

Chainwheel Chatter

Your Snohomish County Cycling Club for OVER 30 YEARS

The Presidents Corner

Greetings, I hope the New Year is starting off well for all of you. We now have a secretary. Doug Andrews was nominated and voted to the position of Secretary B.I.K.E.S. Club of Snohomish County at the January meeting. Thank you Doug for volunteering and helping the club. In addition, Warren Bare is organizing a meet your legislator day in February. Details will be in the February newsletter. This is an excellent opportunity to meet with your state representative and senator and discuss bicycling issues. As an organization we have many issues and ideas to discuss and this is a great chance to make your ideas and concerns known. If anyone would like to go to Olympia contact Warren Bare. Preparations for McClinchy Mile are moving along and we will need volunteer support at the rest stops, as SAG drivers and to help set up or take down in Arlington at the start. I am going to help with SAG or other support. This is a great way to get to know club members and officers and get involved. There is also a volunteer dinner at the end of the day. Hopefully the weather will be more cooperative this year because this is BIKES single fundraising event. Finally, the upcoming meeting for February is Thursday the 14th. I know it is Valentine's Day but please come by and see what the meetings and agenda are. The meeting will be at Snohomish County PUD Building on the second floor. Please come and see us. Have a great February and stay warm and safe.

Steven Arnhold

President, B.I.K.E.S. Club of Snohomish County

Snohomish County invades Olympia

February 12th you can make a difference – Your legislative representatives are waiting to hear if you want safer neighborhood streets with a 20 MPH local option, improvements in safe routes to schools so students who live near schools can safely do so walking or biking with no need of SUV or bus. – And what some studies are showing bike facilities are good for business as well as good for the environment and healthy. Transportation Choices coalition will provide you with tools and information you need to effectively advocate for a better bicycle environment in your community and state.

Currently (2) 21st district voters and one from the 39 district have planned on going to Olympia and if live in any other district's below please contact Warren Bare (425)743-7593 bare.warren@gmail.com and we'll arrange a trek to Olympia.

(T/C also provides a **great breakfast and lunch spread.**)

1st District - Represents portions of northeast King County and south Snohomish County, including areas of **Bothell**, Woodinville, **Mountlake Terrace**, and **Brier**.

10th District - Represents all of Island County and portions of Skagit and Snohomish counties, including the cities of La Conner, Oak Harbor, and **Stanwood (Lake Goodwin)**

21st District - Represents Edmonds, Mukilteo and portions of Lynnwood and Mountlake Terrace

32nd District - Represents Northwest King and Southwest Snohomish Counties, including **Edmonds**, Kenmore, Shoreline, and **Woodway**.

38th District - Represents Snohomish County including **Everett**, **Marysville**, **Tulalip** and the part of the Snohomish Valley **west of Highway 5**.

39th District - Represents the eastern portions of Whatcom, Skagit, and Snohomish counties, and the northeast portion of King County.

44th District - Represents a portion of southwest Snohomish County. (**North of Lake Stevens to Seattle Hill Rd.**)

We cyclist frequently complain about infrastructure and safety issues. This is an opportunity to change complaints to action.

February

ISSUE 401

Inside this issue:

News & Happenings	1
Club Miles	2
Ride Calendar	3-4
McClinchy Regis.	5
New and Renewal	6

February Club Meeting

THURSDAY

February 14th -- 7:00pm
Snohomish County PUD Bldg.
2320 California Ave, Everett
Everyone's welcome

&

if time
permits join other club
members
at 5:30pm for an early
dinner at:

Brooklyn Bros. Pizzeria
1919 Hewitt Ave Everett

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

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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.

Club Miles accumulated for 2013 Miles to 1/21/2013

Pier	Fiorentini	226
Warren	Bare	170
Gery	Osowiecki	119
Bill	Weber	114
Dan	Scott	69
Bob	Nyberg	60

Bette-Ann	Shroyer	58
Steve	Linari	58
Bill	Lutterloh	42
Fred	Koch	24
Kala	Koch	24

Robert	Pahlman	20
Dorothy	Lindstrom	19
Tom	Weber	16
Kathy	Riddle	15
Kevin	Schroeter	11

Seattle Bike Swap Feb. 10

Think of it as a giant garage sale for bikes and bike stuff. Search for deals on used bikes and gear, or find new clothes and accessories. Come early for the best selection, or late for the best deals. Entry is \$5 until 1p.m. and free for the last hour.

Sunday, Feb. 10 from 9 a.m. to 2 p.m. at Seattle Center Exhibition Hall. Be sure to bring cash or checks with you, as most vendors don't take credit cards. Stop by the [Sharing Wheels](#) booth to say "hi" to fellow BIKES members Kristi & Kristin. Visit www.cascade.org for more on the swap.

McClinchy Mile Volunteers Needed

The annual McClinchy Mile ride can be boom or bust depending on the weather (last year's snow was not helpful), but no matter the turnout, it takes dozens of BIKES Club volunteers to host the club's only fundraiser of the year and make it Snohomish County's best bike event.

