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 Sept. 8th @ 7:00 pm

Prez Sez...

PresSez is on summer vacation. But I look forward to seeing club members at the picnic in August, and at our first meeting of the fall on Thursday, Sept. 8. Meeting is at 7 p.m. at PUD in Everett. Dinner before the meeting at Brooklyn Brothers Pizza on Hewitt Ave starting around 5:30 p.m.

RAPSody Returns

I recently added a weekend tour listing to the club website: RAPSody 2016!. For those of you who are newer to the club or the area, BIKES was one of five "sister" clubs that hosted the Ride Around Puget Sound (RAPSody) from 2004 to 2013. It was a fundraiser for statewide bike advocacy (the then-Bicycle Alliance of Washington), a lot of fun, and a lot of work.

The Tacoma Wheelmen are reviving the ride with a "no-host" version Aug. 20-21. It's the same weekend as Mary Jo's Eugene, Ore. tour that includes the Covered Bridges Scenic Bikeway, so you've got some tough choices. (Also upcoming on the <u>tour calendar</u>: September tours to Kettle Valley, B.C., Birch Bay, Wash.; Portland-Pasco, Wash.; and Bend, Ore.)

But back to our own, beautiful Puget Sound. As one of the main organizers of RAPSody for its 10 years, I never got to ride the route just for fun. So I am anxious to have a BIKES Club contingent. We can carpool to the start in Tacoma, share motel rooms in Shelton, and have a great time riding the hills and enjoying the waterfront and mountain scenery of our region.

The loop route out of Tacoma is about 165 miles total, with lots of (mostly) short climbs that add up to about 10,000 feet of elevation gain. The route is mostly on nice backroads, plus about 30 miles of paved trails.

See more details on this summer's RAPSody from <u>Tacoma Wheelmen</u>. For updated information contact the Tacoma Wheelmen at http://www.twbc.org/page-1840994.

Don't forget the club picnic on Aug. 13. We'll need people to plan some rides that day, and if you are planning on being at the picnic, RSVP to Elaine Scott at NWestr@frontier.com or call 425-355-4510.

Kristin





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RIDE GUIDE

PACE

Easyunder 10 mphSocial10-12 mphSteady12-14 mphModerate14-16 mphBrisk16-18 mphStrenuous> 18 mph

TERRAIN

"A" Mostly flat: Flat or gentle grades only (trails, Norman Rd)

"B" Rolling: Most climbs are short and easy (Granite Falls, Kitsap) "C" Hills: Frequent steeper and/or longer hills (Whidbey Island)

"D" 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. See the Rides calendar for details.

NEWS YOU CAN USE!!

B.I.K.E.S. CLUB ANNUAL PICNIC—SUNDAY, AUGUST 13

The Bikes annual picnic is at Hauge Homestead Park on Silver Lake on Saturday, August 13. The club will be providing cups, silverware, napkins, plates, iced tea, lemonade and your choice of <u>hamburgers</u>, <u>salmon burgers</u>, <u>veggie burgers or Costco polish dogs</u>. If you want some other type of drink (than the iced tea or lemonade) you need to bring your own. There is a NO ALCOHOL rule at all Everett city parks.

PLEASE, PLEASE respond to Elaine Scott at NWestr@frontier.com or (425) 355-4510 by Thursday, August 11th with your meat choice as Elaine will be shopping on Friday and needs to have that information before shopping.

There will be several rides listed prior to the picnic so we can do a ride before eating. Look at the listings for your choice of rides.

Please bring a potluck item to share. We have the shelter for the day so bring a lawn chair so that you'll be comfortable and able to visit with your fellow cyclists.

Hope to see you all there on Saturday, August 13.

Thanks, Elaine

SUMMER = CONSTRUCTION SEASON

It's that time of year when road construction escalates to go along with the longer hours of daylight and the improving weather conditions. This often leads to a direct impact on many of our club rides and to the safety of the riders. For information about road construction visit: http://snohomishcountywa.gov/1816/Roads-Update. To help keep everyone safe always follow these Rules of the Road for bicyclists as presented by The League of American Bicyclists, http://bikeleague.org/.

