

Chainwheel Chatter

B.I.K.E.S.- Celebrating our 30th year as cycling's Voice in Snohomish County

Your Snohomish County Cycling Club

RAPSody Volunteers Needed Aug. 22

About four BIKES Club volunteers are needed to prepare and serve food at the Allyn Waterfront Park rest stop on Saturday, Aug. 22 during the Ride Around Puget Sound. Help is needed from 9 a.m. to 3 p.m., and especially from 11:30 a.m. on. Volunteers get a cool t-shirt and the satisfaction of supporting the Bicycle Alliance of Washington while enjoying the company of hundreds of cyclists from all over the state and country and listening to a community band. Oh, and doing the Chicken Dance. To round out the day, many volunteers also work in a 30-mile ride to Shelton (or 40 from Southworth?). Allyn is located on Hwy 3, a few miles south of Belfair on the Kitsap Peninsula. Contact Kristi Knodell to volunteer at kknodell@aol.com or 360-658-2462.

Plan ahead for Birch Bay Weekend Ride on September 19th—20th.
Watch the website for more information

OTHER AUGUST RIDES THAT SUPPORT BAW

Aug 1-3: Courage Classic - Snoqualmie, WA—Mary Bridge Children's Hospital—www.courageclassic.org

Aug 1: 8 Lakes Leg Aches Bike Ride - Spokane, WA—Lutheran Community Services NW—www.lcsnw.org/events.html

Aug 9: TRYBR (Tenino-Rainier-Yelm-Bucoda Rally) — Capital Bicycling Club—www.capitalbicycleclub.org

Aug 22: Tour de Lentil - Pullman, WA—Pullman Chamber of Commerce—www.lentilfest.com

AUGUST 2009

ISSUE 360

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Rides in Review

By Debby Grant

July offered up plenty of dry sunny days for club rides and leaders staged a variety of outings ranging from the 47-mile McClinchy route through Arlington to a Three-Ferry Myrtle Edwards – Port Orchard loop to Wednesday evening travels thru Everett, Snohomish and Lake Stevens. On Warren's ride through Port Orchard we cruised around Alki and arrived at the Fauntleroy ferry terminal in time to catch a late-departing 9:15am boat to Southworth. We left the fog behind and made the gentle climb up and away from the shore before turning back toward the water and clear views of Blake Island and the mainland. The guidebook descriptions of the route usually say "moderately hilly" and that's pretty accurate. There's enough climb to keep it interesting but not so much to overly-challenge a weekend cyclist. And the long easy stretches along the water let even those that don't generally ride a brisk pace pick up some speed. The Port Orchard Farmers' Market provided lunch before we boarded the foot ferry to Bremerton. A few of us poked around a second-hand store in Bremerton and then dispensed with shoes and socks at the fountain park while we waited for the ferry to Seattle. We envied the kids their waterplay and wished for swimsuits. Earlier in the day when we rode along the Seattle waterfront the street was quiet other than cruise ship busses and an occasional truck – not so when we returned at 4pm. In two groups, we "took the lane" on the ride from the Seattle ferry terminal to Myrtle Edwards Park and caught almost every red light. We were leaving town as a couple of cruise ships were doing the same and I'm sure that all those on board would agree it had been another cycle-perfect Pacific Northwest day.



Myrtle Edwards Park, July 2009

B.I.K.E.S.

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**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,
let Fred or Kala know.

Monthly Ride Calendar

**UNABLE TO FIND A RIDE THAT WORKS FOR YOU?
CHECK OUT THE RIDE CHANGES PAGE ON THE WEB SITE
STILL NOT FINDING ONE OF INTEREST —**

Enter one on the Ride Changes Page

Weekday Rides

Wednesday Evenings — Everett Transit Center Rides. Meet at the Everett Transit Center for a 6pm start, 20 - 25 miles, moderate pace, A-C terrain. The group determines the route and shares the lead. Coordinator Debby Grant (206) 353-0249. Check the Ride Changes page for updates. Rain cancels.

