

Chainwheel Chatter

Your Snohomish County Cycling Club for OVER 30 YEARS

From The President

As President of B.I.K.E.S. Club of Snohomish County I want to wish all our Club members a very Happy New Year and may 2013 be a great year for all of you. We are working on McClinchy Mile, set for Saturday, March 16, 2013 and while the weather has been wet lately it sure beats cold and snow! We are hoping for a large turnout and encourage all members and families to come and either work and volunteer or enjoy the ride. There are several routes to choose from, well supported and some great scenery in Snohomish County. This is BIKES' single annual fund-raising ride so why not come and join us.

Club meetings are the second Thursday of the month and open to the public so please come and meet other members and invite a friend. The first meeting of the new year is Thursday, January 10th, at 7pm. Meetings are held at the PUD building in downtown Everett. The address and directions may be found on the club website.

But whatever you choose, choose a happy healthy and fun cycling new year.

Steven Arnhold
President, B.I.K.E.S. Club of Snohomish County

January 2013

ISSUE 400

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January Club Meeting

THURSDAY

January 10th -- 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: the

Nakorn Thai
1105 Hewitt Ave
Everett 98201
425-609-8588



**AND WHILE STARING AT THE RAIN, SNOW ETC.
DAYDREAM, CONSIDER & PLAN RIDING
THESE TOURS IN PLESENT WEATHER
Courtesy of Mary Jo**



Bike tours planned for this spring and summer. Summer Bike Getaways

Potholes Reservoir and Columbia Wildlife Refuge May 17, 18, 19

Spend 3 days biking around of the most interesting and spectacular areas of sunny

Eastern Washington. In addition to biking and hiking, you can go kayaking, canoeing or paddle boarding on the lake.

June 14, 15, 16 and 17 Hood River and The Dalles

There are many options for biking in the beautiful Columbia Gorge area. We will bike The River Front Trail in The Dalles, along the Klickitat River and some of the scenic back roads. There are also the historic downtown areas and brew pubs to visit.

(Find more details on the Weekends & Tours section of the BIKES web site.)

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

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Club Miles Compiled to

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 Updates 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.

Final Rider Club Miles accumulated for 2012

Pier	Fiorentini	3153	Rick	Schranck	179	Patty	Garrett	83
Warren	Bare	2183	Pam	Deitz	176	Janell	Reich	78
Bob	Nyberg	1345	Joanne	Kennedy	162	Dick	Nicholson	75
Bill	Lutterloh	1198	Larry	Kennedy	162	Russ	Rainforth	75
Gery	Osowiecki	968	Judi	Chadwick	161	Tina	Rainforth	75
Tim	Wise	908	Kala	Koch	159	Evelyn	Rayburn	71
Bette-Ann	Shroyer	782	Susan	Lahti	159	Doug	Andrews	63
Dan	Scott	781	Kristi	Knodell	152	Brent	Hunter	59
Bill	Weber	752	Robert	Smith	142	Kay	Peterson	54
Steve	Linari	720	Kristin	Kinnamon	141	Moe	Moosavi	53
Marilyn	Perala	660	Warren	McAndrew	141	Ed	Moyer	53
Linda	Hunter	472	Tom	Crisp	135	Brenda	Ferguson	52
Dorothy	Lindstrom	464	Debby	Grant	133	Ken	Moores	49
Susie	Paquette	440	Peter	Pisani	130	Allyson	Welsh	48
Mike	Dahlstrom	436	Nancy	Chad-Jones	128	Diane	Gordon	38
Tom	Weber	422	Steven	Hudspeth	120	Dave	Fielder	35
Nancy	Graham	398	Michael	Snodgrass	116	Rod	McDonald	35
Elaine	Scott	372	Adrienne	Dorf	111	Kathleen	Dawe	34
Kathy	Riddle	371	Robert	Pahlman	107	Bill	Ferguson	34
MJ	Gerst	362	Susan	Hausmann	104	Shawn	Diem	24
Pam	Hallanger	339	Jack	McClincy	100	Bob	Palm	18
John	Carlin	331	Denny	Andrie	99	Dan	Cornelissen	17
Clarence	Elstad	272	Jim	Roosma	93	Nancy	Webb	17
Jim	Stewart	232	Leslie	Strickland	92	Graham	White	10
Fred	Koch	201	Bill	Newman	89	Kevin	Patterson	10
Perry	Walker	199	Judy	Brackett	87	Annie	Peterson	9
Bruce	Deitz	195	James	Wright	83	Sharon	Andrews	6
Cheryl	Walchi	182						

Bill Weber is the February
ride coordinator.

