

Chainwheel Chatter

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

B.I.K.E.S. Next Club Meeting March 15

From the President

By Bill Weber

I still have hats and water bottles from our 2006 Frequent Rider Miles that have not been awarded. Let me know if you are one of the members who did not receive your token at the Christmas party for reaching the 100 or 500 mile mark. I can bring them to you at a meeting or at the McClinchy Mile Ride. Let me know who you are and which club event to look for you.

At the last meeting we had a brief discussion on the ride miles. The discussion was tabled until the April meeting. All ride miles sent in by ride leaders continue to be counted.

The March meeting is at Patty's house. We will be sorting and stuffing ride packets for McClinchy. Dinner before the work will be provided by BIIKES, deserts and beverages are potluck.

The McClinchy Mile still needs volunteers. Call me if you can help.

Talk to your friends and other cyclists about riding the McClinchy Mile. While handing out flyers to riders at the Centennial Trail ends, I have found many people who haven't heard of our ride.

[Bike Expo](#) is March 10 and 11. Call Mike Dahlstrom to volunteer in the B.I.K.E.S. booth for free admission (no dunk tank) or stop by at our table to say hello while you're there.

I'll see you on a ride.

Feb. 8 Meeting Notes

Bill Weber received several emails about the article in the newsletter about his suggestions on the Frequent Rider Miles Program. Send Bill an email if you would like to be heard and let him know if you have any ideas on how it should be changed. Bill will wait until the April meeting to make a decision.

25th Anniversary

McClinchy Mile Ride

What better way to celebrate St. Patrick's Day than the 25th Anniversary McClinchy Mile? All club members are encouraged to participate in one way or another on March 17.

In addition to helping on the day of the event, volunteers are also needed to help promote the ride at the Seattle Bike Expo (contact Mike Dahlstrom 425-337-0887), with painting the routes (see Ride Calendar) and in preparing registration packets (6 p.m. March 15 at Patty Garrett's in Arlington – call for directions 360-435-0146 before 8 p.m.).

To help on March 17, call Debby Grant (425-778-5530) or Bill Weber (425-252-9587) ASAP and see what jobs are left unfilled.

All volunteers are invited to join the club for dinner after the ride on March 17 around 5 p.m. in Arlington (location TBD) as thanks for your efforts. Volunteers also get a free commemorative cycling cap.

Riding McClinchy is also a way to support the club. Make sure to sign up by March 9 to get your free cycling cap. And don't forget to report your own miles for the BIKES Club Frequent Rider program (email Pier). Day-of-ride volunteers often get in a few miles as well, so bring your bike!

McClinchy Sponsors

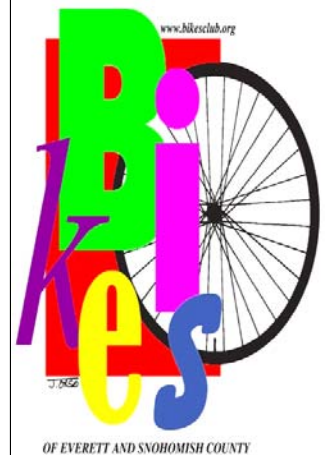
The Nysether Foundation, made up of relatives of the late Stuart McClinchy, contributed \$1,000 towards this year's 25th anniversary event which was named in honor of their late family member. Stuart was an early member of BIKES Club. Other sponsors include Bicycle Centres of Everett and Great Harvest (now in Everett across from the Everett Mall). Also supporting the ride are Sharing Wheels and Rack N Road. And members like you.

MARCH 2007

Issue 330

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RIDE COORDINATOR

The March Ride Coordinator is Pier Fiorentini. Call 425-349-5065 or email fiorepg@gte.net by March 18. New leaders encouraged to call for advice!

NEWSLETTER SUBMITTAL

Got something to share with club members? Email editor@bikesclub.org by March 18.

NEWSLETTER STUFFING

Next month's newsletter stuffing will be held at Kristin's house in Marysville on Monday, March 26 at 7 p.m. Please call for directions 360-658-2462.

B.I.K.E.S.

