

Chainwheel Chatter

Your Snohomish County Cycling Club for OVER 30 YEARS

From the President

The club has two tours coming up shortly – a Yakima Valley Weekend in May and a four-day tour of the Willamette Valley Scenic Bikeway in June. For a number of years Jack McClincy has organized the Yakima Valley Weekend and many club members have enjoyed wine tasting, riding the gentle valley roads and camping together at Sportsman State Park. **The tour is the weekend of May 19-20** and details can be found in the Rides section of this newsletter and on the club website on the **Weekends and Tours** page under Rides.

New for BIKES is the Willamette Valley Scenic Bikeway (WVSB) tour, **Sunday – Wednesday, June 24-27**. For the past several years member Linda Hunter has wanted to organize a club tour so this year she’s plunging in. The WVSB is a 132 mile on-road signed route that winds through Oregon’s beautiful Willamette Valley. The tour begins at Champoeg State Park, south of Portland, Oregon, and travels on mostly quiet roads thru the Willamette Valley. Go to http://www.oregon.gov/OPRD/PARKS/BIKE/WVSB_main.shtml for maps and details about the route.

The Club will camp and motel and organize shared driving of SAG vehicles. This is a one-way tour. Transportation options to the start and return from the finish include carpooling and Amtrak. Vehicles may be left in Portland or at Champoeg State Park.

Details about the tour can be found on the Weekends and Tours page under Rides on the club website. **Watch the website for details about a final planning meeting** in early June for those going on the tour. At the June meeting we'll discuss specific daily start points and other details about each day. If you're undecided and have questions, contact Linda Hunter. Her contact information can be found in the member directory in the Members Only section of the website.

Biking season is upon us and I hope you're all getting out there and enjoying each day as it comes. We're electing a new BIKES board at the May meeting so come join us and let BIKES leadership know what you want from the club.

Pedals Up,
Debby Grant

May 2012

ISSUE 391

Inside this issue:

From The President	1
Club Miles	2
Ride Calendar	3
News & Advocacy	4-5
New and Renewing	6

May

Club Meeting

THURSDAY

May 10, 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:

Fish Tale Brew Pub

2019 Hewitt Ave

May brings cycling season into full swing so check out the web site page “Weekends and Tours”
First up is **Yakima Valley Weekend - wine tasting and camping (or motel) 5/18-20**

Save the Date - BIKES Annual Summer Picnic - Saturday, August 4
Thornton A Sullivan Park at Silver Lake - Watch the website and newsletter for details
about pre-picnic rides and bar-b-que.

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

Debby Grant
President
president@bikesclub.org

Rick Schranck
Vice President
Vicepresident@bikesclub.org

Steven Arnhold
Secretary
secretary@bikesclub.org

Kristi Knodell
Treasurer
treasurer@bikesclub.org

Tim Wise
Web Master
webmaster@bikesclub.org

Warren Bare
Newsletter Editor
editor@bikesclub.org

Linda Hunter
Frequent Rider Miles
Coordinator
ridermiles@bikesclub.org

Monthly Ride Coordinator
leadaride@bikesclub.org

Club Miles Compiled to

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.

Frequent Rider Miles – As of 4/20/2012

Warren	Bare	834
Pier	Fiorentini	799
Gery	Osowiecki	390
Tim	Wise	383
Bob	Nyberg	368
Steve	Linari	282
Bill	Lutterloh	176
Bill	Weber	152
Kathy	Riddle	134
Dan	Scott	131
Mike	Dahlstrom	106
Cheryl	Walchi	103

Dick	Nicholson	75
Tom	Weber	73
Pam	Hallanger	54
Peter	Pisani	46
Michael	Snodgrass	44
Steven	Hudspeth	42
Warren	McAndrew	42
Robert	Pahlman	42
Dorothy	Lindstrom	38
Denny	Andrie	35
Rick	Schranck	35
Rod	McDonald	35

Linda	Hunter	29
Clarence	Elstad	20
Evelyn	Rayburn	19
Dan	Cornelissen	17
Elaine	Scott	17
Leslie	Strickland	17
Nancy	Webb	17
Perry	Walker	17
Judi	Chadwick	17
Marilyn	Perala	12
Doug	Andrews	7

Trail Use Message

With the advent of spring, the multi-use Interurban Trail in Everett receives an increased number of visitors. From walkers, runners and parents pushing baby carriages to skateboarders, bicyclists and owners walking their dogs, the Interurban Trail becomes a very busy and well loved amenity in Everett in nice weather.