Follow the Law

Your safety and image of bicyclists depend on you. You have the same rights and duties as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going.

Be Predictable

Make your intentions clear to everyone on the road. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

Be Conspicuous

Ride where people can see you and wear bright clothing. Use a front white light, red rear light and reflectors when visibility is poor. Make eye contact with others and don't ride on sidewalks.

Think Ahead

Anticipate what drivers, pedestrians, and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and other road hazards. Cross railroad tracks at right angles.

Ride Ready

Check that your tires have sufficient air, brakes are working, chain runs smoothly, and quick release levers are closed. Carry tools and supplies that are appropriate for your ride. Wear a helmet.

August Rides: Weekends, Pedal Pushers & Weekdays

WEEKEND RIDES

Saturday August 6th Lake Washington Loop Ride—Meet at Log Boom Park for a 9:00 AM start. Loop ride clockwise around Lake Washington. Coffee, lunch, and rest stops expected. 48 miles, moderate pace (14 – 16 mph), A/B terrain with 2,000 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels, check the Ride Updates page or call/text if in doubt.

Saturday August 13th BIKES Club Picnic Ride (high steady) - Start at Hauge Homestead Park, SE corner of Silver Lake @ 10:30. Ride down into the Snohomish Valley and out to north Everett, return in time for the picnic. 25 miles, high stead pace, A/B terrain. Dan Scott, 425-501-6198. https://ridewithgps.com/routes/5622710.

Saturday August 13th BIKES Club Picnic Ride (social) - Start at Hauge Homestead Park, SE corner of Silver Lake @ 10:30. 10 miles, social pace, A/B terrain. Ride leader Mike Dahlstrom, 425-337-0887 or mike.dahlstrom@frontier.com.

Sunday August 14th Giro di Sentieri (social pace) - Meet at McCollum Park west parking lot for a 10am start. Loop ride including sections of the Interurban, Burke-Gilman, Sammamish River, and North Creek trails and interconnecting streets. Coffee, lunch, and rest stops expected. 34 miles, social pace (10 – 12 mph), A & B terrain with 1,600 feet of elevation gain. Ride leader Rick Proctor 425 -293-3153. Ice, snow, or steady rain cancels, check the Rides Updates page or call/text if in doubt.

Saturday August 20th McCollum – Mukilteo – Everett Loop.—Meet at McCollum Park west parking lot for a 10am start. Loop ride through Harbour Point, Mukilteo, and Everett. Coffee / lunch along the Everett waterfront. 33 miles, moderate pace (14 – 16 mph), A & B terrain with 1,800 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow or steady rain cancels. Check the Ride Updates page or call/text if in doubt.

Saturday August 20th Cycle the WAVE Team - 2nd "Training" Ride—Saturday, August 20th, Meet at Silver Lake/Thornton Sullivan Park at 10 am. 35 mile route, A and B Terrain, Riding from Silver Lake to Snohomish along River Road, stop at Snohomish Bakery for lunch (either buy or bring your own) and then back to Everett via Riverview Road and the bike trail along the Hewitt Trestle, up into north Everett along Marine View Drive and Grand Avenue, and back south to the park on the Interurban Trail. Approximate 1200 feet of elevation gain. Possible longer/faster pace group with co-leader Cheryl Funkhouser, depending on group. This is a training ride/meet up for Cycle the WAVE (women's cycle event September 18). Come join our team! If you can't join, ride with us anyway, you are welcome! Poor weather cancels ride, check ride updates. Any questions call ride leader Cindy Proctor at 425-293-3152.

Sunday August 21st Mill Creek Area Steady Ride—Meet at McCollum Park and Ride (near the poolside parking lot) for a 9:30 a.m. start. 24 miles, steady (probably low steady!) through east area of Pioneer Trails/Seattle Hill Road out to Willis Tucker Park and down to Cathcart road and back up Puget Park and through central Mill Creek, stop at Tambark Park, back through the Town Center, where we will stop for a coffee/tea break at Starbucks and then continue back to McCollum Park. Terrain is rolling (B), 1200+ feet of elevation gain. Mostly quiet residential back streets. Ride leader Cindy Proctor, 425-293-3152. Rain showers will cancel, check ride updates if forecast looks iffy!

