

Chainwheel Chatter

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

Your Snohomish County Cycling Club

APRIL 2020
VOL. 488

[Next B.I.K.E.S. Club meeting on March 12th @ 7:00 pm](#)

Prez Sez

April 2020

McClinchy Mile – Camano Climb 2020

The McClinchy Mile – Camano Climb event has been cancelled for this year due to the coronavirus, or COVID-19, crisis. I understand the McClinchy Mile has not missed a year since 1982, but we are in the worst contagious health crisis since the Spanish flu epidemic a hundred years ago.

We may do a members-only ride of revised McClinchy Mile – Camano Climb routes on the same day, April 26th, with small stay together groups led by BIKES Ride Leaders with no supported rest stops, SAG vehicles or “Dan Henry” route markings. The *Ride With GPS* routes have been revised to avoid schools. We’re not sure right now which business or public facilities needed for rest stops will be open. The need to maintain social distancing presents challenges during ride sign-in and rest stops.

McClinchyMile 34 Miles – MbrsOnly2020 <https://ridewithgps.com/routes/32176911>

McClinchyMile 70 Miles – MbrsOnly2020 <https://ridewithgps.com/routes/32177082>

McClinchyMile 102 Miles – MbrsOnly2020 <https://ridewithgps.com/routes/32177307>

McClinchyMile-CamIs 36 Miles – MbrsOnly2020 <https://ridewithgps.com/routes/32178147>

McClinchyMile-CamIs 50 Miles – MbrsOnly2020 <https://ridewithgps.com/routes/32178309>

The View Ahead

Bicyclists today are transitioning from being wary of motor traffic to also being wary of each other and everyone else to avoid getting sick. The world around us is changing fast. The short-term BIKES Club changes being made now should allow us to keep our club intact, see where we are headed and give us the time needed for long term changes. One thing is certain – bicycling is still a popular way to get some exercise and go somewhere. And bike riding is still fun.

Sometimes looking back to lessons from history is often a good way to judge the future. About a hundred years ago the Spanish flu epidemic after World War 1 provided lessons that are useful today. I believe we are rolling through a rough patch now but good riding lies ahead!

Stay well and have a good ride!

Rick Proctor
President, BIKES Club of Snohomish County

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 steeper 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!!

BIKES Club Rides During the COVID-19 Crisis

Update for March 23rd, 2020: In accordance with Governor Inslee's order to "Stay Home, Stay Healthy" for 2 weeks, **all BIKES Club rides are cancelled through April 8th.**

You can still ride solo or with family. The Member Directory under the Member-only tab of our www.bikesclub.org website is a good way to stay in touch with BIKES Club friends.

When BIKES Club rides resume (date to be determined later):

Normally scheduled BIKES Club rides as shown on our Calendar page and through Ride Updates may resume when the government eases public gathering restrictions and social distancing requirements that began in mid-March. However, **we will all need to be vigilant in maintaining good social distancing of 6 feet or more between each other with all activities** until further notice. The primary social contact opportunities during a bike ride are sign-in, traffic stops, and rest stops where social distancing of 6 feet or more is needed. Social distancing during a ride is easier when a bike length or more of open space between riders is maintained.

If you do not feel well, please stay home.

Ride Leaders for all BIKES Club rides should:

- Ensure riders are notified to bring adequate hand sanitizer and an ink pen for themselves.
- Inform all riders the ride is only for those who feel well and:
 - * Have not knowingly been exposed to anyone diagnosed with COVID-19 within the last 2 weeks.
 - * Do not have any fever, difficulty breathing, cough or flu-like symptoms.
 - * Have not recently lost the sense of smell or taste.
 - * Do not have underlying health issues that COVID-19 would make worse.
- After sign-in riders should use hand sanitizer or wash their hands with soap and water.
- After sign in is complete, the Ride Leader should seal the sign-in sheet, and the Ride Leader's ink pen if it was shared, in a zip lock bag, then sanitize their hands
- In the pre-ride briefing include stating:
 - * The importance of maintaining social distance of 6 feet while stopped and a bike length while riding. Note: a bike is usually over 6 feet long.
 - * No spitting and cover all nose blows, coughs and sneezes when anyone is behind while rolling or downwind when stopped.
- After the ride the Ride Leader should treat the sign-in sheet and shared pen as contaminated with hand sanitizing or washing hands with soap and water after handling the form, or better yet leave it in the sealed bag for at least 2 weeks.
- Signing the paper copy of the Ride Sign-In Sheet is required to participate in BIKES Club rides.

