

B.I.K.E.S. Meeting Minutes

Thursday May 8, 2008 7:00pm

Members attending: Hatch McAllister, Doug Andrews, Tim Wise, Michael Snodgrass, Mary Andrews, John Carlin, Kristin Kinnamon, Bill Lutterloh.

Guests: Geoff Kawaguchi

President Bill Weber opened the meeting.

Old Business:

- April minutes were read, corrected and approved.
- No person has yet submitted a picture for the club jersey.
- Club picnic is scheduled for June 21 at Jack and Janelle's place
- Two grant applications have so far been submitted, one from Mount Baker Boy Scouts and one from Kiwanis, both for helmets.
- May 21 is the Ride of Silence, led by Warren Bare

Presentation 1

Presenter Jim Smith, of Get Your Guts in Gear (GYGIG), provided the club information about his group's fund raising ride. His group wants to raise awareness of these debilitating diseases. GYGIG supports sufferers of Crohn's disease and Colitis. See more at www.IBDride.org. Riders must raise \$1,900.00 to enter.

Presentation 2

Kristin Kinnamon of Community Transit, and BIKES member, discussed bicycle commuting. Kristin asks, "What kind of rider are you"? Commuting to work by bicycle can be fun, healthy, inexpensive and easy on the environment. Important considerations are:

1. Route Planning
2. Tire pressure, tire size, tread wear and winter versus non winter conditions (clothing, safety).
3. Lighting your bike with proper head and tail LED lights, reflectors and reflective materials on bike and clothing.
4. Flat tires – You need a pump, patch kit and or spare tube (right size). Always check tires before riding.

Kristin discussed the **ABCs** of safety checking:

A – Air (for tires)

B - Brakes (wear, adjustment)

C – Chain and Crank (chain wear can cause freewheel cogs to wear prematurely as the chain stretches. Check the length of a link, most should be a half inch.

Change chains every 1,000 – 1,500 miles, depending on the type of weather you ride in most. Wet, muddy, sandy roads will increase chain wear.

Also check your bike's quick release on front wheel and make sure it's secure. Generally check all moving parts to ensure screws, nuts and bolts are tight. Wear bright clothing to be seen.

Kristin has been commuting for 10 years, by bike and bus. She typically rides from home 3 miles to bus stop, then busses to Boeing. From Boeing she rides a mile or two to her office at Kasch Park. The ride home is about 16 miles, depending weather.

Kristin is the Bike to Work (Month and Day) coordinator at Community Transit, in addition to her duties as Public Affairs person.

Meeting adjourned at 8:30PM.