In light of this busy time, please be aware that trail use in Everett is governed by the city's municipal code (EMC 9.06.148). In part, the code states that it is unlawful for any person to travel on the trail (or on any trail in the city) at a speed greater than is reasonable and prudent under the existing conditions and in relation to actual and potential hazards. Furthermore, in every event, speed shall be so controlled as may be necessary to avoid colliding with others in excess of fifteen miles per hour.

Please be cognizant of your surroundings. We appreciate your dedication to safe travel and the courtesy you extend to fellow trail patrons. Enjoy your sojourns this riding season.

Paul Kaftanski, Director—Everett Parks and Recreation- April 13, 2012

Bill Weber is the June ride coordinator.

And the months following are

July—Debby Grant

August—Doug Andrews

So ride leaders send your rides to

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 WEBSITE.
STILL NOT FINDING ONE OF INTEREST —
Enter one on the Ride Updates on the Web.**

May 2012 Ride Schedule

Weekdays

May 11th, 18th. Mukilteo-Forest Park-Everett - Meet at 9:00 AM at the parking of 5425 Harbour Pt. Blvd. Mukilteo. Route: Mukilteo Blvd 20 miles. Pace: Social, terrain:B. Call (425)349-5065 or email fiorepg@frontier.com

May 9th, 23rd. (Al's Loop) Mukilteo-Snohomish (via River Rd)-Everett - Meet at 9:00 AM at the parking of 5425 Harbour Pt. Blvd. Mukilteo. Route: Mukilteo-Larimer Rd-Snohomish-Everett-Mukilteo. 42 miles. Pace: Social, terrain:A. Call (425)349-5065 or email : fiorepg@frontier.com

May 14th Mukilteo - Echo Lake. Meet at 9:00 AM at the parking of 5425 Harbour Pt. Blvd. Mukilteo. Via Lowell-Larimer Rd, Connelly, Elliott, Welch Rd, Fales. 50 Miles. Pace: Moderate, terrain:A/C. Leave a message (425)349-5065 or email: fiorepg@frontier.com

May 7th, 16th. Mukilteo - Lake Stevens. Meet at 9:00 AM at the Church at 5425 Harbour Pt. Blvd. Mukilteo. Route: Mukilteo-Snohomish-Machias-Lk Stevens-Everett-Mukilteo.54 miles. Pace: Social. terrain:A/B. Leave a message (425)349-5065 or email: fiorepg@frontier.com

May 2nd Mukilteo-Snohomish (via Larimer Rd)-Everett Meet at 9:00 AM at the parking of 5425 Harbour Pt. Blvd. Mukilteo. Route: Mukilteo-Larimer Rd-Snohomish-Everett-Mukilteo.47 miles. Pace: moderate. Terrain:A/B. Leave a message (425)349-5065 or email : fiorepg@frontier.com

May 21st. Mukilteo-Snohomish-Monroe Meet at 9:00 AM at the parking of 5425 Harbour Pt. Blvd. Mukilteo. Return via High Bridge Rd - Lowell-Larimer Rd. 54 Miles. Pace: Moderate, terrain: A/B. Leave a message (425)349-5065 or email: fiorepg@frontier.com

Weekends

May 6th Sunday McCollum Park & Ride to 3rd Place books. Start 9:30. Social-moderate pace, 38 miles with A/B terrain. Food/snack stop at 3rd Place Books in Lake Forest Park . Rain may cancel. Leader, Tim Wise 425-754-7916, tcjkwis@frontier.com.

May 12th Saturday: Shoreline to Uwajimaya for Lunch – Echo Lake Park is the start point of this ride at 9:30am for this 38 mile social / moderate ride south to the bike tunnel over I-90 then west on lower Beacon Hill dropping to Uwajimaya for lunch before heading north for the return. Leader Warren Bare 425-478-9594 and rain may cancel. RWGPS map <http://ridewithgps.com/routes/1112366>

May 19 Saturday. Yakima Wine Tasting Ride 35 miles social pace. We will stop at 5-7 wineries along the route and regroup as we go with a lunch stop along the way. Camping is available at Yakima Sportsman State Park or motels are close by in Yakima. We will meet at the state park and then carpool to the start point. Contact Jack McClincy @ 360-435-5978 at home or cell #425-322-6478 while in Yakima (I don't keep this on at all times so home phone is best).

