

Chainwheel Chatter

The Monthly newsletter of B.I.K.E.S. Club of Snohomish County

Your Snohomish County Cycling Club

[Next B.I.K.E.S. Club meeting on February 12th @ 7:00 pm](#)

February Rides: Weekends & Weekdays

WEEKEND RIDES

Everett - Snohomish Loop Saturday, February 7: Meet at Everett Station for an 11am start. We'll ride out to Snohomish on River Rd and return on Homeacres. Steady pace, about 30 miles, A/B terrain. We'll put in some miles on the Centennial Trail to round out the distance and make a food stop in Snohomish before returning to Everett. Poor weather cancels the ride, check the Ride Updates page before leaving home. Ride leader Debby Grant 206 353-0249 or debby@jaygrant.com.

Snohomish Bakery Family ride Sunday, February 8: Meet in front of Snohomish Bakery at First & Union in Snohomish for a 12:30pm start. We will ride to Machias and back on the Centennial Trail. We will have a quick (15 min.) snack stop at Machias, and coffee afterwards at the bakery in Snohomish. Leisure pace, approximately 10 miles, A terrain. The goal of this ride is to introduce younger riders as well as persons new to cycling to club riding. Youth are welcome, however, must be accompanied by a responsible adult, who will need to sign an appropriate waiver (ride leader will have them available). Persons who have any doubts about the road-worthiness of their bicycles are strongly encouraged to have them inspected by a qualified mechanic (hint, most bike shops are not terribly busy this time of year, so this is a good time to have your bike checked out, cleaned, lubed, and adjusted before the spring rush)... Make sure you have at the minimum a spare inner-tube (any bike-shop should help you choose the correct one), a pump, and tire-levers. Pack a snack for the mid-way point. HELMETS ARE REQUIRED. Nasty weather cancels the ride. If weather looks iffy please check the Ride Updates page before leaving home, or call / text. Ride leader Gery Osowiecki 469 358-2887.

Sunday Donut Ride Sunday, February 15: Meet at Silver Lake Bicycle Centre for a 10:30am start. Join Gery for a 15-mile Silver Lake and Mill Creek loop. Social pace (10-12mph), B terrain. Donut shop stop 2/3rd of the way. Nasty weather cancels the ride. If weather looks iffy please check the Ride Updates page before leaving home, or call / text. Ride leader Gery Osowiecki 469 358-2887.

Arlington-Oso-McClinchy Route Sunday, February 22: Meet at [Haller Middle School](#) for a 10am start. We'll ride the route for this year's McClinchy Memorial Ride to Oso. B-terrain, approximately 34 miles out and back to Oso, those who want can continue for 56 miles roundtrip to Darrington. Ride leader will go steady pace, others can go faster or slower with regroup for lunch stop at Rhodes River Ranch Restaurant. Ride leader Kristin Kinnamon 425-923-7868.

<http://ridewithgps.com/routes/6172936>

WEEKDAY RIDES

Silver Lake Lunch-Time Rides Tuesdays, February 3, 10, 17, 24: Join Gery for a short Silver Lake and Mill Creek loop. Meet at Silver Lake Bicycle Centre for a 12pm start. Social pace (10-12mph), 10 miles, A terrain with just a few very very very short climbs (like less than one block each). Optional (quick for Gery) coffee after the ride before he has to return to the office. Nasty weather cancels the ride, but not the coffee. If weather looks iffy please check the Ride Changes page before leaving home, or call / text. Ride leader Gery Osowiecki 469 358-2887.

Presidents Day Pie Ride Monday, February 16: Join us in sunny Borrego Springs, CA for the traditional pie ride. 10am start - call for start location. Social pace, ~15 miles, pie afterwards. Heavy rain/snow cancels ☹ Ride leader Dan Scott 425.501.6198.

Edmonds Loop Friday, February 20: Meet at Edmonds Park & Ride on 72nd Ave W, between 212th and 216th for a 9:30am start. We'll go north to Lund's Gulch Park, back south to downtown Edmonds, continue south thru Woodway, then east to the Interurban Trail, north on the trail to 224th, then back to the start. Social pace, 20 miles, B terrain. Ride leader John Carlin johnecarlin@comcast.net.