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Coordinator

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ridermiles@bikesclub.org



Address, Name, Phone and Email Changes

Remember to contact

Fred or Kala at (425) 487-3221 or roster@bikesclub.org 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

Frequent Riders Club

First Name	Last Name	Miles
Warren	Bare	684
Steven	Hudspeth	535
Doug	Andrews	528
Pier	Fiorentini	434
Wendell	Hultman	434
Bill	Lutterloh	305
Dan	Scott	257
Tim	Wise	252
John	Marshall	240
Mark	Andrews	236
Steve	Linari	231
Annie	Peterson	181
Mason	Rutledge	149
Bill	Weber	131
Pat	Sickler	71
Peter	Pisani	59
Elaine	Scott	48
Bruce	Bullock *	44
Perry	Walker	43
Kristi	Knodell	37
Dick	Nickelson	35
Debbie	Grant	30
Kristie	Marlett *	30
Pam	Hallanger	27
Bob	Nyberg	27
Kristie	Marlett *	27
Shirley	Slade	27
Terri	Spencer	27
Melanie	Green *	22
Laurie	Moore *	22
John	Carlin	20
Sharon	Andrews	17
Perry	Walker	15
Rosemary	Randall *	13
Fred	Koch	12
Kala	Koch	12

*NOTE: names with * are not members—yet. Non-members are welcome to join us on a ride or two, but are then encouraged to join the club!*

Correction: A layout error mixed the year-end 2006 and 2007 ride miles into one column, but you figured that out, right?

Advocacy News

Lynnwood seeks public feedback on bike lanes

Enterprise Newspapers 2/9/2007

Thanks to Warren Bare for noting this item.

The Lynnwood Public Works Department is asking for public feedback on a bicycle route striping and signing project currently under design.

Lynnwood has been awarded a \$150,000 grant from the Washington Department of Transportation Pedestrian and Bicycle Safety Program to sign and paint bicycle lanes along the following east-west roadways in Lynnwood:

- 208th St SW; 66th Ave. W to 52nd Ave. W
- 188th St SW; 60th Ave. W to 44th Ave. W
- 168th St SW; 62nd Ave. W to SR-99

The new driving lanes will be slightly narrower in order to accommodate the bike lanes. Some on-street parking will be permanently removed along portions of 188th St SW and 208th St. SW to provide room for the bike lanes. The project will be constructed this summer.

If you have any comments or would like to learn more about the project, please contact project manager David Mach at dmach@ci.lynnwood.wa.us or call 425-670-8330. A public open house is being planned to provide an opportunity for further comment.

Ash Way to Get Roundabout

Snohomish County is planning to build a roundabout at the intersection of Ash Way and 18th Ave W north of Lynnwood this summer. The final design includes a single-lane, urban roundabout with three legs, with the option of creating a fourth leg for future development. There will also be bike lanes, sidewalks made of porous concrete, curbs and gutters. Planter strips will separate sidewalks from bike lanes.

The county Public Works Dept. says a roundabout was chosen because of the safety benefits for pedestrians (30-40% less accidents) and motorists (75% fewer conflict points). They are also less costly to build and maintain than stoplights.

For more information, visit www.snoco.org and search "Roads Central."

Sound Transit Meeting

4:30-7:30 pm March 15, with a presentation at 6 p.m. at the Lynnwood Convention Center. Learn about Sound Transit's next phase of projects and the Regional Transportation Investment District, both of which will be on the fall ballot for most Snohomish County voters.

B.I.K.E.S. Ride & Event Schedule**BICYCLE HELMETS ARE REQUIRED ON ALL BIKE RIDES.****March Ride Calendar****Weekday Rides**

Monday and Thursday, March 1, 5, 8, 12, 15, 19, 22, 26, 29: The Alan Bergeron Loop. Meet at 10 AM at the Harbour Pointe Evangelical Lutheran Church at 5425 Harbour Pointe Boulevard, Mukilteo, WA - (Web mappers point to wrong location across the street). Route: Mukilteo-Lowell-Snohomish-Everett. 42 easy miles, moderate pace, A terrain. Cancel for strong winds or snow. Ride leader Pier (425) 349-5065 or fiorepg@gte.net .