May 20 Sunday, Yakima Chesterly Park to Naches. 35 miles .There are no available lunch stops so pack a lunch and we will stop in the park in Naches. Contact Jack McClincy @ 360-435-5978 at home or cell #425-322-6478 while in Yakima (I don't keep this on at all times so home phone is best).

May 26th Saturday :Rexville Fidalgo Island Loop This ride will start at 9:30 am At the Rexville Grange. Social / Moderate pace with the major hills before the food stop at Gere-a Deli. Leader Warren Bare 425-478-9594 Please RSVP and contact the leader for ride sharing possibilities. Rain may cancel. RWGPS map <http://ridewithgps.com/routes/1112316>

NEWS FROM SHARING WHEELS COMMUNITY BIKE SHOP



In preparation for their upcoming annual Kids Bike Swap on June 10, the Sharing Wheels Community Bike Shop is actively seeking the donation of working kids' bicycles, sizes 16"-24". For more information see Sharingwheels.org or call 425-252-6952.

Sharing Wheels will be having Work Parties in preparation for the upcoming Kids Bike Swap.

Tuesday May 1, 6pm to 9pm

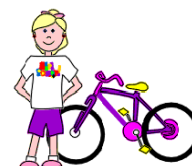
Saturday May 12, 10am to 3pm

Tuesday May 15, 6pm to 9pm

Saturday June 2, 10am to 3pm

All levels of bike mechanic ability are welcome.

⇒ **The next ladies night and probably the last will be Wednesday May 2, 6pm to 9pm.**



MECHANIC I CLASS Sharing Wheels Community Bike Shop is happy to present Mechanic I Class. Class is limited to 4 students so sign up early. All tools provided. Mechanic I is the basics of the bicycle. Learn the parts of the bike and how to evaluate it's condition. Learn about the bearing systems and how to overhaul them. Bring your own bike or you can use one of ours. \$45 must be prepaid to secure spot in class. 6 hour class. Call or come by to register .Dates: May 16 & 23, 6pm to 9pm (Wednesday evenings) Or June 13 & 20, 6pm to 9pm (Wednesday evenings) **Mechanic II CLASS** Demystify gears and brakes. Mechanic I prerequisite required. Class is limited to 4 students so sign up early. All tools provided. Learn about what makes your bike run smoothly. Bring your own bike or you can use one of ours. \$45 must be prepaid to secure spot in class. 6 Hour class. Call or come by to register .Date: June 3, 9am to 3pm (Sunday)

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

F-5 Bike to work day is Friday May 18, 2012

Cascade Bicycle Club is administrating and coordinating this and related events in the Puget Sound Region. To find one or more commute Station's on your route check the link <http://www.cbcef.org/btw/stationmap.html> and to accept Group Health's Challenge go to Cascades website. <http://www.cascade.org/Home/>

AND FOR A GREAT RIDE From our neighbors just north of us- THE Skagit Spring Classic – Burlington May 12

25-, 40-, 65- and 100-mile routes through scenic northern Skagit and southern Whatcom Counties. Food stops, post-ride meal, pint glass if pre-registered.

Start 7am from Bayview Elementary School. Ride includes:

Our Famous Homemade [Cookies](#)—Rest Stops ~ Sags ~ Showers (Please bring your own towels)

End-of Ride -All you can eat Pasta Feed From 11:00 am to 5:00 pm— Pre-Register and receive a free Skagit Spring Classic Pint Glass :**Skagit Bicycle Club** skagitspringclassic.org/ - Supports **BAW** and other Not-for profit's

The Puget Sound Regional Council

VISION 2040, the region's long-range growth management, economic and transportation strategy, and Transportation 2040, the adopted Metropolitan Transportation Plan, calls for the development of a transportation system that creates more travel choices while preserving environmental quality and open space. Bicycle and pedestrian transportation plays a key role in achieving these goals.

On March 29 planning and engineering representatives and advocate organizers from throughout Snohomish County met in Lynnwood. The goal being to develop the network based on local planning with input from bicycle advocates that can share their perspective.

Past President Bill Weber and member **Warren Bare** attended and although this is very preliminary map were able to give perspective as cyclists as to where and why development for cyclists would be more appropriate with the view to the future.

