

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

[Next B.I.K.E.S. Club meeting on October 9th @ 7:00 pm](#)

## October Rides: Weekends & Weekdays

### WEEKEND RIDES

**Sunday, Oct 5 – Barlow Pass:** Please join us for an all-paces ride leaving at 10am from the Verlot Ranger Station. We'll ride to the top of Barlow pass with a lunch stop on the way back at the Ice Caves picnic area. RT 39 miles, leader will be riding a social pace but since this is an out and back ride you're welcome to ride faster or slower, A/B terrain. For less distance (RT 29 miles) you also have the option of just riding to the Ice Caves and meeting the group there. This is a beautiful ride for those who have never done it! Kristen will be leading a brisk-pace group starting from Granite Falls so the plan is for all of us to meet up for lunch at the Ice Caves. Please make sure you bring plenty of water and something to eat since there won't be a place to purchase food. Parking is free but we've been asked to park in the lot across from the station. Hope to see everyone there! Steady rain cancels – check the Ride Updates page. Ride leader Allyson Welsh [allysonw@outlook.com](mailto:allysonw@outlook.com) or (206) 356-8134.

**Sunday, Oct 5 – Barlow Pass:** Join the brisk pace group leaving at 9am from the Granite Falls School District parking lot on Alder Ave in Granite Falls. It's about 60 miles to the pass or 50 miles to the Ice Caves. A-C terrain. Ride leader Kristin Kinnamon [kinnamonk@aol.com](mailto:kinnamonk@aol.com) or (425) 583-4584.

**Saturday, Oct 11 - Return to Little Mountain:** Ready to roll at 9am from Silvana. Rolling terrain + Little Mountain. We'll ride on roads and the Centennial Trail with snack and regroup stops. Lunch at the Skagit Co-op in Mount Vernon. RT 55 miles, high moderate pace (15-16 on the flats), mostly B terrain plus one hill. Ride leader; Dan Scott [425-355-4510](tel:425-355-4510), [425-501-6198](tel:425-501-6198) cell. Steady rain or snow cancels. <http://ridewithgps.com/routes/5255565>

**Saturday, Oct 18 – The Pumpkin Ride:** Start at 10am, family ride at leisurely pace, mostly flat, distance is about 12 miles (6 each way) The ride will leave from Garfield park (2 blocks East of Walnut on 23rd St.) and go to "The Farm" pumpkin patch. Adults are encouraged to bring children. A SAG for the pumpkins will be provided. Rain cancels. Ride leaders Thomas and Bill Weber. For information call Bill at 425-327-3516 or [bbweberwa@comcast.net](mailto:bbweberwa@comcast.net).

### WEEKDAY RIDES

**Tuesdays, Everett Station Ride:** Meets Tuesdays in the parking lot across the street from the Everett Station. Starts promptly at 5:30pm, 20 to 30 miles, high moderate to brisk pace with regroups as needed. The ride has a variety of hilly routes. See "Ride Updates" for possible changes in start location or weather cancellation. **LIGHTS REQUIRED.** Optional after-ride get together. Ride leader [bobnyberg@msn.com](mailto:bobnyberg@msn.com) or (206) 795-1363.

**Tuesdays, Lunch Time Rides:** Meet Gery for a noon start at Bicycle Centres at Silver Lake. 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 (mobile).

**Thursday, Oct 2 – Pedal Pushers Ride Sammamish River Trail:** Meet at the gravel parking lot at Bothell Landing at 9:45am for a 10am start. RT about 20 miles on level paved trail, social pace, A terrain. Ride leader Bette-Ann Shroyer, 206 300-7825.

**Wednesday, Oct 8 – Pedal Pushers Ride 'Round the River:** Meet at Rotary Boat Launch Park in Everett at 9:15am for a 10am start. We'll ride River Rd to Snohomish, continue on the Centennial Trail to Machias and take a break before returning to Everett via Snohomish and Riverview Rd. RT about 28 miles, social pace, A-B terrain. Ride leader Dan Scott [scott.dan.l@frontier.com](mailto:scott.dan.l@frontier.com) or (425) 355-4510.

