

## Thirtieth Anniversary Edition

1979 — 2009

# Chainwheel Chatter

H A P P Y T H I R T I E T H B I K E S B I R T H D A Y

### INSIDE THIS ISSUE:

Happy Birthday BIKES	1
Rides	2
Announcements	2
Rides	3
The Big Picture	4
Ride Miles	5
Membership Application	6



This month B.I.K.E.S. celebrates thirty years as Snohomish County's Cycling Club. On September 14, 1979, thirty-three individuals attended the inaugural meeting in Marysville. Nine additional cyclists called to have their names added to the list to form the club.

Original club officers were President Harry Stavert (above center); Vice President Floyd Jones (above left); and Secretary-Treasurer Pat Rinke (above right); but the enthusiasm, pleasure and hard work of jump starting a bike club was shared by all. Volunteers quickly filled five committees with the vision of having a local friendly club that welcomed all who enjoy the experience of the ride.

Many original members, then new members, served as officers in the intervening years; lending their ideas and talent, leading the club, and hosting club rides to Canada and Oregon as well as throughout Washington. Members sponsored rides such as the TOSRV-NW, Ride Around Washington (RAW), before Cascade thought it was a good idea, and the continuing ever-popular McClinchy Mile.

Although our primary reason for coming together is to ride, we donate to cycling causes and support cycling education and government / policy for cycling advocacy. Check out the bottom of page two for some of the fun things we are doing this month.

### Rides in Review

Gery O's August 15<sup>th</sup> Downtown to Duwamish ride became one of those "go with the flow" rides. Warren rode the bus to Seattle while Gery, Bill Lutterloh and Doug Andrews ate breakfast in the north end prior to carpooling to Seattle in Bill's van. Hempfest precluded parking at the north end of Myrtle Edwards Park and riding the Elliot Bay Trail so Bill loaded Warren and his bike into the van along with the others and headed south, finally parking near SODO Center. From there the group crossed the West Seattle bridge, headed down the Duwamish Trail, past Nickelsville homeless tent village, and on to the South Park area to the Museum of Flight. Gery wanted to see the museum but deferred as no one else was interested – instead we had coffee and a goodie at the restaurant. We retraced our route but turned west at the West Seattle bridge and rode north to Jack Block Park where we took a short break and enjoyed the beautiful day before proceeding to the King County water taxi for the return to Seattle. Uwajimaya in the International District became the late lunch stop but no one starved along the way. We returned to Bills van and loaded the bikes but it was time for a cup of coffee. Going north on 1<sup>st</sup> Ave what should we see but a Krispy Kreme donut shop. And you just know most of those thrifty riders had to order a pastry because the pastry-coffee combo was cheaper than a solo coffee

# SEPTEMBER RIDE CALENDAR

## 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 and as the days grow shorter so does the ride distance.

**Sept 1 Tuesday and 24th Thursday - The Alan Bergeron Loop + Lake Stevens.** Meet at 9:00AM at the H.P.E.L. Church at 5425 Harbour Pointe Blvd, Mukilteo. Route: Mukilteo-Snohomish-Lake Stevens-Everett-Mukilteo. 52 miles. Pace: social/moderate, terrain :B. Call Pier (425)349-5065 or email: fiorepg@gte.net

**Sept 3rd Thursday, 15th Tuesday, 22nd Tuesday - Whidbey Island.** Meet at 9:00 AM at the Church at 5425 Harbour Pt. Blvd, Mukilteo. We will catch the 9:30 ferry (\$4.95 - \$2.95 for seniors). Ride the south part of the island. Cappuccino in Freeland. Stop at the park in Maxwelton. 48 miles. Pace: social/moderate, terrain :D. Call Pier (425)349-5065 or email: fiorepg@gte.net If you don't call me, meet me at the 9:30 ferry.

**Sept 8 Tuesday - Mukilteo – Sultan Mukilteo - Snohomish - Monroe - Sultan - Ben Howard - Mukilteo.** Starts at 9:00 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> - we will skip Welch Rd. Please confirm with Pier (425)349-5065 or email: [fiorepg@gte.net](mailto:fiorepg@gte.net)

**Sept 10 Thursday - Golden Gardens - Mukilteo-Edmonds-Golden Gardens (Seattle). (via Blue Ridge).** Meet at 9:00 AM at the Church at 5425 Harbour Pt. Blvd. 50 miles. Pace: Moderate, terrain D/E. Please confirm with Pier (425)349-5065 or email: fiorepg@gte.net

**Sept 17 Thursday - Echo Lake Mukilteo - Echo Lk - Mukilteo.** Meet at 9:00AM at the Church at 5425 Harbour Pte Blvd, Mukilteo. Via Lowell-Larimer Rd, Connelly, Elliott, Welch Rd, Fales. 49 Miles. Pace: social/moderate, terrain: D. Call Pier (425)349-5065 or email: fiorepg@gte.net

## Weekend Rides

**Sept 5 Saturday — Picnic Rides.** Dan Scott will lead a ~20 mile Moderate ride and Elaine Scott will lead a ~10 mile Social ride. Start at 11.30am at Thornton Sullivan Park before we replenish the calories while picnicking starting about 1:00 pm. Everyone welcome for the rides and / or picnic. (See below for more details.)

