

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, May 11th

From the President

Next Club Meeting 7 p.m. May 11th
At PUD, 2320 California, Everett.

Meeting before the meeting

See you at 5:30pm Thursday, May 11th at El Paraiso Mexican Grill, 2801 Colby Avenue, Everett

B.I.K.E.S. Club Meeting May 11

Members and non-members are welcome to join us for our evening's program "Bike Commuting 101" from 7-8 p.m. at the PUD, 2320 California Ave., Everett. Clothing, routes, bikes and gear will be discussed, plus you can practice putting your bike on a bus bike rack and learn how to fix a flat tire. All attendees get a free "Bicycling Street Smarts" booklet.

A business meeting will follow at 8 p.m. The agenda includes a discussion of spending requests for bike safety and education donations and a club software purchase.

May is Bike to Work Month

Burn Calories, Not Gas

Biking to work is healthy for you, your wallet and the environment. More than half of us in the U.S. live less than 5 miles from work. Give bike commuting a try this month and see how you like it.

National Bike to Work Day is May 19. Form a team at your workplace or with your B.I.K.E.S. Club friends and take the Bike Commute Challenge may 19-June 16.

For information on Snohomish County Bike to Work events visit www.communitytransit.org

B.I.K.E.S. Seeks Bike Projects to Back

B.I.K.E.S. Club is seeking proposals for projects or groups that need funding to support bike advocacy and education. Past grants have gone to Snohomish County Bike to Work Day, to Sharing Wheels, to purchase bike helmets, to support a neighborhood bike rodeo and to purchase amenities on the Centennial Trail.

If you have an idea for a project or know a group that could use some money for a bike-related purpose, please submit a one page proposal to B.I.K.E.S. by May 8. Proposals should detail amount requested and total project cost, describe the person or group requesting the money and briefly outline the project's goals and beneficiaries.

Send proposals to: B.I.K.E.S. Club, P.O. Box 5242
Everett, Wa., 98206 or via our website
www.bikesclub.org.

At our April meeting we agreed to give \$1,000 to the Snohomish Arlington Trail Coalition to purchase bike racks and benches for the 20th Street Trail Head in Lake Stevens and for the Lake Cassidy park along the trail. We also agreed that \$5,000 in savings is more than we need to have on-hand considering we are a non-profit with limited expenses (the club has \$13,948 in the bank total). Come to the May meeting to help decide how to spend some more of our money.

Sharing Wheels Updates

Anyone who has taken a Sharing Wheels mechanic class is welcome to volunteers during any shop hours. We are currently fixing up kids bikes for the Kids Bike Swap in June. The shop is open from 11 a.m. to 8 p.m. Mondays, from 11 a.m. to 7 p.m. Thursdays, and from 10 a.m. to 2 p.m. the second Sunday of every month.

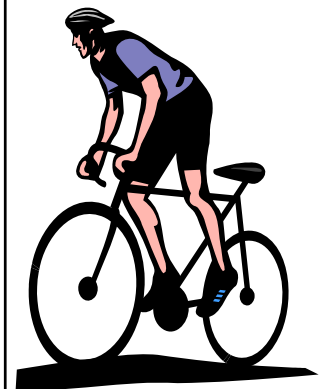
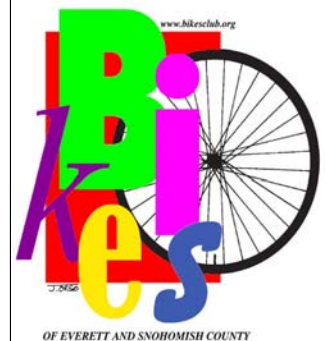
Bike donations are accepted on the second Sunday of the month only. We are no longer open on second Saturdays.

MAY 2006

ISSUE 319

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McClinchy Mile Makes Good

In case you're wondering how the club ended up with almost \$14,000 in the bank, think "McClinchy Mile." Our annual bike event has been very successful the past several years thanks to the hard efforts of B.I.K.E.S. volunteers and the kindness of Mother Nature (which hasn't sent snow lately). This year the ride netted \$2,865 in profit.

The ride's biggest expenses are insurance and food (about \$1.60 per rider for each), advertising (including flyers, past rider mailing, Cascade Bicycle Club newsletter insert and Seattle Bike Expo booth) and volunteer incentives (t-shirts and dinner). We also pay to rent Machias Station and Arlington Post Middle School and for a permit from Snohomish County.