For a full list of the [2015 Tours & Weekend Rides](#) see the club website!

FEBRUARY 2015
VOL. 425

RIDE GUIDE

PACE

Easy	under 10 mph
Social	10–12 mph
Steady	12-14 mph
Moderate	14-16 mph
Brisk	16-18 mph
Strenuous	< 18 mph

TERRAIN

Mostly flat: Flat or gentle grades only (trails, Norman Rd)

Rolling: Most climbs are short and easy (Granite Falls, Kitsap)

Hills: Frequent steeper and/or longer hills (Whidbey Island)

Difficult: Many hills, long, steep grades (RAMROD, mt. pass)

Pace is based on speed on flat ground. Contact the Ride Leader if you are unsure whether a

Prez Sez...

McClinchy Mile Oso Strong Ride

Last year's annual McClinchy Mile was one week prior to the devastating Oso Landslide, which killed 43 people, demolished a neighborhood, and blocked State Route 530 for months.

The landslide was just a few miles away from our usual start in Arlington, and our routes have used a portion of Highway 530 for years. The tragedy affected all of us in Snohomish County, either directly or indirectly.

As Snohomish County's bike club, we wanted to commemorate the landslide and support the affected communities.

This year's McClinchy Mile Oso Strong Ride is a memorial to the people and communities affected by the Oso Landslide. Rider fees will support the Oso-area Whitehorse Trail and bike tourism through the **Centennial Trail Coalition** and **Washington Bikes**. McClinchy also supports **B.I.K.E.S. Club of Snohomish County**, which has hosted the event for more than 30 years.

Route options of 34 and 56 miles, out and back on State Route 530 with light traffic. Views of the Stillaguamish River and the Cascades, as well as riding through the landslide area and local memorials.

Food stops in Oso and at Darrington Old School Park. In Oso, warm up inside [Rhodes River Ranch Restaurant](#) with Cowgirl biscuits & gravy, fresh cookies, and hot beverages while overlooking an active horse arena. A lunch buffet option will also be available for purchase from the restaurant.

The first 200 registered riders get an Oso Strong coffee mug. Cost is \$30 for pre-registration, \$35 for day-of ride registration. Registration and event updates at www.bikesclub.org/mcclinchy

Join us for a club ride

Bicycling is a social sport. At B.I.K.E.S. Club of Snohomish County, we take both the "social" and the "sport" seriously. We enjoy each other's company (and maybe a piece of pie) while seeing the sights and getting some exercise.

B.I.K.E.S. Club rides range anywhere from 10 to 100 miles in length, with varying levels of difficulty from trails to mountain passes.

Volunteer ride leaders sponsor weekend rides year-round and some also offer regular weekday rides. **Non-members** are welcome to ride with the club for an introductory ride. After that, we encourage you to join the club and support local cycling (plus it's required by our insurance).

Every ride has a listed pace, the speed at which the ride leader plans to go on flat ground. Some rides allow for varied rider speeds and abilities. **If you are coming on your first ride** with us, consider both the distance and the speed. To enjoy a 20 mile group ride, you should have ridden at least 10 miles once or twice in the past month. To move up to 30 or 40 miles, ride 20 or 25 miles a few times with the club first.

If you are unsure whether you are ready for a certain ride, feel free to call the ride leader in advance.

Every ride leader has his or her own style and personality – some ride slow and smell the roses, others like to put the hammer down. We welcome all members to lead the kind of rides they enjoy. **Contact our Ride Coordinator Debby Grant for help planning and leading your first ride**, leadaride@bikesclub.org.

Upcoming rides and leader contact information are posted on the club's website - check both the regular [Rides page](#) and the Ride Updates.

Club meeting Feb. 12

Members are encouraged to attend the Feb. 12 club meeting to volunteer for McClinchy, learn about local bike news, and plan upcoming programs. Club Meetings are at 7 p.m. the second Thursday of the month at the Everett PUD, 2320 California Street, September through May.

