

# Chainwheel Chatter

B.I.K.E.S.

Your Snohomish County Cycling Club

## From the President

by Debby Grant

On March 19, BIKES celebrated another successful McClinchy Mile – thanks to the many Northwest cyclists who made the trek to Arlington. 425 registered riders rode our three loops – despite the nasty cold rainy weather leading up to the event weekend. 18 preregistered riders didn't show and missed a great day! I don't remember the exact numbers but we had around 98 active.com preregistrations and 40 by mail.

We also celebrated our first annual free family ride led by Bill and Tom Weber. 13 adults and children rode from Haller Middle School to Bryant Station on the new four-mile section of the Centennial Trail. The children ranged in age from almost three to ten and rode in seats and on tag-alongs and independently. They were outfitted with McClinchy bells and grab bags and wrist bands and McClinchy bib numbers (yes, we still have a box of mixed numbers). One family came from Poulsbo and mom and two boys rode with Bill and Tom while dad was out on a McClinchy loop. Another dad and two sons came from Lynnwood just for the fun.

BIKES owes a big thank you to Dean Sabol, Pedal Dynamics, and John Marxer, Bicycle Centres, for providing mechanical support at Haller Middle School and Machias Station. Along with their mechanical aid and our on-road and trail SAG we were able to ensure our participants a safe and successful ride.

We also had support from the Arlington business community. Several restaurants dropped off discount coupons at the ride start and welcomed riders before, during and after the event with free coffee and cookies and discounts on restaurant tabs.

And - kudos to all who volunteered, before, during and after the event, for taking on the many tasks required to host an organized bike ride. Come to the April club meeting where we'll figure out how to give a large percentage of our proceeds back to the cycling community.

Also come to the April club meeting to learn how BIKES plans to take a more active role in Snohomish County's Bike to Work program this year. BIKES is stepping up to be a major sponsor of the month-long commute challenge and this will put our club in the spotlight.

Club members - if you rode McClinchy don't forget to self-report your miles to David Wadley at [ridermiles@bikesclub.org](mailto:ridermiles@bikesclub.org).

APRIL 2011

ISSUE 379

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**Next meeting**  
**Thurs - April 14**  
**7:00pm**

Snohomish County PUD  
2320 California St  
Everett

**No-host dinner before the meeting – 5:30pm**

The Irishmen  
2923 Colby Ave  
Everett

**Coming at the May meeting**  
**Bike Commuting 101**

Anyone new to cycling on the road or looking for information on how to bike and bus will find this session helpful. See details on page 4.

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## Volunteer Corner

April and May are club officer nomination and election months. Don't let this keep you away from the meetings. Come and help BIKES stay active and moving forward. Your vote counts only if you cast it!

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

**Debby Grant  
President**  
[president@bikesclub.org](mailto:president@bikesclub.org)

**Vacant Position  
Vice President**  
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Coordinator**  
[ridermiles@bikesclub.org](mailto:ridermiles@bikesclub.org)

**Monthly Ride Coordinator**  
[leadaride@bikesclub.org](mailto:leadaride@bikesclub.org)

**Ride Coordinators**

Ride leaders - send your ride listings to the "leadaride" address. The email automatically forwards to the current month's coordinator.

May: Doug Andrews  
June: Kristi Knodell  
July: Dan Scott  
Aug: Tim Wise

**Frequent Rider Club - Miles thru mid-March**

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 Change web page and the ride leader and one other person from a different address participate. When reporting please include your name, name of ride, ride date, number of miles, names of participants, member status. Ride miles must be reported separately by ride date.

Warren	Bare	617
Wendell	Hultman	452
Bill	Lutterloh	225
Steve	Linari	222
David	Wadley	185
Dan	Scott	183
Tim	Wise	161
Bill	Weber	152
Genadi	Osowiecki	141
Tom	Weber	109
Evelyn	Rayburn	115
Rod	McDonald	77
Kathy	Riddle	57
Pier	Fiorentini	53
Mike	Dahlstrom	47
Bob	Nyberg	46
Allyson	Welsh	37
John	Carlin	32
Cheryl	Walchi	29
Warren	McAndrew	23

**Ride Guide**

Pace		Terrain	
Leisure	Under 10 MPH	A	Mostly flat / Norman Rd
Social	10-14 MPH	B	Rolling Terrain / McClinchy
Moderate	14-16 MPH	C	Rolling steeper hills / Kitsap Peninsula
Brisk	16-18 MPH	D	Difficult Terrain / Whidbey Island
Strenuous	Over 18 MPH	E	Very Difficult / RAMROD

