

Chainwheel Chatter

Your Snohomish County Cycling Club for OVER 30 YEARS

From the President

Effective June 1st BIKES has new officers – please welcome President Steve Arnhold and continuing Vice President Rick Schranck. We have a candidate for Treasurer and will hold a special election at the club picnic on Aug 4th. In the interim, Kristi Knodell will continue as Treasurer. Electing Steve Arnhold to President left the Secretary position vacant. It’s easy to take meeting minutes and a great way for a new club member to get to know fellow-members so consider stepping up. Regular meetings resume in September. Until a Secretary is elected we’ll share minute taking at the meetings.

This is my last “From the President” for BIKES and the Chainwheel Chatter. It’s been fun but it’s time to move on and make way for new leadership. As cyclists our members have much in common but sometimes different goals for the club and different ideas about what BIKES brings to the community and how to make BIKES grow. I look forward to fresh perspectives and fun times from our new officers.

The Willamette Valley Scenic Bikeway (WVSB) tour is this month, **Sunday – Wednesday, June 24-27**. The WVSB is a 132 mile on-road signed route that winds through Oregon’s beautiful Willamette Valley. The tour begins at Champoeg State Park, south of Portland, Oregon, and travels on mostly quiet roads thru the Willamette Valley.

Details about the tour can be found on the Rides/Weekends and Tours page under club website. A final planning meeting is planned for June 3 where we’ll discuss specific daily start points and other details about each day. If you’re undecided and have questions, contact Linda Hunter. Her contact information can be found in the member directory in the Members Only section of the website.

As many of you know I suffered a ski-related knee injury in late January and underwent surgery in March. This experience has knocked me off-center and given me a renewed appreciation for my health and generally good physical condition. I’m eight weeks post-surgery and am learning how to walk down stairs. I’m back on a stationary bike but only short distances and no resistance. Today I told a friend that it feels like I have a tight rubber band wrapped around my knee. No epic rides for me this year but I do hope to be up and riding by August.

I hope this biking season is everything you want – enjoy every moment and don’t squander!

Pedals Up,

Debby Grant

June 2012

ISSUE 392

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June & July

No club meeting,

Too busy riding.

August 4

Club picnic and special meeting to elect a club Treasurer. Mark your calendar and RSVP for the picnic by July 31 to

president@bikesclub.org.

Potluck and ride details will be in the Aug newsletter.

A brief introduction from Snohomish County BIKES Club’s new President

My name is Steve Arnhold and I was newly elected BIKES Club president on the May 10th meeting. I want to thank Debby Grant for all her years of hard work and volunteering, along with the board members and ride coordinators. All have helped to make B.I.K.E.S. Club of Snohomish County a great and fun club. I am very much looking forward to working with all the members for the coming year and helping to promote safe bicycling and other advocacy issues for Snohomish County.

As the only bike club in Snohomish County I believe we have a responsibility to speak up for cyclists and address issues that concern cycling, now and for future generations. In addition, my goal is to help increase membership and have more social events. I really believe this helps to bring us closer as a club. My goal is that membership will also be increased with rides and social events. The people, who help with rides, coordinating and leading them, have done a great job throughout their years of work and volunteering. I would like to build on that and make B.I.K.E.S. Club of Snohomish County and Snohomish County an even more enjoyable and fun place to ride.

In the coming year I will need all the help and support I can get to achieve this. I wish all members a great summer of riding; don’t forget about the picnic in August, this will be in the newsletter for date, time and place.

Thank you again,

Steven Arnhold

President Elect - B.I.K.E.S. Club of Snohomish County

**B.I.K.E.S. Club
Officers & Support
Information**

Steve Arnhold
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president@bikesclub.org

Rick Schranck
Vice President
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Coordinator
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Monthly Ride Coordinator
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Club Miles Compiled to

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.

