

Chainwheel Chatter

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

Your Snohomish County Cycling Club

AUGUST 2017
VOL. 455

[Next B.I.K.E.S. Club meeting on Sept. 14th @ 7:00 pm](#)

Prez Sez

Prez Sez is taking a break! Look for great information in next months newsletter!

Hidden Gems!

The Skagit Bicycle Club will host the third in the series of Hidden Gems rides for the North Puget Sound Bike Alliance. The ride will be Saturday August 5 at 10:00 am. We will meet in Burlington in the parking lot area of Whidbey Coffee/Home Depot/Pet Smart. We have 3 routes planned, short, medium and long. The short ride, 17 miles and flat, will be at a social pace, the medium, 37 miles of rolling hills, at a moderate pace and the long, 43 miles with some steep climbs, at a medium to brisk pace. The medium and long routes will stop at the Woolley Market in Sedro-Woolley for refueling mid-ride. We can gather for food and beverage afterwards. Come out and represent the Skagit Bicycle Club and enjoy the fun while meeting some of your cycling neighbors. You can find the routes on Ride With GPS at:

Short - <https://ridewithgps.com/routes/23207801>

Medium - <https://ridewithgps.com/routes/22974164>

Long - <https://ridewithgps.com/routes/22168395>

Visit or Participate in Classic Bike Show

Aug. 27 in Anacortes

The Skagit Bicycle Club is hosting its 10th Annual Classic Bike Show in Anacortes on Sunday, 27 August as part of the Open Streets Event. Last year we had over 55 classic bikes (pictures attached) and featured Bob Freeman (Elliot Bay Cycles) and Jeff Groman (Bainbridge Classic Bicycles) with a small selection of some of their favorite Classics. This year we are featuring Bill Davidson, one of Seattle's custom frame builders and a sample of his 6000+ custom bikes from the past 44 years. Returning will be Bob and Jeff along with a selection from their premier classic collection.

RIDE GUIDE

PACE

Easy	under 10 mph
Social	10–12 mph
Steady	12-14 mph
Moderate	14-16 mph
Brisk	16-18 mph
Strenuous	> 18 mph

TERRAIN

“A” Mostly flat: Flat or gentle grades only (trails, Norman Rd)

“B” Rolling: Most climbs are short and easy (Granite Falls, Kitsap)

“C” Hills: Frequent steep-er and/or longer hills (Whidbey Island)

“D” Difficult: Many hills, long, steep grades (RAMROD, Mt. pass)

Pace is based on speed on flat ground. Contact the Ride Leader if you are unsure whether a ride is right for you.

Pedal Pushers

B.I.K.E.S. partners with the Lynnwood Senior Center to welcome and encourage older adults to bicycling. Bring your bike if you like and we'll do minor fit and safety checks. **Lynnwood Senior Center** Wednesdays. See the [Rides calendar](#) for details.

NEWS YOU CAN USE!!

Hidden Gem Rides with Northern Clubs

September 9 – Mount Baker club ride out and about in Whatcom County Northern Club Rides

BIKES members save \$10 off registration at these upcoming rides hosted by our friends in the Northern Bike Clubs Alliance:

Tour de Whidbey - August 19

Chuckanut Classic - August 27

Discount generally provided as a refund at the start line – they will have our current membership list, so make sure you have renewed!

We enjoyed hosting many Northern Clubs members at McClinchy, and braved the rain at the Skagit Classic. Let's give these upcoming rides our support as well.

Anyone working on the Triple Crown? You need to ride three of the four centuries offered during the Northern Clubs event rides. Prize at the end TBD.

Club Picnic Aug. 13

The BIKES picnic will be on Sunday, August 13 at Hauge Homestead Park, 1819 121st Street, SE, Everett on Silver Lake, same location as last yea. We have rented the picnic shelter again this year. We will have three bike rides posted that will start and end at the park before the picnic.

Elaine will be buying the burgers, polish sausage, salmon patties or veggie burgers as well at the buns, condiments, ice tea, lemonade, plates, cups and silverware. I would guess that lunch would begin around 12:30 - 1:00.

Please let me know what food choice you'd like so that I am able to have enough food for all. We wouldn't want anyone to go hungry! Contact me at scott.elaine.m@frontier.com with your choice.

This is a potluck so please bring appetizers, salads, desserts or veggies to share. Last year we had 40 or more attend. As in years past, we'll have the shelter for the afternoon so bring a lawn chair so that you can visit in comfort.

Elaine



B.I.K.E.S.-Membership P.O. Box 5242, Everett WA 98206

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (____) _____ - _____ Email _____

Membership	\$20 Annual (INDIVIDUAL)	New Member	<input type="checkbox"/>
DUES	\$25 Annually (FAMILY)	Renewal	<input type="checkbox"/>

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.

August Rides: Weekends & Weekdays

WEEKDAY AND WEEKEND RIDES

Check the club calendar for a complete list of rides this month.

