

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 PRESIDENT

On October 8th, after three years as President, I will be stepping down from this position. I look forward to seeing everybody at the meeting to meet, welcome or become a new officer. You can help create or change the direction of B.I.K.E.S. For those interested in becoming an officer, a brief description of officer's duties are as follows:

President — Presides at general meetings; calls committee meetings as needed for McClinchy Mile Ride, picnic, etc; represents (or appoints someone else as representative) B.I.K.E.S. with outside organizations as needed. 5-8 hours a month.

Vice President — Plans general meeting programs; assists with committees; performs duties of President when needed. 2-5 hours a month

Treasurer — Deposits membership dues and notifies Database Coordinator of updates; provides monthly financial statement to membership; pays club bills, member expense reimbursements and other expenditures as needed; manages McClinchy Mile Ride receipts. 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 and other club issues. 2-4 hours a month

Remember — the organization can only survive with the help of people committed to cycling in Snohomish County. We are fortunate to have 30 years of history with our club.

Healthy communities had another joint meeting where good news was shared by Lynnwood, Marysville and Everett. Lynnwood is soon to start on 2 million dollars worth of pedestrian/bicycle bridges and some new blacktop for the interurban trail in the 44th and 196th street area. Marysville is painting bike lanes in several areas and creating connections for non-motorized modes of transportation. Everett has completed a non-motorized multi-use path on Marine View Dr. and will be accepting comments on the soon to be released Alta Planning bicycle plan.

Keep your pedals turning

Bill Weber
President

OCTOBER 2009

ISSUE 362

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October Club Meeting

October 8, 7:00pm
Snohomish County PUD Bldg
2320 California Ave.
Everett

Everyone's welcome and if time permits join other club members at 5.30pm for an early dinner at:
Brooklyn Brothers Pizzeria
1919 Hewitt Avenue
Everett

Membership Roster

Having completed six years as keeper of the membership data, **Fred** and **Kala Koch** are relinquishing the job and Tim Wise has stepped up to accept it.

Prior to this year Fred and Kala not only kept all the information in order but made the labels for the newsletter and usually took them to the newsletter folding, placed the labels, stamped and made sure they were ready for mailing.

So a big **THANK YOU** from BIKES and when you see Fred and Kala on a ride give a special thanks for their service

B.I.K.E.S.

**Club Officers and
Support
Information**

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Frequent Rider Miles
Coordinator**

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**Monthly Ride
Coordinator**

leadaride@bikesclub.org

**Address, Name, Phone and
Email Changes**

Remember to contact

Tim Wise at
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 Tim 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

Monday Morning Motoring — Meet at Haller Middle School (600 East First St., Arlington — where McClinchy Mile begins) for a 10am start, 35-60+ miles, brisk pace, A-C terrain. We usually do a route that includes all or part of the Centennial Trail, though some days we go north on Hwy 9. Bring your snacks and hydration, we stop when we need to but we don't take too long. Ride leader Rick Schranck (425-737-8445). **Please call the day before or by 9am** if you are going to show up as I might start earlier or later, depending on weather. Also check the Ride Changes page for updates. Rain cancels.

AWW (Arlington Wednesday Workout) — Meet at Haller Middle School (600 East First St., Arlington — where McClinchy Mile begins) for a 10am start, 35-60 miles, brisk pace, A-C terrain. We usually do a route that includes all or part of the Centennial Trail, though some days we go north on Hwy 9. Bring snacks and hydration, we stop when we need to but we don't take too long. Ride leaders Rod McDonald (425-359-6710) and Rick Schranck (425-737-8445). **Please call the day before or by 9am** if you are going to show up as we might start earlier or later, depending on weather. Also check the Ride Changes page for updates. Rain cancels.

Wednesday Evenings — Everett Transit Center Rides. Meet at the Everett Transit Center for a 6pm start, about 20 miles, high-moderate to brisk pace, A-C terrain. Ride leader Bob Nyberg, bobnyberg@msn.com. Check the Ride Changes page for updates. **Lights required.** Rain cancels.

