

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

**MAY 2019**  
**VOL. 477**

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

## Prez Sez

May 2019

### May BIKES Club Meeting

Mark your calendars – the 2<sup>nd</sup> Thursday of each month from September to May are BIKES Club meetings for members. No meetings in the summer.

Next meeting:

Thursday May 9<sup>th</sup> 7 PM

Snohomish County PUD building, 2320 California St., Everett, WA 98201

Optional dinner & pre-meeting socialization 5:30 PM at Brooklyn Bros Pizza, corner of Hewitt Ave & Lombard Ave in Everett

### BIKES Club Dues Increase

Annual BIKES Club dues will increase effective June 1<sup>st</sup> to \$25 for an individual or \$35 for a family. The BIKES Club has not had a dues increase for several years while club operating costs have increased.

Continuing benefits for BIKES Club members:

A website that keeps us connected

Member ride insurance

Club social events:

Picnics and parties

Rider miles awards

Ride leader recognition

Free rides year round

BOB trailer to tow behind your bike

Bike box for airline travel

Event ride discounts through North Puget Sound Bike Alliance

Support local bike advocacy

New benefits for BIKES Club members:

Ride With GPS for bike route planning, navigation and sharing

More comprehensive insurance

### Ride With GPS Training

I will provide a basic training session for Ride With GPS at the BIKES Club meeting Thursday May 9th. This session will include ride recording, route planning, and how to find some of the nice shortcuts that can make a bike ride so much fun. If you have questions, I'll provide answers.

### May is Bike Everywhere Month

You are probably reading this because you like to ride a bike, so you're in the right place. May is the month designated as Bike Everywhere Month. The Bikes Club has lots of rides available on our [Rides](#) page. Do you want to get competitive about it? There are a few more resources available to help get your bike riding juices going:

National Bike Challenge: A nationwide event uniting thousands of current bicyclists and encouraging new riders. It's a free and easy way to challenge yourself, your colleagues and your community to ride more while competing on a local, state and national level.

Bike Everywhere Challenge: The 2019 Bike Everywhere Month Challenge happens annually around Washington State throughout the month of May. It's a fun and free competition to encourage your friends and colleagues to experience firsthand the joys and benefits of riding a bike everywhere and any time, rain or shine! There are lots of fantastic prizes being offered to tempt your team.

CycleLifeHQ: This link is a non-competitive resource to help you find and book bike trips, bike tours, and cycling vacations around the world.

Have a good ride!

Rick Proctor

President, BIKES Club of Snohomish County

## RIDE GUIDE

### PACE

**Easy** under 10 mph

**Social** 10–12 mph

**Steady** 12-14 mph

**Moderate** 14-16 mph

**Brisk** 16-18 mph

**Strenuous** > 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)

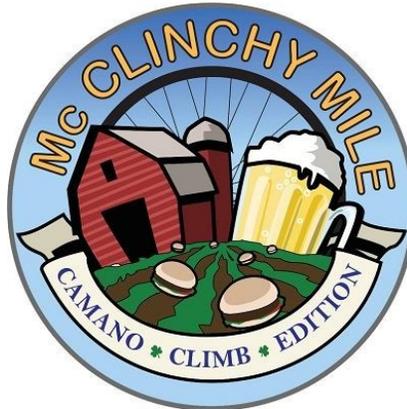
**“D” Difficult:** Many hills, long, steep grades (RAMROD, Mt. pass)

*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.

# McClinchy Mile: Camano Climb Edition



### McClinchy Mile: Camano Climb Edition 2019 – Summary

The McClinchy Mile: Camano Climb Edition happened last Sunday, April 28<sup>th</sup>, with the dedicated planning and performance of the BIKES Club and Stanwood-Camano Kiwanis partnership. There were a total of 335 paid riders. 214 of those riders started from Arlington for the 33, 68 or 100 mile routes. The other 121 riders started from Stanwood for the 35 or 50 mile routes. Good weather also helped contribute to the success of this event.

Nearly 50 volunteers from the BIKES Club were involved on the day of this event to staff the dozens of tasks from Arlington to Stanwood. Plus the support provided by the Stanwood-Camano Kiwanis for the Camano Island part of the event.

