

Chainwheel Chatter

The Monthly newsletter of **B.I.K.E.S.** of Everett and Snohomish County

B.I.K.E.S. Next Club Meeting will be in September

From the President

Next Club Meeting 7 p.m. September 2006.

Club Picnic June 17

Plan on enjoying a summer's day at Jack and Janell's place along the Stillaguamish River with your B.I.K.E.S. Club friends on Saturday, June 17. If you don't have any B.I.K.E.S. Club friends, come to the picnic and you will. B.I.K.E.S. members are an extremely social and welcoming group, so come play, eat and be a part of Snohomish County's bicycle club.

Please come over any time after 12:00 noon. Have lunch or bring one to enjoy here. The club meal will be an early dinner scheduled around 4:00 to allow for some of the other activities we hope to enjoy.

Your presence at the picnic is especially important this year because we will be voting on the club name and hope to have a quorum (about 20 members).

For the picnic, the club provides quality hamburgers, bratwurst, vegetarian options and non-alcoholic beverages. You bring a salad, side dish or dessert to share. Bring your swimsuit and tube, too, if you'd like to float down the river before the meal. There's also volleyball and other games to keep us entertained, plus a raffle of some B.I.K.E.S. club collectibles and bicycle-related gear. We will also celebrate Dan Scott's retirement.

If you'd like to make a night of it, Jack and Janell welcome you to camp overnight on their beautiful grounds. Please call to RSVP and for directions: 360-435-5978

Sharing Wheels Classes

Mechanic II Class June 25, 10 a.m. to 1 p.m. For those of you who have taken our Mechanic I training or who have basic bike mechanic experience, this class teaches the next skills: adjusting multi-gear bikes, basic wheel truing and more. Cost: \$30. Call 425-252-6952 to reserve your spot.

Mechanic I Class July 9, 10 a.m. to 1 p.m. Attendees will learn basic repair techniques and safety assessment for children's bicycles (all skills transfer to adult bikes, too). Cost: \$30. Call 425-252-6952 to reserve your spot.

Club Mileage Reimbursement: Approved at the May club meeting and effective immediately, 40 cents per mile and ferry expenses for SAG vehicles will be reimbursed for qualified rides. A ride will be considered qualified if it is an officially listed club ride. Reimbursed miles will be miles actually incurred in the course of the ride and not miles as a result of travel to the ride start.

Expenditures Approved: At the May club meeting a grant of \$312 was awarded to Mulkiteo School District ECAAP (Early Childhood Education Assistance Program) for its upcoming bike rodeo. The grant will be used to provide helmets to children participating in the rodeo. Additional grants may be awarded later in the year.

Club Name Vote June 17

The "polls" will be open again throughout the club picnic in Arlington on June 17. All current club members are encouraged to come to the picnic, enjoy the games and barbecue and have a say in the club's future name. Or just come and vote. Sorry, but our bylaws don't allow voting by proxy.

We currently have about 133 members. To change the club name takes a turnout of 15% (about 20 people) and an approval rating of 65%. We met those hurdles during the McClinchy Mile "primary" voting and came up with the top two choices for this runoff election:

1. Snohomish County Bikes Club
2. B.I.K.E.S. Club of Snohomish County

Unfortunately, the following ideas for a new club name came in too late for consideration. They were submitted by the first man of the Bicycle Alliance of Washington Andy Culp (married to BAW executive director Barb Culp) at the McClinchy Mile.

1. Bicyclists: Inform Kids – Energy Savings
2. Bicycles Inspire Kindness Especially in Snohomish
3. Bicycling Inspires Kisses and Extraordinary Sex
4. Bicycle Incredible Kilometers of Extraordinary Snohomish

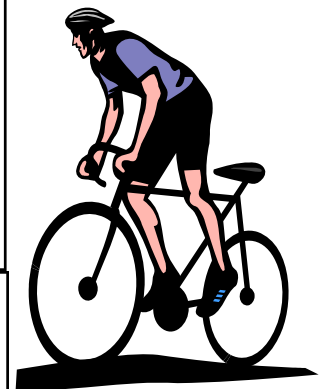
Thanks for the fun ideas, Andy, but the idea here is to adopt a new name that you can say in one breath and that gives us a clear geographic identity. A reporter asked me recently what B.I.K.E.S. Club stood for, and when I told him, he wondered if we had some kind of fitness test to see if you could still say the full name three times fast after topping a hill or racing to the city limits sign.