Weekend Rides

Saturday , October 3rd – Sisters Club Ride: Start 10am at The Harmon Hub, 203 Tacoma Ave S, Tacoma, <http://hub.harmonbrewingco.com/> 12 Mile Option - all paved Scott Pierson Trail (longer if you ride from the Hub to the trail, on roads) or (leave your bike on the car, will provide map to drive to the trailhead). 25 Mile Option -Tour of Tacoma plus ride over the new bridge to Gig Harbor. Some hills, social pace. 35-40 Mile Option - some hills, faster pace, probably to Steilacoom and back. All groups will return to the Hub for no host beverages and snacks following the ride. Sponsored by Sister Clubs BIKES, The Capital Bicycle Club, Cyclists of Greater Seattle (COGS), Tacoma Wheelmen's Bicycle Club and West Sound Cycling Club. Bikes leader Debby Grant debby@jaygrant.com or 206 353-0249. Call to make carpool arrangements and/or RSVP. Rain cancels.

Weekend Rides (Continued)

Sunday, October 4th – Bothell – 520 Loop: Start in Bothell at 9:30am at Sammamish River Park on the southwest corner of 102nd Avenue NE (overpass) & Sammamish River. Go south over the 102nd overpass and turn at the first right into the gravel parking lot (with chickens). This 28 mile social pace ride outbound goes through Kirkland to Bellevue, east on the 520 trail to Marymoor Park and return. Rain cancels. For details contact Warren Bare at warren.bare@gmail.com or (425) 478-9594 or Bikely map - <http://www.bikely.com/maps/bike-path/Bothell-520-loop>

Saturday, October 10th – President’s Inaugural Ride: Want to know what’s new or upcoming? Come to the October club meeting on the 8th and vote for the next slate of club officers and then join us on the 10th for a kickoff ride. This ride offers something for everyone. Some trail, some road, lots of fun. Choose either a 20 or 35 mile option. Everyone starts at Log Boom Park at 10am for a social pace on the Burke Gilman trail south to reach Agua Verde restaurant around 11am for brunch/lunch/snack. Shorter route, social pace riders return to Log Boom via the trail (short route includes several blocks on a street with a bike lane). Longer route, moderate pace riders return to Log Boom via 15th Ave, Greenlake, Fremont Ave, Interurban Trail and over the crest near 205th and down Perkins, returning to Log Boom. Ride leader Debby Grant debby@jaygrant.com or 206 353-0249. Rain cancels.

Saturday, October 17th – Stanwood / Conway: 30 miles, moderate pace with regroup. See <http://www.bikely.com/maps/bike-path/Stanwood-Conway> for approximate route. Bring snacks, food stop after the ride. Heavy rain cancels. 9:30am start at Haggen’s Grocery in Stanwood. Call Dan & Elaine Scott 425-355- 4510

Thursday to Sunday, October 22 – 25 Oregon Weekend Tour: Explore flat back-country roads and/or paved trails near Portland and Eugene, OR. Watch the BIKES web-site and the Ride Changes page for details. Ride leader Bill Lutterloh.

Saturday, October 24th – South Everett / Maltby: 42 miles, moderate+ pace with regroup. See <http://www.bikely.com/maps/bike-path/South-Everett-to-Maltby> for approximate route. Bring snacks, food stop when back in Everett. Heavy rain cancels. 9:30am start from Emerson ES in Everett. Call Dan Scott 425-355-4510

Saturday October 31st – Twin Lakes Stanwood : Meet at 9.30am at the Twin Lakes Park just south of Smoky Point on the west side of I-5 for this 38 mile Social / Moderate ride to Stanwood with a food stop. Rain cancels & for details contact Warren Bare (425) 478-9594 or Bare.Warren@gmail.com. Bikely map - <http://www.bikely.com/maps/bike-path/Twin-Lakes-McCray-Stanwood>.

**Warren Bare is the November
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.



Dan Scott, Seabeck, WA, 8/2009

Deaf/Blind Camp and Tandems

At the start of summer, Debby forwarded a request for tandem riders to help at a Deaf/Blind camp at Seabeck, WA, in August. The request had come through COGS from Randall & Barb Angell (you may remember them as the folks who gave us a wonderful presentation of their tandem bike trip from Alaska's Arctic Circle to Key West, Florida). After several back and forth emails, we "signed on" to help with the camp.

On Monday, August 24th, we went to Camp! We had an amazing time there. We didn't realize that the campers (all adult) were both deaf and blind. They have varying degree of blindness and/or deafness. Some can speak since they lost their hearing later in life and some have limited vision. We were given the opportunity to try out limited vision via some special goggles that mimic legal blindness. Watching their SSP (guides) was an eye-opener (no pun intended). When the guides translate it's poetry in motion. We almost felt like visitors to a foreign country.