Join us for dinner before the meeting at Brooklyn Brothers Pizza on Hewitt Avenue in Everett, gathering around 5:30 p.m.

Kristin Kinnamon

[Next Club Meeting](#)

The club meets at 7 p.m. Thursday, February 12, 2015 at the PUD, 2320 California St., Everett. Join us for a pre-meeting dinner at Brooklyn Brothers Pizza on Hewitt Ave at 5:30 pm.

A Note from the Editor

After many, many years the club has decided to end the print version of the Chainwheel Chatter. Starting with the January 2015 issue the club newsletter will only be available to club members in an online printable format, with occasional "special" need printings being mailed out to all members. Each month the members of the club will receive an email letting them know that the newsletter has been posted to the club website along with a link to the newsletter itself. Thank you for reading and we promise to keep club information coming to you in the future.

Editor, Chainwheel Chatter

The Jerseys are coming, the Jerseys are coming!

Show your club spirit by ordering your B.I.K.E.S. Club Jersey and/or shorts! If you like what you saw at the Holiday Party and in the images above you can now get a special bonus from Peak. Peak has made the shorts available as a bonus for interested members. Both men's & women's sizes are available. Members also have the option to purchase and pay online or to mail a check and jersey order information to the club PO Box.

Here's the link for the jersey online store.

<http://www.peak1bikestore.com/bikes-club>

All orders must be submitted by February 2nd!

Debby Grant, Ride Coordinator
 Debby Grant, B.I.K.E.S. Ride Coordinator



McClinchy Mile Volunteers Needed

The annual McClinchy Mile Oso Strong Ride on March 15 could draw hundreds of people to Snohomish County this year. It takes 30+ BIKES Club volunteers to host the club's only fundraiser and help people kickoff their ride season.

There's a job for everybody. Prior to McClinchy, we need help promoting the ride in person and via poster distribution, we'll be marking the routes (watch ride postings), and shopping for food.

On March 15, we need volunteers for morning parking, rest stops in Oso and Darrington, sag support, Arlington set-up and clean-up duties, and morning registration.

All volunteers will get the special Oso Strong coffee mug and earn dinner at the end of the day.

To volunteer, contact Kristin Kinnamon at president@bikesclub.org or 360-658-2462.

Member News

THANK YOU for renewing your membership:

- Doug Andrews
- Warren Bare
- Brett Barrett
- Bruce Deitz
- Dennis Marsden



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

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (____) _____ - _____ Email _____

Membership	\$20 Annual (INDIVIDUAL)	New Member	<input type="checkbox"/>
DUES	\$25 Annually (FAMILY)	Renewal	<input type="checkbox"/>

A reminder that club dues went up on January 1, 2015 by \$5.00 per membership type!

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.

Frequent Rider Miles

Pier	Fiorentini	176
Dan	Scott	133
Bob	Nyberg	113
Tom	Weber	71
Gery	Osowiecki	60
Mike	Dahlstrom	57
Mason	Rutledge	55
Bill	Lutterloh	55
Bill	Weber	49
Steve	Linari	31
Nancy	Graham	25
Gary	Broughton	24
Kristi	Knodell	24
Kristin	Kinnamon	24
Allyson	Welsh	21
Bette-Ann	Shroyer	15
Elaine	Scott	15
Jack	Willis	13
Debbie	Kawamoto	11
Fred	Koch	11
Kala	Koch	11
Bob	Biesiedzinski	10
Vivian	Biesiedzinski	10
Warren	Bare	10

Club miles

The Frequent Rider Miles program is a fun benefit for B.I.K.E.S. Club members. In 2014, 97 of us went on at least one club ride, and 52 members rode more than 100 miles with the club. Bob Nyberg rode more than 2,600 miles with the club, many as a dedicated ride leader. Relatively new rider Betty Anne Shroyer logged the most club miles of any female member, more than 900.

A ride is eligible for club miles when it is listed in advance so any club member who is able to keep up and go the distance can participate. Ride leaders can either list the ride in the newsletter (and on the Rides web page) by sending it to leadaride@bikesclub.org by the 20th of the month, or list the ride themselves, in advance, on the Ride Updates web page.

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