**Sept 12 Saturday - Mukilteo – Monroe Mukilteo - Snohomish -Monroe - Mukilteo.** Meet at 9:00AM at the H.P.E.L. Church at 5425 Harbour Pointe Boulevard, 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

(continued on page 3)

## *Picnic Club Meeting Birch Bay Weekend Weenies and Hot Dogs*

### **BIKES Annual Picnic Saturday Sep 5th**

Thornton A Sullivan Park  
Silver Lake  
11:30am – 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 for last-minute details. (Need cooks and someone willing to save a table!.)

### **Monthly Club Meetings**

resume in September on the second Thursday of the month (09/10/09 - 7.00PM) at the Snohomish County PUD Building - 2320 California Ave. Everett WA.

Everyone's welcome and if time permits join other club members at 5.30 for an early dinner at El Paraiso, 2801 Colby Ave.

### **Birch Bay Weekend Tour**

September 19th—20th at Birch Bay State Park. Watch the website for more information

We conclude the months festivities of three decades with fun and frivolity on the first annual **Weenies & Hot Dogs** ride hosted by Brent and Linda Hunter. Please RSVP for weenies & dog count ( check the ride calendar).

**Sept 12 Saturday – Everett/Snohomish/Monroe Loop.** This will be social/moderate paced ride of about 45 miles, I'm guessing on the distance. We'll use the High Bridge route between Snohomish and Monroe, otherwise we'll stay on the flatter roads along the river. Start point will be the Riverfront park in Lowell and we'll finish the ride with a swing into downtown Everett for a lunch/snack before going back to Lowell. Start time will be 9:00am. Contact Mike Snodgrass (360)653-2384. Rain will cancel.

**Sept 19 Saturday - Mukilteo – Redmond, 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. 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: fio-repg@gte.net

**Sept 20 Chuckanut Century,** by the Mt Baker Bicycle Club. For this I'd just be the mileage coordinator. I plan to do the metric century, northern loop, which goes from Bellingham to Birch Bay passing thru Fairhaven in both directions. People need to handle their own registration thru the Mt Baker club. It's a ride that supports the Bicycle Alliance. Call me for carpool arrangements, John Carlin 425-778-4529. [johnecarlin@comcast.net](mailto:johnecarlin@comcast.net)

**Sept 26 Saturday Fidalgo Island.** Meet at the Rexville Grange at 9:30 for this social / moderate 40-45 mile ride. We will have a food stop at GereDeli in Anacortes. Below is a GMAP link and we will add the March Point loop and rain may cancel. Contact Warren Bare at (425) 478-9594 - Bare.Warren@gmail.com <http://www.gmap-pedometer.com/?r=237687>

**Sept 27 Train trip to Mt. Vernon and ride home.** This is one I tried to do a few years ago, but first they cancelled the train at the last minute and then switched out the Talgo for Superliner equipment. On the latter you have to buy a box and dismantle the bike. Now the Talgo is back and you don't have to box or break down the bike. Make your own reservations at Amtrak.com. The train leaves Edmonds at 8:07 and Everett at 8:31. On Amtrak you're a Senior at age 62. Be sure to check the box for your bike (\$5 extra). Cell phone day of ride is 425-344-1006. Distance is about 45 miles to Everett via Conway, Stanwood, Warm Beach and Marysville. Another 10 or so to the Lynnwood Transit Center via the Interurban Trail. John Carlin 425-778-4529 [johnecarlin@comcast.net](mailto:johnecarlin@comcast.net)

**WEENIES & HOTDOGS**

**Sunday, September 27- First Annual “Weenie” Ride Part A. Machias to Lake Stevens, 6 miles, A Terrain.** This ride is designed for people who are riding with kids, those who haven't been riding much, or just plain weenies that only want to ride a little way. Meet at Machias Station on the Centennial Trail at 11:00 AM. This ride will be at a leisurely pace. After our ride we will be treated to roasted weenies (regular or tofu) & other goodies provided by the Hunters. **Ride Leader** Linda Hunter, **Assistant Ride Leader & Cook** Brent Hunter

**Sunday, September 27- First Annual “Weenie” Ride Part B. Machias to Arlington, 20 miles, A Terrain, Social Pace.** If you want to ride a little farther & a little faster but can still be considered a weenie then this is the ride for you. Ride starts at 10:00 AM at Machais Station. Roasted weenies & other goodies after the ride. **Leader** Patty Garrett