Barb and Randall had found a safe, short, fairly flat route about five miles from camp so a van would bring us "customers" every 45 minutes or so. The camp partnered with the organization "Outdoors for All" that had various tandems, including a CoMotion Periscope, several side-by-side tandems with 4 wheels, a trike where the captain sits in the rear position and a trike for those who could ride independently.

A couple of us gals took the single riders on a half-mile loop. We wore orange vests which they can see better than our typical neon green ones. A single deaf-blind rider rode close behind a guide-bike and a second guide-bike rode behind the single rider to provide more visibility for anyone driving behind.

Most of the riding was on the back of standard tandems. It was hard work, especially for the captains who rode 2.5 miles. Some campers had never been on a bike before! Many had balance issues, very understandable if your eyesight and hearing are impaired. All the riders were enthusiastic. Dan rode with one young man who was a very strong rider and had some vision. He could see another tandem up ahead and told Dan "PASS", so they did, to which he whooped and hollered. We just hope that he can find someone in Wisconsin to be his captain.

Several of the campers came two or three days to ride so we knew they were having a good time. We had all our meals with the campers and were asked to wear our bike jerseys so they would know who we were. We even went to a dance - LOUD music even with earplugs!

It was a very rewarding experience and I think we'll do it again next year. So many heartfelt thanks from those riding - makes your heart ache. We're still pumped up about our experience - very rewarding.

Elaine & Dan Scott



Dan & Elaine Scott, Seabeck, WA 8/2009

FROM SHARING WHEELS

Ron Toppi says goodbye to Sharing Wheels Community Bike Shop.

Co-Founder of Sharing Wheels Community Bike Shop, Ron Toppi is moving to Chico, California, after nearly a decade of service. Toppi, along with Kristi Knodell and Dave Bell, founded Sharing Wheels in 2002 after filing with the Washington State Charities office. A 501c3 Non-Profit letter of determination followed in 2003.

Toppi's vision of a Community Bike Shop that provides bicycles for transportation to those who need it came when he was working at a local retail bicycle shop. He and a fellow co-worker started bringing salvaged parts and bikes to Everett's Gospel Mission to help with bicycle repair of donated bikes.

After serving on the Board of Directors for the organization's first 6 years, Toppi finally was able to step aside. Geoffrey Crowfoot is Sharing Wheels new Director and he has a good crew of member/volunteers to take Ron's place. The shop is now a Co-op where members work on bikes for the charitable programs, teach and learn different aspects of bicycle repair from each other, use the shop's supply of tools and parts to fix their own bikes or fix up a bike for themselves from the hundred or so bikes "hanging around". "It's a great place to hang out, learn, socialize and feel part of a useful community asset."

You can find out more about what it takes to become a member of the Sharing Wheels Co-op or about the Charitable Programs and how you can contribute by calling, (425)252-6952. Or visit the website: sharingwheels.org