Mondays : 92nd Street Park - Snohomish – Everett. This 38-40 mile ride will be the Bergeron loop and will start at the Park at 92nd St and Mukilteo Speedway at 9:30 AM. It will follow the Monday route Pier is doing but at a **social** pace with a food stop. Horrible ugly disgusting weather cancels. For info call Warren at (425) 743-7592 <http://www.bikely.com/maps/bike-path/Al-s-Mokilteo-Snohomish-Everett-Loop>.

Monday, March 12 OR later that week (whichever is driest-CHECK RIDE CHANGES online): Ride and paint markings for the Machias McClinchy Loop. 47 miles, lots of stops :) B/C terrain. Call for details. Dan Scott 425-355-4510

Tuesday Training Ride, March 6, 13 and 20: We'll start at noon from Under The Red Umbrella Café, formerly Neighbors, at 15th and Rucker in North Everett. This will be a 90 to 100-minute, 20-mile, moderate-paced ride. The terrain will be A and we'll regroup as necessary, although there are no scheduled stops. Rain will cancel. For more information contact ride leader Mason Rutledge at rutledge3m@earthlink.net.

Tuesday, March 13 OR Wednesday, 14th Paint Ride: for the Stanwood McClinchy Loop. Dry pavement determines which day we can paint. Check the ride changes page Monday 3/12 for the current chance of which day or ? Ride leader Warren (425)743-7593 warrenbare@verizon.net . Bikley Map <http://www.bikely.com/maps/bike-path/Arlington-Stanwood-McClinchy> .

Freewheeling Wednesday's These relaxed social paced 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 at (425) 743-7593 or email warrenbare@verizon.net . Will try to have particulars on the Ride Changes page by Tuesday AM.

Weekend Rides

Saturday, March 3: Monroe to Carnation Start at the Lewis Street Park for this social pace ride with regroups and is rolling with a few hills. We will have a snack/lunch stop at Barringer farm outside of Carnation. Ride leader Warren Bare (425) 743-7592 or warrenbare@verizon.net . Bikley Map <http://www.bikely.com/maps/bike-path/Monroe-Carnation> .

Saturday, March 10: Snohomish - Monroe - Sultan – Snohomish. Start at 10:30 a.m. in Snohomish at the beginning of the Centennial trail. To Monroe and Sultan back via Ben Howard rd - High Bridge Rd. - Connelly. 40 miles, moderate pace, B terrain. Cancel for heavy rain. Ride leader Pier (425) 349-5065 or fiorepg@gte.net .

Sunday, March 11: Centennial Trail. We'll meet at 10 AM at the Centennial Trail Head on Maple in Snohomish, for a 40 mile, social paced ride, with some hills. We will ride to Arlington for lunch and back. Ride leader Wendell Hultman (425) 353-2972 or wendellmarlene@verizon.net .

Saturday, March 17: McClinchy Mile. See our website or active.com for information and registration.

Sunday, March 18: McCollum Park to Cathcart to Woodinville to Lake Forest Park and back to the start via Interurban Trail. 10 AM start time. Miles 40+, A/B Terrain, Social/Moderate pace. Lunch at 3rd Place Books. Snow, Ice & Heavy rain cancels. Contact Tim Wise 425-754-7916 or tcjkwis@verizon.net

Saturday March 24: Vancouver B.C. – Joint ride with Vancouver Bicycle Club <http://vbc.bc.ca/>. The exact route varies each Saturday. Social pace about 20 – 30 miles with coffee / snack break about halfway. We can meet to carpool to Vancouver leaving this area around 7:00 A.M. A passport is not yet required to re-enter the US by car. Ride leader: Doug Andrews. Cell phone day of ride (425)344-1718 email: dougg27@comcast.net .

Saturday, March 24: Spring Training Ride: Go to www.amtrak.com and book yourself on the morning train to Mt. Vernon. It leaves Edmonds at 8:02 and Everett at 8:31. Check these on their web site. Seniors 62+ are 15% off. Bikes are \$5 more, be sure to check the box. You don't need to box or disassemble your bike. From Mt. Vernon we'll ride south along the levee road to Conway, continue on old 99 to Stanwood and take Marine View Drive to Marysville, then across the bridge to Everett. South County people can continue south on the Interurban Trail to Lynnwood and points south. Moderate pace, few hills. Estimated mileage: 45 to Everett, 55 or so south of there. Ride leader John Carlin, 425-778-4529.