JUNE 2006

ISSUE 320

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**Address, Name, Phone and
Email Changes**

Remember to contact

Fred or Kala at (425) 487-3221 or
fredkoch@hotmail.com for any
changes or corrections to your
address, phone number or email
in the club records.

If you are a member and are not
receiving your newsletter in the
mail, let Fred or Kala know.

RIDE GUIDE**PACE****Leisurely / 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****Kids Bike Swap June 4**

The annual Sharing Wheels Kids Bike Swap is June 4, 10 am to 2 pm at 2531 Broadway in Everett (in the parking lot in back). We may still need volunteers on both Saturday and Sunday to help kids trade in the bike they've outgrown for one that fits them. Call 425-252-6952.

Get the Newsletter Electronically

If you'd like to save the club some paper and postage and receive notice of the newsletter in your email box instead of your snail mail box, send an email with "subscribe bikes" in the subject line to Fred Koch at fredkoch@hotmail.com

Ride of Silence Takes the Streets

A great turnout of 35 people for the May 17 Ride of Silence showed that B.I.K.E.S. Club members and Snohomish County cyclists care about safe cycling. Thanks to Debbie Kawamoto for organizing the event. See photos on our website and a link to the story in the Everett Herald.

[http://class.heraldnet.com/search/StoryArchiveResults.asp?advanced=yes&so=Filewrite\[d\].Rank\[d\]&q1=ride%20of%20silence&c2=@FileWrite&o2=>&q2=2006/02/20&c3=@FileWrite&o3=<&q3=2006/05/21](http://class.heraldnet.com/search/StoryArchiveResults.asp?advanced=yes&so=Filewrite[d].Rank[d]&q1=ride%20of%20silence&c2=@FileWrite&o2=>&q2=2006/02/20&c3=@FileWrite&o3=<&q3=2006/05/21)

Bike to Work Update

National Bike Month passed with much fanfare in the Northwest, and many Snohomish County cyclists are still celebrating as they continue to ride in the Bike Commute Challenge through June 16. Check out the numbers these 100+ teams are putting up at www.communitytransit.org/go2/biketowork. At least six teams are captained by Bikes Club members.

Five hundred people stopped by Bike to Work stations in Snohomish County on May 19, two times last year's number. Many thanks to the B.I.K.E.S. Club volunteers who helped plan and staff Bike to Work Day, especially Bill Higley who served on the organizing committee and lead the Everett Celebration Ride on his recumbent, as well as Bill Weber, Debbie Kawamoto, Mike Dahlstrom, Warren Bare, Al Penta and event organizer Kristin Kinnamon.

Bike Commuting Can Be Fun. Visit <http://www.bikesclub.org/html/bikecommuting.htm>

FUTURE BIKE RIDES:

July 15 – 16, Sat/Sun: BIKES rides STP. At this time, two BIKES members are registered and planning to ride at a moderate pace. Interested in a social pace? Find a partner and start training. Ride leader Debby Grant. For more details 425 778-5530 debby@jaygrant.com

San Juan Summer – are you interested in cruising the islands? I'm looking at additional rides to San Juan and Fidalgo Islands with Guemes Island as a possible. If you are interested I'd like some input on schedule to help out with participation. Any of your thoughts will be appreciated. I can be contacted at (360) 653-2384 or by e-mail at michael.snodgrass@verizon.net

B.I.K.E.S. Ride & Event Schedule

BICYCLE HELMETS ARE REQUIRED ON ALL BIKE RIDES

June Rides**WEEKDAY**

Monday afternoons, June 5, 12, & 26: Sammamish River / Burke Gilman Trails. Start time 3:00 PM. Social pace, A terrain, 16 to 40 miles. Precipitation cancels. (Its a good idea to bring a drink, snack, extra inner tube, and rain resistant top.) Start in Bothell at Sammamish River Park on the southwest corner of 102nd Avenue NE (overpass) & Sammamish River. Go south over the 102nd overpass and turn at the first right into gravel parking lot. Ride Leader Bill Lutterloh 360-668-9554. Cell phone afternoon of ride 425-870-6418.

Monday afternoon, June 19: Centennial Trail. Start at the south (Snohomish) end of trail at the northeast corner of Maple and Pine. Start time 3:00 PM. Social pace, A terrain, 10 to 36 miles. Precipitation cancels. (Its a good idea to bring a drink, snack, extra inner tube, and rain resistant top.) Ride leader Bill Lutterloh 360-668-9554. Cell phone afternoon of ride 425-870-6418.