Tuesday August 4 and 27 — The Alan Bergeron Loop + Lk Stevens. Meet at 9:00AM at the Church at 5425 Harbour Pt Blvd, Mukilteo. Route: Mukilteo-Snohomish-Lk Stevens-Everett-Mukilteo. 52 miles. Pace: social/moderate, terrain:B. Call Pier (425)349-5065 or email fiorepg@gte.net

Thursday August 6 and 18 — Whidbey Island: Clinton - Freeland - Maxwelton. Meet at 9:00 AM at the Church at 5425 Harbour Pt. Blvd, Mukilteo. We will catch the 9:30 ferry (\$4.95). Ride the south part of the island. 48 miles. Bring snacks. Cappuccino in Freeland. Pace: social/moderate/brisk. It will depend on riders. Terrain:D. Call Pier (425)349-5065 or email: fiorepg@gte.net See route on bikely.com as Clinton-Freeland.

Tuesday August 11 — Mukilteo - Snohomish - Monroe – Mukilteo. Meet at 9:00AM at the Church at 5425 Harbour Pt. Blvd, Mukilteo. Return via High Bridge Rd - Lowell-Larimer Rd. 53 Miles. Pace:moderate, terrain:C. Call Pier (425)349-5065 or email: fiorepg@gte.net

Thursday August 13 — Mukilteo-Edmonds-Golden Gardens (Seattle via Blue Ridge). Meet at 9:00 AM at the Church at 5425 Harbour Pt. Blvd. Mukilteo. 50 miles. Pace: Social/Moderate, terrain E (Blue Ridge). Please confirm participation. Call Pier (425)349-5065 or email: fiorepg@gte.net

Thursday August 20 — Mukilteo, Redmond. Maltby, Mukilteo.Via Lowell-High Bridge Rd-W Snoqualmie Valley Rd-Union Hill. Starts at 9:00 AM at the Church at 5425 Harbour Pte Blvd, Mukilteo. .Bring snack. Estimate 70 miles. Pace: moderate, terrain:C. <http://www.bikely.com/maps/bike-path/Mukilteo-Carnation-Mukilteo> Call Pier (425)349-5065 or email: fiorepg@gte.net

Weekend Rides

Saturday, August 1 — Lake Washington Loop and the Blue Angels. This is a full day 45+ mile ride around Lake Washington with a stop in Leschi for lunch and to watch the Blue Angels air show. We'll leave from Log Boom Park (AKA Tracy Owen Station) just north of Lake Forest Park at 9:30am (note parking can be tight in this area so plan accordingly). This ride is meant for everyone so plan on a social pace. Bridge closure for the air show isn't until 12:45 so we have 3+ hours to cover the 33 miles to Leschi,, no rush. While some of the ride is paved level trail, much is not and that portion is mostly 'B' with a couple hills (hey, it's Seattle) this is a link to the route map at [Bikely.com http://www.bikely.com/maps/bike-path/Lake-Washington-Loop-for-Seafair](http://www.bikely.com/maps/bike-path/Lake-Washington-Loop-for-Seafair) Lechi is great viewing for the air show so join me. Contact Mike Snodgrass 360-653-2384 - rain will cancel..

Sunday August 9 — Snohomish - Lake Stevens for lunch and on to Everett with a stop on the Everett waterfront to check out the tunes by Reilly and Maloney [2-4pm]. Start at McCollum Park at 9:30, social / moderate pace and rain cancels. Contact Warren Bare (425) 478-9594

Bare.Warren@gmail.com

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Weekend Rides

Sunday August 16 — Snohomish - Lake Stevens and on to Everett with a stop on the Everett waterfront for food and to check out the Fresh Paint before return to McCollum. Start at McCollum Park at 9:30, social / moderate pace and rain cancels. Contact Warren Bare (425) 478-9594

