

Chainwheel Chatter

B.I.K.E.S.

Your Snohomish County Cycling Club

From the President

by Debby Grant

At the May 12th club meeting, members elected a new board. In my "From the President" piece in the June newsletter I was so focused on Bike to Work month that I neglected to introduce the new board members and thank outgoing Secretary, Doug Andrews. Doug served as Secretary for more than two years and during that time he recorded and reported official meeting minutes, assisted with drafting the new club constitution, weighed in on community issues and played a significant role in the preparation and execution of several annual McClinchy Mile events. Thank you, Doug, we hope to see you leading and participating in lots of rides this season.

New member Steve Arnhold is incoming Secretary. Steve joined BIKES this past March and jumped in feet-first. He attended the April meeting and when it was mentioned that a Secretary was needed and no nominees were on the horizon, he said "I'll be Secretary." No arm twisting, no cajoling, no late-night phone calls. Steve lives in Everett and works in Issaquah. He said that he wants to ride his bike close to home. Steve – you've come to the right place and we're happy to have you.

Rich Schranck stepped into the vacant Vice President position. You probably recognize his name because by the end of the season it's often at the top of the Frequent Rider Club list in the newsletter. What most of us don't know is that Rick began riding only five years ago. Ask him his story some time. If you need inspiration he's your cyclist. Welcome Rick, we look forward to your participation and perspective.

Continuing board members are Treasurer, Kristi Knodell, and myself, President. Kristi tracks our money, files state documents and pays insurance premiums to keep us legal and safe and during McClinchy season she manages both advance and day-of registrations. Treasurer is one of the most treasured positions in our club and I thank Kristi for all her effort on our behalf.

I'm President for the next year and that means I'll write a piece for each newsletter issue, keep the membership database current and in October I'll start working on the next McClinchy. We'll be moving to our new website soon and that will help all of us find others to ride with. Tell your friends about what a great club BIKES is and invite them to join. Have a wonderful summer of riding; I hope to see you on the road.

JULY 2011

ISSUE 382

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No meetings Jul – Aug

We'll all be gone
for the summer!
We're on safari
to stay...

Club Picnic Members and Guests

**1pm - Saturday July 30
Thornton A Sullivan Park
Silver Lake**

Moderate and social paced
rides before BBQ – check ride
listings for details.

The Club sponsors soft
drinks, burgers, dogs and all
the fixins'. Based on last
name – you bring:

**A-H: sides & salads
I-P: desserts
Q-Z: appetizers**

Volunteer Corner – don't miss your opportunity!

Ride Around Puget Sound August 27-28 BIKES Club volunteers needed to prepare and serve food at the Allyn rest stop on Saturday, Aug. 27, from about 9am to 3pm. It's a beautiful setting and we'll enjoy music by the Windjammers Community Band while helping to raise money for the Bicycle Alliance of Washington. To volunteer contact Kristin at 360-658-2462. If you'd rather ride RAPSody, it's one of the friendliest, most scenic yet challenging rides in the Northwest. RAPSody is 170 miles of rolling hills in two days, starting and ending in Tacoma with an overnight in Shelton (free luggage support and camping). RAPSody is sponsored by BIKES and five other bicycle clubs. Visit www.rapsodybikeride.com to learn more.

**B.I.K.E.S. Club
Officers & Support
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Monthly Ride Coordinator
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Frequent Rider Club - Miles thru June 15

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	925	Bob	Nyberg	64
Bill	Lutterloh	664	Cheryl	Walchi	62
Wendell	Hultman	534	Allyson	Welsh	56
Evelyn	Rayburn	405	Shirley	Slade	42
Dan	Scott	386	Dick	Nicholson	40
Steve	Linari	360	Stephanie	Roche	33
Gery	Osowiecki	359	Jack	McClincy	30
Tim	Wise	266	Janell	Reich	30
Bill	Weber	249	Michael	Snodgrass	30
David	Wadley	185	Peter	Pisani	30
John	Carlin	176	John	Happold	30
Debby	Grant	169	Nancy	Graham	29
Kathy	Riddle	149	Clarence	Elstad	25
Tom	Weber	149	Warren	McAndrew	23
Pier	Fiorentini	128	Doug	Andrews	22
Elaine	Scott	108	Linda	Hunter	22
Adrienne	Dorf	105	Kristi	Knodell	18
Mike	Dahlstrom	102	Pam	Hallanger	14
Dorothy	Lindstrom	102	Steven	Hudspeth	11
Kay	Peterson	81			
Dave	Fielder	81			
Rod	McDonald	77			

Ride Coordinators

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

Aug: Tim Wise

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

Week-Day Rides

Wednesday July 6 (repeats 7/18) - Whidbey Island. Clinton - Freeland – Maxwellton. Meet at 9am at the Church at 5425 Harbour Pt. Blvd. Mukilteo. We will catch the 9:30 ferry (\$4.95) and ride the south part of the island. 48 miles. Bring snacks. Cappuccino in Freeland. Pace: It will depend on riders. Terrain: C. Leave a message (425)349-5065 or email: fiorepg@frontier.com

Thursday July 7 - Pedal Pushers Matthews Beach Park to Lake Union on Burke Gilman Start at 10am at Matthews Beach Park and ride on the Burke Gilman Trail to Lake Union. Social pace, A terrain, RT 12 miles with a snack break about half way. Ride leader David Wadley. RSVP and arrange carpooling to dgrant@ci.lynnwood.wa.us. Rain or other inclement weather cancels. Call the Lynnwood Senior Center at 9am day of ride if weather is questionable 425 670-5050.