I know this is all very inconvenient, but this appears the best way to continue our BIKES Club rides. These measures will continue until the COVID-19 crisis subsides.

Rick Proctor

President, BIKES Club of Snohomish County

NEWS YOU CAN USE!!

Electronic Online Waiver

An online electronic waiver form and process is being developed that will require once a year online signing and RSVP signups for future BIKES Club rides. This will take some time to develop and deploy but will eliminate signing the paper sign-in sheet for members at every ride.

Next BIKES Club Meeting

Normally, BIKES Club has monthly club meetings for members on the 2nd Thursday of each month from September to May. No meetings in the summer or December. However, the PUD building where we have normally met is now off limits for our use until June. We must find another venue for our April and May club meetings where we can maintain social distance of 6 feet between each other. A restaurant meeting location does not provide a setting suitable for all our agenda items. Our next club meeting will be announced via our website Home page and e-mail.

Idaho Stop

The Safety Stop bill was signed by Washington Governor Jay Inslee on March 18, as the last step in the legislative process to make it a law effective October 1st, 2020.

The Safety Stop is also known as the Idaho Stop for the 1st state to pass such a law in 1982.

The legislation has two exemptions that are important to note. Stop sign signals on school busses will still require a complete stop, as well as the stop signs present at railroad crossings. Otherwise, beginning this fall, people who bike can recognize a stop sign as a “yield the right of way.”

Washington’s yield protocol entails:

- Slowing down to a speed reasonable for road conditions and, if required, to be able to safely come to a stop
- The person operating a bicycle should yield the right of way to any vehicle in the intersection or approaching on another roadway that is close enough to present an immediate hazard

For more information, refer to <http://wabikes.org/2020/03/18/an-intuitive-new-law-the-safety-stop-is-coming-to-washington/>



A Winter Using Zwift

Steve Fox

I've always considered myself an outdoors person. No video games and no gym. Why "ride" inside like a hamster in a cage? But weather can dampen enthusiasm. Last year, a buddy sold me his old "dumb" bike trainer, and I started riding while watching movies. Movies were a distraction though, and I was barely moving. Were movies just as good from the couch?

On Tuesday BIKES rides, Rick Poffenroth would rave about the increasingly popular bike riding game *Zwift*. So was my friend who sold me the trainer, who invited me to try it. I really felt the additional effort on hills, and the ease of drafting. It approached riding outside, being on my own bike, shifting my gears. Last fall I bought the "smart" attachment and signed up for Zwift, and used it all winter. Uh oh, I felt like I was slipping to the Dark Side.

I started the week before the **Yorkshire** pro World Championship race. Zwift has a course that replicates it, and I rode it every day that week. I rode it as a solo ride, seeing other riders' avatars on the course but not involved with them. It was fun to see the pros race the same course on TV that weekend. But by then I was done with Yorkshire.

I then rode **workouts** in Yorkshire, similar to a gym experience but on my comfy bike. Zwift has dozens of workouts. One was a Functional Threshold Power test where you ride all out for 20 minutes –interesting I suppose. Maybe I'll do another FTP test to compare someday but riding that hard isn't my kind of fun. Workouts don't excite me too much, but many club members would probably enjoy them.

Next I tried another "world", **Zatopia** -- quite fun! It has a surprising environment that I won't give away. After a few weeks I tried New York's **Central Park**. It was fun riding in the park that I've walked some years ago, until it strangely went up a big glass ramp where you could see the park below. There are eight worlds in Zwift, including the imaginary and entertaining Zatopia. Zatopia has "Alpe du Zwift" with all 21 of the famous Tour de France Alpe d'Huez switchbacks. "Riding" back downhill (while it "snowed") at 50-60 mph around sharp corners was more entertaining that I should admit.

I needed more motivation than just scenery, so tried **races**. They are too fast for recreational riders. I generally get dropped, then join other riders going my pace, but it's motivating and fun. There's a comradery with the other avatars, driven by real hamsters in their own garages. We have a vocabulary of 5 phrases, like "Ride On!" and "Nice". This sounds a bit silly, but it works.