August 14-15 — RSVP If you're already signed up and doing this ride Rod McDonald will collect mileage and turn them in for all BIKES riders. Contact #s rodmc@cedarcomm.com - 360-654-1499 – cell 425-359-6710

Saturday August 15 — Downtown To Duwamish - International District, over the bridge to West Seattle, pick up the Duwamish Trail, possibly visit the Museum of Flight at Boeing Field, maybe do a few more miles further south on the trail, if time permits, and try to be back for a late lunch by 2pm. Distances 15-to30 miles (depending how long people want to visit the museum), terrain - flat except for the bridge to West Seattle - pace - social - with frequent regroupings and rain cancels. Elliot Bay Park is the meeting point at 9:30am – Instructions below... Perhaps meeting at McCollum to car/van pool at 8:30 might be a good idea. Cheers G. Osowiecki, [Gery O.] Contact # 1 469 358 2887

Directions to Elliot Bay Park , Seattle, WA -

Going south on I-5. Take Exit #167 towards Mercer Street and Seattle Center. Right on Fairview Ave N. Left on Valley Street. Valley becomes Broad Street. Right on Denny Way. Right on Western Ave W and continue as Elliott Ave W. Take right on W. Galer Street (Magnolia Bridge Exit) and STAY LEFT to circle left over Elliott Avenue and train tracks (do not go over Magnolia bridge). Turn right at stop sign and follow signs to free parking lot at north end of Myrtle Edwards Park.

Going north on I-5. Take Exit #165 (Seneca Street). Merge onto Seneca Street. Right on 1st Ave. Left on Denny Way. Right on Western Ave W and continue as Elliott Ave W. Take right on W. Galer Street (Magnolia Bridge Exit) and STAY LEFT to circle left over Elliott Avenue and train tracks (do not go over Magnolia bridge). Turn right at stop sign and follow signs to free parking lot at north end of Elliot Bay Park

RAPSody — Bike Ride Around Puget Sound Aug. 22-23

Start this year's annual Ride Around Puget Sound (RAPSody) by bicycling across the Tacoma Narrows Bridge. A challenging route, exceptional food and great organization by five partnering bike clubs make RAPSody special. Enjoy water and mountain views throughout the 170-mile loop route. At the halfway point at Shelton High School, there's indoor and outdoor camping, a jazz quartet, root beer floats, massage and on-site meals supporting a local youth center. Riders can complete the route in one or two days. Early registration fee of \$80 includes souvenir socks, luggage transport, overnight parking, mechanical and ride support, camping, showers and food stops, including ice cream bars to celebrate the finish on Sunday. This ride supports the Bicycle Alliance of Washington, our statewide advocacy and education organization. For more information, visit www.rapsodybikeride.com.

Saturday August 29 — Mukilteo - Snohomish to the end of Centennial Trail return via Lk Stevens - Everett. Meet at 9:00AM at the Church at 5425 Harbour Pointe Blvd, Mukilteo. 74 miles. Pace: social/moderate, terrain:B. Call Pier (425)349-5065 or email: fiorepg@gte.net

Plan ahead for Birch Bay Weekend Ride on September 19th—20th. Watch the website for more information.

Warren Bare is the September ride coordinator.

Ride leaders can simply send their ride ideas to the "leadaride" address, then the email will automatically forward to the current month's ride coordinator.

leadaride@bikesclub.org

Ride Guide

PACE

Leisurely / Under 10 MPH
Social / 10–14 MPH
Moderate / 14-16 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.

BIKES CRANK [a sometimes thing]

JUST DO ONE THING

How many times have you been riding along and seen glass or roots lifting the road surface or some other impediment to safe riding and maybe complained to a riding companion but went on to enjoy the ride with no further action only to see it the next time you take the same route?

Meet **Dennis Larson**, a Lynnwood resident who rides and makes an effort to bring these issues to the attention of officials and staff of various jurisdictions.

