

# Chainwheel Chatter

B.I.K.E.S.

Your Snohomish County Cycling Club

## From the President

The early part of December was a wet cycling month but social events were well attended. Both the annual BIKES holiday party and Willie Weir's presentation at Everett Library drew crowds. A late-fall cold kept me from enjoying Willie's animated show but others say he was at his best.

At the club party members shared a great potluck, chose mileage awards from a grab-bag of goodies and took home unique and varied white elephant gifts. I walked away with a black satin poker vest – I might have to volunteer to deal at some fun casino event so I can put it to use!

In addition to the party fun, members unanimously accepted the amended club constitution. It took about half an hour to walk-thru the Power Point presentation that highlighted current versus new content and field a few questions. Two members and two non-members were recruited to tally the ballots and the meeting portion of the party was concluded. The changes to the constitution bring it in line with how the club has been operating for a number of years and also move election of officers to the spring, following McClinchy and the opening of bike season in the Northwest for many cyclists.

A special thank you to Warren Bare, Vice President, and Dan Scott, past-President, who along with myself drafted the amended constitution, presented it to the Board for approval and prepared the Power Point document. The finished product represents quite a few hours of independent and collaborative effort to produce a constitution that is flexible enough to meet current club needs and anticipated future needs.

The January club meeting is mid-month and a main topic will be McClinchy planning. Whether you've never volunteered for this club event or volunteer every year, come to the meeting to help make sure we have a successful event. You might offer a unique take on something that wouldn't otherwise make the cut. Brooklyn Brothers Pizzeria has one of the best selections of pizza by-the-slice so that alone is reason enough to attend the pre-meeting dinner. At the meeting you may also pick up printed copies of both the club membership roster and the new constitution.

Don't forget to check out January's ride offerings – not too shabby for dead of winter!

Pedals Up,  
Debby Grant

JANUARY 2010

ISSUE 365

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### January Club Meeting

January 14, 7:00pm

Snohomish County PUD Bldg

2320 California Ave. Everett

Everyone's welcome and if time permits join other club members at 5.30pm for an early dinner at:

**Brooklyn Brothers Pizzeria**

1919 Hewitt Avenue

Everett

### Sharing Wheels Community Bike Shop

Will be collecting bicycles for shipment to Ghana, Africa, on Saturday January 23, 11:00am to 3:00pm.

We are asking for adult sturdy hard tail or mountain bicycles in good condition or requiring light repair. These bikes will serve a population living on limited income in an area where the roads are rough.

With each bicycle we are asking for a \$10.00 donation to help defray the cost of shipping and repairs.

Drop off bicycles at the Sharing Wheels Shop, 2525 Broadway, Everett. Parking and entrance is in the back of the building. **For information call 425-252-6952.**

**B.I.K.E.S.**

**Club Officers and  
Support  
Information**

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**Monthly Ride  
Coordinator**

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Approximately 25% of  
BIKES Membership get  
The Chainwheel Chatter  
Electronically online  
**YOU TOO CAN GET YOUR**  
Newsletter Electronically  
Email [roster@bikesclub.org](mailto:roster@bikesclub.org)  
and save a tree.

**Monthly Ride Calendar**

**UNABLE TO FIND A RIDE THAT WORKS FOR YOU?  
CHECK OUT THE RIDE CHANGES PAGE ON THE WEB SITE.  
STILL NOT FINDING ONE OF INTEREST —  
Enter one on the Ride Changes Page.**

**Weekday Rides**

**New Year's Day ride from Stanwood Velo Sport to Rexville Grocery.** 11am start. 13 miles, A terrain. (26 round trip). If you want longer distance and the weather is good, I will ride from Arlington to Stanwood at 9:45. 17 miles of A terrain to Stanwood. (30 miles one way to Rexville, 60 roundtrip) Call ahead so I know who to expect and for Stanwood start location. **Rick Schranck 425-737-8445.**

**Tuesday January 5. Snohomish to Arlington and return via Centennial Trail.** Meet at the trail head in Snohomish on Pine and Maple Ave at 10.00 am. Pace is leisurely to social; distance is about 34 miles, out and back (from Snohomish to Arlington and back). Bring snacks for along the ride, and we will have something to eat after the ride in Snohomish. Rain cancels. RSVP Clarence Elstad, [celstad1@verizon.net](mailto:celstad1@verizon.net) or home number 425-514-3446; cell day of the ride 425-327-5320.