I prefer **group rides** to races. Moderate and brisk riders would enjoy them. I haven't found many at steady or social pace though. A moving fence keeps the over-ambitious from forcing the pace. People chat during the ride (I find it hard to type while pedaling). Today I rode with a slower group that might be approaching a faster steady pace. It's important to draft in the group, to save a lot of energy.

The major problems: Nobody stops for chocolate eclairs! I should exercising my upper body. Zwift has a reputation that it's for competitive riders, but it can work for the more casual rider.

I'm surprised that I enjoyed it this winter and my engine is revved up for summer. It's nice not worrying about safety in the rain. But I can't wait to ride outside in good weather, when I will suspend my account. Unfortunately, the corona virus may keep me on Zwift for a bit longer this spring.

More about Zwift

Zwift is a combination of indoor bike riding, social media, computer game, and winter motivator. All you need is your own bike and some additional gear costing between about \$50 and \$1500, depending on what experience you want.

This is the apparent minimum equipment you need. I've not tried this simple setup, so don't have opinions, except the lack of resistance feedback probably isn't nearly as realistic and fun.

- A "dumb" **trainer** that has some resistance and holds your bike in a vertical position. Typically your rear tire is on a metal roller with some resistance. Rollers can also work.
- Cell **phone** with Zwift app (and a Zwift monthly subscription).
- **Speed sensor** and an adaptor for your phone. Some sensors are Bluetooth and don't need an adaptor. Others need an Ant+ to USB adaptor.

My setup is more capable, especially with the "smart" trainer. This type of trainer talks to your phone, tablet or computer so that Zwift can change the resistance. This makes climbing hills and drafting feel quite realistic. You'll be changing gears on those hills! [Here's what I use:](#)

- **Smart trainer** that is controllable and measures power. I use an old bike with an old rear tire.
- **Heart rate monitor**. Not required, but helps gage your efforts. After a bunch of heart tests, it seemed a good idea to monitor during exercise.
- **Cadence sensor**. This is a "vanity" feature, so my avatar is pedaling at my rate. You don't need it! It attaches to my shoe, so it's easy to use outside too.
- **A fan**. You really need a fan, and a **towel** draped over your handlebars. I ride in an unheated cellar, many ride in garages, and some in heated rooms.
- **Laptop computer**. Zwift is power hungry, so I plug into a charger. I've tried an **iPad** also which works, but the larger screen is nice. My laptop is 6 years old and pretty low end, but runs the game ok. I put it on a home-made stand in front of my bike.

Of course, you could upgrade:

- A higher end smart trainer that replaces your rear wheel. Mine runs the tire on a roller, which can slip in low gears or high pedal forces.
- Also you avoid wearing your rear tire.
- A large TV monitor.
- Apparently Zwift will come out with "steering" by putting your phone on your handlebars.



April Rides: Weekends & Weekdays

In an effort to minimize the spread of the Corona virus, all B.I.K.E.S. Club rides are suspended until further notice.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|---|
| 29 | 30 | 31 | Apr 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 5:00 PM BIKES - Monthly Ride Request Due on 20th |
| 26 | 27 | 28 | 29 | 30 | May 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |

Want to join in a weekend or longer bicycle tour? Check out the club

[Overnight/Tours Page!](#)

Use the Ride Updates Page!

Don't see a ride on the calendar that "entices" you? You can post up a ride that you like to do! Many club members have used this feature to host several rides throughout the year that otherwise would not have been on the calendar. Please allow at least 24-48 hours of lead time before the start of the ride when making your post so members can plan to join the fun!

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

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (____) _____ - _____ Email _____

Membership \$25 Annual (INDIVIDUAL) New Member

DUES \$35 Annually (FAMILY) Renewal

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.



BIKES Club of Snohomish County

March Minutes

March 12, 2020

Maintain Social Distance: When riding in group rides, riders must maintain a social distance of 6 ft or more. Tuesdays after ride lunches will be curtailed until we have more information on COVID-19 .

Introductions: Members at meeting introduced themselves. The following members were present. Kristin Kinnamon, Debby Grant, Drew Ellison, John Carlin, Rick Proctor, Gabriel Rinkes, Bob Getz, Dan Scott, Lou Rivetti, Kathy Riddle.

Budget / financials: Debby provided a status on BIKES budget. Budget remains the same since last month. Total Assets \$11,119.56, Total Liabilities \$11,205. BIKES Net Available Cash on Hand -\$85.44.

