

Chainwheel Chatter

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

Your Snohomish County Cycling Club

FEB. 2014

Issue 414

RIDE GUIDE

February Rides

Sunday Feb. 2 Before the game ride - Lake Stevens – Snohomish – Everett - A 35+ mile social ride starting at 10.00 am at Sullivan Silver Lake Park With a food stop. Some hills and rain, Ice or snow cancels. Leader Warren Bare 425-743-7593

Tuesdays, Feb. 4, 11, 18 and 25 - Gery's Lunch Time Ride – Starting at the Bicycle Centres at Silver Lake, Join Gery for a short 10-mile Silver Lake and Mill Creek loop. Social pace (10-12mph), flat 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. Water falling from the sky cancels the ride, but not the coffee. Ride leader Gery Osowiecki, [469-358-2887](tel:469-358-2887) (mobile)

Thursday, Feb. 6 - Centennial Trail – 11:AM - Social Pace, A/w/slight B terrain, approx. 23 mile R/T ride. Asphalt paved Centennial trail. Start **11:AM** in the city of Snohomish at the northeast corner of Maple & Pine. On street parking is available adjacent to trail. Bring lunch/snack for our turnaround break point @ Lk. Cassidy Wetlands Pk. Ride leader Bette-Ann Shroyer, cell # [206 300-7825](tel:206-300-7825). Poor weather or forecast cancels.

Thursday, Feb. 13 -Sammamish River Trail – 11:AM - Social Pace - A/w/slight B terrain, approx. 22 miles R/T ride. Asphalt paved Sammamish River trail. Start **11:AM** in the city of Bothell at the Sammamish River Park located on the southwest corner of 102nd Ave NE (overpass) & the Sammamish River. Drive south over the 102nd overpass and turn at your first right into the gravel parking lot (alas Chicken Park). Bring lunch/snack for our turnaround break point @ Marymoor Pk. Ride leader Bette-Ann Shroyer, cell # [206 300-7825](tel:206-300-7825). Poor weather or forecast cancels.

Saturday, Feb. 15 - Lowell High Bridge – A 10.00am start at the Lowell gravel Park on Lowell Snohomish River Rd. for a 36 mile ride on the High Bridge Loop. We will make a food / snack stop in Snohomish on the return. Rain, Snow or ice may cancel.

Thursday, Feb. 20 - Centennial Trail – 11:AM - Social Pace, A/w/slight B terrain, approx. 23 mile R/T ride. Asphalt paved Centennial trail. Start **11:AM** in the city of Snohomish at the northeast corner of Maple & Pine. On street parking is available adjacent to trail. Bring lunch/snack for our turnaround break point @ Lk. Cassidy Wetlands Pk. Ride leader Bette-Ann Shroyer, cell # [206 300-7825](tel:206-300-7825). Poor weather or forecast cancels.

Saturday Feb. 22 Century of the Month - No not 100 miles, this month will be 100 blocks (and back). Meet for a 10 am start at the 112th Street Park & Ride to ride to 212th Street. We will stop for a snack on the way back as determined by the group. We will follow the Interurban Trail. Speed will be 15 MPH (trail speed limit) or slower as determined by the slowest rider. Ride leader Bill Weber. [425-327-3516](tel:425-327-3516) bbweberwa@comcast.net

Sunday, Feb. 23 – Chilly Hilly - Some say this 33-mile hilly ride is a rite of passage for northwest cyclists. Whether you think that or not, join other members for a challenging ride around Bainbridge Island on the last Sunday in February. Contact BIKES coordinator Debby Grant to arrange carpooling to the start in Seattle – 206 353-0249 or debby@jaygrant.com. We'll regroup as needed and help each other maneuver the hills. There is a fee for this ride. Go to <http://www.cascade.org/node/6855> for ride details and registration information. Cascade members may register now, open registration begins Feb 4. If its chilly we'll ride – if it's raining or icy we won't.

Thursday, Feb. 27 - Sammamish River Trail – 11:AM - Social Pace - A/w/slight B terrain, approx. 22 miles R/T ride. Asphalt paved Sammamish River trail. Start **11:AM** in the city of Bothell at the Sammamish River Park located on the southwest corner of 102nd Ave NE (overpass) & the Sammamish River. Drive south over the 102nd overpass and turn at your first right into the gravel parking lot (alas Chicken Park). Bring lunch/snack for our turnaround break point @ Marymoor Pk. Ride leader Bette-Ann Shroyer, cell # [206 300-7825](tel:206-300-7825). Poor weather or forecast cancels.