**Monday Morning Motoring** - Meet at Haller Middle School (600 East First St., Arlington - where McClinchy Mile begins) for a 10am start, 25-35+ miles, moderate pace, A-C terrain. We usually do a route that includes all or part of the Centennial Trail, though some days we go north on Hwy 9. Bring snacks and hydration, we stop when we need to but we don't take too long. If temp is in the 30s we stop for coffee/cocoa. Ride leader Rick Schranck (425-737-8445). Please call the day before or by 9am if you are going to show up as I might start earlier or later, depending on weather. Also check the Ride Changes page for updates. Rain cancels.

**AWW (Arlington Wednesday Workout)** - Meet at Haller Middle School (600 East First St., Arlington - where McClinchy Mile begins) for a 10am start, 25-35+ miles, moderate pace, A-C terrain. We usually do a route that includes all or part of the Centennial Trail, though some days we go north on Hwy 9. Bring snacks and hydration, we stop when we need to but we don't take too long. If temp is in the 30s we stop for coffee/cocoa. Ride leaders Rod McDonald (425-359-6710) and Rick Schranck (425-737-8445). Please call the day before or by 9am if you are going to show up as we might start earlier or later, depending on weather. Also check the Ride Changes page for updates. Rain cancels.

*(continued on page 3)*

**Doug Andrews is the February  
ride coordinator.**

Ride leaders can simply send their ride ideas to the "leadaride" address, then the email will automatically forward to the current month's ride coordinator.

[leadaride@bikesclub.org](mailto:leadaride@bikesclub.org)

**Ride Guide****PACE**

**Leisurely** / Under 10 MPH

**Social** / 10-14 MPH

**Moderate** / 14-16 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.*

*Weekend Rides*

**Saturday January 9. Loop North King County and Edmonds.** Starting at Paine Field Community Park, 11928 Beverly Park Rd at 10am. Social pace, A-B terrain around 30 miles and a food stop at the Edmonds PCC Market. Contact Warren Bare at 425-478-9594 and ice, snow or steady rain will cancel.

**Saturday Jan 16. Centennial trail north to south.** 10am, social pace, 35 to 40 miles. Bring \$\$ for lunch in Snohomish. Start at the north end of the trail near 152nd in Arlington. Ride leader Doug Andrews, dougg27@hotmail.com Rain / snow may cancel.

**Sunday January 17th. Mill Creek ramble,** approximately 22 miles, 10am start @Emerson ES on 7th Ave. Food stop extremely likely. Lousy weather cancels. <http://www.bikely.com/maps/bike-path/Everett-Mall-Mill-Creek-Ramble> Dan & Elaine Scott 425-355-4510.

**Saturday January 23 rd : Modified Bergeron Route.** Start at Paine Field Community Park, 11928 Beverly Park Rd at 10am. Social pace, A-B terrain, around 38 miles and a food stop along the way. Contact Warren Bare at 425-478-9594 and ice, snow or steady rain will cancel.

**On Friday, July 24, 2009**

WSDOT asked motorcyclist and bicyclist to help signal crews get bicycles and motorcycles moving.

The list below is the State, County, and cities in Snohomish County efforts to do that based on identified locations that are problematic for cyclist. So far we have a number of successes by the various jurisdictions

If you know a traffic light that will not change for your bike **please email Warren Bare, VP of BIKES**, with the location and any particulars that are relevant such as direction, etc.

Date Added	Location	Status	Notes
	<b>WSDOT</b>		
November-09	Lincoln Way and Highway 525	Unsuccessful adjustment	No Activation crossing 525 at Lincoln Way
November-09	Lincoln Way and Highway 525	Partial Adjustment	Activates on 525 N & S @ Left turn
November-09	Beverly Park Rd. and Highway 525	Unsuccessful adjustment	No Activation from any direction
December-09	Hwy 527- Dumas Rd & 136th St. SE.	IN -WORK	Will be adjusted as much as possible
	<b>Snohomish County</b>		
November-09	Airport Way and Holly Drive	Successful Adjustment	County replaced camera and adjusted all directions
November-09	Admiralty Way & Airport Rd.	Successful Adjustment	Painted bike location on N & S side of Admiralty
December-09	35Ave SE. & 110 St. SE.	IN -WORK	Signal Electrician will Check and Adjust
December-09	35Ave SE. & 116 St. SE.	IN -WORK	Signal Electrician will Check and Adjust
	<b>Everett</b>		
November-09	Seaway Blvd & 75 St SW.	Successful Adjustment	Activated for cyclist in the left turn lane.
	<b>Lynnwood</b>		
November-09	44th Ave and 188 St SW.	Successful Adjustment	Adjusted Camera to include cyclist at road edge.
November-09	60th Ave and 200 St SW	Successful Adjustment	Adjusted Camera to include cyclist in left turn lane.

