

Chainwheel Chatter

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

B.I.K.E.S. Club Meeting will be September 14, 2006

SEPT. 2006

ISSUE 323

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From the President

General Meeting Thursday, Sept. 14

Although this meeting may be mostly business, we WILL have door prizes. So come to the Everett PUD, 2320 California Ave, Everett, WA at 7 p.m. to see your BIKES Club friends in "civies" for once (well, some of us will be in "civies.")

Look on page 2 for a review of the meeting's program "A Match Made in Heaven (or Hell)"

One item of important business for the meeting will be a review of club officer duties and openings. Anyone can run for any position, but I have bolded the positions for which the incumbents have indicated an interest in "retiring" (ie open positions)

- **President.** Presides at general meetings. Calls committee meetings as needed for McClinchy Mile Ride, picnic, etc. Represents (or appoints someone else to represent) BIKES with outside organizations as needed. 5-8 hours a month.
- **Vice President.** Plans the program at general meetings. Assists with committees. Performs duties of president when needed. 2-5 hours a month
- **Treasurer.** Deposit membership dues and notify Database Coordinator of updates. Provide monthly financial statement. Pay bills and member reimbursements. 4-5 hours a month
- **Secretary.** Keeps minutes of general meetings and provides to newsletter editor. Collects club records. Handles correspondence related to McClinchy Mile Ride. Tracks and reports miles for the Frequent Rider Club. 2-4 hours a month

Club member expertise and time helped create the first and the latest Snohomish County bike map, and we help run Snohomish County Bike to Work events. We've participated in Everett's recent bike facility planning efforts, and try to keep an eye on road and other projects affecting cyclists. We coordinated the local Ride of Silence to commemorate killed and injured cyclists.

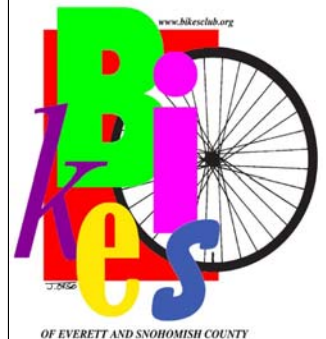
There are a few other jobs that keep the club going and need volunteers:

- **Ride leader.** Lead your first ride with the support of an experienced club member. Just pick your favorite route and notify the Ride Coordinator in time for the next month's newsletter. Lead three rides in a year and earn yourself an invitation to the club's Volunteer Breakfast and a thank you gift.
- **Ride Coordinator.** Pick a month to be the one who emails, calls or personally arm twists rider leaders old and new to commit to leading a ride in the next month's ride calendar. Then compile the list and send it to the newsletter editor. Less than 2 hours a month.
- **Newsletter Editor.** Compiles and solicits items of interest for newsletter. Lays-out newsletter (currently done in Publisher) and sends to printer and webmaster. 4-7 hours a month.

Club volunteers are the people who keep this club going. Once upon a time we were all just regular members who went on rides or came to a meeting once in awhile. Then we decided it was time to give back a little and take some leadership. This club is what we make it.

I am so proud of what the current members and officers have made of this club in the past several years. Dedicated ride leaders offer rides at many levels every week of the year. We have some great weekend rides, too, and our annual club picnic and party benefit from generous hosts and good spirits by all.

Our website and newsletter keep both members and the larger community aware of our activities and of bike issues. The McClinchy Mile Ride has been going for more than 20 years, and it's consistently a success thanks to dozens of great volunteers. We support the Bicycle Alliance of Washington through McClinchy and the Ride Around Puget Sound. Club money also supports bike helmets for kids and Sharing Wheels. (con't Page 2)



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

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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

Con't from Page 1:

Our Frequent Rider Program has been lots of fun – I like to try to keep ahead of Bill Weber's son Tommy, but don't always succeed. We've partnered with other clubs on joint rides and staffed a booth at the Seattle Bike Expo. We've been part of the community by having a booth at the National Night Out Against Crime.

But back to the first item, we ride - together. That's what a recreational cycling club is all about. See you out there soon, I hope.

Bike Mechanic I Class

Sharing Wheels is gearing up to repair 100 kids bikes for Christmas House, which serves low income families. A **Mechanic I Class** is scheduled for **9 a.m. to noon Sunday, Sept. 10 in Everett**. Learn to tighten bearings, fix coaster brakes and make other minor repairs and safety checks to children's bicycles (these skills work on adult bikes, too). Class costs \$30. Register by calling Sharing Wheels at 425-252-6952.

