

Chainwheel

Your Snohomish County Cycling Club

From the President Great weather for a ride

By Bill Weber

We are having a great cycling season. Several great event rides are behind us including Chilly Hilly, McClinchy Mile, Daffodil Classic, the Camano Climb, the Skagit Spring Classic and the Yakima Canyon Ride. We also have several members already over the 2000 mile mark on B.I.K.E.S. Club rides. If you haven't got your wheels dusted off yet, it is not too late.

I'm sending a short greeting this month because as this message is going out I am packing for the STP (with hopes of finishing in one day) after the STP I will be heading down the Oregon Coast on a family supported credit card tour. More about how that went next month.

Riding season is here (for some it never leaves). Come out and join us on a ride or two. Remember the RAPSody (all proceeds support Bicycle Alliance) ride is coming soon, Register to ride or call Kristin at 360-658-2462 to volunteer to help.

See you on a ride soon.

Club Picnic Was Peachy

Thanks to Janell Reich and Jack McClincy for hosting the annual BIKES Club picnic at their relaxing home in the woods.

We had a great turnout and a great time!

NEXT NEWSLETTER

Submissions to **editor @bikesclub.org** are due Aug. 18. Next month's newsletter stuffing will be Aug. 27 at 7 p.m. at Fred & Kala's house in Bothell. Call 425-487-3221 for directions.

Two Club Trips for September Weekend

Birch Bay Weekend

The Birch Bay Weekend Bike Ride will be held Sept. 15-16, with an optional ride to Canada (passport required) on Friday. Ride Leader Tim Wise plans great routes on quiet Whatcom County waterfront and farm roads. We share dinner on Saturday night and those who choose to camp at Birch Bay State Park (others just come for the day—Friday, Saturday or Sunday).

Look for more details on the club website this month or email webmaster@bikesclub.org.

Idaho Trails Ride

The trip will take place Sept. 12-16. The ride leader is Bill Lutterloh (360-668-9554). The rides will be social pace, A & maybe a little B terrain, maximum per day of 50 miles. We will do the Hiawatha Trail, Trail of the Coeur d' Alenes and the Centennial Trail. All trails except the Hiawatha are paved.

Plan to enjoy the tunnels, high bridges, lily ponds and wild turkeys.

We will stay at the Ameritel Inn in Coeur d' Alene. Phone for reservations is 206-665-9000. Other motels or camping nearby are fine. Let ride leader know if you are coming so carpooling and connections can be arranged

Ride Coordinators Needed

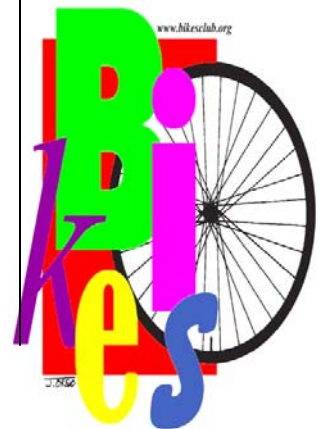
Volunteers are needed to coordinate our October, November and December Ride Calendars. Also, we need ride leaders to work with the designated coordinator so we don't have unnecessary conflicts. For September rides, contact Debby Grant.

AUGUST 2007

ISSUE 335

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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.

Frequent Rider Miles through 7/12/07

Pier	Fiorentini	2680	Pat	Sickler	71
Warren	Bare	2630	Mike	Dahlstrom	70
Wendell	Hultman	1392	John	Carlin	68
Doug	Andrews	1168	Shirley	Slade	62
Steve	Linari	1152	Terri	Spencer	59
Steven	Hudspeth	994	David	Johnson	53
Dan	Scott	959	Steve	Rossano	53
Tim	Wise	931	Steven	Benson	52
Bill	Lutterloh	906	Will	McMahon	50
Bob	Nyberg	869	Bruce	Deitz	49
John	Marshall	817	Sharon	Andrews	47
Kristie	Marlett	745	Elaine	Newton	45
Laura	Elmore	608	Karen	Smith	45
Annie	Peterson	579	Steve	Green	45
Bill	Weber	512	Kristin	Kinnamon	43
Mason	Rutledge	446	Albert	Penta	37
Rod	McDonald	358	Debbie	Kawamoto	36
Mark	Andrews	325	Garry	Carlin	36
Elaine	Scott	284	Judy	Corcoran	35
Linda	Hunter	242	Leslie	Seeche	33
Brian	Elmore	229	Tom	Van Wyck	30
Hatch	McAllister	226	Craig	Langley	27
Art	Arneson	186	Janell	Reich	27
Brent	Hunter	182	Michael	Snodgrass	27
Debbie	Grant	172	Pam	Deitz	27
Pam	Hallanger	142	Glen	Moffitt	25
Russell	Goldberg	134	Pat	Cornelius	22
Patty	Garrett	130	Bob	Huey	21
Paul	Linari	121	Sue	Tritz	18
Fred	Koch	114	Arch	Fonken	15
Kala	Koch	114	Don	Jantz	15
Peter	Pisani	109	Tommy	Weber	15
Perry	Walker	107	Kit	Wennersten	12
Keith	Gerhard	104	Mary	Andrews	12
Marian	Brennan	100	Michael	Lloyd	12
Ginger	Decker	91			
Jack	McClincy	89			
Dan	Cornelison	87			
Kristi	Knodell	84			
Dick	Nickelson	77			