Frequent Rider Miles – As of 4/20/2012

Pier	Fiorentini	1193	99	Rick	Schranck	99	35	Rod	McDonald	35
Warren	Bare	1085	93	Tom	Weber	93	35	Susie	Paquette	35
Bob	Nyberg	609	92	Dorothy	Lindstrom	92	29	Ken	Moore	29
Gery	Osowiecki	559	81	Peter	Pisani	81	26	Perry	Walker	26
Tim	Wise	472	75	Dick	Nicholson	75	20	Clarence	Elstad	20
Steve	Linari	435	57	Doug	Andrews	57	18	Bob	Palm	18
Bill	Lutterloh	314	55	Elaine	Scott	55	18	James	Wright	18
Dan	Scott	219	44	Michael	Snodgrass	44	18	Nancy	Graham	18
Bill	Weber	204	42	Steven	Hudspeth	42	17	Dan	Cornelissen	17
Kathy	Riddle	184	42	Warren	McAndrew	42	17	Leslie	Strickland	17
Jim	Stewart	177	42	Robert	Pahlman	42	17	Nancy	Webb	17
Mike	Dahlstrom	136	41	Evelyn	Rayburn	41	17	Judi	Chadwick	17
Marilyn	Perala	125	40	Joanne	Kennedy	40	15	Bill	Newman	15
Pam	Hallanger	109	40	Larry	Kennedy	40	12	Brent	Hunter	12
Cheryl	Walchi	103	40	MJ	Gerst	40	10	Kevin	Patterson	10
Linda	Hunter	101	35	Dave	Fielder	35	10	Patty	Garrett	10
Denny	Andrie	99	35	Kay	Peterson	35				

City of Snohomish Centennial Trail Celebration and BAW recognized Bronze level

After years of planning, securing funds and construction. Snohomish held a dedication of the in town link of the trail on May 19th hosted by Mayor Karen Guzak and attended by townsfolk, bicyclist and City Staff, County and Legislative representatives' who worked for and backed the project.

This was also the first public showing of the **Bronze bicycle friendly rating** sign awarded by the **League of American Bicyclist** making Snohomish the 1st and only community in Snohomish County to receive a BAW award. BIKES club member **Don Kusler** was called out for extra effort in making sure the required items were in place to obtain the BAW rating and cycling in Snohomish is safer and more enjoyable for all who ride

At completion of the ceremony **Don** led a number of riders including club members to Machias Station. Other members rode the High Bridge loop led by **Bill Weber** and some members rode to the dedication so rode on their way.

Debby Grant is the July ride coordinator.

And the months following are

August—Doug Andrews

September –Tim Wise

So ride leaders send your rides to

leadaride@bikesclub.org

Ride Guide

PACE

Lelsurely / 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

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.

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

June 13th, 20th, 27th. Mukilteo-Snohomish-Everett (Al's Loop) Meet at 9:00 AM at the parking of 5425 Harbour Pt. Blvd. Mukilteo. Route: Mukilteo-Lowell-Snohomish-Everett-Mukilteo. 42 or 47 miles. Pace: Moderate, terrain: A/B. Call (425)349-5065 or email : fiorepg@frontier.com

June 6th. Whidbey Island. Clinton - Freeland - Maxwellton. Meet at 9:00 AM at the parking of 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: Moderate. Terrain C. See route on Bikely as Clinton-Freeland Call (425)349-5065 or email: fiorepg@frontier.com

June 8th, 15th, 22nd. Mukilteo-Forest Park-Everett Meet at 9:00 AM at the parking of 5425 Harbour Pt. Blvd. Mukilteo. Route: Varies depending on the mood. 20 miles. Pace: Moderate, terrain B. Call (425)349-5065 or email : fiorepg@frontier.com

June 11th Mukilteo - Lake Cassidy - Lake Stevens. Meet at 10:00 AM in the parking of 5425 Harbour Pt. Blvd. Mukilteo. Route: Mukilteo-Snohomish-Machias-Lk Cassidy/Stevens-Everett-Mukilteo. 60 miles. Pace: Moderate. terrain: A/B. Call (425)349-5065 or email: fiorepg@frontier.com

June 18th. Whidbey Island. Clinton - Freeland - Greenbank - Clinton. Meet at 9:00 AM at the parking of 5425 Harbour Pt. Blvd. Mukilteo. We will catch the 9:30 ferry (\$4.95). 58 miles. Bring snacks. Pace: Moderate. Terrain: C/D. Call (425)349-5065 or email: fiorepg@frontier.com

June 25th, Mukilteo - Snohomish - Monroe - Sultan - Monroe - Mukilteo. Starts at 9:00 the parking of 5425 Harbour Pt. Blvd, Mukilteo. 75 miles. Pace: moderate, terrain: B/C. <http://www.bikely.com/maps/bike-path/Mukilteo-Sultan-Mukilteo>(we will not do Welch R)
Call (425)349-5065 or email: fiorepg@frontier.com

**TWO Sister club rides that are good for training
For longer rides and they support BAW**

June 3 : Peninsula Metric Century - Southworth & Gig Harbor Challenging ride on scenic Kitsap Peninsula. Waterfront views, rural countryside, rolling hills. 40, 62 or 100 miles. 2 start locations: Southworth Ferry Dock or Gig Harbor. SAG, rest stops, desert at finish. Tacoma Wheelmen's Bicycle Club
www.twbc.org