Hundreds of volunteer hours went into the planning and preparation for this event which began a few months after last year’s McClinchy Mile. Some of us are already thinking ahead to next year and what could be made better. Perhaps you’ve sprouted ideas about how to do it better next time. Even seemingly small details can add up to make a significant difference. Please e-mail me your ideas for improvements for the next McClinchy Mile.



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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email \_\_\_\_\_

<b>Membership</b>	\$25 Annual (INDIVIDUAL)	<input type="checkbox"/> New Member
<b>DUES</b>	\$35 Annually (FAMILY)	<input type="checkbox"/> Renewal

**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.

## Bike Ride Route Planning Skills

Rick Proctor

You know you want to go for a ride. You also know you will only be happy if the ride fits into your comfort zone of ride length, elevation gain, rest stop options, infrastructure, traffic patterns, and whatever else. You could just follow your nose and risk ending up with a ride that is too short, too long, make wrong turns, or even get lost. You could also search for a route planned by someone else that might come close to fitting your comfort zone. Better yet, shift your bicycling sphere of knowledge into a higher gear by planning your own route to fit your comfort zone. You could find a substantial feeling of personal achievement through riding a route you planned and discovering it is truly a good one.

You know your bike ride comfort zone better than anyone else, so take a minute and define what it is in terms of how far, how high, terrain type and what kind of rest stops. Express each of these as a range instead of an absolute maximum. The sweet spot of mileage happiness will vary as elevation change and rest stop frequency varies. Other considerations include bicycling infrastructure like trails, bikeways, bike lanes, pavement or gravel, and your tolerance for motor traffic. Bakeries and coffee shops along the way count too. The qualities of your comfort zone will also depend on the bike you choose to ride.

Decide where to start and end your ride. Identify preferred rest stops and good bike route sections. Then simply find ways to link the preferred and good places. Ok, this may be the difficult part. Good places to ride are often limited by non-bike friendly infrastructure between good sections. There may be an alternate route that is sufficiently bike friendly to connect the good sections into a ride that fits your comfort zone. There are places you will not ride, some you don't like to ride, and some you can tolerate if it's the only way to get your route to work. An online mapping tool like Google Maps can be a substantial assistant in helping you find the best overall route. If you use a route planning tool like Ride With GPS, you can create and save your bike route to refer to when you ride the route, get voice navigation over your mobile smart device, print maps and cue sheets, record your ride for review later, and more.

Riding a route you planned can be satisfying, especially when friends who rode with you express their satisfaction. Much like your first successful bike ride, completing a good bike route you planned can spark a desire to do it again. Becoming an experienced bike route planner will lead you to a deeper understanding of how exploring the world by bicycle is the perfect hobby.



# News You Can Use!

## Memorial Ride for Warren Bare May 5

Club members and friends are invited to ride together in remembrance of long-time BIKES member and volunteer Warren Bare on Sunday, May 5. Warren suggested this [33-mile route](#) as a favorite of his on the Kitsap Peninsula. Hilly terrain. Steady and moderate pace groups confirmed (leaders needed for faster/slower groups). Stop for coffee and snack in Poulsbo. Plan to catch the 9:35 ferry from Edmonds and to re-group on the other side before starting the ride. Ride leaders Kristin Kinnamon 425-923-7868 and Dan Scott [scott.dan.l@frontier.com](mailto:scott.dan.l@frontier.com)

## Looking for a Brisk Ride Option?

Brisk Lunch Ride is on every Tuesday departing from the Silverlake Bicycle Centers parking lot at 10:00 am. Distance about 25 to 35 miles on varied hilly routes. Pace 16 to 18 mph on flats, slower on the climbs and faster on descents. Terrain A - C with occasional regroupings at tops of hills and for pit stops. GPS routes are sometime proved. Optional after ride meal with the other pace groups may happen too. Leaders: Bob N. 206 795 1363, Drew and Lou.

## WSDOT's statewide Active Transportation Plan Update is under way

Active transportation is about giving people safe options for getting from one place to another using active means of travel such as walking, biking and rolling. The 2019 Active Transportation Plan will help guide and implement statewide investments and policies for increased access, safety and mobility.

**Your voice matters.** Every comment and survey response will help shape the final recommendations for policy, funding priorities and projects.

**Your friends and neighbors listen to you.** When you tell them they should get involved, it's more powerful than when we ask.

**Taking the survey tells us what matters to you** for walking and rolling more places, more safely, more conveniently in your community and state.