Club Miles for Club Members

The Frequent Rider Miles program is intended as a fun benefit of BIKES Club membership. If you've been on more than two club rides, you know you like us, so it's time to join up!

Then your ride miles will show up in the newsletter, too.

August Ride Calendar

Weekday Rides

MEANDERING MONDAYS: These are Social pace with regroupings, 25 to 40+ miles and varied terrain and a food / snack stop along the way. Check the ride changes page or contact Warren Bare at (425) 743-7593 or email warrenbare@verizon.net for start location and start time

Monday afternoons: Centennial Trail rides. August 20 & 27, 2007. Ride leader Bill Lutterloh (360-668-9554). Start at the south (Snohomish) end of trail at the northeast corner of Maple and Pine. Start time 3:00 PM, social pace, A and some B terrain, maximum of 35 miles. (Please call to arrange a shorter ride if you would like). Rain cancels, Cell phone afternoon of ride is 425-870-6418. It's a good idea to bring a snack, drink, and inner tube.

FREEWHEELING WEDNESDAYS: These relaxed social paced 25/40+ mile rides with regroupings, 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 of the web site by Tuesday AM.

Wednesday Evenings: Everett Station Ride. Meet 5:45 pm at the South end of the Transit Center parking lot, 33rd St and Smith Ave. Ride starts at 6 pm, for a high moderate to brisk paced ride of 18 to 28 miles over A/B terrain. With a large turnout we will divide into slower and faster paced groups. Ride Coordinator Bob N 206-795-1363 bobnyberg@msn.com.

August 2nd, 6, 30: The Alan Bergeron Loop variation. Meet at 9:00 AM at the Harbour Pointe Evangelical Lutheran Church at 5425 Harbour Pointe Boulevard, Mukilteo. Route: Mukilteo-Lowell-Snohomish-Lake Stevens-Everett-Mukilteo. Call Pier (425)349-5065 or email: fiorepg@qte.net

August 6: Meet at Cascade View Presbyterian at 1030 East Casino Rd about 10. Easy ride to Everett Mall and stop at Borders refreshments. About 3 miles and great for the beginners. My number is 503-2812 or email at newmanwf@earthlink.net.

August 16: The Three Ferries. NEW RIDE. (see Bikely). Mukilteo-Edmonds/Kingstone-Port Townsend/Keystone-Clinton/Mukilteo Meet at 8:15 AM at the Harbour Pointe Evangelical Lutheran Church at 5425 Harbour Pointe Boulevard, Mukilteo. We will catch the 9:20 ferry from Edmonds to Kingstone Bring money and snacks. About 80 miles. Pace: social/moderate, terrain:D. We will regroup often. Call Pier (425)349-5065 or email: fiorepg@qte.net

25 Years of Freewheeling

By Warren Bare

Patsy King started Freewheeling Wednesdays in the summer of 1982 and ran it for 10-plus years.

Then Gracie Towers took it over and led it into 2001 until she was unable to continue, then John Everett listed the ride until he moved to Louisiana and he would not commute to continue to lead the ride. Because the participants choose the next week's ride on the current outing, the contact person does not even need to ride.

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

Use this chart and the ride description to determine if a particular ride is right for you. Don't take on 50 miles when you haven't done 20, but don't be afraid to start out with us on a 20-30 mile ride if your butt and legs have handled 15.

