

Chainwheel Chatter

The Monthly newsletter of B.I.K.E.S. Club of Snohomish County

Your Snohomish County Cycling Club

JULY 2013

ISSUE 407

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The Prez Sez

July is when cycling peaks in the northwest. There are numerous event rides. Training for event rides, races for those so inclined and weekend tours, commuters enjoying the "challenge" of biking to and from work in our beautiful area instead of grumbling in a rain covered metal cage and daily rides as listed in our ride calendar.

Just remember it is not all riding. (fun and games)

Sometimes for BIKES members it is also a picnic so we are going to do that on Saturday July 27th. Check details in the box below and of course Mary Jo who has coordinated the weekend tours enjoyed by all who go will lead a 30 mile moderate ride starting at 10.00am. Also there will be a social / steady – no one left behind- ride that morning so check the ride updates page.

And starting with the August newsletter Kristin Kinnamon will become editor. She hopes to integrate features currently on our web site thus improving both the newsletter and web site.

So let's help her with the easy part – Sending rides for the calendar to the ride coordinator by the 18 of each month and articles of interest, ride reviews, or pertinent club information by the 20th of the month deadline so she can work on the hard part. Putting it all together.

Just a note on some interurban trail improvements. As the newsletter goes to press the city of Lynnwood is holding a meeting on two projects. The projects are located in the vicinity of 211th Street SW. & 63rd Avenue W. and 208th Street SW. between 52nd Avenue W. and 54th Avenue W.

The existing trail currently utilizes bike lanes within the curb-lines of the street and the adjacent city sidewalks. The improvements will provide a combined 12-foot wide multi-use pedestrian trail outside the curb-lines, as well as multiple pedestrian- activated flashing crosswalks. I plan on attending the meeting and may report later.

NO CLUB MILES reported for this edition of the Chainwheel Chatter. Linda Hunter who is always punctual with the mileage listing hurt her neck/spine area and is seeking medical help so the update will have to wait. We hope for a speedy recovery for Linda and understand first things first.

Warren Bare



Annual Club Picnic

Saturday July 27

Thornton A Sullivan Park at Silver Lake

10am Club Rides -1pm Barbeque

The Club provides burgers, dogs, condiments and soft drinks. You provide side dishes & desserts.

Last name A-R: sides

Last name S-Z: desserts

**RSVP to
president@bikesclub.org**

B.I.K.E.S. Club

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Event Rides

Some members are going on or may want to do in future years or rides that support BAW.

REDSPOKE July 17-21 Enjoyed by some BIKES members <http://www.redspoke.org/>
 Cadillac of bicycling tours – fully supported! 5-Day 300-mile recreational ride at your own pace.
 “Wonderful support and a fun ride” as reported by members who have ridden it numerous times

Tour de Kitsap July 28 is your opportunity to enjoy scenic Kitsap Peninsula by bicycle! Choose from multiple route options, take in the spectacular views of the West Sound, and re-energize yourself at the themed rest stops. Registration fees support the **Bicycle Alliance of Washington** and local bicycle safety and education programs. More info: <http://www.westsoundcycling.com/> - See more at: <http://bicyclealliance.org/event-ride/tour-de-kitsap-2/#sthash.EwzrlHE.dpuf>

Birch Bay Weekend July 19, 20 and 21

Come and bike the rural roads of Whatcom County. We will be staying in beautiful Birch Bay where we can ride along the bay, visit Lummi Island, enjoy fresh raspberry pie in Lynden.
Can't stay the weekend? Come up for a day ride and enjoy dinner with the group.

Friday: Fairhaven to Lummi Island

Time: 10:00 start
 Meet: Colophon Café in Fairhaven
 Distance: 46 miles
 Pace: Moderate Ride
 Terrain: Rolling with a few hills
 Ride Description: We will meet in Bellingham at the Colophon Café in Fairhaven. We will bike along the bay and then on to the ferry to Lummi Island for lunch.

Saturday: Birch Bay to Lynden

Time: 9:30
 Meet: Birch Bay Hostel
 Distance: 50 miles.
 Pace: Moderate
 Ride Terrain: Mostly flat with a few hills
 Ride Description: We will ride to Lynden. This is a nice rural ride with very little traffic.

Sunday: Lake Samish Loop

Time: 10:00 start
 Meet: Colophon Cafe: 25 miles Pace: Moderate Ride Terrain: Rolling with a few hills.
 Ride Description: A loop around Lake Samish.
 Lodging: We will be staying at the Birch Bay Hostel just 3 blocks from the beach.
 Make your own reservations at the hostel. They have a limited number of private rooms.
<http://www.birchbayhostel.com/>

Local camping options are available at Birch Bay State Park.
 Tour Coordinator: Email Mary Jo at maryjo1532@hotmail.com 206-546-0645 Cue sheets available - send an email and request.

