

Chainwheel Chatter

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

Your Snohomish County Cycling Club

From the "CENTENNIAL TRAIL COALITION OF Snohomish County" meeting agenda June 2009

PROGRESS ON "THE GAP"

U.S. Representative Rick Larsen has gotten a proposal for money to close "The Gap" between 152nd and 172nd Streets included in the nation-wide SURFACE TRANSPORTATION BILL which is either now "in committee" or pending consideration by the committee.

THE NEWS IN BRIEF.....GREAT NEWS!!! RCO GRANT STATUS/ BUILDING THE TRAIL FROM ARLINGTON TO THE SKAGIT COUNTY LINE.

The time period for use of the grant was extended and Snohomish County is now working feverishly to get the bid documents out and this phase of the trail under construction as quickly as possible.

JULY 2009

ISSUE 359

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Bicycle Alliance of Washington

The Bicycle Alliance of Washington enActs on your behalf in the political arena. With your support, we work daily to enAct legislation, policies and programs that benefit cyclists.

We know that you care about bicycling. It's time to enAct like you mean it by making a donation to our annual auction!

We are seeking a range of items that will generate spirited bidding. Our auction attendees are active folks who appreciate getaways, unique experiences, handcrafted items, gift baskets, recreation opportunities, and other enticing offerings. Popular items in the past include: an African safari, a ski & stay package at Schweitzer Mountain, a weekend stay in a Leavenworth cabin, a gourmet meal for six prepared at your home, a rail/cycling adventure, sunset sailboat cruise, handcrafted jewelry, hand-knit scarves, quilts, housesitting, event ride entries, symphony and theatre tickets, amusement passes, massage/spa packages, and much more.

We've made it easy to submit your donation information with our online donation form! So don't delay--enAct today! And do know that money raised from our annual auction helps the Bicycle Alliance be proActive for cyclists in Washington State.

Contact Louise McGrody if you have any donation questions. Click here for more information about this year's auction. To ensure that your donation makes the printed and online catalogue, we need to receive the info no later than Sept 14, 2009.

Thank you for supporting a bicycle-friendly Washington!

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 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.

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 JUNE 19

Warren	Bare	1853	Jan	Johnson*	71
Rod	McDonald	1798	Melanie	Greene	68
Rick	Schranck	1716	Kit	Wennersten*	60
Wendell	Hultman	1360	Jeff	Moormeier*	60
Pier	Fiorentini	893	Desiree	Troili	53
Bill	Lutterloh	702	Jack	Boileau*	53
Val	Kolbeck*	481	Stephen	Benson	50
Doug	Andrews	446	Tim	Turner*	48
Craig	Langley*	435	Claudia	Huey*	45
Bridgitte	Rittscher*	435	Graham	White	45
Scott	Rittscher*	435	Danna	White *	45
Roger	Frost	426	Matt	Burgess*	45
Dan	Scott	419	Bruce	Bullock *	43
Todd	Powell*	375	Marc	Peterson*	42
Helen	Taubeneck*	357	Dan	Wakefield*	42
Bob	Huey	348	Skyler	Dompier*	42
Kathy	Riddle	347	Lena	Sullivan	39
Bill	Weber	342	Erik	Troili	38
Gery	Osowiecki	340	Walt	Davis*	38
Debby	Grant	328	Michael	Snodgrass	37
Steven	Hudspeth	318	Doug	Grant*	37
Jill	Langley *	300	Laura	Laures*	36
Lea	McDaniel*	300	Perry	Walker	35
Sandy	Snyder*	295	Bruce	Deitz	34
Bob	Nyberg	293	Gina	Kalamen*	34
Mark	Everett*	274	Anne	Schreibogl*	31
Tim	Wise	271	Al	Currier*	31
Juanita	Kolbeck*	260	David	Robb *	30
Shari	Osti*	254	Kevin	Schroeter *	30
Elaine	Scott	237	Jim	Morrison*	30
Tom	Weber	237	Brian	Herbert*	30
Dolf	Scheltinga*	235	Dale	Kaiser	30
Laura	Aseltine*	225	Dan	Cornelissen	29
Dave	McKeller*	225	Patty	Inghan*	29
Cammy	Bowker*	225	Dale	Dahl*	29
Kay	Peterson	222	Michell	Gilluly*	29
Jim	Shaver*	221	Rick	Pressley	29
Dennis	Larson *	218	Nicole	McGowan*	29
Ed	Janonis*	216	Jennifer	Okeman*	29
Steve	Linari	201	John	Okeman*	29
Bob	Palm	180	John	Marshall	28
Warren	McAndrew	168	Sharon	Andrews	25
Annie	Peterson	165	Terri	Spencer	25
Dave	Young *	165	John	Spencer	25
Marshall	Will*	155	Calvin	Atkin*	22
John	Allen*	150	Cecily	Tillinghast	22
Laura	Elmore	143	Mike	Dahlstrom	20
Allyson	Welsh	136	Peter	Pisani	15
Amanda	Lassiter*	115	Mike	Jacobson*	15
Pam	Hallanger	106	Jenny	Jacobson*	15
Glen	Moffitt	105	Berry	Jacobson*	15
Dick	Nicholson	104	Ron	Everett*	15
Mark	Olson *	101	Zach	Bauer*	15
John	Carlin	95	Art	Arneson	9
Dave	Crosby*	95	Debbie	Kawamoto	9
Leslie	Strickland	91	Dale	Kaber	9
Bob	Bowker*	90	Liz	Raemont*	9
Andrea	Powell*	85	Clarence	Elstad*	9
Ned	Cross*	75	Tommy	Drscoll*	9
Don	Ross*	75			