Tuesday evenings in June: Join Seattle Bicycle Club for a south-end ride. Approximately 20 miles, moderate pace, A/B terrain. Meet in the QFC parking lot in Richmond Beach at 6:15 for a 6:30 start. Visit www.seattlebike.org for more details. Ride leader Debby Grant 425 778-5530 debby@jaygrant.com.

Freewheeling Wednesdays (every Wednesday) Will resurrect this ride from years past. These are SOCIAL / MODERATE with regroupings 25 - 45 mile the route for the following week will be decided at lunch this week. The first ride will be 35~ miles (A) and start at 9:30 a.m. at legion Park in Everett. Contact Warren Bare at 425-743-7593 or warrenbare@verizon.net

Tuesday & Thursday, The Bergeron Loop. Departing promptly at 10am every Tuesday and Thursday starting at 92nd Street Park at the corner of 92nd St. and Mukilteo Speedway. Ride to Snohomish via Casino Rd and the River Road, to Everett, then south to Casino Road and back to 92nd Street. This is a 40 mile ride. Terrain A-B and the pace moderate. Bring a treat for Klondike the Clydesdale. Actually, he's a Belgian, but he loves apples. For the month of June, the Ride Leader will be John Marshall. Contact me at 425-422-2370.

Wednesday evenings June 7, 14, 21, 28. Everett Transit Station Start 6pm. Meet south end of west parking lot for a 20+, A/B terrain, moderate/Brisk paced ride. Contact Tim Wise 425-754-7916, tjkwise@verizon.net. Heavy rain cancels.

June 1st & June 8th Thursday evenings: Meet at Rotary Park, on the Lowell River Road. 5:30 p.m., 18 miles, low moderate pace, call if in doubt about the weather. Dinner after. Dan & Elaine Scott 425-355-4510

WEEKEND

Saturday, June 3rd: Snohomish to Rotary Park & Ice Cream. Meet Patty at 10:00 a.m. for a ride to Rotary Park. We will ride the Lowell River Road at a Social Pace. Heavy rain cancels. Possible ice cream stop after the ride. For more info, call Patty before 8:00pm. 360-435-0146.

Sunday June 4th – FARMER'S MARKET RIDE: Silver Lake to North Everett, approximately 23-25 miles, social pace, A terrain, some B. Meet at Thornton Sullivan Park at Silver Lake; start 10am. Bring \$\$ for lunch at Meyer's Deli at the Marina, and bring panniers / baskets / whatever, if you choose to carry home goods from Market. Contact ride leader Mike Dahlstrom, 425-337-0887. Rain cancels.

Saturday, June 10th: Breakfast Ride. Meet Patty at 8:30 a.m. at Jensen Park for a ride to the Stilliguamish Senior Center for breakfast. Social Pace, Heavy rain cancels. For more info, call before 8:00pm, 360-435-0146. (Breakfast cost is \$3.50 & includes pancakes, eggs, sausage, coffee & juice)

Sunday June 18 Fidalgo Island and More Start at Rexville Grange at 9:30 for this 45 mile social A/B ride. Lunch in Anacortes, Rain cancels and contact Warren Bare for info –at (425) 743-7593 or warrenbare@verizon.net.

June 24th, Saturday - LOPEZ ISLAND – Social paced 30 to 40 mile ride. We will be catching the 10AM ferry to Lopez and return on the 3:35PM; recent cuts have reduced the schedule available. NOTE, there is not an earlier return ferry available and we'll be on the island for about 5 hours so we will not be rushing. We'll plan on the side trip to Spencer Spit and in general taking our time. I will be starting from downtown Anacortes that is about 4 miles from the ferry landing. Those desiring the slightly shorter distance or to avoid the climb out of the ferry landing when we return can meet us at the Ferry landing. We will lunch at Lopez Village prior to catching the return ferry. There is a small restaurant and a bakery at the village or you can bring your own. Terry plans on coming along on here scooter to provide limited SAG. If you want join me starting in Anacortes please call (360-653-2384) for a starting point, I haven't worked out a place for parking. Rain cancels. If you have questions I can be contacted at (360) 653-2384 or by e-mail at michael.snodgrass@verizon.net

Saturday, June 24th: Snohomish to Machias & North. Meet Patty at 9:00 a.m. at Maple & Pine Streets in Snohomish for a ride along the Centennial Trail and explore the new section. If you haven't ridden the entire trail come along on this ride where you can explore it. We will ride at a Social Pace. Heavy Rain cancels. Bring snacks to eat along the way & \$ for ice cream at the end of the ride. For more info, call before 8:00 pm 360-435-0146.