Be sure to check the ["Ride Updates"](#) page for any added or changed weekend rides! We hope the weather will improve and we will all be able to get out and RIDE, RIDE, RIDE!



Weekends & Tours—2017

BIKES Cub tours and weekends are put together with the idea that riding and sight-seeing are more enjoyable for a group. We would hope that if you want to diverge from the intended routes that you would communicate with the ride leader and be able to find your own way.

Have your bike in good repair, and be ready to ride some hills and the distances involved. Everyone should have the equipment and know how to deal with a flat tire.

HS=hub & spoke (stay all nights in one motel/campground)

Credit Card = stay in hotel/motel, carry own luggage

Self-contained = haul own luggage for camping

August

There are no scheduled weekend or tours this month! You can still add yours!!

September

9/7-9/11 Central Oregon Tour (HS) with MaryJo Gerst

Style: hub & spoke, various loops/hotel

Thu – Meet in Sisters, Oregon

Fri - Bike from Redmond to Smith Rock. 30 miles

Sat – Bend Twin Bridges ride. 40 miles. Dinner in Bend after the ride.

Sun – Sisters Country Ramble. 35 miles

Mon – Bike Madras Scenic Bikeway. 30 miles. Stop in Madras on the way home.

Tues – Optional stay Monday night in Vancouver and ride in Vancouver.

Rides are steady pace with stops to enjoy the area scenery.

Ride Leader: Mary Jo Email ride leader for cue sheets

maryjo1532@hotmail.com

9/8—9/10 Birch Bay Weekend (HS) Whatcom Farm Tour

Leaders: Bob & Viv Biesiedzinski

Style: hub & spoke, camp/motel

The ride starts at the Birch Bay State Park, Saturday, September 9th (Bob & Viv's campsite #31) at 9:30 am and travels east towards the town of Lyndon . We will be stopping at several cheese shops along the way. The route is primarily "A" terrain. We ride at a steady pace with stops to regroup, and refresh, along the way. Plan for a 50 mile round trip. We will stop for lunch along the route. There will be a "potluck" dinner at our campsite on Saturday evening after the ride. For more information and to R.S.V.P. contact Bob Biesiedzinski at 206-595-3822 or bobbez@gmail.com. There are still campsites available in the Birch Bay State Park. Go to

washington.goingtocamp.com/SequimBayStatePark to make reservations.

Weekends & Tours—2017 (cont.)

September (cont.)**9/17 Cycle the WAVE****TBD Portlandia (HS) with Cindy Proctor & Allyson Welsh****9/24-9/28 San Juan's Island Hopping (CC) with Rick & Cindy Proctor**

Ride and stay on several islands.

For further information contact ride leader Rick Proctor, BikeHound@comcast.net by Friday May 12th, 2017.

5 days, tentatively Sunday September 24th – Thursday September 28th.

4 hotel nights, no camping.

Bike mileage TBD.

This is a multi-mode tour using your bike and ferries. Carry your gear on your bike for nights in hotels, using restaurants when available. Picnic lunches likely. A – B terrain at a steady pace on mostly paved surfaces:

Day 1 drive 65 miles to Anacortes, bike onto ferry to Lopez Island, bike around Lopez Island, ferry to Orcas Island & hotel for 1st & 2nd nights.

Day 2 bike Orcas Island.

Day 3 bike & ferry to Friday Harbor & hotel for 3rd & 4th nights.

Day 4 bike San Juan Island.

Day 5 bike & ferry to Anacortes, drive home.

October**TBD Portlandia (HS) with Cindy Proctor & Allyson Welsh****A note about the weekends and tours.**

A weekend tour may not always list that an R.S.V.P. is necessary, but it is a courtesy that the ride leaders really appreciate. For those rides that plan overnight stays and group meals it really is helpful to know who is coming so the proper amount of food and beverage is needed. If you plan to attend a weekend tour ride let the ride leaders know you will be there! If there are any last minute changes that are necessary contacts can be made to alert those who plan to attend on those changes.

Bob Biesiedzinski
Editor, Chainwheel Chatter



Ride Pics from the B.I.K.E.S. Club Members!



July had many great rides! Thank you to all who posted photos of what we love to do...RIDE OUR B.I.K.E.S.!

If you would like to see your pictures in the newsletter you can send them directly to editor@bikesclub.org or post them on the [Club Facebook Page!](#)

Facebook!

Club members -- join [BIKES' Facebook group](#). We've set the page up to share photos, ride reviews, bike or travel discussions, etc. Thanks to Dan Scott for managing our page, and to the many members who contribute interesting posts.



[Check the Road Condition Before You Go!](#)

[Snohomish County Roads Central Updates](#)

[WSDOT Weekly Snohomish County Roads Weekly Update](#)



Club Member Rider Miles

**Due to technical issues there are no club rider miles to report this month.
As soon as the issue is resolved an updated list of rider miles will be posted.**