Sharing Wheels Work Parties

Help get kids bikes ready for Christmas House. Trained volunteers and experienced bike mechanics are welcome to come help at the Sharing Wheels shop on Monday nights from 6-9 p.m. It's OK if you're a little rusty, the bikes are, too :))

Bicycle Alliance Auction Nov. 4

Enjoy a gala "black tire" night out with dinner, hors d'oeuvres, free Northwest wine and beer and silent and live auctions, all in support of our statewide advocacy group, the Bicycle Alliance of Washington. This year's catered event is at the Seattle Center the evening of Nov. 4. Last year people at our table got a digital camera and photo printer, weekend in Port Townsend, family fun pack of tickets to the zoo and other attractions, a bike wind chime and more. Reserve your seat at the BIKES Club table by calling Kristin at 360-658-2462.

Best Wishes, Peter

Peter Zarich was our McClinchy Mile Ride food guru for many years. He's been out of the picture lately, though he did a great job training his replacement. Peter is currently recovering from cancer. Best wishes to you, Peter, from your friends at the BIKES Club.

September 14 Program

A Match Made in Heaven (or Hell)

Good bike fit makes for a good ride - especially if you're doing long rides. And a properly-sized bike actually has little to do with standing over the frame and seeing if you might hurt yourself :) Tony Johns is a physical therapist at North Sound Physical Therapy in Marysville. He's also a triathlete and serious cyclist. Learn how Tony helps match cyclists to their bicycles so that your ride is comfortable and efficient. Tony comes to us on the recommendation of club member Terri Spencer, who is very happy to have worked with Tony prior to riding the Seattle-to-Portland.

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

BICYCLE HELMETS ARE REQUIRED ON ALL BIKE RIDES

September Rides**WEEKDAY**

Monday afternoons, September 4, 11, 25: Sammamish River / Burke Gilman Trails. Start time 2:45 PM. Social pace, A terrain, 10 to 32 miles. Rain cancels. Start in Bothell at Sammamish River Park on the southwest corner of 102nd Avenue NE (overpass) & Sammamish River. Ride Leader Bill Lutterloh 360-668-9554 and cell phone afternoon of ride 425-870-6418. It's a good idea to bring a drink, snack, rain resistant top, and extra inner tube.

Monday afternoon, September 18: Centennial Trail Ride. Start at the south (Snohomish) end of trail at the northeast corner of Maple and Pine. Start time 2:45 PM. Social pace, mostly A terrain with some B, 10 to 35 miles. Rain cancels. Ride Leader Bill Lutterloh 360-668-9554 and cell phone afternoon of ride 425-870-6418. It's a good idea to bring a drink, snack, rain resistant top, and extra inner tube.

Tuesday Training Ride – September 5, 19 and 26. Meet at Neighbors Café at 15th and Rucker in North Everett at noon. We'll ride at a moderate pace over A/B-terrain for about 20 to 25 miles. We'll regroup as necessary. There will not be any food stops. Rain cancels. For more information, Mason Rutledge at rutledge3m@earthlink.net.

Freewheeling Wednesday's These relaxed 25/40+ mile rides with varied terrain happen every Wednesday weather permitting. Next week's route is chosen by the group at the lunch/food stop this week. For info call Warren Bare (425) 743-7593 or (425) 478-9594 email warrenbare@verizon.net

WEEKEND

Sunday, Sept. 3 Zoopa Ride - start at Fort Dent park in Tukwila, ride trails and quiet roads to Auburn and return. 37 miles, A terrain, social+ pace, regroup as necessary. Shorter versions possible. Heavy rain cancels. Car pooling possibilities. Eat after at Zoopa's. Dan & Elaine Scott 425-355-4510

Thursday - Sunday, September 7 - 10: Travel to Kellogg, ID on Thursday. Trail of the Coeur d'Alenes 72 miles (in 2 days) on Friday and Saturday and **Coeur d'Alene to Spokane Centennial Trail** 22 - 35 miles (on Sunday) and drive home. Social pace and A terrain. Bring lots of fluids. Bring rain resistant top. Trails are paved and road bikes will be fine. Two nights motel or B & B stay in Kellogg and one night in Coeur d'Alene. Ride Leader Bill Lutterloh 360-668-9554 and days of ride cell phone 425-870-6418. Let me know if you are committed to going so we can arrange car pooling, etc. Call for additional information. We will be riding the trails only one way so participation may be limited by the number of vehicles to allow pickup at finish of ride.