McClinchy Mile – Camano Climb: Debby gave concerns regarding the 2020 McClinchy Mile – Camano Climb due to the COVID-19 outbreak. Members discussed school closures, making sure riders keep a safe social riding distance, hand washing facilities, permits and making the 2020 McClinchy Mile- Camano Climb a members only ride. We have 30 riders who have pre-registered through Active.com and discussions on how to refund money or have riders donate their pre-registered fees to Sharing Wheels, Christmas House or the Stanwood Kiwanis. Debby made a motion to cancel the 2020 McClinchy Mile – Camano Climb. Bob Getz seconded. Motion passed unanimously.

Ride Leader Round Table: To be determined at a later date.

Bike Swap: Drew informed members present that the Bike Swap meet has been rescheduled for June 14th. Drew is still collecting bicycle related stuff in good condition to be sold. He has sold one bike and you can contact him for pickup or drop off at Drew's house. Information can be found on BIKES Club of Snohomish County.

LAB & American Specialty Insurance Webinar: Jan 15th

Approval required for events, including tours, exceeding 5 days of riding.

BIKES rides and tours in Canada ok, but any lawsuits must be brought in the US

Non-owned / hired auto liability extra cost (SAG vehicles) Rick is still pursuing.

Opportunities:

Dan Scott, Drew Ellison and Lou Rivetti of the Nominating Committee will present names of members in April of candidates who will be running in May Election. Secretary and Vice-President positions will be open.

Next Meeting: Will be Thursday 9th, April, at 7:00 PM. Location TBD.

Meeting Adjourned

B.I.K.E.S. CLUB MEMBER RIDER MILES

| | | |
|----------|---------------|-----|
| Paul | Vermeulen | 441 |
| Rick | Proctor | 418 |
| Linda | Thiem | 411 |
| Drew | Ellison | 403 |
| Lou | Rivetti | 300 |
| Steve | Linari | 259 |
| Cindy | Proctor | 257 |
| Dan | Scott | 238 |
| Jim | Stewart | 235 |
| Earl | Bardin | 226 |
| Bill | Paul | 221 |
| Bob | Nyberg | 205 |
| Rick | Dermody | 187 |
| Adrienne | Dorf | 167 |
| Ron | Andersen | 154 |
| Christi | Cowley | 151 |
| Chad | Bronstein | 146 |
| Brian | Elmore | 142 |
| Cheryl | Walchl | 141 |
| Patrick | Robertson | 122 |
| Vickie | Stewart | 116 |
| Elaine | Scott | 115 |
| Nancy | Graham | 104 |
| Bill | Weber | 96 |
| Janet | Leister | 94 |
| Mike | Dahlstrom | 90 |
| Kristin | Kinnamon | 84 |
| Bob | Biesiedzinski | 81 |
| Viv | Biesiedzinski | 81 |
| Debby | Grant | 81 |
| Kathy | Riddle | 80 |
| Kayla | Koch | 77 |

