

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

**AUGUST 2015**  
**VOL. 431**

## [B.I.K.E.S. CLUB PICNIC—AUGUST 9TH!](#)

## August Rides: Weekends & Weekdays

### WEEKDAY RIDES—PEDAL PUSHERS

[Thursday, August 6—Sammamish River Trail to Marymoor](#) 10:00 am at Sammamish River Park in Bothell (chicken park) 20 miles, A terrain. Ride Leader: Bette-Ann Shroyer 206-300-7825 or kiteflyer1@comcast.net

[Wednesday, August 12—Conway to Mount Vernon](#) 10:00 am at Conway ball field next to fire station. 21 miles, A terrain. Ride leader Warren Bare—425-743-7593 or bare.warren@gmail.com

[Thursday, August 20—Pedal Pushers Trail Ride](#) 10:00 am Check club calendar for updated details. Distance & ride leader TBD.

[Wednesday, August 26—Woodinville-Kirkland Loop](#) 10:00 am at Wilmot Gateway Park in Woodinville. 21 miles. Ride leader Fred Koch—425-487-3221 or fredkoch@hotmail.com

### WEEKDAY RIDES—Tuesdays

[Tuesdays, August 4, 11, 18 & 25—Pre-Ride to the Lunch Time Ride](#) 10:30 am at Silver Lake Bicycle Centre. Routes and Ride Leader will vary. 12-15 miles, A/B terrain. Check club calendar and Ride Updates for details.

[Tuesdays, August 4, 11, 18 & 25—Tuesday Lunch Ride](#) 12:00 noon at Silver Lake Bicycle Centre. Routes and Ride Leader will vary. 12-15 miles, A/B terrain. Check club calendar and Ride Updates for details.

[Tuesdays, August 4, 11, 18 & 25 Everett Station Ride](#) 5:30 pm at Everett Station, corner of Smith Ave. & 33rd St. 20-30 miles, high-moderate/brisk pace with varied terrain. Ride Coordinator Bob Nyberg 206-795-1393 or bobnyberg@msn.com

### WEEKDAY RIDES

[Wednesday, August 5, Thursday, August 13, & Wednesday, August 19 —Four Trail Loop Ride](#) 8:00 am at West corner of McCollum Park, west lot. 34 miles, low moderate pace, A & B terrain. Ride leader Rick Proctor 425-293-3153 or BikeHound@comcast.net.

### WEEKEND RIDES

[Saturday, August 8—Full Bergeron Loop](#) 9:00 am at Emerson Elementary School, Everett 40 miles, moderate pace, A & B terrain. Ride leader Dan Scott 425-501-6198

[Sunday, August 9—Bikes Picnic Moderate Ride](#) 10:15 am at Hauge Homestead Park, SE corner of Silver Lake 25 miles, moderate pace, A & B terrain. Ride leader Dan Scott 425-501-6198

[Saturday, August 15—Frozen Yogurt Ride](#) 9:00 am at Silver Lake bicycle Centre 15 miles, social pace B terrain. Ride leader Gery O. 469-358-2887

[Sunday, August 16—Fresh Paint Ride](#) 10:30 am at Thornton Sullivan Park. See club calendar for details. Ride leader Mike Dahlstrom 425-337-0887 or day of ride at 360-348-0549.

[Saturday, August 29—Chocolate Cake Ride](#) 9:00 am at Silver Lake Bicycle Center 20-30 miles, social pace, A & B terrain. Ride leader, the Birthday Boy, Gery O. 469-358-2887

### WEEKENDS & TOURS

[Saturday, August 2—Over the Top / North Cascades](#) 9:00 am in Winthrop, WA. Visit the [Weekends & Tours](#) page for details.

[Friday, August 14—RSVP](#) 8:00 am Seattle. Visit the [Weekends & Tours](#) page for details.

See the club [ride calendar](#) for more details on each ride or click on the ride title to hyperlink to the ride listing!

