

# Chainwheel Chatter

B.I.K.E.S.

Your Snohomish County Cycling Club for OVER 30 YEARS

DECEMBER 2011

ISSUE 386

## Complete Streets and Healthy Community Planning

One of the residual benefits of having served as President and promoting B.I.K.E.S. was an invite to attend the Complete Streets and Healthy Community Planning workshop that was held in Mount Vernon last month. Representatives from three counties and WSDOT attended the workshop. The five sessions were broken down into two days. Day one covered the what, where, why and how of Complete Streets, and the drawbacks of community design that separate housing from shopping and industrial areas, forcing non-active lifestyles reliant on motor vehicles for all trips. We compared transportation patterns with overweight population percentages. We learned about creating safe walkable and bikeable neighborhoods. We viewed pictures of connected street designs and lollipop pattern streets then compared driving and walking distances for both designs. We discussed how freeways and multi-lane arterials cut communities in half and discourage walking and biking. We reviewed vehicle speed, stopping distance and injury/death statistics. After lunch we took a break to go for a walk around Mount Vernon to review some of the good and bad design and alterations around the downtown section. After the walk there was a discussion about the pros and cons of Complete Street laws, ordinances and policies.

The morning of the second day was dedicated to the public health aspects of developing communities that reduce tobacco use and increase walking and biking to reduce obesity, heart disease and diabetes. Again the discussion went to dead end communities and how the lack of through streets discourages walking and biking and how zoning ordinances that locate shopping and industry close to residential areas lead to more walkable communities. Included in this session was how public transportation should be incorporated into Complete Streets. After lunch the session focused on the comprehensive planning process – who to get involved and how to get them involved. Things like bringing together schools, parks departments, public health departments, public works, city planners, business owners and community residents to create a plan for a more active community.

Over all the part that I found the most interesting was that many of our local communities are sending their people to learn about Complete Streets and how to bring safer streets to their communities. I know that changing public perception and getting all of the work done won't happen overnight, but there are changes in attitude in many of our communities.

Bill Weber  
Past President

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### The Holiday Party

On December 3rd will be held At 6 PM at Carriage Club Estates Clubhouse

It will take the place of the regular monthly Meeting, The Address is 13320 Highway 99 Everett

More information Can be found on the Website and in November's Chainwheel Chatter.



**B.I.K.E.S. Club  
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**Club Miles Compiled to 11/18/11**

**The Frequent Rider Miles program is a fun benefit for BIKES Club members. Ride 100 miles or 500 miles or 1000 miles, or more, on club sponsored rides and earn a reward. Miles are tracked from BIKES Club rides as reported by ride leaders. Ride Leaders:** When reporting a ride, please remember that a ride is eligible for club miles when 1) the ride is listed in the newsletter and on the Rides web page; even if only the ride leader participates or 2) the ride is listed on the Ride Updates web page and the leader and one other person from a different address participates. When reporting, please include your name, name of your ride, ride date, number of miles, names of participants, member status.

Warren	Bare	2034	Susie	Paquette	165	Larry	Kennedy	47
Bill	Lutterloh	1463	Bob	Nyberg	154	Sally	Davies	46
Gery	Osowiecki	819	Warren	McAndrew	145	Robert	Smith	45
Wendell	Hultman	602	Allyson	Welsh	141	Susan	Hausmann	45
Evelyn	Rayburn	594	Kay	Peterson	126	Dan	Cornelissen	68
Bill	Weber	584	Dave	Fielder	126	Shirley	Slade	42
Debby	Grant	543	Pam	Hallanger	118	Kala	Koch	41
Tim	Wise	538	Adrienne	Dorf	105	Dick	Nicholson	40
Dan	Scott	560	Doug	Andrews	84	Richard	Szabo	31
Steve	Linari	460	Steven	Hudspeth	84	Jack	McClincy	30
Tom	Weber	445	Annie	Peterson	79	Janell	Reich	30
Dorothy	Lindstrom	440	Rod	McDonald	77	Patty	Garrett	30
Kathy	Riddle	418	Michael	Snodgrass	74	Moe	Moosavi	30
Pier	Fiorentini	357	James	Wright	74	Nancy	Webb	26
John	Carlin	234	John	Happold	60	Albert	Penta	24
Mike	Dahlstrom	225	Clarence	Elstad	56	Linda	Hunter	22
David	Wadley	219	Stephanie	Roche	55	Leslie	Strickland	22
Peter	Pisani	209	Jay	Grant	54	Bill	Newman	22
Elaine	Scott	204	Keith	Gerhard	54	Tom	Crisp	19
Cheryl	Walchi	197	Perry	Walker	47	Kristi	Knodell	18
Nancy	Graham	172	Joanne	Kennedy	47	Fred	Koch	16

Approximately 40% of BIKES membership get the Chainwheel Chatter electronically online. YOU TOO CAN GET YOUR newsletter electronically. Email roster@bikesclub.org and save a tree.

**Jim Ozanne**

Senior Transportation Engineer with the City of Everett Jim Ozanne passed away on September 22, 2011 at age 59. As the project manager for **Everett's Bicycle Master Plan**. Though gravely ill he worked tirelessly with all relevant groups to complete the plan which was adopted by the Everett City Council earlier this year

**Debby Grant is the January 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 / 10-13 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

## Monthly Ride Calendar

UNABLE TO FIND A RIDE THAT WORKS FOR YOU?  
CHECK OUT THE RIDE UPDATES ON THE WEBSITE.  
STILL NOT FINDING ONE OF INTEREST –  
Enter one on the Ride Updates on the Web.