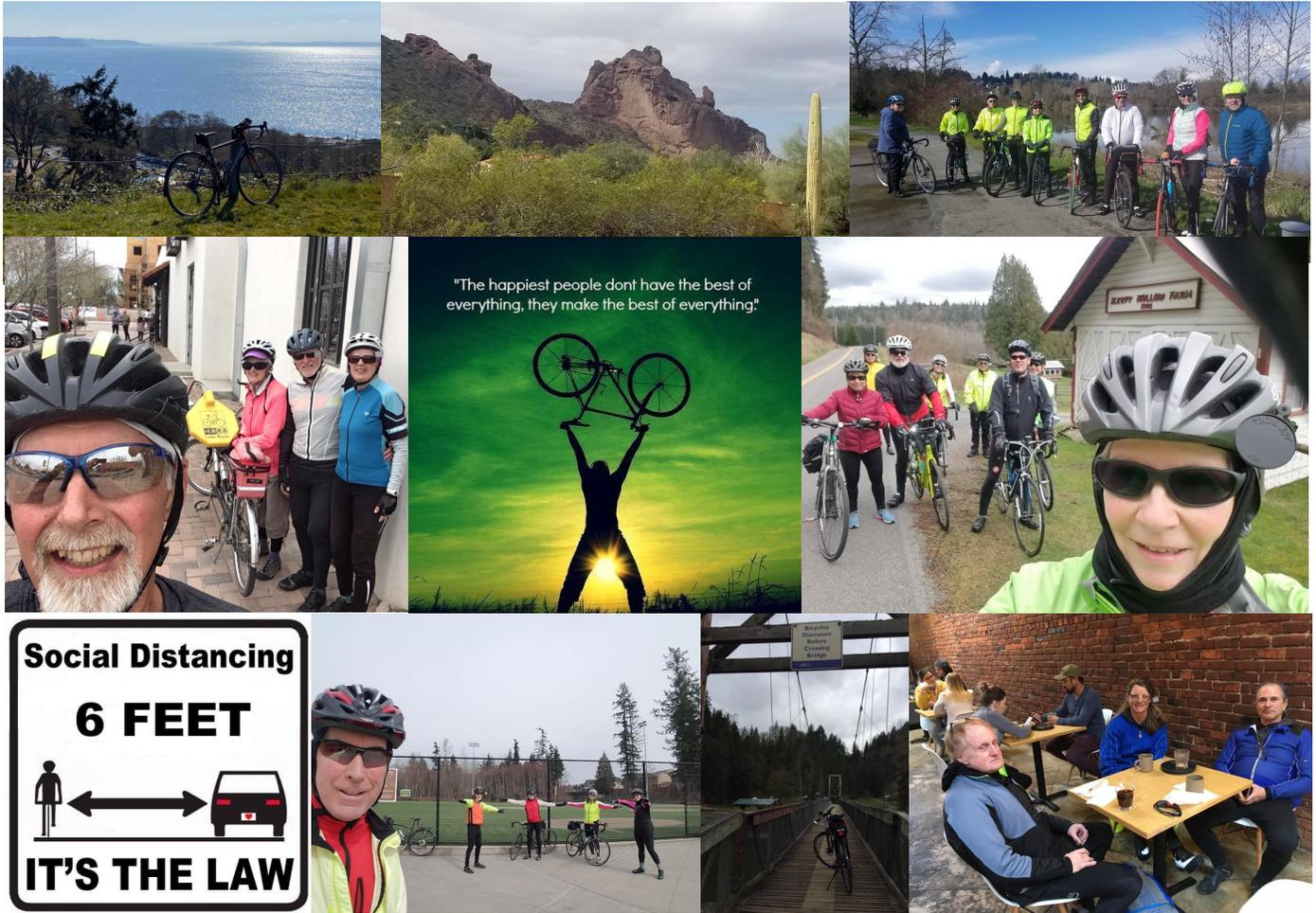
| | | |
|-----------|------------|----|
| Mike | Fenlin | 76 |
| Bob | Garrett | 68 |
| Hudy | Izutsu | 61 |
| Jack | McClinicy | 59 |
| Tara | Fuller | 56 |
| Bob | Pahlman | 55 |
| Cheryl | Funkhouser | 52 |
| Dayle | Iverson | 51 |
| John | Whitehouse | 51 |
| Jack | Willis | 51 |
| Karen | Berliner | 47 |
| Fred | Koch | 47 |
| Debbie | Kawamoto | 46 |
| Bill | Lutterlow | 46 |
| Dave | Stewart | 46 |
| Paul | Heydron | 42 |
| Pidge | Hopper | 41 |
| Raquel | Haunreiter | 37 |
| Jim | Shavers | 35 |
| Marcia | Stedman | 34 |
| Bob | Getz | 30 |
| Brian | Mendendorp | 30 |
| Mitch | Pico | 30 |
| Tom | Weber | 27 |
| Genelle | Reich | 26 |
| Brenda | Ferguson | 25 |
| Bette-Ann | Shroyer | 23 |
| Gabriel | Rinkes | 21 |
| Alison | Ahlgrim | 20 |
| Bill | Brack | 20 |
| Matt | Covert | 20 |
| Kristi | Knodell | 7 |

How are BIKES Club Rider Miles Calculated?

Are you tracking your miles for the year? So are we - but only on official club rides. What qualifies for B.I.K.E.S. Rider Miles? Club rider miles are only counted for those rides and tours that are posted in the newsletter and web-site ride calendar or on the Ride Updates page. The idea is that club miles apply on rides where club members were notified in advance.

Note that only club member miles are listed. Any guests who ride would need to become a club member to see their miles listed.

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



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

***Editors Note: Many of these photos were taken prior to the social distancing mandate was announced*

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 [BIKES 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](#)

