

# Chainwheel Chatter

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

Your Snohomish County Cycling Club

**MARCH 2018**  
**VOL. 462**

[Next B.I.K.E.S. Club meeting on March 8th @ 7:00 pm](#)

Prez Sez

## Spring Means McClinchy Mile

I have heard from many people over the years who want to plan a bike event fundraiser. Cascade Bike Club funds a huge organization thanks to very large bike events. How tough can it be?

Not as easy as it looks.

B.I.K.E.S. Club volunteers have already been working on our April 29 McClinchy Mile for months – and we have the benefit of 36 years of experience. I am proud that our all-volunteer McClinchy Mile funds not only our bike club, but also \$10s of thousands in grants to local bike causes over the years.

How much money we have to give away depends on two things: the weather, over which we have no control; and the number of pre-registered riders (whose money we keep, weather or not). So *I hereby deputize every B.I.K.E.S. Club member to be a marketer for McClinchy Mile.*

Several of you have already been helping Cindy Proctor get posters to bike and coffee shops in the region. Thanks! and keep it going.

Whether in-person, on social media, or on that bike or event website where McClinchy is not yet listed, here's what you might say:

"Are you training for a big ride this summer? McClinchy Mile has three loops so you can ride from 28 to 106 miles – all with great food stops, friendly volunteers, and beautiful scenery. Did I mention the grilled burger and local beer at the end? Those are included if you register in advance. Check out [www.bikesclub.org/mcclinchy](http://www.bikesclub.org/mcclinchy) for all the info."

Organize your riding buddies to sign up together. Get some of our flyers or poster to the start or finish of some other bike event. Hand them out along the Centennial or Burke Gilman. Ride a loop and take some photos for our [Facebook page](#).

We've got about 20 people signed up for McClinchy as of this writing – and our goal is at least 200 before the day of the ride. That's how many commemorative beer glasses we'll have waiting for pre-registered participants at Rocket Alley Bar & Grill – frosty beverage, anyone?

Kristin Kinnamon, President

## RIDE GUIDE

### PACE

<b>Easy</b>	under 10 mph
<b>Social</b>	10–12 mph
<b>Steady</b>	12-14 mph
<b>Moderate</b>	14-16 mph
<b>Brisk</b>	16-18 mph
<b>Strenuous</b>	> 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](#)

## NEWS YOU CAN USE!!

### **McClinchy discounts for club members**

Members of B.I.K.E.S. Club save \$10 on registration costs for McClinchy Mile. Use the discount code BIKESNORTH2018 when you sign up online or on paper, and make sure to sign in that day on the member form vs. general event liability release. Members are covered by our usual club insurance. Event insurance costs extra.

You can also save \$10 off registration at our partner club events. Sign up and request a refund at the start:

May 12: [Skagit Spring Classic](#)

August 18: [Tour de Whidbey](#)

August 26: [Chuckanut Classic](#)

### **McClinchy Mile: Volunteers needed**

It takes about 40 volunteers to host McClinchy on April 29. From early morning registration to food stops and sag support by car, we have a role for you. Shifts can be split into AM or PM, so you have time to ride and work. We could also use a Volunteer Coordinator to organize it all before the event (we have sign-up sheets). Attend the March 8 club meeting or contact [president@bikesclub.org](mailto:president@bikesclub.org) if you are willing to help.

### **Club Meeting March 8**

On the agenda are McClinchy Mile volunteers and planning, upcoming events, and the Triple Crown challenge. Meeting starts at 7 p.m. at PUD, 2320 California St., Everett. Dinner before the meeting starting around 5:30 p.m. at Amante Pizza & Pasta, 1409 Hewitt Ave, Everett.

### **Classes at Sharing Wheels Community Bike Shop**

#### **Basic Maintenance Class March 14, 6:00pm to 9:30pm**

Learn to fix a flat and do basic roadside repairs, plus practice some preventative maintenance. Bring your own bike or use one of ours. All tools provided. Class size is limited to 6 students maximum. You must pre-register and pre-pay to guarantee your space. Cost: \$35.

#### **Advanced Mechanics Class, Wednesdays in April**

This class will walk you through a basic tune-up on your own bike. Along the way, learn about bearings, cable systems, gearing adjustments and other good stuff. Cost: \$100, plus any parts.