June 24 : Two County Double Metric Century – Olympia - Fully supported, starts at Peter G. Schmidt Elementary School in Tumwater. 5 routes (20, 35, 70, 85 and 126 miles) on lightly traveled roads. Varies in difficulty, but all scenic. Great warm-up ride for the STP. Capital Bicycling Club www.capitalbicycleclub.org

Weekend Rides

Saturday June 2nd, Everett — Lake Stevens at a social pace. Through Snohomish on the way, Lundeen Parkway to 204 on the return. 9am start at NE corner of Garfield park (2 blocks East of Walnut on 23rd St). Ride leader Bill Weber contact # 425-327-3516. bbill@clear.net

Saturday June 9th Whidbey Island - Meet at Mukilteo ferry landing at 8.40 AM for the 9.00 sailing. This social / moderate ride of 36 miles will leave the major hills behind at the lunch stop in Langley. B/D terrain and Steady rain cancels . Leader Warren Bare – 425-478-9594 – RWGPS map - <http://ridewithgps.com/routes/1020313>

Sun, June 10th, CCW Ride Around Lake Washington. Start 9am at Log Boom Park and we will ride CCW around the lake and stop at Gene Coulon Park in Renton for a snack. A/B Terrain, 50 miles, Moderate Speed. Heavy rain cancels. Ride Leader Tim Wise 425-754-7916, tcjkwise@frontier.com.

Saturday June 17th . 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, 47 miles and rain may cancel. Please RSVP to Warren Bare (425)478-9594, Bare.Warren@gmail.com RWGPS map - <http://ridewithgps.com/routes/1201413>

Sun, June 24th, McCollum Park thru Woodinville to 3rd Place Books and back. Start 9am, A/B terrain, Moderate pace. 35-40 miles. Heavy rain cancels. Ride Leader Tim Wise 425-754-7916, tcjkwise@frontier.com.

Saturday June 30th, Garfield Park / Snohomish. Start at Garfield park (2 blocks East of Walnut on 23rd St.) at 9:00am. We will ride about 20 miles, leisure social pace with a food stop in Snohomish. Leader Bill Weber 425-327-3516 bbill@clear.net

Harry Stavert— BIKES Founder



The first B.I.K.E.S. club meeting was held September 14 1979. Enthusiast Harry Stavert and biking buddy Floyd Jones determined that the Everett-Marysville area did not have a bicycle club, and thus BIKES was born. Harry retired from Boeing, an engineer, and was looking for a fun kind of exercise.

The name B.I.K.E.S. began as an acronym for Bikers Ideal Kinematic Exploration Society and the club was so incorporated. However, a few years ago we changed the name to B.I.K.E.S. Club of Snohomish County.

July 2012 marks 16 years since Harry Stavert was killed while riding his bike (July 1996). He locked wheels with an extended trailer truck up on Hwy 9 and 204th St., killed when struck by the trailer section. Harry died doing what he so enjoyed at age 77. He said once he wanted to complete 100,000 miles of riding before he died. I don't know if he did, but I think he logged at least 100 miles a week until the end of his life.

Several years ago, to honor Harry Stavert, B.I.K.E.S. Club of Snohomish County gifted a plaque and picnic bench along the Centennial Trail. So whenever you're at the north end of the Centennial Trail, between Snohomish and Arlington, look for a memorial placed by BIKES. It's located near where the Centennial Trail crosses Wade road, almost exactly one km from the Armar Road trailhead.

Bike Clubs Pedal Safety

Students Complete Bike Safety Program at 13 Schools in Edmonds School District

EDMONDS, WASH., April 30, 2012 – A new kind of graduate is rolling out of the Edmonds School District. This June, more than 2,600 students will have graduated from an innovative *Basics of Bicycling* program since it started in fall 2010.

The three-week bike safety program for third-, fourth- and fifth-graders teaches safe habits at an early age, makes exercise fun and instills healthy habits that can last a lifetime. *Basics of Bicycling* curriculum was developed by the Cascade Bicycle Club based on older curriculum written by the National Center for Bicycling and Walking. Throughout the school year, the program rotates from one school to another via a utility trailer of 30 bikes in tow.

“I thought the class was really fun because I don’t get to ride my bike much because at home we don’t really have space. So this is a great opportunity for me,” said Darian Conn one of the program graduates and featured students in a video produced to celebrate the growth of the program. The online video may be watched at <http://bit.ly/lji6rj>

“When the program began with our first 30 cyclists, we were nervous about what could happen with so many kids riding at the same time,” said Jennie Hershey, a P.E. teacher at Mountlake Terrace Elementary. “As it turned out, the students were excited to try the new bikes on the safety course and they knew this was not the time to go crazy.”