B.I.K.E.S.**Club Officers and
Support Information****Kristin Kinnamon****President**

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fredkoch@hotmail.com

John Carlin**Frequent Rider Miles****Coordinator**

(425) 778-4529

johnecarlin@comcast.net

**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

Ride Around Puget Sound Aug. 26-27

Mark your calendar to ride or help with the third annual Ride Around Puget Sound (RAPSody), a fund raiser for the Bicycle Alliance of Washington. B.I.K.E.S. Club joins four other bike clubs in sponsoring this challenging weekend ride. If you want to tackle these 165-plus hilly miles, start training now. If you want to volunteer, set aside Saturday to help and feel free to stay overnight with the cyclists at Shelton High School. Our Allyn rest stop is only open on Saturday this year, opening up Day 2 riding possibilities for those who register. Find out more about RAPSody at www.rapsodybikeride.com.

Bike to Work Day**Bike to Work Kick-Off, 3-6pm Thursday, May 4**

Community Transit, 2300 Kasch Park Road, Everett (off Airport Road near Boeing)

If you plan to promote Bike to Work Day and the Bike Commute Challenge at your workplace, stop to pick-up materials to educate and encourage your co-workers.

Volunteer to Help with Bike to Work

B.I.K.E.S. Club is sponsoring the Bike to Work Celebration Station at McCollum Park this year, and we've always helped at other stations as well. We need volunteers from about 5:30-9 a.m. May 19 to work at stations. We also need people to ride their bikes in the Celebration Rides that start at 7:30 a.m. in Lynnwood, Mill Creek and Everett. Call Kristin for more information at 425-348-2369 or write Kristin.kinnamon@commtrans.org.

Bike to Work Celebration Stations will be open the morning of May 19 at Everett Station, Boeing, McCollum Park Park & Ride and Lynnwood Transit Center. Riders can stop by the stations for healthy snacks, a free t-shirt, maps, a raffle entry (win a new bike!) and other fun goodies. Cascade Bicycle Club is coordinating dozens more stations in King County, including one at the UW-Bothell. Visit www.communitytransit.org/go2/biketowork for more information.

Club Picnic June 17

Plan now to join us at Jack & Janell's house on the Stillaguamish River for river floating (weather and water dependent), volleyball, barbecue and camping overnight if you'd like. It's a great time for new and old members to get together.

Sharing Wheels Volunteer Training

Would you like to bring a smile to a kid's face? Sharing Wheels volunteers recycle used bicycles back into the community for kids and adults in need. Help the local nonprofit prepare for its third annual Kids' Bike Swap by learning simple bicycle repair at a Sharing Wheels Volunteer Training from 10 a.m. to 1 p.m. Sunday, May 7 in Everett. Attendees will learn basic repair techniques and safety assessment for children's bicycles and will get to use what they've learned this spring by volunteering during regular Sharing Wheels shop hours and work parties. A Mechanic II training for experienced volunteers will be held on June 25. To register for a volunteer training or to learn more, call Sharing Wheels at 425-252-6952 or email miekomoody@msn.com.

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

BICYCLE HELMETS ARE REQUIRED ON ALL BIKE RIDES

May Rides**WEEKDAY**

Tuesday & Thursday, The Bergeron Loop. 10am Every Tuesday and Thursday starting at 92nd Street Park in Mukilteo. Ride to Snohomish and North Everett, a 35 mile ride; terrain A pace social. Who wants to participate should call me at 425 349-5065 so I can wait for them. Ride Leader: Pier Fiorentini

Monday afternoons, May 1 & 8: Sammamish River / Burke Gilman Trails. Start time 3:00 PM. Social pace, A terrain, 10 to 36 miles. Rain 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) and Sammamish River. Go south over the 102nd overpass and turn at the first right. Ride leader Bill Lutterloh 360-668-9554.

Monday afternoons, May 15 & 22: Centennial Trail Rides. 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. Rain cancels. (Its a good idea to bring a drink, snack extra inner tube, and rain resistant top.) Ride leader Bill Lutteloh 360-668-9554.

Wednesday evenings May 3, 10, 17, 24, 31. Everett Transit Station Start 6pm. Meet south end of west parking lot for a 20+, A/B terrain, moderate paced ride. Contact Tim Wise 425-754-7916, tcjkwis@verizon.net. Heavy rain cancels.

Wednesday, May 17th, 7pm. The Bikes Club addition of the Ride of Silence, a national event to commemorate the many cyclists who have been injured or killed while riding on public roads. This will be a short, stay together ride at no more than 12mph, silent and respectful. Please check the ride changes page on the website for further details or call Debbie Kawamoto, 425-349-2209.