*Cont. on next page:*

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### RIDE GUIDE

#### PACE

<b>Easy</b>	under 10 mph
<b>Social</b>	10–12 mph
<b>Steady</b>	12-14 mph
<b>Moderate</b>	14-16 mph
<b>Brisk</b>	16-18 mph
<b>Strenuous</b>	< 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 ride is right for you.*

#### Pedal Pushers

B.I.K.E.S. partners with the Lynnwood Senior Center to welcome and encourage older adults to bicycling. Bring your bike if you like and we'll do minor fit and safety checks. **Lynnwood Senior Center** Wednesdays and Thursdays, alternating weeks. See the [Rides calendar](#) for details.

Cont. from previous page:

**Thursday, October 16 – Pedal Pushers Ride Centennial Trail to Lake Cassidy:** Meet at 9:45am for a 10am start at the Centennial Trail at 2nd and Maple in Snohomish. We'll ride north on the trail to Lake Cassidy. RT about 20 miles, social pace, A terrain. Shorter distance riders may turn around at any time. Snack break along the way. Rain cancels. Ride leader Bette-Ann Schroyer 425 776-6205.

**Wednesday, October 22 – Pedal Pushers Ride Echo Lake to Green Lake & Return:** Meet at 9:45am for a 10am start at Echo Lake Park. We'll ride on quiet roads and the Interurban Trail to Green Lake, circumnavigate the lake and return. Food break en route – bring a snack or lunch or buy along the way. Rain cancels. Ride leader Debby Grant [debby@jaygrant.com](mailto:debby@jaygrant.com) or 206 353-0249.

**Thursday, Oct 30 – Pedal Pushers Ride Sammamish River Trail to Redmond:** Meet at the gravel parking lot at Bothell Landing at 9:45am for a 10am start. We'll ride to Redmond on the Sammamish River Trail and the Marymoor Connector Trail. RT about 23 miles on level paved trail, social pace, A terrain. Ride leader Nancy Graham, (425) 493-1952 or [nancycycles@gmail.com](mailto:nancycycles@gmail.com).

**For Rides Updates, see the club ride updates webpage.**

## Prez Sez...

October 2014

BIKES resumed monthly meetings on Sept. 11 and though sparsely attended there were a few items of interest to the membership. The first and most important is the Oct 1 change of club leadership. I will have had surgery as you read this and have asked our Vice President Kristin Kinnamon to step in as President. She agreed to do so and as many know has excellent leadership qualities as demonstrated in a previous stint as President. This leaves a void at Vice president so if you have an interest in helping the club in this manner or you know of someone who would step forward and learn the ropes under a most capable person please do so.

Another topic of interest discussed was the club finances. The club has not raised membership dues since 2002 and as time has passed we have used an increased portion of McClinchy funds for general operating expenses. Also because of incremental increases in insurance, permits in each jurisdiction and trail use costs, food etc. for McClinchy. we have not been able to provide funding of grants for cycling advocacy such as Christmas House and Sharing Wheels the last few years. So a dues increase that was voted on in May of a \$5.00 increase for both family and individual members will take effect on January 1 2015.

Another important issue is that Debby Grant has accepted the role as Ride Coordinator and can use all the beautiful Fall rides you can send her as we leave what has been a wonderful Summer for riding.

I would like to also call out Mary Jo Gerst, our Secretary for the hard work and bounty of tours she planned, coordinated and led throughout the year.

The example of her work gives BIKES a dimension it never had before.  
And a good number of members enjoyed them.

Warren Bare

## **Important Reminder to All Club Members!!**

Club meeting Thursday, Oct. 9: McClinchy Mile 2015 and Club President

### **Upcoming Special Election**

Effective September 11, 2014, Warren Bare resigned as BIKES' president. Vice President Kristin Kinnamon has been nominated to fill the position and a special election will be held at the next general meeting. Warren plans to continue leading great club rides and will host BIKES' upcoming holiday party. Next time you see Warren thank him for his outstanding effort as president and ride-leader extraordinaire!