Since then, the program has grown from three schools to 13 schools. “The word about this program is spreading,” said Jenni McCloughan, P.E. teacher at Maplewood Parent Cooperative. “Now I get students, parents, teachers and principals asking me about the program and wanting to know how they can get involved.”

The Edmonds Bicycle Advocacy Group (EBAG) deserves credit for coming up with the idea for local schools. “I’m also active in the Cascade Bicycle Club and was familiar with the *Basics of Bicycling* program offered at other schools,” explained Peter Hallson. “EBAG thought this was a great idea and we contacted Cascade and community members with hopes of raising funds to launch our own local program.”

“We’re thrilled to have the opportunity to educate more students about safe bicycling and help these students develop healthy lifetime habits,” added Julie Salathe, education director at Cascade Bicycle Club. “Spring is a good time to be out biking and May is Cascade’s region-wide Bike Month, featuring Bike to School Month and Day on Friday (May 18).” See <http://www.cbcef.org/bts/> for more information.

In addition to financial support from EBAG, Swedish/Edmonds sponsors this program and produced the bike video.

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Caption: Meagan Giboney interviews Darian Conn, both from Maplewood School– K-8, for a short video about the *Basics of Bicycling* class that you can watch at <http://bit.ly/lji6rj>

Media Contacts : Steve Kaiser, Swedish/Edmonds, 425-640-4035, steve.kaiser@swedish.org
Julie Salathe, Cascade Bicycle Club, 206-522-3222, julies@cascadecyclingclub.org

Washington retains top ranking as most Bicycle Friendly State League of American Bicyclists releases 2012 state rankings

For the fifth year in a row, Washington leads the nation as the most Bicycle Friendly State. The 2012 ranking of Bicycle Friendly States was announced by the League of American Bicyclists in honor of National Bike Month.

“We’re encouraged to see significant progress in top states like Washington, Minnesota, Colorado and Massachusetts,” said Andy Clarke, president of the League. “But, as the scores clearly highlight, there’s much work to be done in critical areas like infrastructure and funding. Overall, we see states—and especially state Departments of Transportation and state legislatures—lagging behind cities and the expectations of local cyclists, despite the many well-documented benefits of a more active lifestyle.”

The 2012 Bicycle Friendly States Ranking marks the launch of an updated and improved evaluation process. Throughout 2011, the League held Bicycle Friendly America listening sessions across the country to understand the successes and shortcomings of the program. Based on public input, the Bicycle Friendly State survey was revised to give a clearer picture of a state’s accomplishments and next steps towards becoming more bike-friendly.

Even with a revised survey, Washington once again set a high bar in 2012. The state scored 4’s and 5’s (5 is the highest score) on the League’s report card, receiving top scores for Education and Encouragement, and Evaluation and Planning. The report also makes recommendations for improvement. One recommendation for Washington includes developing a comprehensive strategy for working with law enforcement on bicycling issues, including training for officers and targeted enforcement of bike safety laws. Other recommendations are to continue to increase bicycle ridership and to fully fund and implement the state bicycle plan, which was adopted in 2006.

Strong and active bicycle advocacy at the state and local levels contribute to Washington’s top ranking. An improved distracted driving law and a vulnerable user law were passed due to the efforts of Bicycle Alliance of Washington, Cascade Bicycle Club, and other bike groups. The Bicycle Alliance has also been instrumental in expanding bicycle skills training in schools around the state with its Safe Routes to School program.

“Thanks to the League of American Bicyclists for this award. This honor comes with much responsibility for the state, bicycle advocates and others to continue to strive for complete streets ordinances in every community and Safe Routes to every school,” stated Barbara Culp, Executive Director for Bicycle Alliance of Washington. “This is a call to anyone who rides a bike to hold your city, county and state officials accountable to an even more bike-friendly state.”

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

Primary
 Business
 Address

NEW MEMBERS

Wendi Werner

Ken Moores

Michael Stubblefield

**Hope to see you on a ride
 soon**

RENEWING MEMBERS

Jack McClincy &
 Janell Reich

Robert Palm

Leslie Strickland

Thanks for Renewing

Is it time to renew? →

Chainwheel Chatter June 2012

. NEWSLETTER SUBMITTAL

Please submit all material for the **July** newsletter by **June 20th**
 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** 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.

Bike to Work day on May 18th saw beautiful weather, a great number of cyclists and the introduction of the revised **Snohomish County Biking and Trail map** produced by Community Transit. If you have not gotten your edition yet you can get them at the CT ride store in Lynnwood, Everett station, bike shops or member Bill Weber may have some yet that he stocked up on for disbursal.



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)