**Debby Grant is the August
 ride coordinator and the month following is
 John Carlin**

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.

| Ride Guide | |
|---------------------------------|---|
| PACE & Terrain | |
| Leisurely / Under 10 MPH | A Mostly flat / Norman Road |
| Social / 10-12 MPH | B Rolling Terrain / McClinchy Mile |
| Steady / 12-14 MPH | C Rolling steeper hills / Kitsap Peninsula |
| Moderate / 14-16 MPH | D Difficult Terrain / Whidbey Island |
| Brisk / 16-18 MPH | E Very Difficult / Ramrod |
| Strenuous / Over 18 MPH | |

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

Tuesday, July 2 – Gery's Lunch Ride. Start at 12:00 Noon at Bicycle Centres at Silver Lake for a short 10-mile Silver Lake and Mill Creek loop. Leisurely (10-12mph), flat terrain with just a few very very very short climbs (like less than one block each). Optional (quick for Gery) coffee after the ride before he has to return to the office. Water falling from the sky cancels the ride, but not the coffee. Ride leader Gery Osowiecki, [469-358-2887](tel:469-358-2887) (mobile).

Wednesday, July 3 – Pedal Pushers – Conway to La Conner: Meet at 9:45am for a 10am start. We'll leave from the Red Barn in La Conner and ride to Conway on mostly level quiet roads. A/B terrain, social pace, 22 miles with a food break in La Conner. Ride leader Bill Lutterloh, (360) 668-9554 or lutterloh@gmail.com or cell phone day-of-ride (425) 870-6418.

Wednesday, July 10 – Pedal Pushers – Seattle Water Vistas: Meet at 9:45am for a 10am start. We'll leave from Gas Works Park and ride west to Golden Gardens, south to a food stop along the Seattle waterfront and return via the south canal trail and Fremont Bridge. A/B terrain with a roller or two, social pace, about 21 miles on road and trail. Ride leader Warren Bare, (425) 743-7593 or bare.warren@gmail.com

Tuesday, July 16, – Gery's Lunch Ride. Start at 12:00 Noon at Bicycle Centres at Silver Lake for a short 10-mile Silver Lake and Mill Creek loop. Leisurely (10-12mph), flat terrain with just a few very very very short climbs (like less than one block each). Optional (quick for Gery) coffee after the ride before he has to return to the office. Water falling from the sky cancels the ride, but not the coffee. Ride leader Gery Osowiecki, [469-358-2887](tel:469-358-2887) (mobile).

Thursday, July 18 – Pedal Pushers – Trail Ride: Check Ride Updates in early July for details.

Tuesday, July 23, – Gery's Lunch Ride. Start at 12:00 Noon at Bicycle Centres at Silver Lake for a short 10-mile Silver Lake and Mill Creek loop. Leisurely (10-12mph), flat terrain with just a few very very very short climbs (like less than one block each). Optional (quick for Gery) coffee after the ride before he has to return to the office. Water falling from the sky cancels the ride, but not the coffee. Ride leader Gery Osowiecki, [469-358-2887](tel:469-358-2887) (mobile).

Wednesday, July 24 – Pedal Pushers - Skagit Classic Re-do: Meet at 9:45am for a 10am start at Bay View elementary school in Burlington for a ride on quiet roads in Skagit County. A/B terrain, social pace, RT 20 - 25 miles. Bring a snack or sack lunch; optional lunch after the ride at the Skagit Co-op in Mt Vernon. Ride leader Linda Hunter, (425) 478-6287 or hunterbl4345@comcast.net

Tuesday, July, 30 – Gery's Lunch Ride. Start at 12:00 Noon at Bicycle Centres at Silver Lake for a short 10-mile Silver Lake and Mill Creek loop. Leisurely (10-12mph), flat terrain with just a few very very very short climbs (like less than one block each). Optional (quick for Gery) coffee after the ride before he has to return to the office. Water falling from the sky cancels the ride, but not the coffee. Ride leader Gery Osowiecki, [469-358-2887](tel:469-358-2887) (mobile).