### Weekday Rides For December

**Tuesday Lunch Time Rides**– every **Tuesday** also **Thursdays**, (EXCEPT 12/15 ); start at 11:30am for a short (10 miles) social pace ride (leisurely going uphill), terrain mostly A, a little B. Meet at Bicycle Centers of Everett, Silver Lake location, on the corner of 19th Ave, and 128th St. NE for a loop through Silver Lake, Pioneer Trails, and Mill Creek. Optional coffee and pastries or lunch at L' Artisan Bakery afterwards. Lousy weather cancels the ride, but possibly not the stop at the bakery... Ride leader Gery Osowiecki (469) 358-2887 or [geryo@frontier.com](mailto:geryo@frontier.com).

**December 2nd and 30th** : Mukilteo-Forest Park-Howarth Park. Meet at 10 AM at 5425 Harbour Pointe Blvd, Mukilteo. Route: Mukilteo Blvd; 20 miles; pace: social; Terrain: B/C. Leave message at 425-349-5065 or e-mail [fiorepg@frontier.com](mailto:fiorepg@frontier.com).

**December 5th and 21st**: Mukilteo-Lake Cassidy-Lake Stevens. Meet at 10 AM at the church at 5425 Harbour Pointe Blvd, Mukilteo. Route: Mukilteo-Snohomish-Machias-Lake Stevens-Everett-Mukilteo. 62 miles; Pace: Social; Terrain: A/C. Leave message at 425-349-5065 or e-mail [fiorepg@frontier.com](mailto:fiorepg@frontier.com).

**December 7th, 23rd, 26th**: Al's Loop; Mukilteo-Snohomish (via River Rd) Everett. Meet at 10 AM at 5425 Harbour Pointe Blvd, Mukilteo. Route: Mukilteo-Larimer Rd-Snohomish-Everett-Mukilteo. 42 miles; pace: Social; terrain: A. Leave message at 425-349-5065 or e-mail [fiorepg@frontier.com](mailto:fiorepg@frontier.com).

**December 12th**: Mukilteo-end of Centennial Trail. Meet at 10 AM at the church at 5425 Harbour Pointe Blvd, Mukilteo. Via Lowell-Larimer Rd, Connelly, Elliott, Welch, Fales; Estimate 75 miles. Pace: Moderate; Terrain: A/C. Leave message at 425-349-5065 or e-mail [fiorepg@frontier.com](mailto:fiorepg@frontier.com).

**December 28th**: Mukilteo-Snohomish (via Larimer Rd) Meet at 10 AM at the church at 5425 Harbour Pointe Blvd. Route: Mukilteo-Larimer Rd-Snohomish-Everett-Mukilteo. 47 miles; Pace: moderate; terrain: A/C. Leave message at 425-349-5065 or e-mail [fiorepg@frontier.com](mailto:fiorepg@frontier.com)

### Weekend Rides for December

**Sunday December 4th – McCollum Park – Snohomish - Everett** A 10.00 am start will take us on this 35-40 mile loop at a social pace and will include a snack/food stop along the way. Rain, ice etc. cancels. Leader Warren Bare 425-478-9594,

**Saturday December 10th - Go visit Lenin**: Start at Echo Park across from the Aurora Village Transit Center at 10.30 am. Pace low-social (10-12) terrain mostly A, with a few Bs for good measure. Food stop near Lenin's statue, and a coffee stop on the way back. Extend the ride to visit the salmon climbing the Ballard locks... Nasty weather cancellers the ride.... Leader Gery Osowiecki - 469-358-2887

**Saturday December. 17th: Lighted ride**, starting 7 PM. Around Everett, leisure pace, 3-5 miles, dress warm, light your bike. Snow, ice, rain cancels. Meet at SE corner of Garfield Park (2 blocks east of Walnut on 23<sup>rd</sup> St) . Ride leader: Bill Weber 425-327-3516, [bbill@clear.net](mailto:bbill@clear.net).

**Sunday November 20th – Silver Lake – Snohomish - Everett** A 10.00 am start at Sullivan Park will take us on this 35-40 mile loop at a Social pace and will include a snack/food stop along the way. Rain, ice etc. cancels. Leader Warren Bare 425-478-9594

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

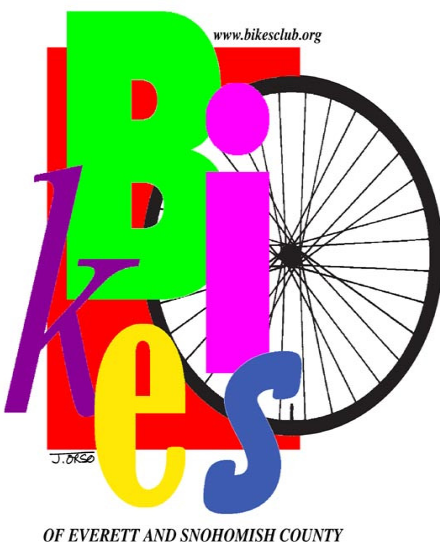
Primary  
 Business

## Members Renewing

Art Arneson  
 Linda & Brent Hunter  
 Kala & Fred Koch  
 Betty Roberts  
 Tim Wise  
 Allyson Welsh



The New Year brings Opportunity's for new gear. Plan to **volunteer** at Bikes Booth at BIKE EXPO and while still on-site peruse all the new bike's and gear



Is it time to renew? →

## Chainwheel Chatter December 2011

### NEWSLETTER SUBMITTAL

Please submit all material for the **January** newsletter by **December 18**

to 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 Annually (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.