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 September 19

| First name | Last Name | YTD | First name | Last Name | YTD |
|------------|------------|------|------------|-------------|-----|
| Rod | McDonald | 3372 | Jack | McClincy | 72 |
| Rick | Schranck | 3140 | Janell | Reich | 72 |
| Warren | Bare | 2450 | Jean | Will* | 70 |
| Pier | Fiorentini | 2316 | Graham | White | 60 |
| Wendell | Hultman | 1662 | Kit | Wennersten* | 60 |
| Bill | Lutterloh | 1116 | Gina | Kalamen* | 60 |
| Dan | Scott | 886 | Danna | White | 60 |
| Doug | Andrews | 693 | Patty | Garrett | 57 |
| Roger | Frost | 641 | Dave | Lawrence* | 56 |
| Debby | Grant | 638 | Amy | Lawrence* | 56 |
| Tim | Wise | 607 | Dave | McElroy* | 55 |
| Steven | Hudspeth | 578 | Brent | Hunter | 54 |
| Bob | Huey | 563 | Tony | Mace* | 54 |
| Gery | Osowiecki | 534 | Phu | Ngo* | 54 |
| Kathy | Riddle | 534 | Don | Sperlin | 53 |
| Bill | Weber | 512 | Stephen | Benson | 50 |
| Tom | Weber | 402 | Tim | Turner* | 48 |
| Pam | Hallanger | 376 | Matt | Burgess* | 45 |
| Bob | Nyberg | 351 | John | Spencer | 45 |
| Laura | Laures | 348 | Ron | Everett* | 45 |
| Steve | Linari | 344 | Claire | Tieler* | 45 |
| Kristin | Kinnamon | 320 | Bruce | Bullock * | 43 |
| Warren | McAndrew | 302 | Marc | Peterson* | 42 |
| Elaine | Scott | 294 | Dan | Wakefield* | 42 |
| Kristi | Knodell | 293 | Skyler | Dompier* | 42 |
| Keith | Gerhard | 269 | Cecily | Tillinghast | 41 |
| Allyson | Welsh | 261 | Ginger | Decker | 37 |
| Terri | Spencer | 235 | Doug | Grant* | 37 |
| Bob | Palm | 234 | Perry | Walker | 35 |
| Kay | Peterson | 222 | Bruce | Deitz | 34 |
| Annie | Peterson | 220 | Mary | Andrews | 34 |
| Laura | Elmore | 220 | Peter | Pisani | 34 |
| Michele | Wolski | 217 | Anne | Schreibvogl | 31 |
| Erik | Troili | 212 | Al | Currier | 31 |
| Lena | Sullivan | 210 | David | Robb * | 30 |
| Brian | Elmore | 204 | Kevin | Schroeter * | 30 |
| Desiree | Troili | 200 | Jim | Morrison* | 30 |
| Clarence | Elstad | 199 | Brian | Herbert* | 30 |
| John | Carlin | 196 | Dale | Kaiser | 30 |
| Art | Arneson | 159 | Linda | Dreker* | 30 |
| Michael | Snodgrass | 158 | Jean | Moormeier* | 30 |
| Dick | Nicholson | 148 | Dan | Cornelissen | 29 |
| Dave | Crosby* | 130 | David | Johnson | 29 |
| Mike | Dahlstrom | 122 | Patty | Inghan* | 29 |
| Leslie | Strickland | 118 | Dale | Dahl* | 29 |
| Claudia | Huey* | 115 | Michell | Gilluly* | 29 |
| Andrea | Powell* | 115 | Rick | Pressley | 29 |
| Gustavo | Araya * | 108 | Nicole | McGowan* | 29 |
| Glen | Moffitt | 105 | Jennifer | Okeman* | 29 |
| Ronn | Larpenteur | 103 | John | Okeman* | 29 |
| Jan | Johnson* | 97 | John | Marshall | 28 |
| Marietta | Zander * | 88 | Sharon | Andrews | 25 |
| Jack | Boileau* | 86 | Calvin | Atkin* | 22 |
| Melanie | Greene | 85 | Colleen | Norcott | 20 |
| Ken | Ralston* | 85 | Keo | Overmeyer* | 20 |
| Jeannie | Grippin | 79 | Toni | Hawthorne* | 15 |
| Linda | Hunter | 76 | Dan | McDaniel* | 15 |
| Ned | Cross* | 75 | Debby | Kawamoto | 9 |
| Don | Ross* | 75 | Dale | Kaber | 9 |

Big vs. Small Semi-Truck vs. Car Car vs. Bicycle Bicycle vs. Pedestrian

In an accident, all parties involved will most likely lose something. It could be time, property, life, or injury. It is important to remember that the big object usually wins and will receive less injury and damage than the smaller object.

The statistics show that almost 50% of bicycle accidents are the cyclist's fault.

Remember, not all operators of big objects are attentive or sober. As bicycle riders we must pay extra attention to our surroundings and the laws of the road. Please learn to ride defensively and follow the laws of the road that pertain to bicycles.

Put a bell on your bike so pedestrians and other bicyclists know you are close. Shouting "Left, on your Left" doesn't always work. Pedestrians often move in the direction of your warning.

Remember the small object usually loses and we don't want to hurt pedestrians.

Do you have a safety story to tell?
If so, send it to chinstrap@bikesclub.org.
Ride Safe.

Yours Truly,
Chin Strap



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

Stamp
Goes Here



Is it time to renew? →

**BIKES CLUB WOULD LIKE TO
BUY YOU BREAKFAST**

Although everyone is welcome, the club will buy breakfast for ride leaders that have lead at least 3 rides this year. You have until the RIDE LEADERS BREAKFAST held in November so share your favorite rides with fellow club members.

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

Chainwheel Chatter October 2009

. NEWSLETTER SUBMITTAL

Please submit all material for the **November** newsletter by **October 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.

Fall is upon us and with it the weather dictates all weather gear, lights for safety when it's darker and more attention to cleaning and lubing our bikes. Please don't let this keep you from reaching club mileage goals, whether it's 100 miles or 500 or more.

The new President will have many goodies to hand out at the end of the year and would rather see you utilize them than have them remain sitting in the storage locker.