August Ride Calendar

Weekend Rides

Saturday August 4: Snohomish, Monroe, Carnation, Redmond, Maltby, Snohomish. (see Bikely - Mukilteo-Carnation) Starts at 9:00 AM in Snohomish at the Centennial trail. (On Maple before Pine). Bring snack. 55 miles. Pace: social/moderate, terrain:C. We will regroup. Call Pier (425)349-5065 or email: fiorepg@gte.net

Sunday August 5: Kingston - Poulsbo and Music Too – Meet at the Edmonds Ferry for the 8:40 Ferry to Kingston and we'll do a social / moderate 36 mile ride with regroups. A-C terrain with a food stop in Poulsbo. There will sufficient time to catch the 2:15 Ferry leaving Kingston and return to Edmonds, ride up to 3rd and Pine, the Edmonds City Park and settle in for a concert 3 to 4 PM by Folk Duo Reilly & Maloney. (Everyone is welcome to just do the ride or just do the concert) Info Warren Bare (425) 743-7593 warrenbare@verizon.net .

Saturday August 11: Vancouver BC leisure ride. Joint ride with Vancouver bicycle club <http://vbc.bc.ca/upcomingrides.shtml>. 15-20km per hour (9-12 mph) following bike routes around Vancouver, going to Iona Island or crossing to the North Shore. The ride will go 30-50 km (18-31 Miles) with a coffee break somewhere in the middle. Start time 10:00 at 6th and Arbutus in Vancouver. Possible additional excursion to Stanley Park. We can meet to carpool with optional no host breakfast en route. Please let me know if you are coming. Cell phone day of ride (425) 344-1718 email dougg27@hotmail.com

Sunday August 12: Edmonds and a Loop South for a forty + social / Moderate ride with regroups. A/C terrain and a food stop along the way. We will return to Edmonds to catch a concert at the Edmonds City Park at 3rd and Pine at 3to 4 PM by Gypsy Jazz group Pearl Django, Meet at 9:30 at the Edmonds City Park for ride start. (Everyone is welcome to just do the ride or just do the concert) Info Warren Bare (425) 743-7593 - Warrenbare@verizon.net .

Saturday August 18: Lake Washington Loop (counterclockwise). Starts at 9:00 AM at Tracy Owen Station Park. Bring snack. 50 miles. Pace: moderate, terrain:C. We regroup often. Call Pier (425)349-5065 or email: fiorepg@gte.net

Sunday August 19: Cultural Cornucopia Ride! Enjoy Art, Everett Farmer's Market and Music in the Park (Forest Park). Leave Silver Lake's Thornton Sullivan park at 10am and ride to the Everett Marina for lunch; browse the Fresh Paint art show (Noon), and Everett Farmer's Market before heading up to Forest Park for 3gypsy jazz2 music. Concert begins at 1:30pm and ends at 3pm. This ride is Social pace, A & B terrain and about 24 miles. Bring \$\$ or plastic for lunch, art or produce. Ride leader: Mike Dahlstrom, 425-337-0887, mike.dahlstrom@verizon.net.

Saturday August 25: Snohomish - Monroe - Lk Roesiger - Snohomish. (see Bikely) Back via: Three Lake Rd. Starts at 9:00 AM in Snohomish at the Centennial trail. (On Maple before Pine). About 40 miles. Pace: social/moderate, terrain:C. We regroup often. Call Pier (425)349-5065 or email: fiorepg@gte.net

RAPSody Aug. 25-26: Ride Around Puget Sound in support of the Bicycle Alliance of Washington. 165 miles, rolling B/C terrain, starts in Tacoma, overnight in Shelton. Register by Aug. 17 at www.rapsodybikeride.com. Riders must self-report miles to ridemiles@bikesclub.org

Ride Coordinator

Debby Grant is coordinating rides for September. If you've got a favorite ride you'd like to lead, or a farmer's market you'd like to visit, contact her to check on an open date and for friendly tips on planning your first ride. **Rides are due by Sept. 15.**

Contact treasurer@bikesclub.org or 425-778-5530

Other Area Rides

August 11: Tour de Fat hosted by New Belgium Brewery. Parade and Costume Ride 11am - Noon. Beer Garden open with musical acts Noon - 6 pm. Visit www.bicyclealliance.org to register or to volunteer for this great charity fund raising event.

August 12: TRYBR (Tenino Rainier Yelm Bucoda Rally) hosted by Capital Bicycle Club Starts in Tenino. www.capitalbicycleclub.org .

September 9: Headwaters Century hosted by the Tacoma Wheelmen's Bicycle Club. Starts in Enumclaw. www.twbc.org

Advocacy News

Mountlake Terrace Bike Plan

By Kristin Kinnamon

The city is making a great effort to include bicyclists and pedestrians in its new Transportation Master Plan. An open house July 17 started the process. Here's how the city describes it:

The open house is intended to get people's ideas on making it easy and safe to walk or ride bikes to places within the City. Needs for people of all ages and abilities will be considered. Ideas may include new or improved sidewalks, trails, bike lanes, and other features that enhance options for non-motorized transportation.