Classes are held at Sharing Wheels in Everett and require advance registration and payment. [Learn more about the maintenance classes](#) on their website, or contact 425-252-6952, [sharing-wheels@gmail.com](mailto:sharing-wheels@gmail.com)

### **Meeting notice from the Centennial Trail Coalition of Snohomish County:**

Join us at our next general meeting, Thursday March 15th; 5:30 - 7:30 PM, co-hosted by Snohomish County Parks at Willis Tucker Community Park 6705 Puget Park Dr, Snohomish, WA 98296. This will give you a great chance to see maps and get the latest information for plans on the Whitehorse Trail, extensions to the Centennial Trail, and other Snohomish County trails for 2018. There is lots in the works for long distance trail connections in the region. The folks from Snohomish County Parks will be glad to share and answer questions.

For more information regarding the Centennial Trail Coalition <http://ctc-of-sc.blogspot.com/>

# More NEWS YOU CAN USE!!



**2018 Seattle Bike Show and Outdoor Gear & Adventure Expo**  
**CenturyLink Field Event Center**  
**March 3-4, 2018**

Just one week remains before the kickoff event to Seattle's outdoor recreation season — the 2018 Seattle Bike Show and Outdoor Gear & Adventure Show! Whether you prefer to bike, hike, climb, soar, dive or paddle, the Seattle Bike Show and Outdoor Gear & Adventure Expo will have it all for you — under one roof! Plus, your ticket also grants admission to the Seattle Golf Show, taking place at the same time!

Mark your calendars and kick off the summer recreational season with us!

### Show Hours

**Saturday, Mar. 3:** 9 a.m.-6 p.m.

**Sunday, Mar. 4:** 9 a.m.-5 p.m.

### Tickets On Sale Now!

General Admission: \$12

Kids 12 & Under Are Free!

*\*Price does not include \$1 CenturyLink Field facility fee*



**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

                  DUES            \$25 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.

**February 8th, 2018**  
**BIKES Club Meeting**  
**MINUTES**

In attendance: Warren Bare, Debby Grant, Kathy Riddle, Susan Lahti, Nancy Graham, Bill Weber, Kay Petersen, Clarence Elstad, Mike Dahlstrom, Cindy Proctor, Mitch Pico.

Guest: Charles Johnson with Hill Topper Bikes

Members introduced themselves and shared their experiences with E-bikes.

Presentation given by Charles with Hill Topper Bikes on their electric bike conversion kits, which enables people to convert a standard road bike into an electric bike. He answered questions on his product and offered to donate a gift certificate for an e-bike for a possible future raffle. Members will discuss this possibility.

Bikes Club members Susan Lahti and Nancy Graham also talked about their experience in purchasing and riding their recently acquired e-bikes.

Other business:

Update on the water bottle filling station for the Legion Park rest stop in Arlington. Bikes Club granted the city of Arlington \$1500 toward the purchase of a water bottle filling station. Rick Proctor presented the Centennial Trail Coalition, with the opportunity to partner with Bikes Club and fund the remaining cost of purchase and installation and they have agreed to donate \$800 to completely fund the project.

Treasurers Report:

Debby Grant presented the budget report. There has not been much change since last report. All the grant monies have been paid out.

Upcoming Dates:

February 21<sup>st</sup> – Bikes Club Dinner and Movie night – “Mamil”

Seattle Bike Show – March 3<sup>rd</sup> and 4<sup>th</sup>

April 19<sup>th</sup> – Women on Wheels

April 29<sup>th</sup> – McClinchy Mile

June 2<sup>nd</sup> – Mill Town Ride – Members are asked to help promote and join in this ride presented by the Everett Historical Society. Information to be coming out soon with details.

McClinchy Mile Update:

Cindy is starting the permit process for the cities and county for McClinchy. Bill Lutterloh has already contacted the Stanwood School district regarding using the school for our rest stop on that date. Debby Grant is going to ask Tim Wise to head up the rest stop at the Bonhoffer Gardens this year, so Kay can help with registration the morning of the event.

Cindy presented some information on an advertising opportunity at the Seattle Bike Show. For \$275 they are offering non-profits an opportunity to place their advertising materials in a central location at the Bike Show, along with a comped entry fee and post-show email advertising our event. The question was put to the other members present if this might be a worthwhile investment. It was decided unanimously that it wasn't worth the money they were asking at this time.