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 particular ride is right for you.

Plan ahead for ferry, festival rides

Sunday, May 25 - 3
Ferries to Kitsap Harbor Festival

Sunday Aug.31- 3
Ferries to Bremerton Blackberry Fest

More bike-related events for your calendar

Seattle Bike Swap Feb. 9 for great deals on bikes, gear, goodies

The Seattle Bike Swap is a bike bargain hunter's paradise. This huge bike garage sale will have great deals on new and used bike related goods of all types and sizes. This sale is one day only so don't miss it! See more at www.cascade.org. **Admission:**

- Adult Entry: 9 a.m. to 1 p.m. - \$5 (sold morning of the Swap)
- Free entry hour: 1 p.m. to 2 p.m.
- **Kids 15 and under are FREE all day!**

Club meeting Feb. 13—McClinchy volunteer opportunities!

Everyone is invited to the February BIKES Club meeting that will be held at the Snohomish County PUD building on Feb. 13 at 7.00pm. It will follow a no host dinner at the Vintage Café, 1510 Hewitt Ave.

At the meeting you can volunteer to take part in the fun McClinchy Mile events: Positions to consider are • Food Distribution • Parking Lot Management • Registration Check-in • Road Sign Placement • SAG Driving • Centennial Trail Patrol • Rest Stop Host – AM or PM and Route Sweep.

If you can't make the meeting or want more information, contact Warren at bare.warren@gmail.com or call 425-743-7593.

Help get kids riding to school with free workshop Feb. 8

Cascade Bicycle Club has partnered with [Washington Bikes](#) to provide a free workshop Saturday, Feb. 8 for parents, teachers, school administrators, public health officials, community leaders and anyone interested in fostering active transportation to school. RSVP to Shannon Koller at shan-nonk@cascadebicycleclub.org.

Feel free to attend all or some of these sessions (at Cascade offices in Seattle):

- 10:30-noon: How to start a bike-to-school program/funding resources
- Noon-1: Bike train training

1-2: How to organize a bike rodeo community event

Transportation Advocacy Day Feb. 27 in Olympia

Join Washington Bikes and our partners for Transportation Advocacy Day in Olympia! Connect with other advocates and be a citizen lobbyist for a day when you meet with your legislators (we'll schedule the appointments for you!). We'll provide you with the tools and information you need to effectively advocate for a better bicycle environment in your community and state.

Carpools available and lunch is provided. RSVP today! - See more at: <http://wabikes.org/event-ride/transportation-advocacy-day/#sthash.cH8Q6RJ.R.dpuf>

McClinchy Flyer

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

stamp

BIKES Club Members

New

James Morgan

Renewals

Mike Snodgrass

Mike Dahlstrom

Linda and Brent Hunter

Comment on Transportation

Plan: Puget Sound Regional Council has released the Transportation 2040 Update – Draft Report for public comment and review. The public comment period will run from January 23 to March 10, 2014. The Puget Sound Regional Council is expected to adopt an updated Transportation 2040 plan in May 2014. <http://www.psrc.org/transportation/t2040/transportation-2040-update>

Weekends and Tours

BIKES ride leaders have set dates for 2014 tours. Check the Club Rides/Weekends & Tours page for details by Feb. 2.



We're on the web at
www.bikesclub.org

Address

Is it time to renew? →

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Centennial Trail news

Coalition meeting Jan. 30

January's general meeting for the Centennial Trail Coalition of Snohomish County to Thursday, Jan. 30, 6:30pm – 8:30pm at the Stillaguamish Conference Room, 154 W Cox Ave. Arlington

Public Welcome, bring questions, comments, suggestions.

www.snocotrails.org

The Centennial Trail has a new inter-active website: www.centennialtrail.com You can take a video tour of the 29-mile trail, check out photos and information at each of the major trailheads, and even find out about the cities the trail winds through. site is a fun, historical look at recreation and industry in our county.

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

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (____) _____ - _____ Email _____

Membership \$15 Annual (INDIVIDUAL)

DUES \$20 Annually (FAMILY)

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.