

Chainwheel Chatter

Your Snohomish County Cycling Club for OVER 30 YEARS

From the President

A September 13th meeting kicked off the fall season for B.I.K.E.S. Club of Snohomish County. The next club meeting is Thursday, October 11th, at Alf's Pizza on Broadway in Everett. Join us for a special presentation when Lorenzo tells us how he bicycled "Around the World in Fifteen Years." Details are in the meeting announcement and pizza and beverages are no host at this event..

At the September meeting McClinchy Mile was discussed and the weekend of March 16th seems like an ideal time for this major club event. We will decide on that date, or others, in October or after we know the date of Cascade's Bike Expo. I encourage all members to attend the meetings. This is one way to be more involved with the club and also meet others and learn more about club business. We are still in need of a secretary so if someone wants to fill that position, please do come to the meetings and make your availability known. The basic requirements of Secretary are to take and record meeting minutes and handle occasional correspondence.

We have had some great weather so far and hopefully this will continue. Tim Wise is the ride coordinator for November so all ride questions or comments can be directed to him.

I look forward to a great cycling season and encourage all to get out and ride.

Steven Arnhold

President, BIKES Club of Snohomish County

October 2012

ISSUE 397

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At the September Club meeting the members donated two McClinchy 2013 entries with a \$50 VISA card for each to the Bike Alliance annual auction.



Around the World in Fifteen Years

In 1997,

Lorenzo left his home in the Basque region of Spain planning on a six month bicycle adventure.

He is still on the road today.

He has explored the Americas, circumnavigated the continent of Africa, and visited many other countries hard to pronounce.

He will be presenting a slide show and some of his stories at our next club meeting.

Join us at Alf's, 2317 Broadway, Everett. 10/11/12

General meeting and pizza will begin at 6 pm (pizza and beverages are no host)
presentation will follow at 7pm.

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.

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

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Monthly Ride
Coordinator
leadaride@bikesclub.org

Frequent Rider Miles – As of 9/23/2012

Pier	Fiorentini	2602	Jim	Stewart	177	Tina	Rainforth	75
Warren	Bare	1793	Pam	Deitz	176	Evelyn	Rayburn	71
Bob	Nyberg	1041	Kala	Koch	159	Bill	Newman	66
Bill	Lutterloh	958	Susan	Lahti	159	Judy	Brackett	65
Tim	Wise	836	Kristi	Knodell	152	Doug	Andrews	63
Gery	Osowiecki	735	Kristin	Kinnamon	141	Ed	Moyer	53
Dan	Scott	694	Warren	McAndrew	141	Ken	Moores	49
Steve	Linari	646	Peter	Pisani	130	Brent	Hunter	44
Bill	Weber	604	Joanne	Kennedy	120	Susan	Hausmann	42
Marilyn	Perala	553	Larry	Kennedy	120	Patty	Garrett	38
Bette-Ann	Shroyer	543	Michael	Snodgrass	116	Diane	Gordon	38
Mike	Dahlstrom	414	Adrienne	Dorf	111	Dave	Fielder	35
Linda	Hunter	412	Judi	Chadwick	104	Kay	Peterson	35
Dorothy	Lindstrom	377	Jack	McClincy	100	Rod	McDonald	35
Susie	Paquette	353	Denny	Andrie	99	Kathleen	Dawe	34
Elaine	Scott	333	Rick	Schranck	99	Brenda	Ferguson	32
John	Carlin	331	Steven	Hudspeth	97	Debby	Grant	26
Nancy	Graham	303	Robert	Pahlman	95	Allyson	Welsh	25
Tom	Weber	302	Jim	Roosma	93	Shawn	Diem	24
MJ	Gerst	300	Leslie	Strickland	92	Bob	Palm	18
Kathy	Riddle	281	Nancy	Chad-Jones	87	Dan	Cornelissen	17
Clarence	Elstad	272	James	Wright	83	Nancy	Webb	17
Pam	Hallanger	265	Tom	Crisp	82	Bill	Ferguson	14
Fred	Koch	201	Robert	Smith	80	Graham	White	10
Perry	Walker	199	Janell	Reich	78	Kevin	Patterson	10
Bruce	Deitz	195	Dick	Nicholson	75	Annie	Peterson	9
Cheryl	Walchi	182	Russ	Rainforth	75	Sharon	Andrews	6

Tim Wise is the November ride coordinator.