**Take the survey** and encourage friends and family to do the same! The English version of the survey can be found here: [bit.ly/WSDOT-ATP2019-Engl](http://bit.ly/WSDOT-ATP2019-Engl)

**WSDOT Feedback Form**

[www.wsdot.wa.gov/contact/feedback](http://www.wsdot.wa.gov/contact/feedback)

**Contact WSDOT**

[www.wsdot.wa.gov/Contact/default.htm](http://www.wsdot.wa.gov/Contact/default.htm)



SURVEY!

**B.I.K.E.S.-Membership** 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**

**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.

## May Rides: Weekends & Weekdays

### WEEKEND & WEEKDAY RIDES

In an effort to minimize duplication of information please use this [link](#) to visit the club ride calendar online. This is the best way to see current information as well as ride updates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26 11:00 AM <a href="#">Tuesday Ride (Social Pace)</a> 11:00 AM <a href="#">Tuesday Ride (Moderate Pace)</a> 11:00 AM <a href="#">Tuesday Ride (Steady Pace)</a>	27	28 10:00 AM <a href="#">Giro di Sentieri</a>	Mar 1	2 Mussel in the Kettles -- Coupeville 10:00 AM <a href="#">McClinchy Mile Route Marking -- RSVP</a>
3 10:30 AM <a href="#">Conway-Fir Island</a>	4	5 10:00 AM <a href="#">Tuesday Ride (Steady Pace)</a> 10:00 AM <a href="#">Tuesday Ride (Social Pace)</a> 10:00 AM <a href="#">Tuesday Ride (Moderate Pace)</a>	6	7 10:00 AM <a href="#">North Lake Washington Loop Ride @ Log Boom Park - RSVP</a>	8	9 10:00 AM <a href="#">McClinchy Mile Route Marking -- RSVP</a>
10	11	12 10:00 AM <a href="#">Tuesday Ride (Social Pace)</a> 10:00 AM <a href="#">Tuesday Ride (Moderate Pace)</a> 10:00 AM <a href="#">Tuesday Ride (Steady Pace)</a>	13	14 10:00 AM (copy) <a href="#">McCollum Park - Edmonds - Lynnwood - IU Loop</a>	15	16 10:00 AM <a href="#">McClinchy Mile Route Marking -- RSVP</a>

Want to join in a weekend or longer bicycle tour? Check out the club

[Overnight/Tours Page!](#)

***Use the Ride Updates Page!***

Don't see a ride on the calendar that "entices" you? You can post up a ride that you like to do! Many club members have used this feature to host several rides throughout the year that otherwise would not have been on the calendar. Please allow at least 24-48 hours of lead time before the start of the ride when making your post so members can plan to join the fun!

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

## Pedal Pushers

**Join us on Wednesdays for 15 to 25-mile group bicycle rides.** We ride on trails, on-street bike lanes and low-traffic roads to bakeries, parks and community centers. B.I.K.E.S. Club of Snohomish County partners with the Lynnwood Senior Center and club ride leaders make sure we ride every week. Routes alternate between trail and on-road. Most rides start at 10am but check the individual ride description for differences. Helmets are required on all rides.

### **Wednesday, May 1 – Echo Lake to Green Lake loop**

Meet at 9:45am at Echo Lake Park in Shoreline for a 10am start. We will ride to Green Lake on the Interurban Trail and city streets. We will stop at Green Lake near Peet's Coffee for coffee and a snack or bring your own snack or lunch. Social pace (10-12 MPH), A/B terrain, 17- 18 miles. You may turnaround at any time. Ride leader Ron Andersen, 425.626.9187, [ronk22446b@gmail.com](mailto:ronk22446b@gmail.com).

### **Wednesday, May 8 – Weekly Trail Ride. Route, distance and ride leader TBD.**

### **Wednesday, May 15 – Conway to Mt Vernon loop via Fir Island**

Meet at 9:45am at the ball field parking lot next to the fire station in Conway for a 10am start. We'll ride from Conway to Mt Vernon via Fir Island along the west side of the Skagit River and return on the east side. RT 21 miles, Social pace, A terrain. Route is on paved road with little elevation and low traffic volumes. Ride leader Nancy Graham, (425) 493-1952.