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

July Rides

Weekday Rides

Tuesday Evenings. SweetCakes Rides. @Stanwood Velo Sports ..3 courses...the "original" 15 miles (Social/Moderate) and 2 longer ones 25 + (Brisk) and 30 + (Strenuous). Rides will run until the end of September...start time is now 5:30...will change to 6:00 then 6:30 as the evenings stay light longer...for updated info call Stanwood Velo Sports @360-629-6415 or Rod McDonald at 425-359-6710

Wednesday Evenings. Everett Transit Center Rides. Meet at the Everett Transit Center for a 6pm start, 20 - 25 miles, moderate pace, A-C terrain depending on the route. Ride leaders Pam Hallanger (425) 923-4376 and Debby Grant (206) 353-0249. Check the Ride Changes page for updates. Rain cancels.

Thursday July 2nd. 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

Friday July 3rd. McClinchy Extended. Meet at the Centennial Trailhead in Snohomish for a 9:30am start. This is the 47-mile McClinchy route with the addition of Snohomish to Machias on the trail. Moderate pace, about 55 miles, A - C terrain, lunch in Granite Falls. Ride leader Debby Grant (206) 353-0249 or treasurer@bikesclub.org. Rain cancels. If Machias is more convenient for you, meet us there.

Tuesday July 7th. 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

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Warren Bare is the August 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.

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Thursday July 9th, Tuesday July 14th, Thursday July 30th. Whidbey Island: Clinton - Freeland - Maxwelton. Meet at 9:00am 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. See route on Bikely as Clinton-Freeland. Call Pier (425)349-5065 or email: fiorepg@gte.net

Thursday July 16th. Mukilteo-Edmonds-Golden Gardens (Seattle) via Blue Ridge. Meet at 9:00am at the Church at 5425 Harbour Pt. Blvd, Mukilteo. 50 miles. Pace: Moderate, terrain E (Blue Ridge). Please confirm participation. Call Pier (425)349-5065 or email: fiorepg@gte.net

Tuesday July 21st. Mukilteo-Echo Lk-Mukilteo via Lowell-Larimer Rd, Connelly, Elliott, Welch Rd, Fales. Meet at 9:00am at the Church at 5425 Harbour Pte Blvd, Mukilteo. 49 Miles. Pace:social/moderate, terrain:D. Call Pier (425)349-5065 or email: fiorepg@gte.net

Thursday July 23rd. Mukilteo-Redmond-Maltby-Mukilteo via Lowell-High Bridge Rd, W Snoqualmie Valley Rd, Union Hill. Starts at 9:00am at the Church at 5425 Harbour Pte Blvd, Mukilteo. Bring snack. 70 miles. Pace: moderate, terrain:C. <http://www.bikely.com/maps/bike-path/Mukilteo-Carnation-Mukilteo-skip-Snohomish-Monroe>. Call Pier (425)349-5065 or email: fiorepg@gte.net

Tuesday July 28th. Mukilteo - Snohomish - Monroe - Sultan - Monroe - Mukilteo. Starts at 9:00am at the Church at 5425 Harbour Pt. Blvd, Mukilteo. 75 miles. Pace: moderate, terrain:C. <http://www.bikely.com/maps/bike-path/Mukilteo-Sultan-Mukilteo-skip-Welch-Rd>. Call Pier (425)349-5065 or email: fiorepg@gte.net

WEEKEND RIDES

Saturday July 11. The Alan Bergeron Loop + End of Centennial Trail. Meet at 9:00am at the Church at 5425 Harbour Pointe Blvd, Mukilteo. Route: Mukilteo-Snohomish-Arlington-Lk Stevens-Everett-Mukilteo. 76 miles. Pace: social/moderate, terrain:B. Call Pier (425)349-5065 or email: fiorepg@gte.net

Sunday July 12. Lake Samish – Chuckanut Drive. This ride starts at 9:30am just off of I-5 at the Cook Rd exit. Park on the southeast side of the exit on the frontage road by the railroad tracks. We will picnic at the County park on Lake Samish so bring a lunch or buy food across the street from the parking. Pace – social / moderate, terrain A/C, 46 miles and rain may cancel. Contact Warren Bare (425)478-9594, Bare.Warren@gmail.com. Gmap - <http://www.gmap-pedometer.com/?r=231107>

Saturday July 18. Three Ferry Ride. Meet at the free parking lot at the north end of Elliot Bay Park at 8:00am for this ~35 mile ride first around Alki to Fountleroy [Fare \$6.20] for the ferry to Southworth then ride to Port Orchard where we will buy or brown bag for lunch and then ride the foot ferry [\$2:00]to Bremerton with the final sailing from Bremerton to Seattle and a short ride back to the parking area. Flat ride with a few rolling hills. Social pace with re-groups at turns and the tops of longer hills. Directions to the start point below and contact Warren Bare for car pooling possibilities. Bare.Warren@gmail.com or (425)478-9594 Rain may cancel.