### RIDE GUIDE

#### **PACE**

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

#### **TERRAIN**

**“A” Mostly flat:** Flat or gentle grades only (trails, Norman Rd)

**“B” Rolling:** Most climbs are short and easy (Granite Falls, Kitsap)

**“C” Hills:** Frequent steeper and/or longer hills (Whidbey Island)

**“D” Difficult:** Many hills, long, steep grades (RAMROD, mt. pass)

*Pace is based on speed on flat ground. Contact the Ride Leader if you*

#### **Pedal Pushers**

B.I.K.E.S. partners with the Lynnwood Senior Center to welcome and encourage older adults to bicycling. Bring your bike if you like and we'll do minor fit and safety checks. **Lynnwood Senior Center** Wednesdays and Thursdays, alternating weeks. See the [Rides calendar](#) for details.

## **B.I.K.E.S. CLUB ANNUAL PICNIC—SUNDAY, AUGUST 9**

This year our BIKES annual picnic will be on Sunday, August 9 at Hauge Homestead City Park. Hauge Homestead is on Silver Lake next to Emory's restaurant in south Everett. We have reserved the covered shelter for the day. BIKES will be providing burgers, hot dogs, veggie burgers, buns, condiments and beverages (no alcohol allowed) as well as plates, cups and silverware. Please email Elaine Scott at [NWestr@frontier.com](mailto:NWestr@frontier.com) or call 425-355-4510 to RSVP before Friday, August 7th so an accurate count of attendees can be done. It would be helpful if Elaine knows your beverage choice as well along with your preference for a veggie burger.

There is a dock for small boats at Hauge Homestead. There are a lot of waterfowl in this area so it might not be suitable for swimming.

We usually have two different paced rides before the picnic which will return be 1:00 pm in time for the picnic. Bring a lawn chair and a dish to share. Elaine will bring her famous brownies! We have the shelter all day so there will not be a need to rush away. Parking is somewhat limited. DO NOT PARK at Emory's. Carpooling or arriving by bike is cool.

Elaine Scott

### **SUMMER = CONSTRUCTION SEASON**

It's that time of year when road construction escalates to go along with the longer hours of daylight and the improving weather conditions. This often leads to a direct impact on many of our club rides and to the safety of the riders. For information about road construction visit: <http://snohomishcountywa.gov/1816/Roads-Update> . To help keep everyone safe always follow these Rules of the Road for bicyclists as presented by The League of American Bicyclists, <http://bikeleague.org/> .

#### **Follow the Law**

Your safety and image of bicyclists depend on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going.

#### **Be Predictable**

Make your intentions clear to everyone on the road. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

#### **Be Conspicuous**

Ride where people can see you and wear bright clothing. Use a front white light, red rear light and reflectors when visibility is poor. Make eye contact with others and don't ride on sidewalks.

#### **Think Ahead**

Anticipate what drivers, pedestrians, and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and other road hazards. Cross railroad tracks at right angles.

#### **Ride Ready**

Check that your tires have sufficient air, brakes are working, chain runs smoothly, and quick release levers are closed. Carry tools and supplies that are appropriate for your ride. Wear a helmet.

**Prez Sez...**

**Bicycling is a team sport**

I love the Tour de France. It's not just watching a bike race. It's beautiful scenery, exuberant crowds, amazing athleticism, careful strategy, true teamwork, and above all heart.

When I watch the Tour, I become a better cyclist. I am reminded how to turn the pedals in perfect circles, and how to push myself harder to go faster or higher. But the Tour de France isn't just about winning a yellow jersey.

There are all kinds of winners in the Tour, just as there are all kinds of cyclists in BIKES Club of Snohomish County. There are the fast guys - and gals - the ones who track their times on Strava and beat you to the top of the hill. There are the people who can pile on the miles - (but just imagine - the Tour de France riders put on 2,000+ miles in less than a month). We have "domestiques" who ride to support others - sometimes as ride leaders, sometimes as informal coaches or cheerleaders.

Non-fans might think that the Tour de France is won by the guy in the yellow jersey. But really, the Tour is won by a team of cyclists who bring a variety of skills to work toward a shared goal. One person - even a Lance Armstrong on steroids - could never win the Tour alone.

BIKES Club is lucky to have a good team of officers and volunteers - people who support each other and work toward hosting great rides and promoting bicycling in Snohomish County.