Friday July 8 (repeats 7/15 & 7/22) - Mukilteo-Snohomish-Everett (Al's Loop) Meet at 9am at the Church at 5425 Harbour Pt Blvd, Mukilteo. 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

Tuesday Lunch Time Rides – every Tuesday EXCEPT 7/5/11 Start at 11:30am for a short (10 miles) social pace ride (leisurely going uphill), terrain mostly A, a little B. Meet at Bicycle Centers of Everett, Silver Lake location, on the corner of 19th Ave and 128th St NE for a loop through Silver Lake, Pioneer Trails, and Mill Creek. Optional coffee and pastries or lunch afterward at nearby L'Artisan Bakery. Lousy weather cancels the ride, but not the stop at the bakery... Ride leader for July 12 & 26 Gery Osowiecki (469) 358-2887 or geryo@frontier.com. Ride leader for July 19 Warren Bare, 425-478-9594

Monday July 11- Mukilteo - Echo Lk – Mukilteo Meet at 9am at the Church at 5425 Harbour Pt. Blvd, Mukilteo. Via Lowell-Larimer Rd, Connelly, Elliott, Welch Rd, Fales. 49 Miles. Pace: depends on riders, terrain: B/D. Leave a message (425)349-5065 or email: fiorepg@frontier.com.

Wednesday July 13 - Pedal Pushers McCollum Park, Silver Lake, Everett Loop Start at 10am at McCollum Park for a ride around Silver Lake and into Everett. Social pace, A-B terrain, RT 20 miles on low traffic streets with a cafe stop along the route. Ride leader Warren Bare. RSVP and arrange carpooling to dgrant@ci.lynnwood.wa.us. Rain or other inclement weather cancels. Call the Lynnwood Senior Center at 9am day of ride if weather is questionable 425 670-5050.

Wednesday July 13 (repeats 7/25) - Mukilteo - Lake Stevens – Everett. Meet at 9am at the Church at 5425 Harbour Pt Blvd, Mukilteo. Route: Mukilteo-Lowell-Snohomish-Machias-Lake Stevens-Everett-Mukilteo. 54 miles. Pace: depends on riders, terrain: B/C. Leave a message (425)349-5065 or email: fiorepg@frontier.com

Wednesday July 20 - Mukilteo-Snohomish-Monroe-Flowing Lake via (Westwick-Spada Rd) - Lk Stevens Meet at 9am at the Church at 5425 Harbour Pt Blvd, Mukilteo. Return via High Bridge Rd - Lowell-Larimer Rd. Estimated 65 Miles. Pace: depends on riders, terrain: B/C. Leave a message (425)349-5065 or email: fiorepg@frontier.com.

Thursday July 21 - Pedal Pushers Stillaguamish Valley Start at 10am at Heritage Park in Stanwood for a ride through farm country. RT 18 miles on low-traffic streets with a cafe stop on the route. Ride leader Debby Grant. RSVP and arrange carpooling to dgrant@ci.lynnwood.wa.us. Rain or other inclement weather cancels. Call the Lynnwood Senior Center at 9am day of ride if weather is questionable 425 670-5050.

Wednesday July 27 - Pedal Pushers Log Boom Park to Redmond Town Center via Bothell Start at 10am at Log Boom Park and ride thru Bothell to Redmond Town Center and return on the trail. RT 25 miles with a break in Redmond. Ride leader Dan Scott. RSVP and arrange carpooling to dgrant@ci.lynnwood.wa.us. Rain or other inclement weather cancels. Call the Lynnwood Senior Center at 9am day of ride if weather is questionable 425 670-5050.

Friday, July 29 – Mukilteo-Snohomish-Monroe Meet at 9am at the Church at 5425 Harbour Pt Blvd, Mukilteo. 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.