**Sunday, September 27- First Annual “Hot Dog” Ride. Machias to Granite Falls, 25 Miles, B Terrain, Social/ Moderate Pace.** We wouldn't forget a ride for all of you hot dogs. Ride harder, do a few hills & come back for lunch. Roasted hot dogs & other goodies at the finish. Start at 10:00am at Machais Station. **Ride Leader** Warren Bare

\*\*\* **Please call the Hunters if you plan to ride so we know how many weenies/hot dogs to cook 425-478-6287 or 425-275-8380.** We will also have chips & drinks & because Brent is coming to the ride I'm sure there will be cookies. We thought of this ride as a fun way to end a great summer. Thanks to Warren & Patty for being co-leaders.

**Debby Grant is October 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](mailto: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.

# The Big Picture

Several years ago I worked for a large company that ships packages around the world. It was a big facility with lots of conveyors and dangerous chains and gears that can easily tear through anything in its way. The supervisor always reminded us to “See the Big Picture”. This meant to always look ahead and to the sides to know and be aware of your surroundings. This was for our personal safety.

I suggest all bicycle riders “See the Big Picture” when riding on the road and on trails. I was on the Interurban Trail this past Sunday and could have been involved in two separate accidents. The first incident was when up ahead I saw a couple walking in the middle of the trail. I understand that trails are for people walking, running, on bikes, trikes, or roller blades. And when they are in front of me on the trail, I ride defensively. (I learned to ride defensively on a motorcycle. If you ride a motorcycle and want to live to see another day, you must ride defensively.)

I was ringing the bell on my bike, shouting left, on your left. Now think of this, if you’re not a bike rider, would you know what “On Your Left means?” I’ve heard some people say” What is that bell noise? Not knowing that a bike could be right next to them going 15+ MPH.”

While riding toward them, I slowed down and was ready to stop if necessary, this is riding defensively. I’m always cognizant about this when I approach walkers, runners and slow bikes on trails. It’s important to understand that the trail is there for everyone, not just bicyclists.

When I was a few feet away from them, one person moved to the left and the other person moved to the right. If I wasn’t paying attention and preparing to stop, I would have hit them.

The second incident was 10 minutes later when I was riding down a hill on the trail and noticed at the bottom of the hill an adult and child slowly riding their bikes up the hill. They were on their side of the trail but something didn’t look quite right. And when I was almost up to them, the father makes a u-turn right in front of me. If I wasn’t prepared to stop, it would have been a serious collision.

This is an example of paying attention to the surroundings and understanding that not all bike riders and trail walking pedestrians are aware of experienced bicyclists riding on public trails. I was able to avoid two accidents. My advice to all bicycle riders is to “See the Big Picture” whether you are on the road or a trail. Do you have a story to tell? If so, send it to [chinstrap@bikesclub.org](mailto:chinstrap@bikesclub.org). Ride Safe.

Yours Truly, Chin Strap

## *Club Officers and Support Information*

**Bill Weber – President**

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**Warren Bare – Vice President**

**Newsletter Editor (425) 478-9594**

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[editor@bikesclub.org](mailto:editor@bikesclub.org)

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**Debby Grant – Treasurer (425) 778-5530**

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**Fred & Kala Koch**

**Member Roster Coordinator**

(425) 487-3221

[roster@bikesclub.org](mailto:roster@bikesclub.org)

**Steven Hudspeth**

**Frequent Rider Miles Coordinator**

[ridermiles@bikesclub.org](mailto:ridermiles@bikesclub.org)

**Monthly Ride Coordinator**

[leadaride@bikesclub.org](mailto:leadaride@bikesclub.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 ride leaders)