Thursday evening May 4 & 25 - Rotary Park in Lowell, 5:30 p.m. start, 18 miles, moderate pace, dinner after. Dan & Elaine Scott 425-355-4510

Thursday Evening May 11 - PUD building in Everett, 4:30 start, 8 - 10 miles to precede the dinner before the BIKES meeting. Dan & Elaine Scott 425-355-4510

Friday May 19th Ride the bike trails of Yakima. We will start at Sportsman State Park, and warmup for the Wine Weekend rides. Then cool down with a Monday, **May 22nd** ride in the Yakima Canyon. Dan & Elaine Scott 425-355-4510

WEEKEND

Sunday, May 7 – Five Lakes Ride: Meet Wendell at 10:00 AM at the Conway School east (right) off of I-5 exit # 221 ¾ of a mile. This social pace A/B terrain is 43 miles with lunch in Mt. Vernon. For info or weather cancellation call Wendell at (425)353-2972

Saturday May 13 - Kingston Poulsbo - This club favorite is a social 36 mile, "B" terrain ride loop to Port Gamble, Big Valley, a lunch in Poulsbo and a return byway of Indianola. Meet at the Edmonds Ferry dock at 9:00 AM to board the 9:20 sailing. Rain cancels and for more info contact is Warren Bare at (425) 743-7593 or warrenbare@verizon.net.

Sunday May 14 - Ride Around Lake Washington— Start 9am at Log Boom/Tracy Owens Park. ~50+ miles a/b terrain Social/moderate pace. Bring \$ for lunch or bring snack. Contact Tim Wise 425-754-7916, tcjkwis@verizon.net. Heavy rain cancels.

May 20 and 21 -The Bikes club annual wine tasting ride in the Yakima Valley The ride is usually about 35-40 miles with stops at 5-7 wineries with sag support on Saturday and 35 miles Sunday on a non winery ride. We usually get together for dinners and there are options to camp or motel it depending on your comfort. Ride leader is Jack McClincy 360-435-5978 for info.

Saturday May 27 – Machias And Beyond Meet Patty at 9:30 a.m. at Maple & Pine Streets in Snohomish for a ride to Machias and beyond, 10 plus miles. After the ride we can eat in Snohomish. Social Pace, rain cancels this ride. If you have questions, call Patty at 360-435-0146 before 8:00 p.m.

Sunday May 28 – Lowell to Lake Stevens and back. Meet at Lowell River Front at 10 am. Social pace with "A" terrain, about 30 miles. Bring \$\$ for lunch in Lake Stevens. Rain and high wind cancels. Contact ride leader Mike Dahlstrom 425-337-0887.

Frequent Rider Club for all Club Riders

First Name	Last Name	Miles
Dan	Scott	575
Bill	Lutterloh	527
Annie	Peterson	413
Elaine	Scott	397
Steve	Hudspeth	384
Warren	Bare	362
Mason	Rutledge	347
Wendell	Hultman	326
William	Weber	293
Bill	Nugent	248
Pam	Hallanger	243
Tim	Wise	241
Bob	Nyberg	235
Terri	Spencer	172
John	Marshall	154
John	Spencer	144
Eric	Troili	140
Debby	Grant	136
Jack	McClincy	129
Tom	O'Hara	123
Kristin	Kinnamon	106
Fred	Koch	100
Kala	Koch	100
Albert	Penta	85
Perry	Walker	83
Debbie	Kawamoto	81
Burrows	Rick	72
Robert	Smith	69
Peter	Pisani	56
Desiree	Troili	50
Dave	Johnson	47
Janell	Reich	47
Quinn	Kawamoto	43
Victoria	Brill	42
Daniel	Cornelissen	42
Michael	Snodgrass	42
Michael	Dahlstrom	37
John	Carlin	34
Bill	vanHorn	34
Tommy	Weber	34
Kristii	Knodell	29
Jessica	Bates	28
Hauff	Gary	24
Hauff	Jeanette	24

Club Miles as of 4-18-2006

Let John know if these numbers are
inaccurate.

Other Rides

May 7, Camano Climb

May 13, Skagit Spring Classic, skagitbicycleclub.org

June 4, Peninsula 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/otherclubsrides.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/

Gear Up for Bike to Work Day

SNOHOMISH COUNTY - National Bike to Work Day on Friday, May 19 is a day to celebrate healthy commuting. Cyclists burn calories instead of gas, which is good for you, your wallet and the planet. Pull the bike out of the garage, pump up the tires and make a commitment to a commute that will bring you joy, not frustration.

Snohomish County Bike to Work gives first-time bike commuters, die-hard regulars and fair weather cyclists a chance to ride and celebrate together. Stop by a Celebration Station the morning of May 19 for healthy snacks, the new Snohomish County bike map and a free event t-shirt, while supplies last. Plus, you can enter the Bike to Work Day raffle to win a Kona commuter bicycle and other prizes.