PEDAL PUSHERS

<u>Wednesday, August 3rd Pedal Pushers Ride Skagit Classic Re-do</u>—Meet at Bay View elementary school in Burlington for a 10am start. We'll ride on quiet roads in Skagit County. RT 20 - 25 miles. A terrain, Social pace. Bring a snack or sack lunch; optional lunch after the ride at the Skagit Co-op in Mt Vernon. Ride leader Linda Hunter, 425 771-2824 or hunterbl4345@comcast.net.

Wednesday August 10th Pedal Pushers Ride Centennial Trail
—Meet at the Armar Centennial Trail trailhead for a 10am start. Or pick up the group in Arlington at the Visitor Center for less miles. We'll ride north on the trail and return. RT 25 miles from Armar, about 17 miles RT from Arlington, Social pace, flat paved trail. Bring food for a picnic stop along the route. Ride leader Nancy Graham, (425) 493-1952 or nancycycles@gmail.com.

Wednesday August 17th Pedal Pushers Ride Lowell to Snohomish—Meet at Lowell River Front park in Everett for a 10am start. We'll ride out to Snohomish on Riverview Rd and then on the Centennial Trail to Machias and return. Food break in Snohomish - bring or buy. RT about 25 miles, Social pace, flat terrain on road and trail. Ride leader Mike Dahlstrom, 425-337-0887 or mike.dahlstrom@frontier.com

Wednesday August 24th Pedal Pushers Ride McCollum Park on the Interurban to Lake Ballinger and Return—Meet at McCollum Park (parking lot nearest the pool) for a 10am start. We'll ride mostly on Interurban Trail (with short portions on roadway) to Lake Ballinger Park, where we will have a short break for lunch/snack. RT 22 miles, mostly flat with a few grades, Social pace. Restrooms are available at the park. Bring your lunch/snack and water as there are no food stops on this route. Rain or rain in forecast will cancel ride. Ride leader Cindy Proctor, 425-293-3152.

Wednesday, Aug 31st Pedal Pushers Ride Padilla Bay to Anacortes—Meet near Bay View State Park for a 10am start. We'll pedal the Padilla Bay trail along the water and then on into Anacortes. RT 28 or 18 miles, Social pace, A terrain on level road and paved trail. Snack break at Gere-a-Deli in Anacortes. Ride leader Warren Bare, 425 743-7593 or bare.warren@gmail.com.

WEEKDAY RIDES

Wednesdays August 1st, 15th, 29th Jack's Ride Around Everett.—Meet at 9am at Paine Field Community Park, Everett. Please arrive by 8:45 for safety briefing and route description. A, B and C terrains, Steady 12-14 mph on flats, faster on downhills and rollers. Stay together. These loop rides range from 15 up to 25 miles around Shoreline, Mountlake Terrace, Edmonds, Mukilteo, Lynnwood and Everett. Combination of trails and urban side roads. Restroom at start and end of the ride. Ride leader Jack Willis, 425 478-0429.

Tuesdays August 2nd, 9th, 16th, 23rd, 30th PreRide to the Noon Ride (2 pace groups) - Meet at Silver Lake Bicycle Centre for a 10:30am start, routes will vary. These loop rides are set up to return riders for the start of the Silver Lake Noon Rides. Food stop follows the Noon ride. Distance 10 – 15 mile loops, A/B terrain, moderate pace group (14 – 16 mph) and social pace group (10 – 12 mph) both with regroups. Ice, snow or steady rain cancels. Ride leaders Dan Scott 425-355-4510, Rick Proctor 425-293-3153 and Cindy Proctor 425-293-3152. Check the Ride Updates page or text/call if in doubt.

Tuesdays August 2nd, 9th, 16th, 23rd, 30th Tuesday Noon Ride (2 pace groups) - Join BIKES for a short Silver Lake and Mill Creek loop. Meet at Silver Lake Bicycle Centre for a 12pm (noon) start. Social pace group (10 – 12 mph), 10 – 12 miles, A terrain with just a few short climbs (less than one block each). Moderate pace group (14 – 16 mph) 13 – 17 miles, A/B terrain. Optional lunch and/or coffee after the ride. Ride leaders Rick Proctor 425-293-3153 and Cindy Proctor 425-293-3152. Ice, snow, or steady rain cancels. Check the Rides Updates page or call/text if in doubt.