**MILEAGE AS OF AUGUST 19**

Rod McDonald	2796	Don Ross*	75
Rick Schranck	2579	Jan Johnson*	71
Warren Bare	2285	Linda Hunter	66
Pier Fiorentini	1916	Graham White	60
Wendell Hultman	1563	Kit Wennersten*	60
Bill Lutterloh	902	Danna White	60
Dan Scott	760	Dave McElroy*	55
Roger Frost	621	Gustavo Araya *	54
Debby Grant	566	Tony Mace*	54
Bob Huey	543	Phu Ngo*	54
Doug Andrews	527	Don Sperlin	53
Gery Osowiecki	502	Kristi Knodell	51
Kathy Riddle	492	Stephen Benson	50
Steven Hudspeth	483	Tim Turner*	48
Bill Weber	477	Patty Garrett	47
Tim Wise	458	Terri Spencer	45
Tom Weber	372	Matt Burgess*	45
Laura Laures	348	John Spencer	45
Steve Linari	344	Ron Everett*	45
Bob Nyberg	323	Claire Tieler*	45
Elaine Scott	284	Brent Hunter	44
Warren McAndrew	248	Bruce Bullock *	43
Bob Palm	234	Marc Peterson*	42
Kay Peterson	222	Dan Wakefield*	42
Michele Wolski	217	Skyler Dompier*	42
Allyson Welsh	216	Cecily Tillinghast	41
Keith Gerhard	215	Doug Grant*	37
Lena Sullivan	210	Perry Walker	35
Laura Elmore	201	Bruce Deitz	34
Annie Peterson	198	Peter Pisani	34
John Carlin	196	Gina Kalamen*	34
Pam Hallanger	186	Anne Schreivogl	31
Erik Troili*	184	Al Currier	31
John Allen*	180	David Robb *	30
Brian Elmore	176	Kevin Schroeter *	30
Desiree Troili*	172	Jim Morrison*	30
Amanda Lassiter*	171	Brian Herbert*	30
Mark Olson *	155	Dale Kaiser	30
Walt Davis*	155	Linda Dreker*	30
Marshall Will*	155	Jean Moormeier*	30
Jeff Moormeier*	150	Dan Cornelissen	29
Art Arneson	131	David Johnson	29
Mike Dahlstrom	122	Patty Inghan*	29
Leslie Strickland	118	Dale Dah!	29
Kayo Downey*	115	Michell Gilluly*	29
Claudia Huey*	105	Rick Pressley	29
Glen Moffitt	105	Nicole McGowan*	29
Dick Nicholson	104	Jennifer Okeman*	29
Ronn Larpenteur	103	John Okeman*	29
Andrea Powell*	100	John Marshall	28
Dave Crosby*	95	Sharon Andrews	25
Marietta Zander *	88	Calvin Atkin*	22
Michael Snodgrass	86	Kristin Kinnamon	22
Jack Boileau*	86	Colleen Norcott	20
Melanie Greene	85	Mary Andrews	15
Ken Ralston*	85	Debby Kawamoto	9
Jeannie Grippin	79	Dale Kaber	9
Ned Cross*	75	Clarence Elstad	9

**Election 2009**

Submitted by Kristin Kinnamon

As a 501 (c) 3 nonprofit, the Bicycle Alliance of Washington advocates for cyclists and can endorse issues but not candidates for elected office. A nice complement to our efforts is the Cascade Bicycle Club, which has formed a political arm so that it can interview and recommend candidates. The information is provided here for educational purposes, and does not represent an endorsement by B.I.K.E.S., which like the Bike Alliance cannot pick sides when people run for office.

"After months of interviews and research, the Cascade Bicycle Club has rolled out its 2009 candidate endorsements. This year's local elections present a critical opportunity to support candidates who recognize the benefits of bicycling for health and transportation, and who will build bicycling infrastructure in our communities. Here are highlights on Cascade's list of pro-bike candidates whom you may see on your ballot.

**Snohomish County Council, Pos 1**

**Recommendation: Ellen Hiatt Watson**

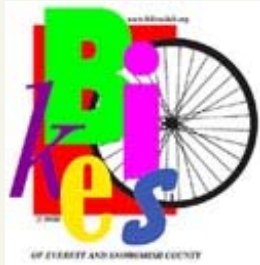
Ellen is determined to make Snohomish County better for bicycling. She recognizes the health benefits of walking and bicycling, and will work to implement "Complete Streets" policies once elected. The incumbent in this position, John Koster, holds alarming positions on transportation, land use and many other issues. He has not sought the endorsement of Cascade.

**Snohomish County Council, Pos. 5**

**Recommendation: Dave Somers**

Dave is an incumbent with a great record on bike-related issues. He is also well-respected as a champion in the environmental community. He also favors more "Complete Streets" policies, and is pushing for them to be adopted nationwide. Offering him Cascade's endorsement is a no-brainer.

WE'RE ON THE WEB!  
bikesclub.org



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

**Renewing Members — Thank You**

Patty Garrett – Arlington  
Charlotte & Jerry Maris – Marysville  
Jack McClincy & Janell Reich – Arlington  
Robert G Palm – Lake Stevens  
Desiree & Eric Troili – Everett

. NEWSLETTER CONTENT DEADLINE

**Please submit all material for the October  
newsletter by September 18**

E-mail Warren Bare at [editor@bikesclub.org](mailto:editor@bikesclub.org)

**Earth Friendly Members**

**Janice &  
Micheal Skredsvig**

Thanks for getting your  
newsletter  
electronically online.

YOU TOO  
CAN GET YOUR  
NEWSLETTER

Electronically  
Email

[roster@bikesclub.org](mailto:roster@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.