### **Wednesday, May 22 – Sammamish River Trail**

Meet at 9:45am at Blyth Park in Bothell for a 10am start. Paved asphalt trail. Food stop at the halfway mark (Whole Food, Pancake House) or bring you own lunch or snack. Social pace (10 to 12 MPH), mostly A terrain with a little B, 23 miles. You may turn around at any time after informing the leader. Ride leader Ron Andersen, 425.742.5508, [ronk22446b@gmail.com](mailto:ronk22446b@gmail.com). Cell phone on the day of the ride 425.626.9187. In case of poor weather i.e. rain, I will post on the Ride Updates page early Wednesday morning.

### **Wednesday, May 29 – Weekly Road Ride. Route, distance and ride leader TBD.**

### **Wednesday, June 5 – Weekly Trail Ride. Route, distance and ride leader TBD.**

### **Wednesday, June 12 – Everett Mall to Arboretum with Lunch at Sisters**

Meet at 9:45am at the Everett Mall (parking lot that is near the LA Fitness) for a 10am start. This ride is mostly urban road, with some on the Interurban Trail. Restroom break at Legion Park and a brief walk through the arboretum to check out spring blooms. Depending on the group, we will either take an optional coffee/light lunch break at Narrative Coffee on Wetmore or the Sisters Restaurant on Grand Avenue. **BRING A LOCK!** Social pace, A and B Terrain (rolling hills), less than 800 feet of elevation gain, but most of that is on the way back, so will feel quite hilly, 20 miles. Rain cancels, check Ride Updates. Ride leader Cindy Proctor 425-293-3152. Ride With GPS: <https://ridewithgps.com/routes/29100330>

### **Wednesday, June 19 – Log Boom Park to Gas Works Park**

Meet at 9:45am at Log Boom Park for a 10am start. We'll ride on the Burke Gilman Trail to Gas Works Park and return. Food stop at Ivar's where we can eat at the outside tables. Buy lunch or bring your own food. Social pace, A Terrain, about 23 miles. You may turn around at any time for fewer miles. Ride leader Linda Hunter, 425 478-6287 or [hunterbl4345@comcast.net](mailto:hunterbl4345@comcast.net).

### **Wednesday, June 26 – Weekly Road Ride. Route, distance and ride leader TBD.**

## BIKES Club of Snohomish County

## Meeting Minutes

April 11, 2019

**In Attendance:** Cheryl Walchli, Jack Willis, Jim Shaver, Kristin Kinnamon, Drew Ellison, Clarence Elstad, Debbie Kawamoto, Raquel Haunreiter, Mike Dahlstrom, Rick Proctor, Cindy Proctor, Debby Grant, Perry Walker, Kay Peterson, Bill Weber, Kathy Riddle.

**Introductions:** Rick asked members to introduce themselves and how they were involved with the McClinchy Mile. Members at this meeting have volunteered many hours to make sure McClinchy Mile is a success.

**Budget / financials / dues increase:** Debby passes out a copy of the budget. \$1900 McClinchy Mile. \$1100 check deposit. Membership in on target. Membership dues will increase on June 1<sup>st</sup>. Club membership will be \$25 for a single member, and \$35 for a family membership.

**Ride With GPS club account updates:** Riders will be able to download routes for McClinchy Mile/Camano Climb on their smart phones or smart navigation devices. Kristin suggested we have a Ride With GPS presentation at next meeting so members could become familiar with the app.

**Pedal Pushers:** 2019 Season Kickoff will be on Tues. April 16<sup>th</sup> from 3-4:30 at Lynnwood Senior Center. We still need a few ride leaders on Wednesdays. Riders will need to sign a BIKES Waiver and a City of Lynnwood Waiver.

**Bicycling Advocacy News News:**

Trail Coalition of Snohomish County Thu. 16<sup>th</sup> May, 5:30 – 7:30 PM, Christ King Community Church, Arlington

Future BIKES memorial: Club needs to raise more dollars for a BIKES memorial. A location for the memorial along the Centennial Trail is sought through the Trail Coalition of Snohomish County.

Regional Trails Coalition Meeting Thu 23<sup>th</sup> May, 1 – 2:30 PM, Mercer Island Community and Event Center.

**Club Elections – Nomination Committee:** Bill presented the nominee for vice president. Racquel was nominated for vice president, Kristien made motion to accept. Seconded by Cindy. Motion passed unanimously. The following officers will remain in office: Rick Proctor – President, Debby Grant – Treasurer, Kathy Riddle – Secretary.