Frequent Rider Club for all Club Riders

<u>First Name</u>	<u>Last Name</u>	<u>Miles</u>
Dan	Scott	907
Bill	Lutterloh	893
Annie	Peterson	807
Elaine	Scott	729
Tim	Wise	517
Warren	Bare	496
Steve	Hudspeth	445
William	Weber	429
Wendell	Hultman	403
Mason	Rutledge	347
Bill	Nugent	283
Pam	Hallanger	280
Bob	Nyberg	279
Jack	McClincy	276
Eric	Troili	252
Doug	Andrews	203
Kristin	Kinnamon	198
Debby	Grant	197
Debbie	Kawamoto	192
Terri	Spencer	172
Tom	O'Hara	163
Michael	Snodgrass	162
John	Marshall	154
John	Spencer	144
Albert	Penta	142
Desiree	Troili	124
Kristii	Knodell	121
Janell	Reich	110
Robert	Smith	107
Fred	Koch	100
Kala	Koch	100
Perry	Walker	83
Jim	Grippin	80
Jeannie	Sheldon	80
Burrows	Rick	72
Peter	Pisani	56
Michael	Dahlstrom	50
Dave	Johnson	47
Tommy	Weber	47
Victoria	Brill	42
Daniel	Cornelissen	42
Pier	Fiorentini	40
Rod	McDonald	40
Pam	Deitz	38
Berry	Riess	38
Bob	Gardner	36
Patty	Garrett	35
Brent	Hunter	35
John	Carlin	34

Club Miles as of 5-23-2006

Let John know if these numbers are inaccurate.

Other Rides

June 4, Penninsula Metric Century, www.twbc.org

Aug. 26-27, Ride Around Puget Sound, www.rapsodybikeride.com

More rides can be found on the website.

Upcoming Events

Sunday, June 4. Sharing Wheels Kids' Bike Swap

June 17, B.I.K.E.S. Club Picnic at Jack & Janell's

Check our website for more rides <http://www.bikesclub.org/html/otherclubsrises.htm>

Big Ride Pacific Coast!

My name is Ashley Hodgson I am from the American Lung Association. We have an event coming up called "The Big Ride Pacific Coast" which is a ride from Seattle to San Francisco! If Seattle to Portland is just a warm-up, try Seattle to San Francisco along the Oregon and Northern California Coast. There will be an informational meeting on the Big Ride Pacific Coast at REI in Seattle (222 N. Yale) at 6:30 in the evening on Monday May 3rd. Come join us and hear about this spectacular ride!

Contact the American Lung Association of Washington at 206-441-5100 or visit our website at http://www.alaw.org/support_alaw/big_ride/

RAPSody Riders and Volunteers Needed

B.I.K.E.S. Club members will be responsible for marking a portion of the 165-mile Ride Around Puget Sound bike event route the weekend of Aug. 12-13. We are in charge of the 30 mile Allyn to Shelton section, and will paint on Saturday. In the past the paint crew has stayed overnight at a Shelton motel, and RAPSody buys us dinner. You'll be welcome to ride the rest of the course on Sunday to Tacoma, where at least some of us will start on Saturday morning. If you are interested, mark the weekend on your calendar and contact Kristi at 360-658-2462.

We also need volunteers to help at our RAPSody reststop on Aug. 26, and possibly a support vehicle volunteer on Aug. 27 to help work out the logistics so people can ride in the event on the second day (please register and support the Bicycle Alliance of Washington).

Yakima wine weekend.

Saturday morning dawned with clouds that soon turned to rain and brought all of the uncertainty of whether to ride or not. After waiting long enough for things to clear we piled into vehicles for the 35 mile drive to Sunnyside for our ride start location. This proved to be a good thing as we drove out of the rain. After a some fits and starts of the rain, a non paved road and some late arrivals we finally got underway and got the group re-united after some separation. We were able to visit about seven of the wineries or tasting rooms in the Prosser area with lunch "sandwiched" in between. A head wind for the return made the evening meal all the more enjoyable which was a group effort. We had a spaghetti feed prepared by Elaine and Jack and salads, veggies and desserts provided by other members for an enjoyable meal around the campfire.

Day Two was a rain shortened version out to Naches and back with compulsory tandem race for the return.

<u>First Name</u>	<u>Last Name</u>	<u>Miles</u>	<u>First Name</u>	<u>Last Name</u>	<u>Miles</u>
Bill	vanHorn	34	Hauff	Jeanette	24
Jessica	Bates	28	Linda	Hunter	15
Hauff	Gary	24	Thomas	van Lelya	13

New Members:

BIKES would like to Welcome the following

New members:

- Victoria Brill,**
- Doug Andrews**
- Robert Palm**
- Sabrina Horne**

We hope to see you on a ride soon!