Meeting adjourned.

## Club Member Submissions!

### Keep Your Balance

Rick Proctor

Albert Einstein is known to have said "Life is like riding a bicycle. To keep your balance, you must keep moving." Sounds like good advice from a guy widely recognized as intelligent. Balance is certainly needed to steer a bicycle where the rider wants to go, and is much easier to do while rolling forward.

Bike riding is stable and balanced as long as the center of support from the ground (between the two patches where the tires get traction on the ground) is kept under the center of gravity of the bike & rider combo. Small changes in the front wheel direction of travel causes the center of support to shift from under the center of gravity and the bike & rider combo will lean into, or out of, a curve. Constant small steering adjustments from the rider control the angle of lean and direction of travel. This becomes instinctive with experience as long as sufficient rolling motion is happening.

When slowing to a stop the effectiveness of steering adjustments decrease and the bike & rider combo become unstable. For most of us, it's time to either change the equation by deploying a foot to the ground for stability, or find new stability after falling over.

The gyroscopic effects of spinning bicycle wheels are trivial when compared to the traction effects of tires on the ground. Much effort has gone into designing and building wheel and tire assemblies to be as light as possible, which minimizes those gyroscopic effects. Perhaps you've experienced losing traction on a slippery surface while riding a bike and noticed how fast the comfort of control dissipates, how urgent the need to find stability rises, and how little stability there is from the spinning wheels.

There's a lot going on when riding a bike and we all have plenty of things to balance while moving through life. Finding the time and motivation to ride a bike must be balanced with all the distractions along the way.

Editors Note: Be sure to check out past issues of the Chainwheel Chatter for Rick's insightful articles about all things bicycling!

\*\*\* A special request to club members: If you have a story you would like to share please send it to me at [edi-tor@bikesclub.org](mailto:editor@bikesclub.org). I want to include as many of your stories as the members of our club wish to share! Be sure to include a picture of yourself to include in your story!

Bob Biesiedzinski, Editor

Chainwheel Chatter





# March Rides: Weekends & Weekdays

## WEEKEND RIDES

Be sure to check the [Ride Updates Page](#) of the club website for any last minute changes to scheduled rides!

### Saturday, March 3 - Mussels in the Kettles

A mountain bike event hosted by Whidbey Island Bicycle Club. [Register](#) for \$30. Get to Coupeville on your own, or carpool from Marysville, meeting at 7:15 a.m. near I-5. Ride options of 10, 12 or 15 miles, self-paced poker ride with prizes, socks, and token for beer or ice cream at the Penn Cove Mussel Festival. Great cross training and fun in support of another local club. Contact Kristin for carpooling at 425-923-7868.

### Saturday, March 10 @ 10:00 am RSVP for Haller Park – Lake McMurray Loop

**Please RSVP the ride leader by text or e-mail by 8am day of ride if you intend to go.** Ride leader will go only if someone else commits to go via RSVP. Meet at Arlington Haller Park a few minutes early for a 10am start. Loop ride to Lake McMurray and Bryant on country roads of north Snohomish / south Skagit counties and the north Centennial Trail. Moderate pace (14 - 16 mph), 35 – 40 miles, A & B terrain 1,200 – 1,400 feet of elevation gain. Rest & snack stops expected. Ride leader Rick Proctor 425-293-3153, [BikeHound@comcast.net](mailto:BikeHound@comcast.net). Ice, snow, or steady rain cancels. Check for Ride Updates or call/text if in doubt. Ride with GPS link: <https://ridewithgps.com/routes/22657361>

### Saturday, March 17 @ 10:00 am RSVP for North Lake Washington Loop Ride

**Please RSVP the ride leader by text or e-mail by 8am day of ride if you intend to go.** Ride leader will go only if someone else commits to go via RSVP. Meet a few minutes early for a 10 AM start at Blyth Park in Bothell (near the restrooms) on the Burke-Gilman Trail. Loop ride clockwise on the Sammamish River Trail, 520 Trail, and Burke-Gilman Trail and interconnecting streets. This new route includes crossing Lake Washington on the new 520 Trail section. 34 miles, moderate pace (14 - 16 mph), A & B terrain with 1,100 feet of elevation gain. Coffee / tea / lunch in the U district (mile 23 or so). More rest stops too. Ride leader Rick Proctor 425-293-3153 [BikeHound@comcast.net](mailto:BikeHound@comcast.net). Ice, snow or steady rain cancels, check the Ride Updates page or call/text/e-mail if in doubt. Ride with GPS link: <https://ridewithgps.com/routes/26742931>