In talking to Dennis at times since last fall, Dennis and possibly others have contacted various people about roots raising and breaking the asphalt on the trail by Cascade High School.

On the Burke Gilman Trail, the small bridge at 61st Ave NE by Log Boom Park was mismatched and uneven with the asphalt because of settlement. Dennis made a phone call. Later on when riding that section repair was in progress and the crew chief remembered his call. In other instances Dennis has called about broken glass, road surface problems and other cycling safety / nuisance issues.

Others may have also contacted officials on some of the above but the Interurban trail at 128 St SW. had a dangerous turn for riding the trail south and turning east along the sidewalk. New riders at that location were unsure where to ride and cars turning right from 128th on the I-5 entrance saw riders coming directly at them.

Dennis called Mark Krandel, Sno-Co Planning Supervisor for Parks, and told him of the problem. Mr. Krandel told Dennis that one of his staff would check it and get back to him. Later Mr. Russ Bosanko, Division Manager of Capitol Projects and Land Mgmt., called Dennis and said the problem was on state ROW, was a safety issue, and that he would follow through and seek a solution. He finally told Dennis that the state was going to remove sections of fence and add asphalt to make the turn more gradual, add markings and signage, and that it would be done by mid-July. Thanks to Mr. Krandel and Mr. Bosanko, the state completed this project by early July and as the after pictures show, one person doing one thing can make a difference.



Maybe the next time you're riding and have to avoid glass, brush encroaching on the bike lane or a traffic signal that will not change for cyclists – make a call! Officials

and maintenance personnel may not know of these problems unless we tell them.

128 TH ST S.W. and the INTERURBAN TRAIL

The pictures show the fence sections removed, asphalt added and the turn radius increased.

Left picture is looking northwest and the

Picture above looks southbound.

Club Miles for Club Members

The Frequent Rider Miles program is intended as a fun benefit of BIKES Club membership. Ride 100 miles on club-sponsored rides, earn a club water bottle. Ride 500 miles, earn a club cycling cap, etc. (The miles below are compiled from BIKES Club Rides as reported by the ride leaders)