Thursdays August 4th, and 25th North Seattle Parks Loop—Meet at Shoreline Park & Ride (Aurora Ave N & N 192nd St) south parking lot for a 10am start. Loop ride on trails and streets near Puget Sound through Golden Gardens, Chittenden Locks, Discovery Park, Gas Works Park, UW, Ravenna Park, Green Lake, and Greenwood Park. We will walk the bikes through Chittenden Locks area (1/2 mile). We will forage for coffee / lunch along the way. 36 miles, moderate pace (14 – 16 mph), A & B terrain with 1,800 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow or steady rain cancels. Check the Ride Updates page or call/text if in doubt.

Thursday August 11th McCollum – Mukilteo – Everett Loop—Meet at McCollum Park west parking lot for a 10am start. Loop ride through Harbour Point, Mukilteo, and Everett. Coffee / lunch along the Everett waterfront. 33 miles, moderate pace (14 – 16 mph), A & B terrain with 1,800 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow or steady rain cancels. Check the Ride Updates page or call/text if in doubt.

<u>Thursday August 18th Giro di Sentieri</u>—Meet at McCollum Park west parking lot for a 10am start. Loop ride including sections of the Interurban, Burke-Gilman, Sammamish River, and North Creek trails and interconnecting streets. Coffee, lunch, and rest stops expected. 34 miles, moderate pace (14 – 16 mph), A & B terrain with 1,600 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels, check the Rides Updates page or call/text if in doubt.

RSVP 2 Registration Closes July 31!

Don't delay! RSVP 2 registration closes July 31 at 11:59 p.m.

RSVP 1 (Friday start) sold out. RSVP 2 (Saturday start) spots still available. No day-of event registration.

We biked south to Portland a couple weeks ago. Now's a chance to head north across the border to Vancouver, BC! This 175+ mile event is one of the best the NW has to offer. Start at the University of Washington and finish in downtown Vancouver, BC over two days.

Pedal on some of the most beautiful roads and trails in Western Washington and British Columbia, and cross an international border on your bike in a dedicated lane!

RSVP 1 is sold out, but there are still spots available for RSVP 2. If you've already registered, tell a friend because the "P" in RSVP stands for Party! Registration closes Sunday night, so sign up before it's too late!

Weekends & Tours 2016

The following list of tours is tentative - organizers need to hear from you that you are interested, or a tour may be canceled. Many tours require advanced planning and reservations. Riders cover their own costs for food and lodging, and share transportation costs if applicable (for SAG or carpools).

Tours are for members of B.I.K.E.S. Club of Snohomish County - we welcome you to join the club! Then, make sure your membership stays up to date!

August Bike Tours

Eugene Weekend

Dates: August 18-23 Leaders: Mary Jo Gerst

Style: hub & spoke, various loops/hotel

Bike on the many bike friendly roads around Eugene and ride on the Covered Bridges Scenic Bikeway.

Thu – Meet in Eugene for an evening walk/ride along the river.

Fri - Bike around Eugene 40-45 miles

Sat – Bike the Covered Bridges Scenic Bikeway from Cottage Grove 36 miles

Sun - Bike around Eugene 40-45 miles

Mon – Return with an optional stop in Vancouver for a 25 mile trail ride.

September Bike Tours

Kettle Valley Rail Trails explorer

Dates: September 2-5 Leaders: Clarence Elstad

Style: hub & spoke, rail trails and more, gravel

Just south of Kelowna, BC is **Myra Canyon**, a lovingly restored section of the Kettle Valley Railway Trail. It weighs in at 12 miles (24 km) round trip, but there are no steep climbs or hairball single tracks – just some fun, casual riding. What makes the Myra Canyon section special are the 18 trestles and two tunnels you'll pass over and through. The trail is compact gravel so a mountain or cross bike is recommended.