And the month following is

March— Debby Grant

So ride leaders send your rides to

leadaride@bikesclub.org

Ride Guide

PACE

Lesurely / Under 10 MPH

Social / 10-13 MPH

Moderate / 13-16 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.

Monthly Ride Calendar

**UNABLE TO FIND A RIDE THAT WORKS FOR YOU?
CHECK OUT THE RIDE UPDATES ON THE WEBSITE.
STILL NOT FINDING ONE OF INTEREST —
Enter one on the Ride Updates on the Web.**

January Rides Weekend & Holidays

Tuesday, Jan. 1 New Year's Day ride. 16 miles, starting at Silver Lake Beach parking lot (the one you can see from 112th St SE) at 10:00. Approx. 16 miles at social pace, food stop at the end if we can find one, heavy precipitation cancels. Dan Scott [425-501-6198](tel:425-501-6198)

Sunday, Jan. 6 'Round the River, starting at Rotary Park on the Snohomish River, ride to Snohomish & return on the other side. Approx. 18 miles at social pace, food stop at the end if we can find one, heavy precipitation cancels. Dan Scott [425-501-6198](tel:425-501-6198)

Saturday January 12th - McCollum – Snohomish – Everett – Meet at McCollum Park at 10.00 AM for this 35-40 mile ride. Social / moderate pace, some hills and a food stop along the way. Rain, Snow or Ice may cancel. Warren Bare 425-478-9594

Sunday January 13: McCollum Park to Everett. Loop around Everett's north end with a lunch stop in Downtown Everett. Start 10 a.m. at McCollum Park, moderate pace, terrain A-B, 35-40 miles. Rain, snow, etc. cancels. Ride leader Mary Jo Gerst [206-546-0645](tel:206-546-0645)

Saturday January 26th - Paine Field Park – Everett - Meet at Paine Field Park at 10.00 AM for this 30-35 mile social pace A/B ride with a food stop along the way. Rain, Snow or ice may cancel. Warren Bare 425-478-9594

Weekday Rides

January, 2nd.- Mukilteo-Snohomish-Monroe - Meet at 10:00 AM in the parking of the Lutheran Church at 5425 Harbour Pointe Boulevard, Mukilteo. Return via High Bridge Rd - Lowell-Larimer Rd. 54 Miles. Pace: Moderate, terrain: A/B. Call [\(425\)349-5065](tel:425349-5065) or email: fiorepg@frontier.com

January 4th, - 11th, 18th, 25th. - Mukilteo-Forest Park-Everett. Meet at 10:00 AM in the parking of the Lutheran Church at 5425 Harbour Pointe Boulevard, Mukilteo. Route: Mukilteo Blvd to Forest Pk, return may vary.20-22 miles. Pace: Social, terrain: B. Call [\(425\)349-5065](tel:425349-5065) or email : fiorepg@frontier.com

January,7th, 23rd. - Mukilteo - Lake Stevens. Meet at 10:00 AM in the parking of the Lutheran Church at 5425 Harbour Pointe Boulevard, Mukilteo. Route: Mukilteo-Snohomish-Machias-Lake Stevens-Everett-Mukilteo. 54 miles. Pace: Moderate. terrain: A/C. Leave a message [\(425\)349-5065](tel:425349-5065) or email: fiorepg@frontier.com

January, 16th. - Mukilteo-Snohomish (via Larimer Rd)-Everett. Meet at 10:00 AM in the parking of the Lutheran Church at 5425 Harbour Pointe Boulevard, Mukilteo. Route: Mukilteo-Larimer Rd-Snohomish-Everett-Mukilteo.47 miles. Pace: moderate. terrain: A/B .Leave a message [\(425\)349-5065](tel:425349-5065) or email : fiorepg@frontier.com

January,21st, 30th. (Al's Loop) Mukilteo-Snohomish (via River Rd)-Everett. Meet at 10:00 AM in the parking of the Lutheran Church at 5425 Harbour Pointe Boulevard, Mukilteo. Route: Mukilteo-Snohomish-Everett-Mukilteo. 42 miles. Pace: Moderate, terrain: A. Leave a message [\(425\)349-5065](tel:425349-5065) or email : fiorepg@frontier.com

Below is a brief description BAW Legislative goals.

The success attained will be dependent on the final alignment of the legislative bodies and strength of efforts separate of the BUDGET process.

Local Government Control and Safe Neighborhood Streets. The Bicycle Alliance again will lead the Neighborhood Safe Streets Bill to make safer streets and neighborhoods by allowing cities and towns the authority to set speed limits to 20 miles per hour on non-arterial streets.

Making Washington's Kids Safer. We will explore policy to grow Safe Routes to School and policies that support it. Currently staff and our lobbyist are working with legislators about specific solutions to improve our school transportation investments while growing biking and walking to schools.