And the month following is

December— Mike Dahlstrom

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.**

Weekday Ride Calendar

Tuesday October 2nd: Tuesday's Lunch ride – 9:30 AM Starting at Bicycle Centre at the Silver Lake location. Join Gery on his breakfast break (actually lunch on the East Coast) for a short, 10 mile loop around Silver Lake and Mill Creek. Pace is low-social (10-12). Terrain is mostly flat with just a few very very very short climbs (like less than one block each).. Optional (quick for Gery) coffee afterwards before he has to return to the office. Water falling from the sky cancels the ride, but not the coffee. Gery's cell: 469-358-2887

Wednesday October 3rd: - Mukilteo-Snohomish-Monroe - Meet at 9:00 AM in the parking of the Lutheran Church at 5425 Harbour Pointe Boulevard, Mukilteo. - Return via High Bridge Rd – Lowell-Larimer Rd. 54 Miles. Pace: Moderate, terrain: A/B. Call [\(425\)349-5065](tel:4253495065) or email: fiorepg@frontier.com

Thursday October 4th: Ride to the post office. Meet at Silver Lake Sullivan Park at 3:30pm for an after-work ride to the Post Office in Everett. Return either by Swift Bus or via the Interurban Trail – as group decides. This will be a one-way ride on Thursdays when there is a club meeting. Distance is about 8 miles each way. Terrain is B (but mostly downhill into Everett), Pace, about 10-12 MPH – half that going uphill. Optional afternoon tea and pastries afterwards. If it's raining – come anyway – we have to pick up the club mail, in which case we will drive downtown to the post office, and have tea and pastries afterwards... Make sure to have working lights and reflective clothing..Gery's cell: 469-358-2887

Friday October 5th: - Mukilteo-Forest Park-Everett - Meet at 9:00 AM in the parking of the Lutheran Church at 5425 Harbour Pointe Boulevard, Mukilteo. Route: Mukilteo Blvd to Forest Park and return via Interurban trail. 20 miles. Pace: Social, terrain: B. Call [\(425\)349-5065](tel:4253495065) or email : fiorepg@frontier.com

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Tuesday October 9th: Tuesday's Lunch ride – 9:30 AM Starting at Bicycle Centre at the Silver Lake location. Join Gery on his breakfast break (actually lunch on the East Coast) for a short, 10 mile loop around Silver Lake and Mill Creek. Pace is low-social (10-12). Terrain is mostly flat with just a few very very very short climbs (like less than one block each).. Optional (quick for Gery) coffee afterwards before he has to return to the office. Water falling from the sky cancels the ride, but not the coffee. Gery's cell: 469-358-2887

Wednesday October 10th. - Mukilteo - End of Centennial Trail - Meet at 9:00 AM in the parking of the Lutheran Church at 5425 Harbour Pointe Boulevard, Mukilteo. Route: Mukilteo-Snohomish-Arlington - Lk Stevens-Everett-Mukilteo. 76 miles. Pace: social/moderate, terrain: A/B. Call [\(425\)349-5065](tel:4253495065) or email : fiorepg@frontier.com

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Friday October 12th: - Mukilteo-Forest Park-Everett - Meet at 9:00 AM in the parking of the Lutheran Church at 5425 Harbour Pointe Boulevard, Mukilteo. Route: Mukilteo Blvd to Forest Park and return via Interurban trail. 20 miles. Pace: Social, terrain: B. Call [\(425\)349-5065](tel:4253495065) or email : fiorepg@frontier.com

October Weekday Rides (Cont.)