Pedestrian and bicycle access is a component of a citywide transportation master plan that the City is developing this year. The master plan will also include components for addressing vehicle traffic and transit connections.

They have identified numerous bike routes and possible road re-channelizations to make room for bike lanes around the city. It doesn't hurt that the city traffic engineer Kirk Roberts is a regular bike commuter.

This is the perfect time for cyclists to be involved in developing the city's priorities, standards, transportation impact fees and Transportation Improvement Program (project list) for the next six years and beyond.

The next open house is Sept. 10. Meanwhile, check the city's website or stop by city hall for more info and to comment: www.ci.mountlake-terrace.wa.us

Community Transit Seeks Swift Comments

Community Transit plans to build a "bus rapid transit" system from Everett to Shoreline. The agency is seeking input on the design and environmental impacts of the system, called "Swift."

According to Community Transit, Bus Rapid Transit is an innovative concept that combines the efficiency and appeal of light rail with the flexibility and low cost of buses. The Highway 99 corridor between Everett and Shoreline has the county's highest bus ridership and is lined with dense residential and commercial uses.

Currently, space for only two bikes per bus is planned, and bike parking at the stations has not been considered. Ideally, 3-4 bikes would be allowed inside, and bike lockers and racks should be provided at key stops.

Help make this new bus service bike-friendly by learning more at www.communitytransit.org and **submitting your comments by Aug. 16** to swift@commtrans.org

Join the Bicycle Alliance

Dear BIKES Club Member,

Thanks for belonging to Snohomish County's recreational cycling club. The statewide organization for bicyclists is the Bicycle Alliance of Washington (BAW).

The Bicycle Alliance advocates for bicyclists and promotes cycling to build a bicycle-friendly Washington. BIKES Club supports BAW through our McClinchy Mile Ride (\$1 per rider donation) and the Ride Around Puget Sound (100% of RAPsody profits go to BAW)

This is a great time to show your commitment to safe cycling by joining the Bike Alliance.

Bicycle Alliance members help:

- Advocate for adequate funding for a complete non-motorized transportation infrastructure.
- Provide Washington residents a statewide clearinghouse for bicycle education and advocacy.
- Work to increase percentage of all types of bicycle ridership in Washington.
- Ensure that bicycles are recognized as a reasonable and mainstream transportation option.
- Educate communities in Washington to become bicycle-friendly and embrace a Share the Road philosophy.

Together we create a powerful voice that protects and expands bicycle rights and opportunities throughout the state.

Join the Bicycle Alliance today and help make Washington a great place for bicyclists.

Sincerely,

Kristin Kinnamon

*BIKES Club of Snohomish County, past president
Bicycle Alliance of Washington, board member*

Everett Adopts Transportation Plan

The City of Everett recently adopted an updated Transportation Plan that has great ambitions for bicycles: safe freeway crossings, lanes that connect to other lanes, trails and bike parking.

Many club member helped the city's consultant Perteet develop the plan, but it was Everett bike activist and BIKES member John Lindstrom who really got and kept cyclists involved.

John's big issue is "peak oil" and preparing for the day when we run out. Meanwhile, he wants to ride comfortably around his hometown on two wheels.

I wish I could say you could view the plan on the city's website, but I can't find it (I got my copy from John). Thanks to John for paying attention!

www.bikesclub.org

B.I.K.E.S.
P.O. BOX 5242

stamp

BIKES Club Members

Renewals:

Linda J Allen
Drew Ellison
Perry Walker & Diane Gentes
Ginger Decker
Jack McClincy/Janell Reich
Tom & Jeanne Crisp
Robert Palm

RAPSody Volunteers

BIKES Club volunteers still needed from 9 a.m. to 3 p.m. Saturday, Aug. 25 at Allyn Waterfront Park (near Belfair).

Contact Kristin at 360-658-2462 or kinnamonk@aol.com.

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 Bill Weber or another club officer.



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

Address

Is it time to renew? →

Chainwheel Chatter

August 2007

Looking Forward to Fall Meetings

BIKES Club of Snohomish County is giving away \$75 tickets to the annual Bicycle Alliance of Washington Auction at our Sept. 13 and Oct. 11 meetings. Watch next month's newsletter for a possible new meeting location in Everett, too.

We'll also be discussing club officer and other volunteer positions at the meetings. Elections will be in October.

Is it time you got more involved? Sure, you don't feel ready, but neither did we. The real commitment is a little time and a little caring about cycling in Snohomish County.

Is it in you?

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)

Member benefits: 10% discount at local bike shops with your member card (see website for list), low-cost bike box and trailer rentals, Frequent Rider Club, monthly newsletter, social and advocacy activities.