WEEKEND RIDES

Saturday July 6 -- 3 Ferries Ride - Meet at 9:00 at the North end of Centennial Park (Myrtle Edwards Park) leave at 9:15 to catch the ferry at Fauntleroy ferry to Southworth. Moderate pace, 35 miles, mostly flat with a few short hills. We will ride to Port Orchard and visit the Farmers Market for lunch. Then the foot ferry to Bremerton and the ferry to back to the Seattle waterfront. Ride Leader Mary Jo: maryjo1532@hotmail.com

Sunday July 7th. Two Market rides. Join in for your choice of 1 or 2 rides to local Farmers markets. Meet at the North East corner of Garfield Park (2 blocks east of Walnut on 23rd St in Everett) at 10:00 for a steady (12-14mph) ride to the Sunday Market in Snohomish (about 21 miles round trip), then return back to the park by 1:00 for a second Market trip to the Everett waterfront (about 6 miles round trip) Bring \$\$ and a backpack, panniers or call for transport service to bring back goodies. Music in the park near the Everett market provided by the [Dixie Kings Jazz Brass Band](#) from 2-4 PM. Ride leader Bill Weber [425-327-3516](tel:425-327-3516) or bill@thewebers.info

Saturday July 13 Training Ride: Washington and Rainy Pass. Meet at Colonial Creek Campground off Hwy. 20 for an 8:am start. (get up early to drive there or camp out - call for exact meeting site) The 56-mile out and back takes us to the top of two passes for steady hill training. We will talk about pedaling style and embracing 'slow.' Bring snacks and an extra water bottle or filter for the ride - there are no services. Mountainous terrain, moderate pace on flats (14-16 mph) but hills at your own pace and we'll regroup as needed. Ride leader Kristin Kinnamon [425-583-4584](tel:425-583-4584).

Sunday July 14 – Ballard Seafood Fest - Meet at 9:30am at Echo Lake Park. We will ride thru Ravenna, around Green Lake to the Ballard Seafood Fest. Option for side trip to Ballard Locks for 2:00 concert. Moderate pace, B terrain, 40 miles. Ride Leader Mary Jo: maryjo1532@hotmail.com

Saturday July 20 -Training Ride: Lake Washington Loop. Meet at Log Boom Park for a 9am start. We'll ride the full loop clockwise around the lake, putting Juanita Hill behind us early in the route and taking a food break at Gene Coulon Park in Renton. The training focus is on managing steady climbs and still having energy for the flats! Bring snacks for along the route, food may be purchased at the park. About 52 miles, A-C terrain, moderate pace (14-16 mph). Riders do hills at their own pace and we'll regroup as needed Ride leader Debby Grant, 206 353-0249 or debby@jaygrant.com

Saturday July 27 – Club Picnic Ride Meet at 10:00 am at Thornton A Sullivan Park. Pace: Moderate. 30 miles, terrain A/B. Ride leader Mary Jo: maryjo1532@hotmail.com

Check ride update pages on the web for a social /Steady no one left behind ride.

Sunday July 28th – Paine field park, Snohomish, Everett loop – We will work off some calories from yesterday's picnic on this 40 mile steady loop. Of course we will replenish with a stop along the way. Start at 9.30 at Paine Field Park. A/B terrain and rain may cancel Leader Warren Bare 425-743-7593.

Ride with GPS map - <http://ridewithgps.com/routes/2526252>

Be part of RAPSody's 10th anniversary

This is the 10th year that five western Washington bike clubs have sponsored the Ride Around Puget Sound (RAPSody) as a fundraiser for the Bicycle Alliance of Washington. RAPSody has raised more than \$100,000 for statewide advocacy and education programs. In honor of the 10th anniversary, the organizing team is challenging clubs around the state to help get participants from all 39 counties.

Don't let your club members and local riders miss out on the great food, scenic routes and excellent value of the Ride Around Puget Sound. Plan now to join us with a few of your riding friends on Aug. 24-25. Perhaps your club might host an STP / RAPSody training series (just add hills)? Organize members to ride as a group? Give a prize to the first club rider to hit Shelton on Saturday (or the last)?

Organizers also have special incentives for the 10th anniversary, including RAPSody t-shirt with early registration, and a new luggage drop location at the local casino, in case you need a buffet. Learn more about the event at www.rapsodybikeride.com.



(Pictures & Review) HOOD RIVER TOUR— June 14, 15, 16 and 17

We enjoyed sunny skies and mountain views while bike riding in the Columbia Gorge on our Hood River Tour. Friday we rode along the Columbia River on the Riverfront trail to The Dalles and from there out into the country side through wheat fields and orchards.

Saturday some of us went hiking, some rode the Historic Highway Ride and some others biked the country roads around The Dalles. Sunday we all met to ride along the Klickitat River from Lyle to Klickitat. A few of us hung around on Monday to ride through the pear orchards in Hood River with views of Mt Hood. We all enjoyed spotting the eagles, osprey nests and watching the wind surfers



www.bikesclub.org

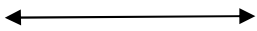
B.I.K.E.S.
P.O. BOX 5242
Everett, WA 98206



NEW MEMBERS

Andrea tucker

Hope to see you on a ride soon



RENEWING MEMBERS

Albert Penta

Bette-Ann Shroyer

Thanks for Renewing



stamp

Address

Is it time to renew? →

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NEWSLETTER SUBMITTAL

Please submit all material for the August newsletter by July 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.

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.