Not every rider in the Tour gets glory (or TV time). Not every member of our club is active. But all paid members are supporting local cycling - and hopefully doing some of their own.

This year's Tour gave a new award - to the "Lanterne Rouge," the person with the slowest time (literally the "red light" that shines on the back of a caboose). Organizers recognized that simply completing the race when 20% of riders have to quit is impressive. It takes a lot of heart to keep pedaling day after day.

Whatever your role or aspiration as a member of BIKES - be it King of the Mountain, domestique, or Lanterne Rouge - put some heart into it.

I hope to see you at the club picnic on Aug. 9.

- Kristin Kinnamon, president

**Washington State Budget Impacts Trails**

Hello Centennial Trail Enthusiasts,

Maybe you have missed some of the news, and have not yet noticed other work that is happening on The Centennial Trail and the Whitehorse Trail.

Here is a quick update on our blog page: [Washington State Budget hits the trails](#)

Have you noticed other news? Send me a note.

Thanks, and have fun out there on the trails,

George Winters

secretary, [Centennial Trail Coalition of Snohomish County](#)

[www.snocotrails.org](http://www.snocotrails.org)

Darrington

360-436-1125

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email \_\_\_\_\_

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

**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

Bob	Nyberg	1906
Dan	Scott	1401
Pier	Fiorentini	987
Mason	Rutledge	935
Steve	Linari	718
Elaine	Scott	661
Fred	Koch	653
Marcia	Stedman	636
Bill	Lutterloh	615
Rick	Proctor	598
MJ	Gerst	566
Clarence	Elstad	543
Bill	Weber	502
Debbie	Kawamoto	494
Tim	Wise	478
Bette-Ann	Shroyer	469
Kristin	Kinnamon	469
Debby	Grant	465
Mike	Dahlstrom	428
Adrienne	Dorf	417
Warren	Bare	376
Kala	Koch	373
Robert	Pahlman	345
Tom	Weber	340
Nancy	Graham	317
Linda	Lee	313
Kristi	Knodell	306
Pete	Pias	306
Bob	Biesiedzinski	299
Vivian	Biesiedzinski	299
Gery	Osowiecki	296
Juanita	Pias	280
Cindi	Proctor	271
Gary	Broughton	265
Larry	Kennedy	255
Leslie	Strickland	244
Janell	Reich	243
Erik	Westlund	230
Claire	Kline	228

Joanne	Kennedy	228
Jack	Willis	227
Jack	McClincy	203
Linda	Hunter	179
Kathy	Riddle	171
Marietta	Zander	161
Jim	Roosma	160
Allyson	Welsh	157
Brent	Hunter	155
Steve	Lodholz	153
Pamela	LaVergne	150
Libby	Krochalis	147
Bobbie	Laue	140
Kurt	Haunreiter	132
Raquel	Haunreiter	132
John	Carlin	122
Chuck	Garrity	121
Jean	Henderson	120
Ken	Winknwider	120
Brenda	Ferguson	115
Judi	Chadwick	113
Henriette	Klauser	106
Adrienne	Reynolds	94
Peter	Smith	94

Sean	Wilson	93
Robert	Smith	91
Michael	Sheldrake	90
Dorothy	Lindstrom	85
Diane	Gordon	82
Ron	Andersen	80
Judy	Lang	77
Susan	Hausmann	73
Matt	Petersen	68
Carin	Lawrence	68
Brad	Coats	67
Diane	Slenkamp	63
Tom	Crisp	63
Annie	Peterson	62
Glenn	Sanneman	59
Cathy	Tanner	52
Abe	Osowiecki	51
Matt	Roybal	48
Laura	Elmore	46
Dick	Nicholson	38
Brian	Hlynosky	36
Jennifer	Winson	30
Pam	Hallanger	30
Ed	Culnane	30
Doug	Andrews	28
Shirley	Slade	28
Audrae	Coury	27
Kay	Peterson	25
Donald	Mohs	23
James	Wright	23
Peter	Pisani	23
Weldon	Smith	23
Sarah	Bernstein	23
Gerald	Bernstein	23
Stephanie	Roche	22
Steven	Hudspeth	22
Kevin	Patterson	17
Chris	Clougherty	12
Eva	Clougherty	12

