

Chainwheel Chatter

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

B.I.K.E.S. Next Club Meeting Thursday, March 9th

From the President

Club Meeting 7 p.m. March 9

Our monthly club meeting will be a potluck and McClinchy preparation party at Patty Garrett's house in Arlington. The club will provide the main dish, you bring a salad, side dish or dessert to share for dinner at 6 p.m.

At 7 p.m. we'll begin organizing registrations, t-shirts and other stuff to be ready for the big day on Saturday. Call Patty before 8 p.m. for directions and ideas on what to bring at 360-435-0146.

Seeking New Newsletter 'Angel'

For many years B.I.K.E.S. Club member Bev Rossiter has been our faithful newsletter angel, picking up the newsletters at the Everett PUD and bringing them and the newsletter "box" to that month's stuffing party. After an hour or so she leaves with the prepared newsletters and puts them in the mail the next day.

Well, Bev retired from biking several years ago, and now she has retired from work and her regular B.I.K.E.S. Club newsletter duties. So we need a new B.I.K.E.S. Club member to take on this commitment of two to three hours each month. The pay is poor, but the rewards are great. You get the satisfaction of contributing to cycling in Snohomish County even if, like Bev, you haven't rolled your bike out of the garage in quite a while.

For more information on how you can meet club members when they're not dressed in lycra, call Kristin at 360-658-2462.

Bev, A BIG Thank you to you for the great job!

Club News

McClinchy Mile Ride March 11

This annual fund raiser offers every member a chance to be involved with the club. You can ride, volunteer or do both!

All ride proceeds support the club, and the club in turn has used McClinchy profits to support bike helmets for kids, Snohomish County Bike to Work Day, neighborhood bike rodeos, Sharing Wheels and other local efforts.

One dollar from every rider goes to the Bicycle Alliance of Washington, which supports bike advocacy and education statewide.

All miles are club miles for the Frequent Rider Program, but you must report your own to John Carlin.

Volunteers who put in at least three hours get a free shirt or sweatshirt, and we'll take you out to dinner afterwards, too. To volunteer, call Kristin at 360-658-2462. To ride, show up on Saturday from 8 - 11 a.m. at Post Middle School.

Upcoming Dates

BIKES Club Sharing Wheels Work Party, April 22

Bike to Work Day, May 19

Yakima Wine Ride Weekend? Check back next month for the date.

Seattle Bike Club Guided Tulip Ride 2006

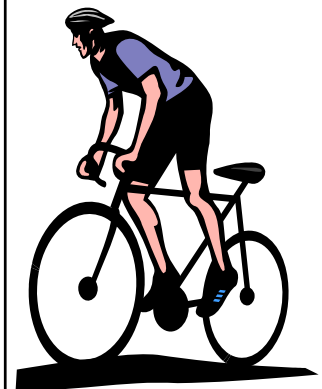
Saturday April 8, 32 mile loop with groups going at different paces to accommodate tulip tip-toe-ers along with those who just want to see a blur of color as they whiz by.

MARCH 2006

ISSUE 317

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The date for the LIVESTRONG Ride Portland has changed to July 30, 2006.

This event was originally scheduled to mark the anniversary of our first LIVESTRONG Ride Portland, September 24, 2005. The date has changed, but the importance of the LIVESTRONG Ride Portland has not.

We're still counting on your support! By participating, you help the Lance Armstrong Foundation inspire and empower people affected by cancer.

We deeply regret the inconvenience this change may cause and sincerely hope that you will join us on our new date, and together we will do something bold in the face of cancer. Visit <http://livestrongride.org>

B.I.K.E.S.

Club Officers and Support Information

Kristin Kinnamon
President
 (360) 658-2462
 Kinnamonk@aol.com

Bill Weber
Vice President
 (425) 252-9587
 bbweberwa@verizon.net

Debby Grant
Secretary
 (425) 778-5530

Debbie Kawamoto
Treasurer
 (425) 349-2209
 Dkmoto@aol.com

Tim Wise
Newsletter Editor
 (425) 754-7916
 bikeseditor@gmail.com

Fred & Kala Koch
Member Roster Coordinator
 (425) 487-3221
 fredkoch@hotmail.com

John Carlin
Frequent Rider Miles Coordinator
 (425) 778-4529
 johncarlin@comcast.net



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

***** ACHIEVE *****

In January, BIKES began a series of semi-monthly training rides. The rides will progress from relatively flat 20 mile courses to more difficult somewhat hilly terrain and 40-50 mile distances. The series will culminate in a two-day weekend ride in a scenic location.