We will be doing hotels/motels/Airbnb/VRBO/camping - whatever works for you. You will be responsible for making your own lodging arrangements.

Fri- Drive to Kelowna, BC, about 310 mile drive Sat- Ride the Myra Canyon Trail, about 12 miles

Sun - Ride the trails around Kelowna

Mon - Return to the Seattle area

Contact Clarence Elstad at: 425-514-3446 or celstad@gmail.com for additional information.

Birch Bay Weekend - more details to come!

Dates: September 10,11

Leaders: Jack McClincy, Janell Reich Style: hub & spoke, camping/motel

Bend Weekend

Dates: September 15-20 Leaders: Mary Jo Gerst

Style: hub & spoke, various loops/hotel

Thu – Drive to Bend

Fri - Bike around Bend 40 miles

Sat – Twin Bridges ride. Lunch in Tumalo. 40 miles

Sun – Madras Scenic Bikeway ride. 40 miles

Mon - Bike around Bend. 40 miles

Tues – Stop for a bike ride in Vancouver on the way home Rides are steady pace with stops to enjoy the area scenery.

Ride Leader: Mary Jo Email ride leader for cue sheets maryjo1532@hotmail.com

Portland-Pasco - More details to come!

Dates: late September Leaders: Rick Proctor

Style: self-contained camping, motels. Uses Amtrak connections to & from Everett.

Weekends & Tours 2016 (cont.)

September Bike Tours (cont.)

Everett - Portland - Pasco - Everett Tour

Experience the Columbia Gorge on your bicycle.

8 days in September 2016, specific dates and details negotiable.

Reservations have not been made yet.

This is a multi-mode tour using your bike and trains. Carry your gear on your bike for a mix of motels and camping, using restaurants when available. A - B terrain at a steady pace on mostly paved surfaces.

Day 1: Meet at the Everett Station. Using the roll-on bike feature, take the Amtrak train to Portland, OR. Bike 17 miles to a motel in Troutdale, OR.

Day 2: Bike 45 miles on the OR side of Columbia River to camp at Viento State Park, OR.

Day 3: Bike 41 miles on the OR side of Columbia River to camp to a motel in The Dalles, OR.

Day 4: Bike 22 miles mostly on the OR side of Columbia River to camp at Maryhill State Park, WA.

Day 5: Bike 55 miles on the WA side of Columbia River to camp at Crow Butte Park, WA.

Day 6: Bike 32 miles mostly on the WA side of the Columbia River to a motel in McNary, OR.

Day 7: Bike 44 miles mostly in WA to a motel in Pasco, WA.

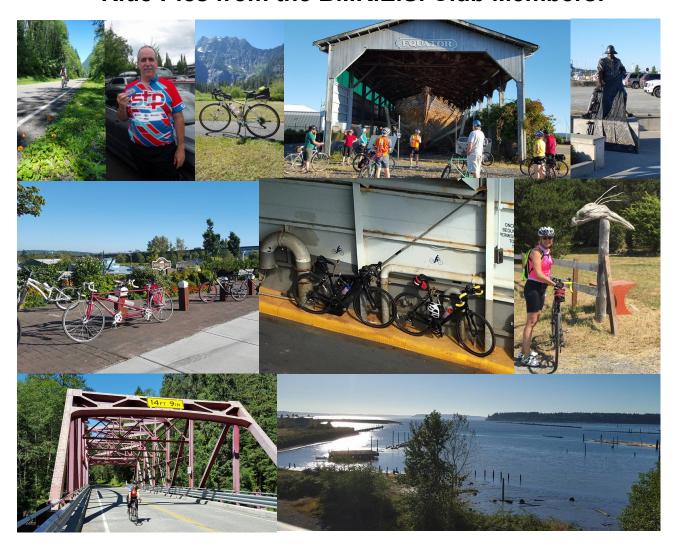
Day 8: Bike 3 miles or so to Pasco, WA Amtrak Station, take train back to Everett Station. Unknown at this time if bike roll-on service will be available in Pasco. If not, bike boxes will be required for bike transport on the train.

For further information, contact ride leader Rick Proctor BikeHound@comcast.net.