**Program: McClinchy Mile: Camano Climb Edition:**

**Updates:** Two ride starts locations for the 2019 McClinchy Mile: Camano Climb on April 28<sup>th</sup>. Riders can sign in and register in Arlington at Haller Park for 33, 68 and 100 mile routes. Riders who want to do the Camano only 35 and 50 mile loop can register and sign in at Stanwood Middle School. A free family ride will be on April 27<sup>th</sup>, led by Bill. Due to snow damage in February, Rocket Alley will not be providing our post-ride celebration. Our post-ride celebration will have food provided by a food truck, Stick It or Stuff It, at Legion Park and a Beer Garden organized by Stilly Valley Chamber of Commerce in Arlington.

There are a few positions that need volunteers. Kay Peterson is volunteer coordinator and can be contacted for positions still available. Jim is SAG support and needs an assistant.

**Route Markings:** Due to weather McClinchy Mile Route Markings will be on April 12. There will be at least two other route markings rides before the McClinchy Mile. Check Ride Updates. RSVP ride leader.

**Next Meeting:** Will be on Thursday, May 9<sup>th</sup> at 7:00 PM.

Meeting Adjourned

**B.I.K.E.S. CLUB MEMBER RIDER MILES**

Rick	Proctor	1052
Bob	Nyberg	858
Lou	Rivetti	671
Linda	Thiem	575
Cheryl	Funkhouser	527
Cindy	Proctor	468
Steve	Linari	444
William	Paul	415
Drew	Ellison	398
Cheryl	Walchli	363
Michael	Fenlin	357
Debbie	Kawamoto	327
Ron	Andersen	302
Bob	Pahlman	282
Janet	Leister	258
Jack	Willis	257
Bob	Biesiedzinski	204
Vivian	Biesiedzinski	204
Ken	Brane	195
Rick	Poffenroth	186
Dan	Scott	184
Mitchell	Pico	180
Adrienne	Dorf	174
William	Weber	174
Bobbie	Laue	167
Gabriel	Rinkes	165
Patrick	Robertson	162
Brenda	Ferguson	159

Alison	Ahlgrim	156
Nancy	Graham	156
Bill	Lutterloh	156
Kathy	Riddle	155
Earl	Bardin	152
Paul	Vermeulen	149
Michael	Dahlstrom	147
Linda	Braun	144
William	Brack	134
Richard	Dermody	133
John	Steyer	133
John	DeNinno	128
Raquel	Hunreiter	123
Elaine	Scott	123
James	Shaver	123
Larry	DeBardi	110
Judy	Lang	109
Jack	Wolhart	101
Marcia	Stedman	99
Kristin	Kinnamon	87
Stephen	Fox	78
Kristi	Knodell	78
Fred	Koch	68
Jan	Johnson	66
Shirley	Slade	62
Jay	Bonner	56
Leslie	Strickland	56
Allison	Quillen	53

Lawrence	Gordon	47
Fred	Norouzi	45
John	Carlin	41
Samantha	Cheng	40
Don	Martin	40
Ed	Janonis	35
Erin	Janonis	35
Michael	Snodgrass	35
Gary	Broughton	34
Christy	Cowley	34
Peter	Smith	34
Drew	Gideon	32
Kurt	Hunreiter	31
Dennis	Larson	28
Tara	Fuller	25
Debby	Grant	25
Marietta	Zander	25
Pat	Rogers	24
Paul	Rogers	24
Joe	Self	24
Bill	Ferguson	21
Pam	Snook	21
Kala	Koch	19
Bette-Ann	Shroyer	19
Peter	Hallson	18
Tim	Wise	18
Sue	Regan	16
Judy	Long	6

**How are BIKES Club Rider Miles Calculated?**

Are you tracking your miles for the year? So are we - but only on official club rides. What qualifies for B.I.K.E.S. Rider Miles? Club rider miles are only counted for those rides and tours that are posted in the newsletter and website ride calendar or on the Ride Updates page. The idea is that club miles apply on rides where club members were notified in advance.

Note that only club member miles are listed. Any guests who ride would need to become a club member to see their miles listed.

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



2019 McClinchy Mile was a great ride! 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](mailto:editor@bikesclub.org) or post them on the [BIKES Club Facebook Page!](#)

## Facebook!

Club members -- join [BIKES' Facebook group](#). 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](#)