Weekend Rides

Saturday July 2nd - Round the River & thru the 'Hoods Meet at Everett Transit Station parking lot, 9:30am. 20 miles, social pace, rotten weather cancels. Ride to Snohomish on one side of the river, return on the other, pedal into Everett for snack/food stop after. Dan & Elaine Scott. Day of ride cell: 425-501-6198

Sunday, July 3rd - Mill Creek East w/hills. 9:30am start @ Silver Lake Park (parking lot on west side of lake). 23 miles social+ pace, rotten weather cancels, food stop after. Dan Scott, DOR cell 425-501-6198. <http://www.bikely.com/maps/bike-path/Mill-Creek-East-w-hills>

Saturday July 9th - Mount Vernon / Sedro Woolley - We will try this ride again with its flat and rolling terrain with one big hill. The start location is Mount Vernon Edgewater Park at 9:30am for this 46 mile Low Moderate pace with regroup. Bring snacks as the planned food stop is 32 miles into the ride. Call – email ride leader Warren Bare to arrange local ride sharing to the start at 425-478-9594 or bare.warren@gmail.com. RWGPS map <http://ridewithgps.com/routes/373336>

Saturday July 16th - Silver Lake to Bothell and Back. Start at 10:30 am at Bicycle Centers of Everett, Silver Lake location, on the corner of 19th Ave, and 128th St. NE for a social pace ride of approx. 25 miles (give or take a little) – via Lynnwood, Log Boom Park, Bothell, and Mill Creek. Food stop in Bothell, and (optional) pint afterward. Pace social, (leisurely on the climbs). Terrain mostly B, with a little A. Water falling from the sky cancels the ride, but not the pint. Ride leader Gery Osowiecki (469) 358-2887 or geryo@frontier.com

Sunday July 17 – McCollum Park to 3rd Place Books - Start at 9am at McCollum Park and Ride parking lot. Social moderate pace with regroup. 30-35 Miles. We will go the extended route by Maltby. Heavy rain cancels. Leader Tim Wise (425) 754-7916 or tjkwis@frontier.com

Saturday July 23 – Tukwila to Flaming Geyser State Park. Start at Fort Dent Park (6800 Fort Dent Way, Tukwila) at 10am for this 50 mile (approx.) social-pace ride, via Auburn and Black Diamond. Terrain mostly A, with some B. Several snack stops along the way in Kent, Auburn and Black Diamond, plus optional pint / late lunch at Tukwila afterward. Optional, meet for car-pool at McCollum Park at 8:30. Lousy weather (however unlikely) cancels this ride. Ride leader Gery Osowiecki (469) 358-2887 or geryo@frontier.com

Saturday July 23rd –Snohomish to Sultan Bakery, 40-45 miles at a low moderate pace – 9:30am start from the Centennial Trail head in Snohomish, better parking area I think. This ride is primarily 'B' terrain with a couple of good hills, it's the standard figure 8 route going out High Bridge and Old Owen roads and returning on Ben Howard and the river road with a stop at the Sultan Bakery for lunch/snack. Rider leader Mike Snodgrass (Michael.snodgrass@frontier.com or 360-653-2384) Rain cancels.

Sunday July 24 – South Whidbey Loop Meet at the Mukilteo Ferry at 9:00~ AM for the 9:30 sailing and this <http://www.bikely.com/maps/bike-path/Wood-s-No-1-reversed> 34 mile ride. Ferry fare is \$4.20 - \$2.10 senior, plus \$1.00 bike charge. Pace is social with regroupings and terrain A-D. We will have a food stop in Langley and rain cancels. Leader Warren Bare 425-478-9594 - bare.warren@gmail.com

Saturday July 30 – BIKES Club Picnic Rides All departing from Thornton A. Sullivan Park (Silver Lake) 11405 W. Silver Lake Dr., Everett. Picnic BBQ at 1:00. See details on Page 1.

*Moderate ride, 9:30 start, details TBA (check the Ride Changes link)

*Short social-paced ride, 10:30 start, ~15 miles, mostly flat east of the lake & Mill Creek. Ride leader: Dan Scott.

SHARING WHEELS COMMUNITY BIKE SHOP OPPORTUNITIES

LADIES NIGHT- NO BOYS ALLOWED

1st Wednesday, every month
6 to 9 PM

Ladies Night will be here again Wednesday, June 1. We welcome all women and girls 14 and up. Children must be accompanied by an adult. Get answers to some of the more puzzling questions concerning your bike, like "How do I stop my bike from squeaking?" Come join us in a great environment. Snacks provided. No cost. If your gender disqualifies you, tell the women in your life about this opportunity.

Sharing Wheels Community Bike Shop

"connecting unused bikes to people who need wheels"

2531 Broadway
Everett, WA 98201
425-252-6952

sharingwheels@gmail.com

Members – Renewing

Alfred Currier &
Ann Schreivogl – Anacortes

Ron Larpentaur – Bothell

Albert Penta – Monroe

Members – New

Joanne &
Larry Kennedy – Seattle

Joe Majka - Edmonds



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NEWSLETTER SUBMITTAL

No August newsletter Please submit all material for the September newsletter by August 18.

E-mail John Carlin at 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.

Club Picnic Members and Guests

1pm - Saturday July 30
Thornton A Sullivan Park
Silver Lake

Moderate and social paced rides before BBQ – check ride listings for details.

The Club sponsors soft drinks, burgers, dogs and all the fixins'. Based on last name – you bring:

- A-H: sides & salads
- I-P: desserts
- Q-Z: appetizers

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.