These rides are designed for riders who want to improve their endurance and cycling skills and increase their comfort level riding on the road. They'll also offer opportunity to meet other cyclists, try out some new eateries, and start preparing for all the great spring and summer cycling that the Northwest offers.

Scheduled future ride dates are March 11 and 26, and April 9 and 22. Mark your calendar and check the club ride listings for date changes!

Debby Grant (425) 778-5530 or debby@jaygrant.com.

Club Name Change Vote March 11

Some of us think the official club name, Bikers Ideal Kinematic Exploration Society Club, could use a little update. Some of us like tradition. All of us can have our say by voting on the club name on March 11.

The polls will be open from 10 a.m. to 5:30 p.m. at Arlington Post Middle School during the McClinchy Mile. If you volunteer or ride or just plan to stop by, you can cast your ballot for any of the following names. The "polls" will also be open from 6-6:30 p.m. at Eaglecrest Restuarant for McClinchy volunteers coming to the volunteer dinner.

We expect that a single winner will not emerge from this ballot, but that we will come up with the two top vote-getters for a run-off election later in the year.

1. Snohomish County Bikes Club
 2. Bikes Club of Snohomish County
 3. BIKES Club of Snohomish County
- Bikers Ideal Kinematic Exploration Society Club (no change)

We currently have about 133 members. To change the club name takes a turnout of 15% and an approval rating of 65% - why that's harder than a school levy!

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.

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

BICYCLE HELMETS ARE REQUIRED ON ALL BIKE RIDES

March Rides

Monday afternoons, March 6 & 13: Burke Gilman / Sammamish River Trails. Start time 2:45 PM. Social pace, A terrain, 10 to 35 miles. Precipitation cancels. (Its a good idea to bring a drink, snack, extra inner tube, long gloves, 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. Ride leader Bill Lutterloh 360-668-9554.

Monday afternoons, March 20 & 27: Centennial Trail Rides. On the 20th start at Machias Station. On the 27th start at the south (Snohomish) end of trail at the northeast corner of Maple and Pine. Start time 2:45 PM. Social pace, A terrain, 10 to 35 miles. Precipitation cancels. (Its a good idea to bring a drink, snack, extra inner tube, long gloves, and rain resistant top.) Ride leader Bill Lutterloh 360-668-9554.

Tuesdays Training Ride (March 7 & 21): Here is a 20-mile ride from North Everett to Snohomish via River Road and back via the trestle. The ride starts from Neighbors Café at 15th and Rucker at 10 a.m. This is a moderate paced ride with A terrain. We will regroup as necessary but will not have a food stop until the end, when those who would like can have a sandwich at Neighbors. Ride leader is Mason Rutledge, rutledge3m@earthlink.net or 425-789-1175. Rain cancels.

Saturday March 4 (5) Arlington - Stanwood route-painting ride (this maybe the 5th if unable to do it the 4th). Social, 9:30 start with a food stop somewhere along the ride. Rain cancels and contact Warren Bare at (425) 743-7593 or warrenbare@verizon.net

Saturday March 4 (5) Arlington - Granite Falls - Machias route-painting ride (this maybe the 5th if unable to do it the 4th). Moderate, B/C terrain, rain cancels, contact Dan for start time at 425.355.4510

Sunday March 5 Sunday Arlington-Granite Falls paint and ride. 30 miles moderate pace with stops, rolling hills. We will be painting for the McClinchy mile so will have frequent stops which should suit some riders that may not be up to a moderate pace at this time of year. Bring some lunch as we will not stop for snacks. Check with the ride leader as this may be cancel if we see wet roads. Leader: Jack 360-435-5978

Saturday March 11 Ride the McClinchy Mile!!

Saturday March 11 Saturday: ACHIEVE. Join me at the McClinchy Mile and ride the Stanwood loop. Approximately 33 miles at a steady social pace on A terrain. Ride time about 3 hours. We'll do the route in reverse, starting in Stanwood at around 11:00 a.m. Adverse weather won't cancel the McClinchy but it may cancel this ride. Ride leader Debby Grant, 425 778-5530 or debby@jaygrant.com.