MILEAGE AS OF JULY 19

Rod	McDonald	2260	Kim	Atterbury*	202	Skyler	Dompier*	42
Warren	Bare	2176	Annie	Peterson	198	Linda	Hunter	41
Rick	Schranck	2143	John	Carlin	196	Cecily	Tillinghast	41
Wendell	Hultman	1451	John	Allen*	180	Michael	Snodgrass	37
Pier	Fiorentini	1411	Amanda	Lassiter*	171	Doug	Grant*	37
Bill	Lutterloh	817	Warren	McAndrew	168	Perry	Walker	35
Todd	Powell*	715	Mark	Olson *	155	Ken	Ralston*	35
Dan	Scott	684	Marshall	Will*	155	Bruce	Deitz	34
Val	Kolbeck*	636	Pam	Hallanger	153	Gina	Kalamen*	34
Sandy	Snyder*	553	Laura	Elmore	152	Anne	Schreivogl*	31
Roger	Frost	546	Allyson	Welsh	149	Al	Currier*	31
Juanita	Kolbeck*	518	Lena	Sullivan	143	David	Robb *	30
Doug	Andrews	508	Erik	Troili*	141	Kevin	Schroeter *	30
Debby	Grant	490	Walt	Davis*	136	Jim	Morrison*	30
Cammy	Bowker*	483	Desiree	Troili*	129	Brian	Herbert*	30
Kathy	Riddle	458	Brian	Elmore	127	Dale	Kaiser	30
Laura	Aseltine*	457	Leslie	Strickland	118	Ron	Everett*	30
Gery	Osowiecki	438	Art	Arneson	109	Dan	Cornelissen	29
Craig	Langley*	435	Glen	Moffitt	105	David	Johnson	29
Bridgitte	Rittscher*	435	Dick	Nicholson	104	Kristi	Knodell	29
Scott	Rittscher*	435	Andrea	Powell*	100	Patty	Inghan*	29
Dave	McKeller*	427	Dave	Crosby*	95	Dale	Dahl*	29
Bob	Huey	413	Jeff	Moormeier*	80	Michell	Gilluly*	29
Tim	Wise	403	Ned	Cross*	75	Rick	Pressley	29
Steven	Hudspeth	398	Don	Ross*	75	Nicole	McGowan*	29
Bill	Weber	391	Jan	Johnson*	71	Jennifer	Okeman*	29
Helen	Taubeneck*	377	Melanie	Greene	68	John	Okeman*	29
Jill	Langley *	356	Claudia	Huey*	60	John	Marshall	28
Lea	McDaniel*	356	Graham	White	60	Sharon	Andrews	25
Bob	Bowker*	348	Kit	Wennersten*	60	Calvin	Atkin*	22
Steve	Linari	344	Danna	White *	60	Patty	Garrett	22
Mark	Everett*	334	Marietta	Zander *	55	Colleen	Norcott	20
Laura	Laures*	298	Gustavo	Araya *	54	Brent	Hunter	19
Bob	Nyberg	293	Tony	Mace*	54	Peter	Pisani	15
Dolf	Scheltinga*	291	Jack	Boileau*	53	Mike	Jacobson*	15
Tom	Weber	286	Don	Sperlin	53	Jenny	Jacobson*	15
Elaine	Scott	284	Stephen	Benson	50	Berry	Jacobson*	15
Jim	Shaver*	266	Tim	Turner*	48	Zach	Bauer*	15
Dave	Young *	261	Terri	Spencer	45	Steve	Barber*	15
Ed	Janonis*	261	Matt	Burgess*	45	Rejina	Barber*	15
Shari	Osti*	254	John	Spencer	45	Jane	Reynolds*	15
Bob	Palm	234	Claire	Tieler*	45	Debby	Kawamoto	9
Kay	Peterson	222	Mike	Dahlstrom	44	Dale	Kaber	9
Dennis	Larson *	218	Bruce	Bullock *	43	Liz	Raemont*	9
Michele	Wolski*	217	Marc	Peterson*	42	Clarence	Elstad*	9
Keith	Gerhard	215	Dan	Wakefield*	42	Tommy	Drscoll*	9

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

Stamp
Goes Here

Jeannie Grippin

received

Her Starbucks Card for leading

Her first BIKES Club ride

07/22/09

It's easy

Let others join you on

a favorite ride

Address

Is it time to renew? →

Renewals: Thank You!

Bev Rossiter – Marysville

Clarence Elstad - Mukilteo

Don Sperlin - Mountlake Terrace

New Members: Thank You!

Catherine Matthews – Mill Creek

New Member &
Earth Friendly Member

Laura Laures

Thanks for getting your newsletter
electronically online.

YOU TOO
CAN GET YOUR
NEWSLETTER

Electronically

Email Fred @

roster@bikesclub.org

BIKES Annual Picnic

Thornton A Sullivan Park – Silver Lake

Saturday – Sep 5th

10:00am – Social and Moderate Rides

1:00pm – Light the Coals

The club provides burgers, dogs,
condiments and soft drinks. You bring
the side dishes and desserts.

Check the website and September news-
letter for final details.

Chainwheel Chatter August 2009

. NEWSLETTER SUBMITTAL

Please submit all material for the September newsletter by August 18

E-mail Warren Bare at editor@bikesclub.org

Club Bike Box and Trailer

Ready to travel with your bicycle? BIKES Club members can use our sturdy bike box for airline travel or our BOB trailer to tow gear behind their bicycle. Cost - **FREE** with a \$25.00 refundable deposit. Basically, these are club benefits we want people to use. To arrange for use contact Warren Bare at (425) 743-7593 or another club officer.

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.