We're on the web at www.bikesclub.org

B.I.K.E.SMembership P.O. Box 5242, Everett WA 98206									
Name									
Address									
City	State	Zip							
Telephone ()	Email								
Membership	\$20 Annual (INDIVIDUAL)	New Member							
DUES	\$25 Annually (FAMILY)	Renewal							
1									
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.									

Ride Pics from the B.I.K.E.S. Club Members!



July had many great rides! Thank you to all who posted photos of what we love to do...RIDE OUR B.I.K.E.S.!

If you would like to see your pictures in the newsletter you can send them directly to editor@bikesclub.org or post them on the club Facebook Page!

OF EVERETT AND SNOHOMISH COUNTY

Facebook!

Club members -- join <u>BIKES' Facebook group</u>. We've set the page up to share photos, ride reviews, bike or travel discussions, etc. Thanks to Dan Scott for managing our page, and to the many members who contribute interesting posts.



Check the Road Condition Before You Go!

Snohomish County Roads Central Updates

WSDOT Weekly Snohomish County Roads Weekly Update



Club Rider Miles



Rick	Proctor	2061	Debby	Grant	360	Jack	McClincy	68
Bob	Nyberg	1846	Judy	Lang	345	Bob	Palm	67
Dan	Scott	1343	Brenda	Ferguson	328	Adrienne		62
Pier	Fiorentini	1243	Mark	Olson	309	Jim	Stewart	61
Cindi	Proctor	1066	Mason	Rutledge		Kay	Peterson	59
Debbie	Kawamoto	1049	Marietta	Zander	289	Susan	Hausmann	59
Bill	Paul	939	Jean	Henderson		Brent	Hunter	58
Robert	Pahlman	933	Vivian	Biesiedzinski	265	Tom	Crisp	58
Fred	Koch	909	Bob	Biesiedzinski	265	John	Reno	56
Rick	Krochalis	637	John	Carlin		Michele	Wolski	47
Cheryl	Funkhouser	627	Philip	Gay	222	Dick	Nicholson	46
Jack	Willis	616	Warren	Bare	211	Mark	Atkinson	46
Steve	Linari	605	Kristin	Kinnamon	177	Мое	Moosavi	46
Marcia	Stedman	602	Mike	Dahlstrom	163	Robert	Rotert	46
Elaine	Scott	580	Kathy	Riddle	161	Craig	Cameron	41
MJ	Gerst	524	Leslie	Strickland	142	Jim	Brandly	39
Libby	Krochalis	496	Linda	Hunter	142	Frosene	Saco	35
Gary	Broughton	495	Tim	Wise	137	Tom	Weber	34
Clarence	Elstad	494	Henriette	Klauser	132	Chris	Clougherty	26
Bette-Ann	Shroyer	472	Bill	Weber	127	Steven	Hudspeth	26
Rick	Poffenroth	467	Jan	Johnson	114	Lynn	Kuhlman	25
Ron	Andersen	451	Judy	Brackett	98	Victoria	Peters	25
Bill	Lutterloh	429	Matt	Petersen	96	Tone	Hutton	24
Raquel	Haunreiter	426	Sean	Wilson	92	Robert	Smith	17
Bobbie	Laue	413	Dorothy	Lindstrom	90	Kristi	Knodell	16
Nancy	Graham	404	Alec	Kutchma	80	Pam	Hallanger	15
Joanne	Kennedy	387	Gery	Osowiecki	79	Eva	Clougherty	12
Allyson	Welsh	375	Will	McMahan	79	Simone	Studer	12
Ken	Winknwider	375	Kurt	Haunreiter	75	Wini	Neill	12
Larry	Kennedy	366	Juanita	Pias	73	Jim	Gilland	12
Kala	Koch	365	Pete	Pias	73			

Your help is requested!

Tom's bike is missing! Please be on the lookout for a Civia frame, Rohloff hub with Open pro wheels, dark blue Brooks saddle, Chris King front hub and headset.

This is a custom built, very unique bike with lots of custom parts. Please help!!

Any information please reply to Bill Weber at bbweberwa@comcast.net or to editor@bikesclub.org .

Bob Biesiedzinski, Editor Chainwheel Chatter