There's a job for everybody. Volunteers can often schedule their day to both help at and ride some part of the event. You'll also earn dinner at the end of the day. The week before McClinchy, we'll be marking the routes (watch ride postings) and shopping for food.

On March 16, we need volunteers for morning parking, rest stops in Stanwood, Granite Falls and Machias, sag support on all three loops (by car and some by bike), Arlington set-up and clean-up duties, and morning registration. To volunteer, contact Kristin Kinnamon at kinna-monk@aol.com or [360-658-2462](tel:360-658-2462).

Debby Grant is the March
ride coordinator.

And the month following is

April— Warren Bare

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

Monday February 18, Presidents day, In search of the cherry Pie. 10:30 Meet at North East corner of Garfield Park, (2 blocks east of Walnut on 23rd st in Everett) for a social ride to the Snohomish Pie Co. Ride leader Bill or Thomas Weber 425 327-3516

Tuesdays 5, 12, 19, 26, EARLY LUNCH RIDE Join Gery at 9:30am 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

Thursdays 7,14,21,28 Al's Loop. 38-40 mile at a social / moderate pace with a food stop along the way starting at The 92 St Park on Mukilteo Blvd at 10.00 AM. (Temp leader in Pier's absence) Warren Bare 425-478-9594.

Thursday the 14th "Valentine's Day" ride. Take your Sweetheart on a "special date". 4:30PM at parking lot *Thornton A. Sullivan Park*. (Silver Lake). 11405 Silver Lake Rd. Everett. Start by riding the romantic Interurban Trail, into gorgeous downtown Everett, to visit the U.S. Post office - a one-of-a-kind building in Everett, where you can buy special edition "heart" stamps, or just enjoy the ambience of people sending those special overdue bills, while your ride leader fetches the club mail. Next stop, take your sweetheart to BIKES club dinner (Dutch) and an always fascinating and riveting BIKES club business meeting, at the gorgeous semi-Art-Deco PUD building. This will be a great opportunity for you to impress your sweetie with your generosity by taking advantage of one of the many opportunities to volunteer at the McClinchy Mile Ride during the meeting. Transportation back, well, you're on your own - Gery is taking the Swift Bus back, and you are welcome to join (providing you're not riding a tandem). There is room on the bus for at least 3 bikes, and usually the drivers don't mind a few more onboard. Water falling from the sky, or temperatures below 45 degrees cancels this ride, but please come to the club dinner and meeting anyway... This is an after-dark ride, so PLEASE have lights and reflective clothing. Ride leader Gery O. geryo@frontier.com—469-358-2887

Thursdays 7, 21, 28 Post-Office ride.. starts 3:30 at parking lot of Thornton A. Sullivan Park. (Silver Lake). 11405 Silver Lake Rd. 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. Ride leader Gery O. cell: 469-358-2887

Weekend Rides

Saturday February 2nd – Smokey Point – Stilly Valley – Looking for eagles and a Snowy Owl that's been sited in the area. Ride this 34 mile to Stanwood starting at Twin Lakes – Smokey Point. A 10am start and a food stop in Stanwood before a return. High social pace with some hills.

Bike Map -<http://ridewithgps.com/routes/2090302> Ride leader Warren Bare 425-743-7593

bare.warren@gmail.com **Please RSVP for ride share arrangements. Rain snow etc. cancels.**

Saturday February 9th Silver Lake to Bothell. Meet at 10:30 at Bicycle Centers (Sliver Lake Location) - 128th St. and 19th Ave SE. and back via the Interurban and North Creek trails. About 25 miles - terrain A/B (one short but a tad steep climb, and another long but not very steep climb). Food stop in Bothell (Bakery if it's open). Pace low-social (half-that uphill) Rain of any kind, or temps below 45 degrees cancel this ride. Optional pint afterwards at a nearby pub. **Ride leader Gery O.** geryo@frontier.com.

469-358-2887

Sunday February 10th Everett – Snohomish Loop 10:30 Meet at North East corner of Garfield Park (2 blocks east of Walnut on 23rd st in Everett) for a social 20 mile ride. Bring money as we will be stopping in Snohomish for a snack. Ride leader Bill or Thomas Weber 425 327-3516

Saturday February 16th LATE Valentines Rd Day Ride - Rexville – Anacortes We will ride Valentine Rd going to Gere-a-Deli and March Point return. Social / Moderate A-B Terrain with regroup. Start at 10.00 AM at the Rexville Grange. For ride share call Warren Bare (425) 478-9594 about carpooling. Snow, ice or rain may cancel. RWGPS - <http://ridewithgps.com/routes/381070> (Similar route)

Saturday February 23rd Aurora Village— South - A counterclockwise loop of 25-35 miles at a social pace with a food stop along the way. A 10.00 AM start and RSVP leader Warren Bare at 425-743-7593. Steady rain, ice or snow may cancel. (We will use the recently completed 39 St greenway on the return.)