## Monthly Ride Calendar

### Weekday

**April 6<sup>th</sup> Mukilteo - Lake Cassidy - Lake Stevens.** Meet at 10am in Mukilteo same parking lot now of Point of Grace church. Route: Mukilteo-Lowell-Snohomish-Machias-Lake Cassidy-Lake Stevens-Everett-Mukilteo. 56 miles. Pace: depends on riders, terrain:B/C. Leave a message (425)349-5065 or email: [fiorepg@frontier.com](mailto:fiorepg@frontier.com)

**April 4<sup>th</sup>, 27<sup>th</sup> Mukilteo – Snohomish-Monroe.** Meet at 10am in Mukilteo same parking lot now of Point of Grace church. Return via High Bridge Rd - Lowell-Larimer Rd. 54 Miles. Pace: depends on riders, terrain: B/C. Leave a message (425)349-5065 or email: [fiorepg@frontier.com](mailto:fiorepg@frontier.com)

**April 11<sup>th</sup>, 22<sup>nd</sup> Mukilteo - Snohomish-Everett (Al's Loop).** Meet at 10am in Mukilteo same parking lot now of Point of Grace church. Route: Mukilteo-Lowell-Snohomish-Everett-Mukilteo. 42 or 47 miles. Pace: depends on riders, terrain:A/B. Leave a message (425)349-5065 or email : [fiorepg@frontier.com](mailto:fiorepg@frontier.com)

**April 15<sup>th</sup> Mukilteo - Echo Lk – Mukilteo.** Meet at 10am in Mukilteo same parking lot now of Point of Grace church. Via Lowell-Larimer Rd, Connelly, Elliott, Welch Rd, Fales. 49 Miles. Pace: depends on riders,, terrain:D. Leave a message (425)349-5065 or email: [fiorepg@frontier.com](mailto:fiorepg@frontier.com)

### Weekend

**Saturday April 9 Lake City - U of W - Ballard loop.** Meet at the Echo Lake Park Here <http://maps.google.com/maps?q=47.773887,-122.340853&num=1&sll=37.0625,-95.677068&sspn=23.875,57.630033&hl=en&ie=UTF8&ll=47.77393,-122.340381&spn=0.006259,0.013711&z=16> at 9am for this 27-30 mile A-B terrain ride with a food stop in Freemont/Ballard. Social/ Moderate Pace with regroup. Rain may cancel and the ride leader is Warren Bare 425 478-9594 or [bare.warren@gmail.com](mailto:bare.warren@gmail.com).

**Sunday April 10 Daffodil Classic – Tacoma Wheelmen's Bicycle Club Event.** Registration opens at 7am and there are several distances from which to choose. Ride starts at Orting Middle School, 111 Whitehawk Blvd NW, Orting, WA. The Daffodil is an official RAPSody training ride. Organize a carpool and support TWBC and RAPSody while having fun. Visit <http://www.twbc.org/> for details and to register. Preregister and save on the fee. BIKES organizer Debby Grant [debby@jaygrant.com](mailto:debby@jaygrant.com).

**Saturday April 16 Tulip Pedal Ride - Fundraiser for Safe Kids Skagit County.** Routes are between Mt.Vernon and LaConner , 3 rides available 20, 40, or 60 miles. Ride begins and ends at LaConner Middle School/High School - 503 N. 6th. \$30 pre-registered and \$35 day-of-ride includes racing beanie. Web site has routes and more information. Registration begins at 7am. I will ride at 8:30 on the 20 mile route at social pace. Ride leader Pam Hallanger [pam\\_hallanger@hotmail.com](mailto:pam_hallanger@hotmail.com).

**Saturday April 23 Stanwood Loop:** Start at 10am at Heritage Park in Stanwood. We'll ride the new McClinchy north-end loop (18 miles) and then do about 15 miles thru the Stillaguamish Valley and enjoy the vistas. 32-35 miles, A-C terrain, moderate pace (hills at your own pace), stay together. Bring a snack, we'll take an optional food break in Stanwood after the ride. Rain or other nasty weather cancels. Ride leader Debby Grant: [debby@jaygrant.com](mailto:debby@jaygrant.com) or 206 353-0249.