Sunday March 12 OPEN Check the Ride Changes Webpage for any last minute changes.

Saturday March 18 OPEN Check the Ride Changes Webpage for any last minute changes.

Sunday March 19 Seattle Exploratory Ride - see ride updates on web for details. Dan & Elaine Scott 425.355.4510

Saturday March 25 Marysville Miles – 30 to 45 mile ride starting midday from Alan Creek Elementary; social to moderate pace over A/B terrain to suit riders. Bring a sandwich and drink and join me for hot soup at my house, only 4 blocks away, at end of ride. Planning to start mid-morning (9 or 10) call Mike Snodgrass at (360) 653-2384 for actual time. Rain or ice cancels.

Sunday March 26: ACHIEVE. McCollum Park to 3rd Place Books for lunch. Approximately 30 miles at a steady social pace. Ride time about three hours. Mostly A terrain with some B. Meet at McCollum Park for a 10:00 a.m. start. Rain, sleet, snow or freezing weather may cancel. Ride leaders Debby Grant and Tim Wise. debby@jaygrant or 425 778-5530.

Do you have a favorite ride you would like to lead? Post it on the website. It's easy. Email me if you have any questions. tcjkwis@verizon.net

There are usually several ad hoc rides listed on the website under Ride Changes. Be sure to look there for any last minute changes or additions. http://www.bikesclub.org/html/ride_changes.htm



Frequent Rider Club for all Club Riders			Start off the season right --Ride SMART on Chilly Hilly
First Name	Last Name	Miles	<p>Despite rainy weather as I write this, Cascade is looking forward to the start of our riding season with Chilly Hilly. Especially important for Chilly Hilly riders is to make sure you pull off to the side of the road when stopping (or walking up one of those long hills...). Leave room for other riders and vehicles who will be sharing the road with you. Be courteous to Bainbridge Island residents and drivers who allow us to have our event in their neighborhood.</p> <p>Below are Cascade's new Ride SMART tips for bicycling --especially important when riding in groups:</p> <p>STAY ALERT—watch for cars, other riders, and hazards –momentary inattention is the number one cause of accidents.</p> <p>MOVE OFF THE ROAD WHEN STOPPING –pull completely off the road or trail to let cars and riders pass; do not block driveways or intersections.</p> <p>ACT LIKE A CAR –OBEY ALL TRAFFIC LAWS, stop at stop signs, and use hand signals.</p> <p>RETAIN SPACE BETWEEN YOURSELF AND OTHERS –leave enough room to dodge obstacles.</p> <p>TELL OTHERS WHEN PASSING AND PASS ON LEFT.</p> <p>And just for good measure, make sure you are familiar with Washington State laws for bicycling:</p> <ol style="list-style-type: none"> 1) Obey all traffic laws: Cyclists have all the RIGHTS AND RESPONSIBILITIES of vehicle drivers. RCW46.61.755 2) Ride no more than two abreast. RCW 46.61.770 3) Ride as far to the right as is SAFE, except when preparing to turn or when passing another vehicle. RCW 46.61.770 4) Cyclists may occupy the center of a lane when traveling at the speed of traffic or when it would be unsafe to ride to the right. RCW 46.61.770 5) Always wear a helmet. Helmets are required by law in King County and many other jurisdictions. King County Board of Health Title 9. 6) Do not use headphones –they are illegal for all vehicle operators and may obstruct your hearing. RCW 46.37.480 7) Use a white front light (visible for 500 feet) and a red rear reflector at night. A red rear light may be used in addition to the rear reflector. RCW 46.61.780 8) Use hand signals (and look) before turning. RCW 46.61.758 <p>Have fun on Chilly Hilly, and have a good riding season!</p> <p>Reprinted with credit to Cascade Bicycle Club Education Foundation.</p>
Dan	Scott	355	
Elaine	Scott	274	
Warren	Bare	256	
Mason	Rutledge	196	
William	Weber	186	
Wendell	Hultman	179	
Bill	Lutterloh	128	
Annie	Peterson	124	
Bill	Nugent	114	
Steve	Hudspeth	103	
Tim	Wise	101	
Pam	Hallanger	98	
Tom	O'Hara	96	
John	Marshall	78	
Debby	Grant	74	
Bob	Nyberg	66	
Terri	Spencer	63	
Desiree	Troili	50	
Dave	Johnson	47	
Debbie	Kawamoto	47	
Jack	McClincy	47	
Janell	Reich	47	
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Buelos	Rick	35	
Robert	Smith	35	
John	Spencer	35	
Tommy	Weber	34	
Kristin	Kinnamon	29	
Kristii	Knodell	29	
Albert	Penta	29	
Eric	Troili	29	
Hauff	Gary	24	
Hauff	Jeanette	24	
Fred	Koch	24	
Kala	Koch	24	
Michael	Dahlstrom	14	
Perry	Walker	14	
<p>Club Miles as of 2-20-2006</p> <p>Let John know if these numbers are inaccurate.</p>			
<p>Reporting Road Rage</p> <p>Did you know that the Washington State Patrol has a website that you can report aggressive drivers? It can be found at http://www.wsp.wa.gov/traveler/roadrage.htm</p> <p>Reporting an Aggressive Driver to the Police</p>			