Sunday March 25: Oldies Ride; bring your oldest, heaviest bike, ride 12 - 15 miles or so, celebrate afterwards at McMenamins near Mill Creek. Bike Weigh-in at 2 :) We will ramble at a social pace around the greater Mill Creek environs and enjoy older machinery, although you can ride whatever you want. Dan Scott 425-355-4510 & Dan Cornelison 425-745-2348

Saturday, March 31: Snohomish to Arlington. Meet Patty and Doug in Snohomish at Maple & Pine Streets at 10 AM for a ride to the Arlington Trailhead and return. Rain, snow, ice will cancel this ride. We will ride 35 miles roundtrip at a social pace, A terrain. Bring snacks for the ride. Ride leader Patty Garrett (360) 435-0146 before 8 p.m. or Doug Andrews - cell phone day of ride 425-344-1718, email: dougg27@comcast.net . Optional breakfast before the ride in Snohomish (Twin Eagles Café on 1st at 8:30 – bring \$\$).

Saturday, March 31: Snohomish - Monroe - Sultan – Snohomish. Start at 10:30 a.m. in Snohomish at the beginning of the Centennial trail. To Monroe and Sultan back via Ben Howard rd - High Bridge rd. - Connelly. 40 miles, moderate pace, B terrain. Cancel for heavy rain. Call Pier (425)349-5065 fiorepg@gte.net

See the Ride Updates section of the website for the latest on these and other club rides.

www.bikesclub.org

www.bikesclub.org

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

Welcome New Members!

Steve Linari, Everett
Keith Gerhard, Mill Creek
Hatch McAllister, Everett
Graham and Danna White, Marysville

Renewing Members!

Rich Junkins
Warren Bare
Bill Lutterloh
Andy Korthius

Seattle Bike Expo
March 10 - 11

The Group Health Seattle International Bicycle Expo at Warren G. Magnuson Park in Seattle will kick off in grand style with over 150 exhibitors displaying everything from bicycles and gear, travel, health and fitness information, and photography. Attendees will also find out about most of the Northwest's key bicycling rides for 2007.

Also scheduled are presentations on triathlon, travel and bicycling books. At press time, presenters had not been announced.

Show hours are 9 a.m. to 7 p.m. Saturday, and 10 a.m. to 4 p.m. Sunday. For more information, visit www.Cascade.org/expo



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

stamp

Address

Is it time to renew? →

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March 2007

New Supporting Business

Rack N Road

Rack N Road offers the largest selection of car racks, hitches, trailers and vehicle outfitting accessories for year round road trips. BIKES Club members can now get a 10% discount on anything in the store – **plus use the \$10 gift card enclosed with this newsletter.**

Rack N Road carries brands such as Yakima, Thule, Inno, Valley Hitches, Quality S Manufacturing Tire Chains, Garvin Jeep Racks, and many more and also offer rentals on cargo boxes, ski racks, bike racks, trailers, and many other items. They also offer trade-ins and trade-ups.

Locations: 1299 156th Ave NE Ste 143, Bellevue, (425) 957-7225 and 7918 Aurora Avenue N, Seattle, (206) 528-8090 www.racknroad.com

Legislative Update

By the Bicycle Alliance of Washington

BIKES Club members Dan Scott, Bill Weber and Kristin Kinnamon attended the Bicycle Alliance of Washington Lobby Day in Olympia on Feb. 6.

HB 1588 would require curriculum on pedestrian and bike safety for drivers education students, starting with pilot projects in Spokane and King counties. It needs our support as there is some opposition.

Three bills have been introduced in the State Legislature that include "Complete Streets" policy language. HB 2139, sponsored by Rep. Geoff Simpson, would add a new section to RCW 47.01 that directs Washington State Department of Transportation to accommodate and balance the safety and convenience of all users of the transportation system, including pedestrians, bicyclists, transit users, freight, and motor vehicle drivers, so that all can travel safely within the public right-of-way. This bill is currently sitting in the Transportation Committee.

SB 5412, and its companion HB 2041, realigns goals and objectives of certain transportation agencies and includes a section on "complete streets."

There are also several cell-phone related bills this session which are supported by the BAW in the interest of reducing distracted driving – HB 1868, 1214, 1153 and SB 5037.