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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

Saturday July 25th. The Alan Bergeron Loop + Lk Stevens. Meet at 9:00am at the H.P.E.L. 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

Some early August rides to look forward to

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 <http://www.bikely.com/maps/bike-path/Lake-Washington-Loop-for-Seafair> is a link to the route map at Bikely.com. Leschi is great viewing for the air show so join me. Contact Mike Snodgrass 360-653-2384 - rain will cancel.

RAPSody — Bike Ride Around Puget Sound Pre-ride

Saturday and Sunday August 1-2. Ride Around Puget Sound, RAPSody Pre-ride and Painting Party. Join the advance crew for this two day ride. Starting at the Tacoma Community College on Saturday and ending at TCC on Sunday. We will overnight in Shelton at the luxurious Super 8 Motel. Rooms go fast so reserve today. Total mileage is 175, some say hilly. You may opt for just one of the days and help drive/sag another if you would like. For more information (starting time, etc) call Kristi Knodell 360-658-2462.

Third Annual Retro Ride & Style Extravaganza!

Bring your oldest, most stylish, or most unusual bicycle and costume to this lighthearted celebration of cycling history and eccentricity.

August 8th and the Third Annual Retro Ride are fast approaching. The Rexville Grocery, 19271 Best Road, near La Connor, is the place. Brunch will begin at 11:15, followed by the bicycle and costume review, and an easy ride with options of 11, 15, 19 or 25 miles. All routes will begin by parading through La Connor. We'll finish with tea at the Rexville Grocery. The event is free, except for food purchased at the Rexville Grocery. Cyclists of all ages and abilities are encouraged to attend, with or without unusual bicycles and costumes.

What distinguishes this ride from other rides is the emphasis on Style. We spend most of the season concerning ourselves with speed and distance, but on this day we enjoy the sensation of riding old and unusual equipment, in any sort of costume you feel like wearing. (You do need a helmet for the actual ride, however.) This is an excellent excuse to ride that ill-fitting but very cool bike from your Grandfather's attic, splurge on one of the old Cinelli bikes you've been admiring on Ebay, or pick up a modern retro-styled bike like the very cool Danish designs in the Viva brand. You could kill two birds with one stone by having Renovo build you a very raceable exotic hardwood frame with endless style and beauty. Drop by The Hub in Bellingham or Recycle in the U-District and get a recycled treasure, or combine several old bikes and torch together a kinetic sculpture from the parts. This year will be better than ever. Several of the Seattle area collectors plan to attend, so there will be lots to see!

Ride leader: Ken Rasmussen, 360 766 8720, kavakfit@fidalgo.net

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, showers and foodstops, 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.

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

Stamp
Goes Here

Renewals: Thank You!

Doug Andrews; Jim Lofstrand
Gary & Joanne Sauter
John & Robin Schwartz

New Members: Thank You!

Dale Kaber; Laura Laures
Anne Schreivogl & Alfred Currier
Ronn Larpenteur; Michele Wolski

Columbia Gorge Review

By Debby Grant

Six BIKES members – Dan & Elaine Scott, Gery Osowiecki, Kathy Riddle, Walt Davis and I, along with nine COGS members, enjoyed a fabulous Columbia Gorge Weekend getaway. Three days of sleeveless riding, gentle rollers through a lush river canyon, stepping off the road to pick cherries and a 12% grade – could a weekend tour offer better attractions? As Dan put it, there were a couple tandem-challenged hills but the weekend was climatologically grand.

The Friday route along the Klickitat River proved to be so traffic-free and bicycle-perfect that the group quickly agreed it's on the do-again list. The Klickitat gentle rollers contrasted with the long grades on the Historic Columbia River Hwy at Saturday's organized event but the well-stocked food stops kept us fueled throughout the 39-mile, 2974 ft elevation-gain course. We indulged in Nutella-slathered bananas and bagels – don't be surprised to find Nutella as a hot new item at McClinchy next year.

The Moderate group said they wouldn't take the Sunday Hood River route again – the Odell Hwy was high-traffic with narrow or no shoulder much of the way. But Gery said the Social group had the best ever Mexican lunch in Odell and didn't mention the highway. Since the highway riding came after lunch maybe they were way too busy worrying about post-food muscle stiffness to notice!

Watch for all or some of this weekend's routes on another BIKES outing – Dan started talking about riding over Snoqualmie to Goldendale and down into the Gorge. Hmm... self-supported or sagged?

Address

Is it time to renew? →

Chainwheel Chatter JULY 2009

. NEWSLETTER SUBMITTAL

Please submit all material for the August newsletter by **JULY 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 your 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.