Adding Health as a State Transportation System Policy Goal. The Bicycle Alliance will again support legislation that adds human health to the policy goals of our state transportation system —alongside existing goals such as economic vitality, mobility, and the environment.

Potential safe passing legislation. Looking toward the future, the Bicycle Alliance will be exploring legislation for this session or next that supports safe motor vehicle passing of bicycles on Washington streets.

AND ON FEBRUARY 20TH YOU CAN – Connect with other advocates and be a citizen lobbyist for a day. BAW provides you with tools and information you need to effectively advocate for a better bicycle environment in your community and state.

So BIKE, Carpool or hitchhike to Olympia and have a chance to meet and have one on one time with your Legislative representative's / Senator.

(Kidding about the hitchhiking but contact me about going - Editor@bikesclub.org)

NW Regional Connectivity Summit Thursday December 13, 2012

Dan Scott and I attended the summit meeting hosted by Skagit County. Representatives from each of five counties, Whatcom, Island, Skagit, San Juan and Snohomish provided brief updates on progress achieved in motorized, non-motorized and ferry connectivity within their county. In most cases progress was good, but reduced revenues and budgets have hampered desired progress goals. An exception is Snohomish County that boasts completion of the northern reach of the Centennial Trail this year, plans for extension of the southern section, which goes to Monroe from Snohomish and south to Woodinville and connection of the Inter-Urban with the Centennial.

Ian Macek, WSDOT Bicycle & Pedestrian Coordinator provided an update on the US Bike Route System (USBR). The USBR efforts to date mainly involve planning route corridors with an eye towards connecting states and obtaining buy-in from communities and agencies enroute. The system was started in 1982, and consists of numbered bike routes, similar to the federal Hwy system. Budgeting for this project has been limited, if not stymied during our economic slow down. You can read more about this at these two suggested sites:

<http://www.adventurecycling.org/routes/nbrn/usbikewaysystem.cfm?qclid=C12jhseqm7QCFeGDQgodln8AvQ>

http://en.wikipedia.org/wiki/United_States_Numbered_Bicycle_Routes

More information [on all issues discussed](#) will be provided as meeting discussion notes are distributed to attendees.

Liz McNett-Crowl from Skagit County, the meeting coordinator, can be contacted at (360) 428-2331, lcrowl@skagitvalleyhospital.org if anyone has input on the inter/intra county connectivity, regional connectivity or related issues.

Mike Dahlstrom



Basic Bike Mechanics

This is the perfect class for those wanting to learn how to keep their bicycle on the road. Classes cover:

- Basic bike care
- Flat tire repair
- Brake adjustment and pad replacement

Derailleur shifting and adjustments

Bring your own bike or use one of ours, all tools are provided. \$35 must be prepaid to secure spot in class. 3 1/2 hour class. Call or come by to register.

Advanced Bike Mechanics

This class is for those wanting to get into the heart and soul of their bike. Learn the parts of the bike and how to evaluate its condition. Learn about the bearing systems and how to overhaul them. Demystify the cable systems and get your bike running smoothly. Bring your own bike or use one of ours, all tools are provided. \$95 must be prepaid to secure a spot in class. Class is limited to 4 students so sign up early. This is a 12 hour class. Call or come by to register.

Dates:

March 2, and 3, 2013 10:00am to 4:00pm (Saturday and Sunday) Bring your own lunch

Or

April 3, 10, 17 and 24, 2013 6:00pm to 9:00pm (Wednesday Evenings)

Sharing Wheels Community Bike Shop

"connecting unused bikes to people who need wheels"

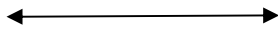
www.bikesclub.org
B.I.K.E.S. Club
P.O. BOX 5242
Everett, WA 98206

Primary
 Business
 Address

NEW MEMBERS

**Hope to see you on a
 ride soon**

David Dornbush
 Judy Hinrichs



RENEWING MEMBERS

Bruce Dietz
 Pam Dietz
 Dave Fielder
 Debbie Kawamoto
 Bob Nyberg
 Kay Peterson
 Shirley Slade
 Bill Weber
 Tom Weber
 Tim Wise

Thanks for Renewing

Is it time to renew? →

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NEWSLETTER SUBMITTAL

Please submit all material for the **February** newsletter by **January 20th**
 to 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** 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.



Want to check out the latest bikes, gear & fabulous acts & presentations for free? Just sign up with Mike at—

mike.dahlstrom@frontier.com

to pull a shift at BIKE EXPO MARCH 9th & 10th and browse before or after the shift. Bikes provides entry for VOLUNTEERS

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

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (____) _____ - _____ Email _____

Membership \$15 Annually (INDIVIDUAL)

DUES \$20 Annually (FAMILY)