Tuesday October 16th: Tuesday's Lunch ride – 9:30 AM Starting at Bicycle Centre at the Silver Lake location. Join Gery on his breakfast break (actually lunch on the East Coast) for a short, 10 mile loop around Silver Lake and Mill Creek. Pace is low-social (10-12). Terrain is mostly flat with just a few very very very short climbs (like less than one block each).. Optional (quick for Gery) coffee afterwards before he has to return to the office. Water falling from the sky cancels the ride, but not the coffee. Gery's cell: 469-358-2887

Thursday October 18th: Ride to the post office. Meet at Silver Lake Sullivan Park at 3:30pm for an after-work ride to the Post Office in Everett. Return either by Swift Bus or via the Interurban Trail – as group decides. This will be a one-way ride on Thursdays when there is a club meeting. Distance is about 8 miles each way. Terrain is B (but mostly downhill into Everett), Pace, about 10-12 MPH – half that going uphill. Optional afternoon tea and pastries afterwards. If it's raining – come anyway – we have to pick up the club mail, in which case we will drive downtown to the post office, and have tea and pastries afterwards... Make sure to have working lights and reflective clothing..Gery's cell: 469-358-2887

Monday October 22nd: - Mukilteo - Lake Stevens. Meet at 9:00 AM in the parking of the Lutheran Church at 5425 Harbour Pointe Boulevard, Mukilteo. Route: Mukilteo-Snohomish-Machias-Lake Stevens-Everett-Mukilteo.54 miles. Pace: Moderate. Terrain: A/B. Call [\(425\)349-5065](tel:4253495065) or email: fiorepg@frontier.com

Tuesday October 23: Tuesday's Lunch ride – 9:30 AM Starting at Bicycle Centre at the Silver Lake location. Join Gery on his breakfast break (actually lunch on the East Coast) for a short, 10 mile loop around Silver Lake and Mill Creek. Pace is low-social (10-12). Terrain is mostly flat with just a few very very very short climbs (like less than one block each).. Optional (quick for Gery) coffee afterwards before he has to return to the office. Water falling from the sky cancels the ride, but not the coffee. Gery's cell: 469-358-2887

Thursday October 25th: Ride to the post office. Meet at Silver Lake Sullivan Park at 3:30pm for an after-work ride to the Post Office in Everett. Return either by Swift Bus or via the Interurban Trail – as group decides. Distance is about 8 miles each way. Terrain is B (but mostly downhill into Everett), Pace, about 10-12 MPH – half that going uphill. Optional afternoon tea and pastries afterwards. If it's raining – come anyway – we have to pick up the club mail, in which case we will drive downtown to the post office, and have tea and pastries afterwards... Make sure to have working lights and reflective clothing..Gery's cell: 469-358-2887

Friday October 26th: - Mukilteo-Forest Park-Everett - Meet at 9:00 AM in the parking of the Lutheran Church at 5425 Harbour Pointe Boulevard, Mukilteo. Route: Mukilteo Blvd to Forest Park and return via Interurban trail. 20 miles. Pace: Social, terrain: B. Call [\(425\)349-5065](tel:4253495065) or email : fiorepg@frontier.com

Tuesday October 30: Tuesday's Lunch ride – 9:30 AM Starting at Bicycle Centre at the Silver Lake location. Join Gery on his breakfast break (actually lunch on the East Coast) for a short, 10 mile loop around Silver Lake and Mill Creek. Pace is low-social (10-12). Terrain is mostly flat with just a few very very very short climbs (like less than one block each).. Optional (quick for Gery) coffee afterwards before he has to return to the office. Water falling from the sky cancels the ride, but not the coffee. Gery's cell: 469-358-2887

Wednesday October 31st: - Al's Loop - Long version. Meet at 9:00 AM at the parking of 5425 Harbour Pt. Blvd. Mukilteo. Route: Mukilteo-Lowell-Larimer Rd-Snohomish-Everett-Mukilteo. 47 miles. Pace: Moderate, terrain: A/B. Call [\(425\)349-5065](tel:4253495065) or email : fiorepg@frontier.com