Friday—Sunday, September, 8, 9, 10. Birch Bay weekend We will have a short ride on Friday, the 50 miler to Lynden Bakery and the Peace Arch on Saturday, and a 35 mile excursion towards the Lummi Reservation on Sunday. Shorter loops can be made. Quiet roads, all centered at Birch Bay State Park, eat together - spaghetti potluck Saturday evening. Camping reservations a good idea. Dan & Elaine Scott 423-355-4510 RSVP before Sept. 6 to ensure enough spaghetti.

Saturday, September 9th UP THE PILCHUCK LOOP. We will start at in Snohomish at the Centennial Trailhead on Maple. Social pace, A/B terrain, 42 miles with a lunch stop in Lake Stevens. Info contact Warren Bare at (425)743-7593 – cell (425) 478-9594 or warrenbare@verizon.net. This is the GMAP <http://www.gmap-pedometer.com/?r=304505> Not including the 5 miles of trail Snohomish-Machias and return.

Saturday, September 23 – San Juan Island ride, catch the 8:45 ferry for a 35 mile ride around the island, lunch at Roche Harbor. Ferry schedule is reduced from what it used to be, there are no afternoon ferries off the island after the 1:00 until 5:00, so plan to spend the day. Ride leader -Mike Snodgrass (360) 653-2384, if you can call and leave a message so I'll know how many people to look for on the ferry it will be appreciated. Parking is available at the ferry landing but I will be parking in Anacortes, I'm too cheap to pay the parking fee. If you want to join me and ride the 4 miles to the ferry give a call and we can discuss where to park.

Saturday, September 30th - Snohomish – Arlington Meet Patty at 9:30 a.m. at Maple & Pine Streets in Snohomish for a ride to Arlington along the Centennial Trail. Social Pace. We will ride 35 miles. For more information call 360-435-0146 before 8:00 p.m.

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| <p>Frequent Rider Club for all Club Riders</p> <p><u>First Name</u> <u>Last Name</u> <u>Miles</u></p> <p>Frequent rider miles are not available this month because the coordinator is currently on assignment.</p> <p>He is on the RAW (Ride Around Washington)</p> <p>Ride miles will be posted in the newsletter on the website when they are available.</p> <p>Sorry for the inconvenience.</p> | <p>Ride Reports</p> <p>Blue Angels Ride – a beautiful day with a couple oops. The first oops was two days before the ride when I found out that they had shifted the show time to 1:30 and had to post a change on the club web site delaying the start time one hour. I got to Tracy Owen Station for the earlier start but fortunately, no one showed. The ride this year was around the entire lake to avoid the time restrictions caused by the closing of I-90. This change adds surprisingly little mileage to ride. Five other riders showed for the ride and with plenty of time, we tried to keep a social pace and take it easy.</p> <p>The first part of the ride was the typical Lake Washington loop through Kirkland and Bellevue tying into the south lake Washington bike loop. It was not until we dropped down to Seward Park that we got the second oops for the day, Lake Washington Blvd was closed. In hindsight, I should have realized they would do this to limit traffic around the hydro pits. So we climbed <u>back up</u> the hill from Seward Park, while I did not hear anyone cursing my name I have a feeling one or two thought about it. After a couple stops to read maps and talking to traffic enforcement, they were <u>all over</u> the place, we found Lake Park Dr that drop us back down on Lake Washington Blvd just past the hydro pits. While our little detour add less than two miles to the route all the map reading did use up some time but we still had a half hour to get lunch before the show started.</p> <p>If you have not seen the Blue Angels show, in person, you really should, it's a fun show. (watching the TV doesn't count.) There was one maneuver where a plane came in from the west hidden by Capital Hill so that it suddenly appeared right over our heads as the pilot hit the afterburner with an enormous boom. I think there were more than a couple pairs of dirty shorts afterwards. There was, as typical, a lot of traffic leaving the area right after the show but most people were patient and in a good mood. Most of the car traffic disappears after the first up Capital Hill and off the blvd. With regret, the only people doing foolish things were typically bicycles weaving through traffic. Other than the climb to get through the arboretum the rest of the ride was fairly flat with lots of shade, a good way to finish.</p> <p>Mike Snodgrass</p> |
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RSVP (Ride Seattle-Vancouver and Party)

This year was the 25th anniversary of this event. It started early Friday morning at Magnuson Park. We headed northeast on the Burke Gilman trail, then east into Woodinville. Up the hill east, down to the north, and across 522 at Maltby. Then north into Snohomish. In Snohomish we picked up the Centennial Trail to Lake Stevens for a nice food stop courtesy of the local Chamber of Commerce.