### Sunday, March 18 @ 9:00 am R.A.M.R.O.D.: Ride Amuck to Mt. Rainier in One Day!

Meet at Foothills Trail, East Puyallup Trailhead (off of 80th St. E., Puyallup) 15 minutes early for a 9:00am start. Honey bucket at start. 51 miles, steady pace (12-14mph on flats) 1,229 ft elev gain, A-B terrain Route map: [Foothills Trail \(Puyallup - Enumclaw\)](#) Spectacular views of Mt. Rainier on clear sunny day!! Beautiful trail & country roads. Bring snacks. Lunch stop at Starbucks in Enumclaw. Final stop at Legendary Doughnuts in Orting for treats! :-)) (<http://www.legendarydoughnuts.com/>) [Google Maps](#) **RSVP by Saturday, March 17th!** Bad weather cancels this ride! Check the Ride Updates page before you leave home! Call/text if in doubt Ride Leader: Raquel Haunreiter (cell) 425-760-0805.

### Saturday, March 31 @ 10:00 am RSVP for North Lake Washington Loop Ride @ Blyth Park

**Please RSVP the ride leader by text or e-mail by 8am day of ride if you intend to go.** Ride leader will go only if someone else commits to go via RSVP. Meet a few minutes early for a 10 AM start at Blyth Park in Bothell (near the restrooms) on the Burke-Gilman Trail. Loop ride clockwise on the Sammamish River Trail, 520 Trail, and Burke-Gilman Trail and interconnecting streets. This new route includes crossing Lake Washington on the new 520 Trail section. 34 miles, moderate pace (14 - 16 mph), A & B terrain with 1,100 feet of elevation gain. Coffee / tea / lunch in the U district (mile 23 or so). More rest stops too. Ride leader Rick Proctor 425-293-3153 [BikeHound@comcast.net](mailto:BikeHound@comcast.net). Ice, snow or steady rain cancels, check the Ride Updates page or call/text/e-mail if in doubt. Ride with GPS link: <https://ridewithgps.com/routes/26742931>

**WEEKDAY RIDES****Thursday, March 1 @ 10:00 am Giro di Sentieri**

Meet a few minutes early at McCollum Park west parking lot for a 10am start. Loop ride including sections of the Interurban, Burke-Gilman, Sammamish River, and North Creek trails and interconnecting streets. Coffee, lunch, and rest stops expected. 34 miles, moderate pace (14 – 16 mph), A & B terrain with 600 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels, check the Rides Updates page or call/text if in doubt. Ride With GPS link: <https://ridewithgps.com/routes/20265589>

**Tuesdays, March 6, 13, 20 & 27 @ 10:00 am Tuesday Social Pace Ride**

Meet at Bicycle Centre Silver Lake, at 9:45 for a 10:00 a.m start. Mileage will vary between 18-22 miles, A and B terrain in the Mill Creek area. We will meet for lunch/coffee after the ride between 12:30 and 1:00 p.m, varying locations. Expected pace to be between 10-12 mph, and you should have a bike in good working order. Even though "social paced" this is not a "beginner" ride, as we do quite a bit of elevation gain on this route - between 800-1000 feet. Rain or icy weather will cancel, be sure to check ride updates. Rider leader Cindy Proctor. 425-293-3152

**Tuesdays, March 6, 13, 20 & 27 @ 11:00 Tuesday Moderate Pace Ride**

Meet a few minutes early at Silver Lake Bicycle Centre for a 11 am start. Moderate pace group (14 – 16 mph) 25 or so miles, A/B terrain. Loop ride routes vary. Mid-ride break with optional lunch and/or coffee after the ride. Ride leader Rick Proctor 425-293-3153. Ice, snow, or steady rain cancels. Check the Rides Updates page or call/text if in doubt.