BIKES would like to Welcome the following Renewing members:

- Albert Penta**
- John Carlin**
- Tim Wise**
- Susan Lahti**
- Nancy Graham**
- Linda Allen**

We hope to see you on a ride soon!

Frequent Rider Club Miles

B.I.K.E.S. Club has a program to track miles ridden during club-sponsored rides. To qualify, the ride leader must either list the ride in advance in the club newsletter or post it on the website at least 24 hours in advance. That way, "club rides" are available for all members to consider attending, and they bring together people on bicycles. That is what a bike club is all about.

Sometimes, "club rides" are actually event rides hosted by other clubs in western Washington. The ride still has to be listed in the newsletter as a club ride, but the ride "leader's" only job is to collect the names of all B.I.K.E.S. Club member attendees. Participants don't need to ride together, though it's nice to have that option.

Why would you want club miles? Well, we always have nice little prize for riding 100 miles with the club, a little incentive for everyone to get on their bikes with us a few times each year. It's fun to see our numbers accumulate in the monthly newsletter "rider miles" listing, and to see what new names have been added and who is jostling for first place.

We give out "rider miles" awards for everyone in the 100, 500 and 1000+ mile categories at our annual Holiday Party. I hope to see many more names on the "ride miles" list by the end of summer.

F.Y.I.

NEWSLETTER STUFFING:

Next month's newsletter stuffing will be held at John Carlin's house on Monday, June 26th at 7:00 pm. Please call for directions 425-778-4529 or email johnecarlin@comcast.net

See you there.

RIDE COORDINATOR:

July's Ride Coordinator is Bill Weber . Please call 425-252-9587

or email bbweberwa@verizon.net before June 19th to schedule a ride for July.

Advertise in the Newsletter!

Here is a new section of the newsletter to advertise something to sell or buy. Based on monthly available space, the listing priority will be as follows;

Priority 1; Club member selling or buying a bicycle related item.

Priority 2; An associate of a club member selling or buying a bicycle related item.

Send an email to the newsletter editor at bikeseditor@gmail.com.

NEWSLETTER SUBMITTAL:

E-mail Tim Wise at

bikeseditor@gmail.com

Please submit all material for the next month's newsletter by the 18th. Thanks!

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)



Discounts for B.I.K.E.S. Members

As a member of BIKES, you are entitled to 10% discounts off accessories at the following bike shops when you present your current membership card:
Bicycle Centers,
Bicycle West,
Spokemotion
 (formerly Monroe Cyclery), Tim's Bike Shop, Harvy's Bike Shop in Lynnwood and Stanwood Velo Sports have joined our list of supportive bicycle shops.

www.bikesclub.org

B.I.K.E.S.
P.O. BOX 5242
Everett, WA 98206

Club Bike Box and Trailer

Ready to travel with your bicycle? BIKES Club members can rent our sturdy bike box for airline travel or our BOB trailer to tow gear behind your bicycle. Cost is \$5 for a weekend or \$10 a week – basically, these are club benefits we want people to use. To arrange for rental, contact Kristin at (360) 658-2462 or another club officer.

Chainwheel Chatter

is published by **B.I.K.E.S.**,
a non-profit organization.

See us on the web at www.bikesclub.org.



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

stamp

Address

Is it time to renew? →

Chainwheel Chatter

June 2006

Spokemotion

108 West Main Street, Monroe WA 98272

360-794-4522

<http://www.spokemotion.com>

Hours:

Tues - Fri, 10am - 7pm

Sat, 10am - 4pm

10% B.I.K.E.S Club Discount on accessories only

For 28 years, the Ellis Family has owned and operated Spokemotion in the community of Monroe. Spokemotion focuses on treating all levels of riders the same.

Women and entry level riders will feel at ease with their high staff-to-customer ratio that ensures that every customer will get immediate attention.

Their well stocked cycling store offers Specialized, Raleigh, Diamondback, Haro, beach cruisers, all-terrain, and comfort bikes. Tools, clothing and a full compliment of accessories make Spokemotion a great pit-stop when you ride through Monroe.

Monthly specials and web site coupons can make the trip even more worthwhile.

BIKE SHOP SPECIAL

(A different Bike Shop Profile for the next 3 issues!)

A BIG Thanks to Eric Troili for gathering the information