New Members:

BIKES would like to Welcome the following
New members:

Jack Giseburt

Bill Morrison

Tom O'Hara

Kathy McDaniel

Tom O'Hara with wife, Debbie and daughters Elizabeth, Brenna, Kelsie, Katie

We hope to see you on a ride soon!

BIKES would like to Welcome the following Renewing members:

Rod McDonald

Warren Bare

Michael Dahlstrom

Bill Nugent

Keith Ost

We hope to see you on a ride soon!

F.Y.I.

NEWSLETTER STUFFING:
Next month's newsletter stuffing will be held at Tim Wise's house on Monday, Mar 27th at 7:00 pm. Please call for directions 425-745-3467 or email tcjkwis@verizon.net

See you there.

RIDE COORDINATOR:
April's Ride Coordinator is Tim Wise
Call 425-745-3467 or email tcjkwis@verizon.net before March 20th to schedule a ride for next month.

Cascade Receives \$76,000 grant from Group Health Community Foundation

Thanks to the Group Health Community Foundation, the Cascade Bicycle Club Education Foundation will be able to expand our summer camps program and our popular elementary-school Basics of Cycling program with a \$76,000 grant for 2006-2007.

Cascade's Group Health Basics of Cycling and Bicycle Camps for Kids teach kids to ride safely and develop lifelong skills – skills central to an active and healthy lifestyle. In an expansion of our successful Seattle program, Education-Foundation-trained teachers will teach 12,400 third through fifth graders the Basics of Cycling curriculum in two additional school districts, and 540 kids will attend summer camps during 2006-2007. Currently we reach 7500 kids in Seattle.

We will purchase bicycles, trailers, helmets and educational materials and train physical education teachers to deliver the program in their physical education classes. The schools and teachers are important partners who will donate all of the teacher time required for the program. School equipment will be used in the summers for more intensive learning in day-camp settings.

The Basics of Cycling program in Seattle is currently supported by a Group Health sponsorship and a Seattle-King County Public Health (Healthy STEPS) grant.

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 April newsletter by March 20. Thanks!

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.

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)

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

BIKE SHOP SPECIAL

(A different Bike Shop Profile for the next 6 issues!)

A BIG Thanks to Eric Troili for gathering the information

<p>Bicycle Centres of Everett - Everett Store 4707 Evergreen Way, Everett, WA 98203 425-252-1441 Hours: Mon - Fri, 10am - 8pm Sat, 9am - 6pm Sun, 11am - 5pm 10% B.I.K.E.S Club Discount on accessories only</p>	<p>Bicycle Centres of Everett - Silver Lake Store 13027 Bothell Everett Hwy, Suite J, Everett, WA 98208 425-337-3509 Hours: Mon - Fri, 10am - 8pm Sat, 9am - 6pm Sun, 11am - 5pm 10% B.I.K.E.S Club Discount on accessories only</p>
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With 34 years of success and with two locations in the Everett/Silver Lake area, Bicycle Centres is your full service, fully equipped, carry everything, one-stop-shopping, seven days a week local bike store. John at the Everett store, and Tom at the Silver Lake location provide a consistent employee/customer relationship that you can count on every time you visit. This thriving family business includes a huge line of every type of two wheeled bicycle imaginable: Trek, Specialized, Giant, Quintana-Roo, Lightspeed, Cannondale, Santa Cruz. Expert repair, tons of tools, accessories, and all major brands of clothing will keep you coming back to Bicycle Centres for your everyday needs and for their every day "specials".

March 2006