October Weekend Rides

Saturday October 6 th.- Jinxed (amended) Ride - Start 10am at McCollum Park To Shoreline Central Market. 23 miles. Terrain B. Pace Low-Social. Water falling from the sky cancels the ride. Gery's cell: [469-358-2887](tel:469-358-2887). <http://www.mapmyride.com/routes/view/37348650>

Sunday October 7 Paine Field Park - North King County Start at Paine Field Park at 9:30 AM for this social w/A-C terrain for 30-35 mile ride going south into north King County with a food stop along the way. Rain cancels. Ride leader Warren Bare 425 478-9594

Saturday October 13: Silver Lake to Everett via Snohomish and River Road. Start at 10am at Everett Bicycle Centers – Silver Lake Location – ride to Snohomish, then return via River Road and the Interurban Trail. Distance about 25 miles – pace low social –terrain B. Food stop at Snohomish. ... Rain cancels the ride... Gery's cell: [469-358-2887](tel:469-358-2887)

Saturday October 20th: Modified Bergeron Loop The loop with minor changes like starting at Paine Field Park on Beverly Park Rd at Gibson on the north side. Start at 9:30 am, social pace, A-B Terrain, 38 miles, with a food stop along the way. Rain, snow etc. cancels. Ride leader Warren Bare 425 478-9594

Sunday October 21st: Silver Lake to Everett, loop around Everett's north end, and return via the Wendell wiggle. Start at 10am at Everett Bicycle Centers – Silver Lake Location. Food stop at Carroll's on the way back. The distance is probably 25 miles or so. Terrain B. Pace – low-social... Rain cancels the ride... Gery's cell: [469-358-2887](tel:469-358-2887)

Saturday October 27th: Bike to the Boneshaker Bicycle Festival in La Conner. Meet at 9:30 a.m. at Conway boat launch on Dike Road. We'll ride back roads to La Conner, spend about 2 hours at the festival (optional lunch, "Ride the Divide" movie, music, exhibits), then return. 30-mile round-trip, mostly flat with a hill or two to keep it interesting. Ride leader Kristin Kinnamon's pace will be moderate, but self-paced riders welcome. Cue sheet provided. Call or see website to confirm if weather is iffy - [425-583-4584](tel:425-583-4584). Boneshakerbikifest.com

Website Tips

Did you know that you can customize your club website directory profile – both public and members-only information? To change what members and non-members can see, log on then click on Member Profile under the Member-only tab. This will put you on the My profile page. Click the Privacy link to see a list of attributes and two columns that indicate how an attribute is displayed in the directories. To change how your attributes are shown in the directories click the Edit profile button. You control how your information is shown to the public and to BIKES members. In the past, BIKES gave printed directories to members. The website directory replaces the printed list. Members can reach other members via email thru the directory even if only a name is shown. Let us know if this is helpful and watch for more website tips in future newsletters

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

Primary
Business
Address

NEW MEMBERS

Lonnie Dalrymple
Shawn Diem
Hugh Taylor

Hope to see you on a
ride soon



Annie Peterson
Evelyn Rayburn
James Wright
Beverly Grosso
Steve Hudspeth
Don Kusler
Moe Moosavi
Cheryl Walchli

RENEWING MEMBERS
Thanks for Renewing

Is it time to renew? →

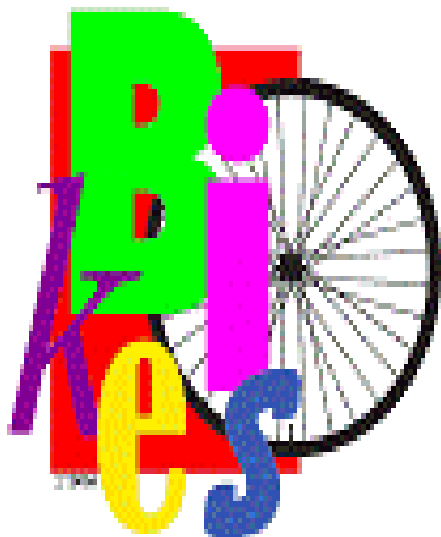
Chainwheel Chatter October 2012

NEWSLETTER SUBMITTAL

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



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)