This is one piece of information and others will be used such as the article below to develop the transportation system for VISION 2040

Bike Commuters Starting May 1st – How You Can Help

-prioritize bicycle infrastructure investments-

Just in time for Bike to Work month, PSRC is introducing a smart phone application for bicyclists to record their rides and to help inform bicycle planning in the central Puget Sound region. CycleTracks uses phone GPS to record people's bicycle trip routes and times, and display maps of their rides. At the end of each trip, data including the trip purpose, route, date, and time are collected for analysis. All personal data are kept confidential. CycleTracks was built by the San Francisco County Transportation Authority who successfully used this app to help understand the needs of bicyclists in order to more effectively prioritize bicycle infrastructure investments.



Note: The app store download pages refer to San Francisco, where the CycleTracks was developed. This is also the correct download link for CycleTracks – Puget Sound Region.

Pedal Pushers Rides

BIKES is partnering with the Lynnwood Senior Center again this year to lead weekly 15 – 25 mile social paced rides. The rides will alternate on Wednesdays and Thursdays into mid-September. This is the sixth year for the Pedal Pushers and the group is growing steadily. Senior Center staff will lead one or 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. Thursdays are always trail rides and Wednesdays are road or road and trail.

Wednesday, May 2 – Pedal Pushers ride Echo Lake to Green Lake. Start at 10 am at Echo Lake Park. Social pace, 17 miles, mostly A terrain with a few bumps on the Interurban Trail and low-traffic streets. We'll take a snack break near Green Lake. Ride leader Warren Bare 425-478-9594 or bare.warren@gmail.com. Rain cancels.

Thursday, May 10 – Pedal Pushers ride the Centennial Trail. Start at 10am the trail head at Maple Ave and Pine Ave in Snohomish. Social pace, 22 miles, A terrain on the trail to Lake Cassidy and return. Riders may turn around on their own for a shorter distance. Snack break along the way. Ride leader Nancy Graham, nancybikes@gmail.com. Rain cancels.

Wednesday, May 16 – Everett to Snohomish Along the River. Start at 10am at Rotary Park in Everett and ride to Snohomish along River Road. Social pace, 18 miles, mostly A terrain with a few B- grades. We'll take a snack break in Snohomish. Rider leader Dan Scott 425-355-4510. Rain cancels.

Thursday, May 24 – Log Boom Park to Redhook Brewery. Start at 10am at Log Boom Park. Social pace, 14 miles, A terrain on flat trail. We'll take a snack break at the brewery. Ride leader Linda Hunter hunterbl4345@comcast.net. Rain cancels.

Wednesday, May 30 – Lynnwood to Silver Lake on the Interurban. Start at 10am at South Lynnwood Neighborhood Park and ride to Thornton A Sullivan Park and around Silver Lake. Social pace, 18 miles, A/B terrain on the Interurban Trail and road. Snack break at Silver Lake or L'Artisan Bakery. Ride leader Warren Bare 425-478-9594 or bare.warren@gmail.com. Rain cancels.

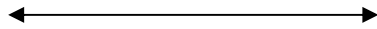
www.bikesclub.org
B.I.K.E.S. Club
P.O. BOX 5242
Everett, WA 98206

Primary
Business
Address

NEW MEMBERS

- Susan Arnold
- Louise Kornreich
- Bob Pahlman
- Jennifer & Victor Winson
- Marilyn Perala
- Sarina Elliott
- Judy Brackett
- Stuart Broderick

Hope to see you on a ride soon



RENEWING MEMBERS

- Steven Arnhold
- Steve Linari
- Rick Schranck
- Cecily Tillinghast

Thanks for Renewing

Is it time to renew? →

Chainwheel Chatter May 2012

. NEWSLETTER SUBMITTAL

Please submit all material for the **June** newsletter by **May 20th**
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** 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.

F-5 Bike to work day is Friday May 18.
Cascade Bicycle Club is administering and coordinating this and related events in the Puget Sound Region. To find one or more commute Station's on your route check the link <http://www.cbcef.org/btw/stationmap.html> and to accept Group Health's Challenge go to Cascades website. <http://www.cascade.org/Home/>

B.I.K.E.S.-Membership P.O. Box 5242, Everett WA 98206

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (____) _____ - _____ Email _____

Membership \$15 Annually (INDIVIDUAL)

DUES \$20 Annually (FAMILY)