We left Lake Stevens heading north, leading us into a beautiful downhill swoop on Burn Rd. into Arlington. From there we took Highway 9 north to Big Rock and 538 west into Mt. Vernon. There we had the major food and repair stop for the day. From Mt. Vernon we went north to Burlington, then NW on highway 11 with a right jog to get us off the state highway for a few miles. There was a strong headwind blowing onshore. We returned to hwy 11 at Bow where Chuckanut starts. Lots of uphill to Bellingham for the first day's finish.

Saturday we made our way thru Bellingham, then north to Lynden. We crossed into Canada and turned west along the border road (Zero Avenue). We turned north again, up a steep hill, then across country and down again into Fort Langley for our lunch break at the local Lions' Club. Then we ferried across the Fraser, a 3 or 4 sailing wait.

Across the Fraser we headed west on the Lougheed Highway (7) into Maple Ridge. Then north and west across country into Port Coquitlam. Here we crossed a footbridge, a welcome relief from the auto traffic. We continued west to a water and repair stop in Port Moody. Then onward on the Barnett Highway, a 4 to 6 land artery with fast traffic and no shade. The reader board in Port Moody showed a temp of 38.4 degrees (just over 100 for us gringos). The Barnett Highway runs along Burrard Inlet, turning uphill into Burnaby. We rode along the Frances Union bike route along the ridge in Burnaby, crossed into Vancouver and picked up the Adanac bikeway. This took us into Chinatown where we turned right toward the harbor and onto the waterfront path. This was crowded but scenic. The path took us into downtown, where we turned uphill (south), then right to the finish at the Coast Hotel. The ride fee included one drink. For me, a very welcome cold beer!

Report from John Carlin and Bill Weber from BIKES

New Members:

BIKES would like to Welcome the following
New members:

Michael Lloyd

James Wright & Family

We hope to see you on a ride soon!

BIKES would like to Welcome the following Renewing members:

**Cecily Tillinghast & Family,
Charlotte and Jerry Maris,
Kristi Knodell,
Kristin Kinnamon,
Art Arneson**

We hope to see you on a ride soon!

Club Member Note:

Tony Johns, Physical Therapist at North Sound Physical Therapy is the person who recently fitted my bike to me. He works at the Marysville clinic at 9516 State St. 360-658-8857

He competes in Triathlons and is a serious bike rider. I am very impressed with his knowledge about bike "fit" and really happy with the bike adjustments he made for me.

Good bike/rider fit makes for a good ride, especially if you're doing long rides. Maybe others in the Bike Club would like information about getting a personal fit. Come to the meeting on September 14th to learn more or contact Tony to learn more.

Terri Spencer



For Sale: Men's Trek 730 21-speed road bike. Like new - hardly ridden. \$250.00
Bev Rossiter 360-658-4694

F.Y.I.

NEWSLETTER STUFFING:

Next month's newsletter stuffing will be held at Mary Andrew's house on Monday, Sept. 25th at 7:00 pm. Please call for directions 425-337-6009 or email mfa425@yahoo.com

See you there.

RIDE COORDINATOR:

October's Ride Coordinator is Warren Bare. Please call 425-743-7593 or email warrenbare@verizon.net before Sept. 18th to schedule a ride for October.

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

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Address

Is it time to renew? →

Chainwheel Chatter September 2006

5th annual Tour De Whidbey, September 23, 2006.

A benefit for the Whidbey Island Hospital Foundation. This event consists of a Century, Half-Century and 25-mile ride throughout the gorgeous landscape of Whidbey Island. For more information, go to www.whidbeygen.org and click on the Tour de Whidbey link.



Interesting articles on bicycle camping (bikepacking) and touring, cycling health and fitness, bicycle safety in traffic, and bicycling advocacy, plus travelogues from eleven long bike trips, cycling humor, and cycling links.

Visit: <http://www.kenkifer.com/bikepages/index.htm>
thanks to Mike Dahlstrom for this link.