**Saturday April 30 Rexville - Anacortes:** Starting at the Rexville Grange at 9:30am we will ride this 38 mile social / moderate ride with regroupings. Mostly A with some B terrain. Lunch stop at Gere-a- Deli and return via March Point as identified on the Bikely link. Rain may cancel and contact the leader for ride-sharing possibilities. Ride leader Warren Bare 425 478-9594 or [bare.warren@gmail.com](mailto:bare.warren@gmail.com).  
<http://www.bikely.com/maps/bike-path/Rexville-Anacortes>

**Saturday April 30 Train to Mt. Vernon and bike back.** Morning train leaves Edmonds at 8:07am and Everett at 8:31am. Make your own reservations at Amtrak.com. Be sure to check the box for your bike (\$5 extra). You don't have to disassemble or box the bike. If you're 62 or better you get a senior discount of 15%. We'll take the dike road south from Mt. Vernon to Conway, Old 99 to Stanwood, Marine Drive to Marysville, CT509 bus to Everett, and the Interurban Trail for those who live further south. Distance: 50 miles to Everett, 60 or so further south. Social pace with regrouping. John Carlin, 425-778-4529. Cell, day of ride: 425-344-1006. [johnecarlin@comcast.net](mailto:johnecarlin@comcast.net).

**Coming in May – BIKES' Annual Yakima Valley Wine Ride. Saturday – Sunday, May 14 – 15.** Mark your calendar now for a fun weekend. Hosted by Jack McClincy and Janell Reich. Many club members camp at Sportsman State Park but there are motel/hotel options in nearby in Yakima. Sat and Sun rides are usually around 30-35 miles, A-B terrain, social pace (some may ride moderate pace). Sat evening is often potluck at the park. Watch for details in the May newsletter. Contact Jack with questions [jlmcclincy@msn.com](mailto:jlmcclincy@msn.com).

## Looking Ahead – Classes and Rides

**Bike Commuting 101 - May 12, 7pm,** Snohomish County PUD, 2320 California St, Everett. Get some advice on how to get started as a new bicycle commuter at this friendly class hosted by B.I.K.E.S. Club of Snohomish County. We will discuss clothing, routes, bikes and gear, traffic laws and techniques, plus you can practice putting your bike on a bus bike rack and learn how to fix a flat tire (or how to avoid fixing one). Free.

**Get Ready to Ride - May 10, 7pm**

**Get Ready to Ride - June 16, 7pm - for women**

Jennings Park Barn, 6915 Armar Rd., Marysville. Learn how to get you and your bicycle ready to ride this spring and summer, whether you want to bike to work, to the store or down the Centennial Trail. Class covers: bike types and basic bike fit, safety, traffic laws, bike safety check, practical gear and accessories. Taught by an experienced bicycle commuter who is a certified League of American Bicyclists bike instructor. Sign up through Marysville Parks & Recreation at <http://marysvillewa.gov>. There are fees for these classes.

**Join in on the fun at the 2nd Annual Mukilteo Classic on Sunday June 26!** This fun community bike ride, produced by Quality Fitness and Mukilteo's Recreation Department, welcomes all who can ride a bike. We offer a family-friendly 8 mile ride in Mukilteo's Harbour Pointe neighborhood, a 30-mile loop to north Everett with a few rolling hills, and a 40-mile loop to Snohomish, north Everett and returning via Mukilteo Blvd and Mukilteo Speedway. All proceeds benefit the Mukilteo Recreation Scholarship Fund. All rides start and end at Mukilteo City Hall, 11930 Cyrus Way, Mukilteo, WA. Rides are fully supported. Cost is \$15 for family ride, \$25 for longer routes, \$40 for family up to 4. T-shirt is included! For more information call Mukilteo Recreation Department at 425-263-8180 or Quality Fitness at 425-347-5191. Web:



<http://www.qualityfitnessmukilteo.com/MUKILTEO-CLASSIC.html> Volunteers welcome for the Mukilteo Classic - SAG drivers, sweep riders, check-point chiefs. Contact Kay Peterson 425-319-2235.