**Thursday, March 8 @ 10:00 am RSVP for North Lake Washington Loop Ride**

**Please RSVP the ride leader by text or e-mail by 8am day of ride if you intend to go.** Ride leader will go only if someone else commits to go via RSVP. Meet a few minutes early for a 10 AM start at Log Boom Park in Kenmore on the Burke-Gilman Trail. Loop ride clockwise on the Burke-Gilman Trail, Sammamish River Trail, 520 Trail, and interconnecting streets. This new route includes crossing Lake Washington on the new 520 Trail section. 34 miles, moderate pace (14 - 16 mph), A & B terrain with 1,100 feet of elevation gain. Coffee / tea / lunch in the U district (mile 26 or so). More rest stops too. Ride leader Rick Proctor 425-293-3153, [BikeHound@comcast.net](mailto:BikeHound@comcast.net). Ice, snow or steady rain cancels, check the Ride Updates page or call/text/e-mail if in doubt. Ride with GPS link: <https://ridewithgps.com/routes/26634120>

**Thursday, March 15 @ 10:00 am March Tea & Crumpet Ride *Centennial Trail with a Twist***

Meet at **Snohomish Library at 10:00** for a **Social Pace (10-12) 'A' terrain** (*mostly* on trail with a few mile on roads, hence the "twist") ride. We will continue on to Lake Cassidy for **24 Miles round trip**. Bring a snack or lunch if you prefer as our tea & crumpet will be at the Snohomish Bakery at the end of our ride. We can snack or lunch at the lake, our midway point. Foul weather (rain, snow, ice, heavy wind to name a few) will cancel the ride and I will post that on updates either the night before or early the morning of the ride. Leader: Nancy Graham, 425-345-0716.

**Thursday, March 15 @ 10:00 am RSVP for Centennial Trail Moderate Ride**

**Please RSVP the ride leader by text or e-mail by 8am day of ride if you intend to go.** Ride leader will go only if someone else commits to go via RSVP. Meet a few minutes early at Snohomish Library on the Centennial Trail side parking lot for a 10am start. Ride to Armar Trail Head roundtrip with a side trip during the return into Lake Stevens for a lunch at or near North Cove Park. Bring your picnic lunch or buy one locally. 37 miles on the Centennial Trail and nearby roads, moderate pace (14 – 16 mph), "A" terrain with 600 feet of elevation gain. Ride leader Rick Proctor 425-293-3153. Ice, snow or steady rain cancels. Check the Ride Updates page or call/text if in doubt. Ride With GPS link: <https://ridewithgps.com/routes/26399902>

**Thursday, March 22 @ 10:00 am RSVP for North Seattle Parks Loop – Revised**

**Please RSVP the ride leader by text or e-mail by 8am day of ride if you intend to go.** Ride leader will go only if someone else commits to go via RSVP. Meet at Green Lake Park restrooms at SSW end of the lake ( 6200 West Green Lake Way N ) a few minutes early for a 10am start. Loop ride on trails and streets near Puget Sound through Greenwood Park, Golden Gardens, Chittenden Locks, Discovery Park, Gas Works Park, Kerry Park via Queen Anne hill, UW, and Ravenna Park. We will walk the bikes through Chittenden Locks area (1/2 mile). We will forage for coffee / lunch along the way. 32 miles, moderate pace (14 – 16 mph), A & B terrain with 1,900 feet of elevation gain. Ride leader Rick Proctor 425-293-3153, [BikeHound@comcast.net](mailto:BikeHound@comcast.net). Ice, snow or steady rain cancels. Check the Ride Updates page or call/text if in doubt. Ride With GPS link: <https://ridewithgps.com/routes/23333989>

2018 Weekends & Tours**May 19-20 Yakima Wine Ride (HS)**

Bob & Viv Biesiedzinski, 206-595-3822, [bobbez@gmail.com](mailto:bobbez@gmail.com)

Most people will camp at Yakima Sportsman State Park. If you are not a camper there are motels in the area. People need to make their own reservations in advance. Remote start both days. Saturday we'll stop at several wineries. Saturday evening potluck dinner at camp. Sunday Naches ride 24-32 miles. **RSVP to ride leaders no later than April 29.**

**May 29-June 2 Old West Scenic Bikeway, Ore. (self-contained)**

Dan & Elaine Scott, 425-501-6198 [scott.dan.l@frontier.com](mailto:scott.dan.l@frontier.com)

Self-contained\*, luggage SAG, tenting and camping. 175 total miles, rated challenging; see link to Bikeway info. **RSVP to ride leaders no later than April 29.**