Website Tips

BIKES now accepts electronic payment for membership renewals and new member enrollment. Electronic payments are processed via PayPal but you don't need a PayPal account – you may use your credit or debit card and pay as a PayPal guest.

To renew online, log on to bikesclub.org using your email address and password *. Then click on Member Profile under the Member-only tab. This will put you on the My profile page. Your membership information is shown on the left side of the page.

To renew, click on the "Renew until" button (your next renewal date is shown). Update your information if needed and click the "Update and next" button. Review and confirm your information and click the "Confirm and proceed with payment" button. At this point you may choose to mail a check for your renewal payment to the club's PO box or click the "Pay online" button. If you choose to pay online you will be directed to PayPal's website to complete your transaction.

PayPal provides a secure electronic payment environment. BIKES does not store member electronic payment information and no member electronic payment information is transmitted between BIKES' website and PayPal.

Watch for more website tips in future newsletters.

- Forgot your password? No problem – type your email address in the email logon space and click "Forgot password".
- A new password will be sent to your email address.



2013 The McClinchy Mile Ride

SATURDAY
March 16, 2013

Presented by
B.I.K.E.S.
Club
of
Snohomish
County

B.I.K.E.S. Club of Snohomish County invites you to explore the peaceful river valleys, rolling hills and picturesque farms of Snohomish County. Ride a 34-mile flat and scenic loop or choose from two more challenging loops – 48 miles thru Granite Falls or 52 miles thru Stanwood when you add on the north-end extension. Ride both and make it an early-season century! Food stops and SAG support on all routes.

3rd annual **FREE** family ride, 8-mile round-trip, to Bryant Station on the Centennial Trail. The escorted family ride leaves Haller Middle School at 11am and includes snacks at the turn-around point. Children must be accompanied by an adult.

The McClinchy Mile begins at Haller Middle School, 600 East First St, Arlington, WA east off I-5 exit 208. Course is open 8am—4:30pm. Registration / Start 8am—11am *Be Green; Please carpool*

The McClinchy Mile is named in honor of the late Stuart McClinchy, a founding member of B.I.K.E.S. The event is a club fundraiser and proceeds support local recreational cycling, the Bicycle Alliance of Washington and helmet and bicycle programs for residents of Snohomish County.

**Visit www.bikesclub.org for more information. On-line registration at www.active.com
Cash or Check only on day of ride.**

HELMETS APPROVED BY CPSC, SNELL, ASTM OR ANSI ARE REQUIRED FOR THIS RIDE.



NAME _____ **AGE** _____
Complete one application for each rider.

ADDRESS _____ **PHONE** _____

CITY/STATE/ZIP _____ **EMAIL** _____

EMERGENCY CONTACT & PHONE _____
Minors under age 18 must have written parental permission or be accompanied by parent.

Make checks payable to B.I.K.E.S.

Mail Registration Form and check to:

B.I.K.E.S.
McClinchy Mile
P.O.Box 5242
Everett, WA
98206

McCLINCHY MILE RIDE

Pre-registration (Active.com/postmark by 3/13) Cost: \$20 Adult
 Day-of Ride Registration Cost: \$25 Adult
 Youth 17 and under Cost: \$10 with paid Adult

Price includes great foodstops, map, on-course support vehicles and a \$1 donation to the Bicycle Alliance of Washington.

No Refunds

McClinchy JerseyBin For First 500 Registered Riders!
JerseyBins not picked up by 4:30pm the day of the ride become property of B.I.K.E.S.

Back By Popular Demand

WHERE DID YOU HEAR ABOUT THE McCLINCHY MILE RIDE?

Previous rider__ Friend__ Bike Expo__ BIKES Newsletter__ BIKES Website__
 Cascade Newsletter__ Active.com__ Other__

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

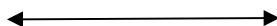
Primary
 Business
 Address

NEW MEMBERS

Hope to see you

on a ride soon

Kevin Schroeter
 Katie Carter
 Kevin Patterson



RENEWING MEMBERS

Brent and Linda Hunter
 Terry Snodgrass
 Doug Andrews
 Koch
 Jodi Chadwick
 Jennie Grippin
 Peter Pisani
 Judith Kraemer
 Bill Lutterloh
 Don Kusler
 Warren Bare

Thanks for Renewing

Is it time to renew? →

Chainwheel Chatter February 2013

NEWSLETTER SUBMITTAL

Please submit all material for the **March** newsletter by **February 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.

Ride Around Puget Sound Aug. 24-25

If you need a challenge to train for, sign up for the 170-mile Ride Around Puget Sound. This is not STP - RAPSody has great food (included!), beautiful scenery, lots of hills, easy logistics since it's a loop ride and no lines!

RAPSody is celebrating its 10th year and organizers - including BIKES Club - are pulling out the stops. The food includes yogurt parfaits, hot calzones and a homemade cookies. Parking, luggage transport and overnight camping are all included in the fee. Learn more at www.rapsodybikeride.com.

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)