**Community Bike Rides - Get ready for the Mukilteo Classic on June 26! Sponsored by Quality Fitness and The City of Mukilteo. Visit [qualityfitnessmukilteo.com](http://qualityfitnessmukilteo.com) for more information.** Switch gears from gas-powered to human powered – learn to ride your bike outside with other beginners this spring and be ready for the Mukilteo Classic on June 26. These casual Saturday & Sunday rides are designed for beginner and intermediate cyclists wanting to go for a bike ride but needing some encouragement and reminders about riding safely on bike lanes and paths around Mukilteo. A free one-hour class is offered on two of the dates where we'll learn about safe riding habits, bike safety, how to improve riding endurance and mileage, and how to ride in a group. Before each ride we'll check our bikes for proper tire pressure and make sure bikes pass a basic safety check for each rider. We'll check helmets for proper fit and head out on safe routes, practice hand signals, and ride to a local destination and back. You must have a bicycle and be ready to ride with your ANSI-certified helmet. Bring your water bottle. Rain or shine. (Min 3 / Max 10 participants)

**Saturday April 30 - Meet at Mukilteo City Hall**, 11930 Cyrus Way, Mukilteo. Riding skills class begins at 11am. Ride starts at 12:30pm. Distance: 8 – 10 miles.

**Sunday May 8 - Meet at Mukilteo City Hall**, 11930 Cyrus Way, Mukilteo, at 9am. Distance: 10-15 miles.

**Saturday May 14 - Meet at Everett Mall West** in front of TJ Maxx at 9am. Distance: 20 miles.

**Sunday May 22 - Meet at Mukilteo City Hall**, 11930 Cyrus Way, Mukilteo. Riding skills class starts at 9am. Ride starts at 10:30am. Distance: 20-25 miles.

**Saturday June 18 - Meet At: McCollum Park** in the Park & Ride Lot, 600 128<sup>th</sup> St. SE , Everett, at 9am. Distance: 25-30 miles.

Sign up for these rides through The City of Mukilteo. Visit [qualityfitnessmukilteo.com](http://qualityfitnessmukilteo.com) for more information and to register. There are fees for these rides. Hosted by club member Kay Peterson, owner of Quality Fitness in Mukilteo.

## **Bike Expo**

by Mike Dahlstrom

The Expo weekend produced just eight McClinchy registrations. Not many, but likely diminished due to weather fears. However, BIKES gained two new members: Steven Arnhold and John Happold. Though it was a small sign-up, and despite the weather, there was a great crowd passing thru the Expo venue. As with last year, it was at the cruise ship terminal at pier 91. Kay Peterson, BIKES member and owner of Mukilteo-based Quality Fitness, shared BIKES' booth to advertise the Mukilteo Classic ride, scheduled for June 26.

BIKES was located near the bike demo area, where BMX riders were showing off their skills jumping over ropes and climbing steep ramps, nearly vertical. Volunteers were Warren Bare, Bill and Tommy Weber, Rick Schrank, Rod MacDonald, Debby Grant, Clarence Elstad, Kay Peterson, Dave Fiedler and Mike Dahlstrom.

All the usual vendors were there, one new to the author: RENOVO hardwood bicycle group from Portland. RENOVO makes beautiful hardwood frames, as strong as carbon. The bikes are works of art, fine wood and fine finishes. They look like something you might want to display rather than ride in the weather.

### Members, Renewing

Dennis Andrie  
Mike Cundiff  
Lucy Johns  
Kay Peterson  
Pete Pias  
Terri & John Spencer

### Members, New

Steven B Arnhold  
John Happold  
Walter Rothfus  
Dan Stevens



#### **Bike to Work Kick-Off 3-6pm - Thursday, April 28 Everett Station**

B.I.K.E.S. Club is a major sponsor of Snohomish County Bike to Work this year because we support commuting on two wheels. Since you've already got a bicycle, why not give it a try? Learn about the Bike Commute Challenge and what it takes to form a team at the Bike to Work Kick-Off. Stop by for a snack, check out the commuter bike display, practice with a bus bike rack and pick up Bike to Work brochures and posters to educate and encourage your co-workers, neighbors or fellow club members. Visit [www.communitytransti.org/biketowork](http://www.communitytransti.org/biketowork) for more information.

### Chainwheel Chatter April 2011

#### **NEWSLETTER SUBMITTAL**

Please submit all material for the May newsletter by April 22.  
E-mail John Carlin 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 bikes. Cost – FREE with a \$25.00 refundable deposit. These are club benefits we want people to use. To arrange for use contact Warren Bare at (425) 743-7593 or a club officer.

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#### **B.I.K.E.S. Membership PO Box 5242, Everett, WA 98206**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
Telephone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

**Membership Dues \$15 Annual (individual)  
\$20 Annual (family)**

**Member Benefits:** Club rides, Frequent Rider Club, monthly newsletter, social and advocacy activities, low-cost bike box and trailer rental, 10% discount at local bike shops with your member card.