We will also be discussing plans for McClinchy Mile 2015. For more than 30 years, the event has been hosted in March, around the date of St. Patrick's Day. Some years, it could qualify as the "Worst Day of the Year" ride in terms of weather. Should we change the date? To when? We will need to pick a date or target dates at this meeting to begin planning the 2015 event. Cascade is hosting a bike club get-together on Oct. 11 in part to coordinate ride dates. We'll also discuss routes and rest stops - any interest in an out-and-back to Oso?

# 2014 B.I.K.E.S. CLUB RIDES PHOTO GALLERY!



A borrowed driveway above! ↑

↓ Fidalgo Bay below!



Are you interested in leading a club ride? Contact our ride coordinator at [leadaride@bikesclub.org](mailto:leadaride@bikesclub.org) to get your ride on the calendar!

<http://www.bikesclub.org/Ride-Leader-Guide>



What a Happy Group on the Whatcom Farm Tour Ride!

## Member News

Let's all welcome our new B.I.K.E.S. Club Members:

John Atienza

Adrienne Smith

Peter Smith

Cathy Tanner

THANK YOU for renewing your membership:

Charles Garrity

Don Kusler

Robert Nyberg

Evelyn Rayburn

Cheryl Walchli



## Rider Miles as of September 2014

Bob	Nyberg	2307		Chuck	Garrity	302		Cheryl	Walchi	83
Pier	Fiorentini	1741		Marcia	Stedman	297		Susan	Lahti	83
Warren	Bare	1433		Kathy	Riddle	293		James	Wright	77
Dan	Scott	1401		Kristin	Kinnamon	290		Lucie	Johns	71
Gary	Broughton	1137		Diane	Slenkamp	269		Pete	Pias	68
Gery	Osowiecki	892		John	Carlin	267		Alec	Kutchma	65
Bill	Weber	820		Janell	Reich	245		Terri	Spencer	62
Bette-Ann	Shroyer	740		Linda	Hunter	233		Jaydon	Smolden	60
MJ	Gerst	696		Kristi	Knodell	230		Pam	Hallanger	59
Tim	Wise	685		Robert	Smith	214		Chad	Pritchard	51
Susan	Hausmann	673		Jack	McClincy	210		Philip	Gay	50
Tom	Weber	603		Allyson	Welsh	200		Donald	Mohs	49
Steve	Linari	576		Steve	Lodholz	184		Peter	Pisani	49
Bill	Lutterloh	566		Kay	Peterson	178		Matt	Petersen	47
Brenda	Ferguson	561		Jim	Stewart	176		Jim	Roosma	42
Debby	Grant	520		Victoria	Peters	175		Robert	Rotert	42
Fred	Koch	478		Debbie	Kawamoto	167		Jorden	Rotert	42
Michael	Sheldrake	478		Leslie	Strickland	159		Laura	Elmore	40
Bobbie	Laue	439		Lynn	Kuhlman	130		Jay	Grant	39
Adrienne	Dorf	415		Diane	Gordon	116		Abe	Osowiecki	35
Erik	Westlund	405		Judy	Brackett	110		Vickie	Stewart	35
Robert	Pahlman	403		Rick	Krochalis	110		Michael	Snodgrass	32
Nancy	Graham	395		Libby	Krochalis	110		Jack	Willis	31
Elaine	Scott	390		Steve	Laue	110		Peter	Smith	31
Jim	Barrett	382		Steven	Hudspeth	101		Adrienne	Smith	31
Kala	Koch	370		Dorothy	Lindstrom	100		Claire	Kline	29
Mike	Dahlstrom	368		Marrietta	Zander	100		Clarence	Elstad	28
Stephanie	Roche	368		Perry	Walker	89		Jennifer	Winson	28
Larry	Kennedy	338		Dick	Nicholson	87		Bill	Ferguson	24
Craig	Cameron	323		Cathy	Tanker	86		Bill	Newman	21
Joanne	Kennedy	321						Henriette	Klauser	20
Bob	Biesiedzinski	314						Patty	Garrett	8
Vivian	Biesiedzinski	314						Brent	Hunter	5

Are you interested in helping with the 2014 WSDOT Bike/Ped Count?