### Final Club Miles compiled for 2009

The Frequent Rider Miles program is intended as a fun benefit of BIKES Club membership. Ride 100 miles on club-sponsored rides, earn a club water bottle. Ride 500 miles, earn a club cycling cap, etc. ( The miles below are compiled from BIKES Club Rides as reported by the 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 Changes 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.

Rick	Schranck	3934	Jack	McClincy	182
Rod	McDonald	3372	Janell	Reich	182
Warren	Bare	2864	Art	Arneson	159
Pier	Fiorentini	2442	Dick	Nicholson	148
Wendell	Hultman	2031	Leslie	Strickland	146
Dan	Scott	1325	Linda	Hunter	139
Bill	Lutterloh	1276	Mike	Dahlstrom	137
Debby	Grant	1145	Glen	Moffitt	135
Tim	Wise	920	Jeannie	Grippin	122
Doug	Andrews	764	Ronn	Larpenteur	103
Roger	Frost	641	Brent	Hunter	95
Steven	Hudspeth	640	Patty	Garrett	94
Bill	Weber	592	Melanie	Greene	85
Kathy	Riddle	576	Fred	Koch	83
Bob	Huey	563	Kala	Koch	83
Elaine	Scott	560	Peter	Pisani	64
Gery	Oswiecki	534	Graham	White	60
Kristi	Knodell	467	Danna	White	60
Kristin	Kinnamon	461	Don	Sperlin	53
Tom	Weber	448	Stephen	Benson	50
Lena	Sullivan	413	John	Spencer	45
Pam	Hallanger	401	Jim	Grippin	43
Bob	Nyberg	390	Cecily	Tillinghast	41
John	Carlin	366	Ginger	Decker	37
Laura	Laures	354	Perry	Walker	35
Steve	Linari	344	Bruce	Deitz	34
Michael	Snodgrass	332	Mary	Andrews	34
Warren	McAndrew	302	Anne	Schreibogl	31
Allyson	Welsh	300	Al	Currier	31
Kayo	Downey	295	Dale	Kaiser	30
Annie	Peterson	269	Dan	Cornelissen	29
Keith	Gerhard	269	David	Johnson	29
Terri	Spencer	235	Rick	Pressley	29
Bob	Palm	234	John	Marshall	28
Brian	Elmore	225	Sharon	Andrews	25
Kay	Peterson	222	Pete	Pias	22
Laura	Elmore	220	Colleen	Norcott	20
Michele	Wolski	217	Tom	Crisp	15
Erik	Troili	212	Debby	Kawamoto	9
Desiree	Troili	200	Dale	Kaber	9
Clarence	Elstad	199	Liz	Raemont	9

## Stop for a Reason

Last month when I wrote about “How to be an Organ Donor”, I meant the bike rider, not a pedestrian. A November [article in the Seattle Times](#) mentions a 32 year old bicyclist that was charged with vehicular assault and hit and run. He was riding his bike down First Ave and passed several cars and proceeded to go through the red light. He hit and severely injured a 6 year old boy. The boy had a fractured jaw and had to have it wired shut.

I didn't receive any emails from readers about my belief that all bike riders should stop at all stop lights and stop signs. That's because everyone understands that a safe bike rider follows the law of the road and the laws are there for a very good reason; prevent injuries or worse, death.

The point I want to get across is; THINK while you are riding and be safe for yourself and others and Stop for a Reason.

Want to comment? [chinstrap@bikesclub.org](mailto:chinstrap@bikesclub.org)

Ride Safe,

Chin Strap



### —Time for a conversation. / An Op-Ed by BIKES CRANK ( a sometimes thing)—

In the last few editions of Chainwheel Chatter, [Chin Strap](#) has made some very good points regarding safe riding and personal safety as a cyclist. I want to consider a slightly different take on some of it.

There are over 40,000 traffic deaths in the US each year. Most of these accidents are caused by impairment from alcohol or drugs, distracted driving, lack of skill or attention for the conditions present and some by road rage. You are more likely to hear of an accident involving a cyclist in the news than the 100 plus average deaths from motor vehicle accidents every day.