[Click here to read the rest of this story on the website.](#)

Yakima Wine Tasting Ride Update

Saturday, May 20 Yakima Wine Tasting Ride. We will leave Sportsman State Park at 8:30, at Exit 34, to carpool to our ride start location. The ride will be about 35 miles with some rolling hills. We will visit 6-7 wineries along the route and stop for lunch at a café about midway. We will be leaving to go to Yakima Friday morning so call Jack and Janell at 360-435-5978 by May 18 for info. or 425-330-3094 after that. We will be having a community dinner at the state park for those wishing to join us. For this reason it would helpful to get a head count of who will be coming so we can plan. Most of us will be camping at Sportsman State Park. Others who chose can motel it nearby at exit 37 or in downtown Yakima. We are planning on a sag vehicle to carry purchases.

Sunday, May 21 Naches ride. 35 miles rolling hills. This is the traditional Sunday ride we do on this week end. I have heard that the Yakima Canyon will be closed for a cycling fund raiser on this day also which we may choose to do if the group is interested. There is no lunch available on this ride so bring your own.

Memorial Day weekend Jack may lead the "Three Ferry Ride" to Pt. Townsend. This will depend on interest and weather. Watch for updates on the website ride calendar.

New Members:

BIKES would like to Welcome the following
New members:

Jim, Lesley and Anna Lofstrand

Curtis and Julie Denmark

We hope to see you on a ride soon!

BIKES would like to Welcome the following Renewing members:

**Mike Cundiff, Penny White,
Norman Pasche, Lucie Johns,
Bill Higley, Pam Hallanger,
Terri and John Spencer,
Tom and Christine Lorbeer**

We hope to see you on a ride soon!

Ride of Silence May 17

Join fellow B.I.K.E.S. Club members in honoring the hundreds of cyclists killed each year in unnecessary traffic accidents by riding in our local version of the national Ride of Silence on May 17. We may be riding across the 112th Street/I-5 bridge, where Snohomish County resident, cyclist and father Joseph Cordell was killed last fall when he fell into the path of a vehicle. We may also ride down Fourth Avenue, scene of several injury accidents in 2005 including one in which a Mariner High School student was hit while riding in a crosswalk on the way to school. A Stevens Hospital doctor was also killed last year while riding in Seattle. The exact route may change due to scheduling conflicts. Please check the Ride Changes Page for more information.

Honor these cyclists and the people you know who have been injured while riding by wearing a black arm band, if you have one, and by riding the short (8 miles at most) loop silently. Our goal is not to scare people away from the great fun and sport of cycling, but to raise awareness about the need to share the road for everyone's safety.

Here's how the League of American Bicyclists president Andy Clark puts it: "We know fear already dissuades millions of people from riding and riding more -- and yet we need to speak up about dangerous drivers and lenient sentencing in order to raise awareness, improve driving behavior, get dangerous drivers off the road, and remove some of the causes of fear!"

In 2004, 725 cyclists were killed in the U.S., stopping a three-year decline in the number of deaths each year.

Bike Commuting 101, 11:30-1:30 Wednesday, May 10

County Administration Building plaza (outdoors), Wall Street & Oakes, Everett. If you can't make the session at our club meeting on May 11, stop by the plaza for a lunch time session on bike commuting how-tos.

Bike Maintenance 101, 7 p.m. Wednesday, May 10 Alderwood REI, 3000 184th St., Lynnwood. Learn simple bike maintenance from changing a flat to adjusting your brakes.

F.Y.I.

NEWSLETTER STUFFING:
Next month's newsletter stuffing will be held at Mary Andrew's house on Monday, May 30th at 7:00 pm. Please call for directions 425-337-6009 or email mfa425@yahoo.com

See you there.

RIDE COORDINATOR:
June's Ride Coordinator is Debby Grant. Call (425) 778-5530
Or send email to debby@jaygrant.com before May22nd to schedule a ride for June.

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!

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 May 2006

Stanwood Velo Sport

8823 Viking Way, Stanwood, WA 98292

360-629-6415

Summer Hours:

Mon - Fri, 9:30am - 6:30pm

Sat, 9am - 5pm

Sun, 11am - 4pm

Winter Hours:

Mon - Fri, 10am - 5pm

Sat, 10am - 4pm

Sun, 11am - 4pm

10% B.I.K.E.S Club Discount on anything in the store

Tim Kramer of Stanwood Velo Sport portrays the essence of small town bike store ownership. Tim prides himself in his consistent personalized customer service and is committed to giving you honest thoughtful answers to any cycling questions that you may have.

Stanwood Velo Sport has dealership rights for Trek, Raleigh, Redline, Colnago, and Mountain Cycle. Along with a full service maintenance capability, the shop is well rounded with a good selection of tools, clothing and accessories.

Watch for their specials that include an a Tour de France Sale, a Hot August Nights Sale, and a Christmas Sale.

<http://www.stanwoodvelosport.com/>

BIKE SHOP SPECIAL

(A different Bike Shop Profile for the next 4 issues!)

A BIG Thanks to Eric Troili for gathering the information