (suicide mile) will be completed for the October 15th. A ribbon cutting ceremony will take place at 10:00 AM at the new connection just up the trail from the north parking lot on 67th Ave. Rick will lead a ride on the new portion so for further information watch the ride update page

Also Rick reported that the North Trail Extension starting at Bryant and ending at the North Trailhead park Barn is scheduled for a grand opening November 5th. Tom Teigen, Snohomish County Parks director said this would also be at 10:00AM. The annual "Volunteer Leadership Breakfast" will precede this ride to the opening and of course everyone is welcome on the ride. (Check the November newsletter and website for any last minute updates)

And this from South County

On September 1st members of BIKES and EBAG attended the Mountlake Terrace City Council work session where the Council considered pavement marking options on the new road resurfacing along 212th. They opted to paint the staff recommended option that includes bike lanes between 52 Ave and the Interurban Trail. Bike lanes are already approved along 212th between 44th and 52nd. When funded lanes will be continues between 44th St and the Interurban Trail.

And while we're all excited about the progress in the north end of the county, some work has been quietly underway in Edmonds. Heading south from Lynnwood, the trail proper ends at the PUD substation at 228th St SW. From there, bike lanes are now painted on both sides of 228th west to 76, then south on 76th to the King County line (244th). There are piles of gravel and some construction equipment in the power line right of way, hopefully with pavement coming in the near future to take us off the main arterials. hopefully with pavement coming in the near future to take us off the main arterials.



October 22, 2011

Seattle Center Fisher Pavilion

Silent auction starts at 5:30pm

Dinner served at 7:00pm

Help the Bicycle Alliance of Washington shift gears for bicycle advocacy statewide by joining us at our annual fundraiser on October 22! Proceeds from this event support our advocacy and education efforts statewide. These funds help us deliver Safe Routes to School services to districts around Washington and make it possible for us to bring our Hub & Spoke events to bike advocates in their communities. They help us shift the gears of government policies and change the minds of legislators.

Fun is a given at the auction. Besides the silent and live auctions, there is a dessert dash, wine grab bag, and a split-the-pot raffle. Nearly 300 friends of bicycling attend this gala and there's ample time to socialize, catch up with old friends and meet new ones!

Donations needed!

We're still accepting auction donations and we need a variety of items that will generate spirited bidding. We'd welcome any of the following donations and more: restaurant and retail gift cards, themed gift baskets, massages and spa treatments, yoga and pilates classes, acupuncture treatments, unique experiences, tickets to theater and sporting events, and cash donations. Use our handy online donation form to submit your information or contact Louise McGrody if you have questions.

Purchase tickets!

Tickets are \$70 each or \$700 for a table of ten--***if purchased by September 30***. After that date, prices are \$85/\$850. Tickets may be purchased online, by check, or by calling Donna Govro at 206.224.9252 x300. Check our auction page for more details.

Volunteer!

We rely on volunteers to help make this event a success. We need volunteers to help with event set up, clean up, registration, check out, serving food, and much more. Contact Matt Lyman if you'd like to help out.

Check our auction page for additional information or call 206.224.9252. We're looking forward to seeing you on October 22!

Save the Date- October 29

Volunteers from BIKES will be manning a table at this event & If anyone wishes to attend Contact Kristin Kelly

Livable Snohomish County Summit and Candidate Forum.

Co-sponsored by Pilchuck Audubon Society, Sierra Club, Futurewise, Transition Port Gardner, Citizens to Protect the Upper Snohomish River Valley (CPUSRV) and KSER 90.7FM radio

Free Event focusing on water issues, with many presentations and breakout sessions. If you would like to host an informational table or exhibit contact Kristin Kelly--Saturday, October 29th --9 a.m. to 4 p.m.--Snohomish PUD Building

Free lunch will be provided for everyone who pre-registers.— Register by sending an email to Kristin Kelly

Kristin Kelly <Kristin@futurewise.org>

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

Primary
Business

Members, Renewing

Beverly Grosso
 James & Sheila Wright
 Dick Nicholson
 Evelyn Rayburn
 Cheryl Walchi
 Annie Peterson
 Debby & Jay Grant

New Members

Susan Paquette
 Joe Hoffmann
 Nancy Webb

Is it time to renew? →

After filling up on Wieners, hot dogs and burgers some members tried to work the calories off by doing a ride with 1st District Congressman Jay Inslee. 9/17/2011



Chainwheel Chatter October 2011

NEWSLETTER SUBMITTAL

Please submit all material for the November newsletter by **October 21**

to 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.