MUPs, or multiple user paths, are built for walkers, joggers, roller bladers, families with children and strollers, horseback riding and cyclists. All are legitimate users but statistics show a much higher accident rate for cyclists on MUPs than the public roads so my choice is to not ride the MUPs unless it just happens to be part of a ride I am doing.

I won't get into what is termed the “helmet wars” except to say if I were to fall from my bike at speeds of 0 to 15 miles per hour my helmet may protect the gray matter that doesn't regenerate in my head and I have few enough brain cells as it is.

People like to say cyclists have the same rights and responsibilities as motor vehicles. This is not exactly true. Bikes can ride two abreast in one lane and motor vehicles cannot, even if there is room (RCW 46.61.770). Legally, at night bikes only need a reflector on the rear; a bicyclist may change to pedestrian mode and location and return to a vehicular mode at will; bikes are prohibited from a number of the most expensive public roads built called designated Freeways( RCW 46.61.261)( RCW 46.61.235)( WAC 308-330-555) ( 46.61.780). And according to ( RCW 46.61.790) being an Intoxicated bicyclist is not grounds for a DUI infraction.

I also believe there is a difference between blowing through a stop sign or running a stop light and approaching a stop sign and slowing to a near stop as a pedestrian would, yielding the right of way and proceeding.

I do not mean ignoring the law as this video shows <http://warren-t.blogspot.com/2008/09/stop-ii.html> or a cyclist breaking the law by running down a pedestrian. (RCW 46.61.235) (RCW 46.61.261).

I do mean more like this site shows <http://www.bicyclelaw.com/blog/index.cfm/2009/3/7/Origins-of-Idahos-Stop-as-Yield-Law> . The Idaho stop law that Oregon tried to pass last year has been in affect in Idaho since 1982 and there has been no measurable accident / injury increase in the 27 years and Idaho law enforcement likes it.

Laws are laws and I would not suggest you obey the laws you want and ignore those you don't; but as has been pointed out elsewhere, in a democratic society we can reexamine our laws and change them to what works best for us all.

As was said in comments from the Idaho stop video, drivers are no longer required to switch off their ignitions at intersections like they had to do in the early days, for fear of scaring horses, or more recently freeway speed limits are no longer limited to 55 mph.

I have ridden over 6500 miles the last two years, most of it on the public roads. I cannot agree more that one has to be aware of surroundings and diligent about staying out of dangerous situations while traveling on an infrastructure designed for motor vehicles. And in my view the enjoyment and benefits of bike riding far outweigh the real and perceived risk of doing so daily on the public roads.

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

Stamp  
Goes Here

**Renewing Members — Thanks**

John and Deann Lindstrom—Everett  
Bill Lutterloh—Snohomish  
Glen Moffitt—Lake Stevens  
Liz Raemont—Mukilteo  
Penny White—Brier

**New Members — Welcome**

Dorothy Lindstrom—Edmonds

*Is it time to renew? →*

**SAVE THE DATE 1/28/2010**

Join the Bicycle Alliance and other like-minded organizations for Transportation Advocacy Day on Thursday, January 28, 2010 in Olympia. Learn about current transportation issues, meet with legislators, attend hearings, and more.

**BAW's 2010  
Legislative Agenda**

The Bicycle Alliance of Washington and its Legislative and Statewide Issues Committee has identified its priorities for the 2010 legislative session. It's an ambitious agenda and includes:

**Complete Streets.** Ensure that roads are designed with all users in mind by tying grant funding to projects that meet this requirement.

**Mutual Courtesy and Safety Act.** This attempts to refine existing safe passing laws by defining a minimum safe passing distance and other measures to improve education and enforcement.

**Bike/Pedestrian Safety Education in Traffic Schools.** Many motorists are sent to traffic school for defensive driver training when they receive traffic citations. This initiative would require traffic school curriculum to include information for driving safely among cyclists and pedestrians.

**Texting and Cell Phone Use.** This bill proposes to make distracted driving a primary offense. Currently, using a hand-held cell phone while driving is a secondary offense and can be ticketed only when a motorist is stopped for a primary infraction, such as speeding.

**Chainwheel Chatter January 2010**

. NEWSLETTER SUBMITTAL

Please submit all material for the February newsletter by January 18

E-mail Warren Bare at [editor@bikesclub.org](mailto: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** with a \$25.00 refundable deposit. 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 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.