Here are the links for volunteer registration:

**WSDOT site with count info:**

<http://www.wsdot.wa.gov/bike/Count.htm>

**Direct link to sign up:**

[https://docs.google.com/forms/d/1HyepT-vAJkmDelwx\\_I9u1Jek6uTLsw-lw20z0Vks08o/viewform](https://docs.google.com/forms/d/1HyepT-vAJkmDelwx_I9u1Jek6uTLsw-lw20z0Vks08o/viewform)



## *Road Construction Updates!!!*



### Weekly update of construction closures in Snohomish County

**SR 522: Snohomish River Bridge to US 2- widening and safety #8128**

Mileposts: 20 - 24.14

[Mary Ann Reddell](#), Project Engineer, 425-225-8725

[Get project information](#)

**I-5: Southbound I-5 Stillaguamish River Bridge - Major Bridge Rehabilitation #8582**

Mileposts: 207.2 to 211.1

[Dave Crisman](#), project engineer, 360-848-7100

[Get project information](#)

**Tuesday, July 22 through November** - All southbound I-5 traffic is reduced to two lanes and will use a new crossover across the median to two lanes of northbound I-5 across the Stillaguamish River Bridge, crossing back over on the other side of the bridge, until the project is complete in November. Northbound I-5 is reduced to two lanes from SR 530 to 236th Street Northeast as well. Drivers should prepare for a 55 mile per hour speed limit in both directions in the work zone.

**SR 9: 212th Street Southeast to 176th St. SE stage 3 widening #8140**

Mileposts: 1.6 to 4.03

[John Chi](#), project engineer, 425-225-8741

[Get project information](#)

**SR 530 Reconstruction #8630**

Mileposts 36 -39

[Mary Ann Reddell](#), Project Engineer, 425-225-8725

[Get project information](#)

For project updates, go WSDOT's construction update pages for [Snohomish](#) and [Whatcom](#) counties.

LINKS:

Snohomish County construction update report:

[www.wsdot.wa.gov/Northwest/Snohomish/Construction/](http://www.wsdot.wa.gov/Northwest/Snohomish/Construction/)

Whatcom County construction update report:

[www.wsdot.wa.gov/Northwest/Baker/Construction/](http://www.wsdot.wa.gov/Northwest/Baker/Construction/)

## Next Club Meeting

The club meets at 7 p.m. Thursday, October 9 at the PUD, 2320 California St., Everett. If time permits you can join other members for an early dinner at Sol Food, 1405 Hewitt Ave., Everett starting around 5.30pm.



*Check it out...there is a mouse in the house!*

Each month we will feature a photo submitted by club members. Send your favorite bike ride photo to the editor each month and it just might get printed for all to see!

editor@bikesclub.org



We're on the web at  
[www.bikesclub.org](http://www.bikesclub.org)

Primary Business  
Address

Is it time to renew? →

Primary Business Address

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## Upcoming Events & Activities

The 2014 Holiday Party will once again be hosted by Warren Bare! Let's all join together and wish Warren well on his recovery. He plans to be back in the saddle leading us all on more adventures of the two wheeled variety in the very new future!

Do you have a favorite place to go camping and riding your bicycle? Why not plan a weekend trip to combine the two and invite your fellow club members to join you. I'm sure all of the club members have a "favorite" ride. Contact Debby Grant at [leadaride@bikesclub.org](mailto:leadaride@bikesclub.org) to get your trip on the calendar! C'mon...It'll be a lot of fun!

**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.