**June 10-15 Centennial Trail to 9-Mile Falls, Idaho/WA (Credit Card)**

Rick & Cindy Proctor [BikeHound@comcast.net](mailto:BikeHound@comcast.net)

4 days riding, starting in the city of Couer d'Alene/ 2 days driving (there and back).. 120 miles total, 22-34/day, paved trails & associated roads. No camping, but must haul gear from motel to motel. **RSVP to ride leaders by March 10th.**

**June 22-24 Olympic Discovery Trail (HS)**

Bob & Viv Biesiedzinski, 206-595-3822, [bobbez@gmail.com](mailto:bobbez@gmail.com)

Camping or motel options. The ride starts at the [Sequim Bay State Park](#), (Bob & Viv's campsite TBD) and travels west through the town of Sequim and then through lavender fields as we make our way to the Straights of Juan De Fuca and the town of Port Angeles. The trail is primarily "A" terrain, with a few spots that are "B-C". We ride at a social pace with stops to regroup, and refresh, along the way. Plan for a 60+ mile round trip. Pack a picnic lunch as we will stop along the Straights for a picnic! There will be a "potluck" dinner at our campsite on Saturday evening after the ride. Campsite reservations begin on May 1, 2018. Go to [washington.goingtocamp.com](http://washington.goingtocamp.com) to make your reservations. **RSVP to ride leaders by April 29<sup>th</sup>**

**July 12–16 Eugene Cycle Oregon Weekend Plus**

Mary Jo Gerst, [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com)

**Thur** – Meet in Eugene

**Fri** –Ride the Row River Trail 40 miles, then dinner at Cycle Oregon Weekend Ride.

**Sat** – Cycle Oregon Weekend ride

**Sun** – Cycle Oregon Weekend ride

**Mon**- Eugene bike paths 30 miles

Sign up is now open for the **Cycle Oregon Weekend Ride** in Eugene. It sells out so **sign up soon.**

**Aug. 12-17 Trail of the Couer D'Alenes, Idaho (Credit Card)**

Rick & Cindy Proctor [BikeHound@comcast.net](mailto:BikeHound@comcast.net)

Four days of riding, 17-52 miles per day. Self-contained credit card tour, carry own luggage. Ride the entire paved trail, roundtrip. **RSVP to ride leader by May 12<sup>th</sup>**



**2018 Weekends & Tours (cont.)****Aug. 14-17 Vancouver, BC (HS)**

Clarence Elstad 425-268-8550 or [celstad@gmail.com](mailto:celstad@gmail.com)

Three days of riding, all paved. Hub & spoke with central accommodations. Contact ride leader for info. **RSVP to ride leader by July 1st**

**Aug. 24-27 Port Angeles Area (HS)**

Clarence Elstad 425-268-8550 or [celstad@gmail.com](mailto:celstad@gmail.com)

Three days of rides on paved trails based out of Port Angeles motel. **RSVP to ride leader by May 1st.**

**Sept. 10-13 Spokane, WA (HS)**

MaryJo Gerst, [maryjo1532@hotmail.com](mailto:maryjo1532@hotmail.com)

Tues. Centennial Trail 50 mi; Centennial Trail west 30 mi; Thurs. Post Falls- Couer d'alene 34 miles; Fri. TBD. Hub and spoke with lodging/camping options. Steady pace with scenery stops. **RSVP to ride leader.**

**Sept. 15-16 Birch Bay Farm Tour (HS)**

Bob & Viv Biesiedzinski, 206-595-3822, [bobbez@gmail.com](mailto:bobbez@gmail.com)

Camping and biking weekend based out of [Birch Bay State Park](#) – make your camping reservations early. Saturday Whatcom Farm Tour ride, approximately 50 miles. We plan to stop at several cheese shops along the route. Potluck dinner at campground site after ride. Sunday we will ride from Birch Bay State Park to the Peace Arch at the US/Canada border. **RSVP to ride leader by August 15.**

**September California Coast (self-contained)**

Rick Proctor, [bikehound@comcast.net](mailto:bikehound@comcast.net)

Take 5 to 6 weeks to ride from Crescent City to the Mexico border. Self-contained tour with camping and hotels – no SAG. Will get to start via train and bus. Train & bus to start, train back to home. 1,200 miles, 30 - 60 miles / day, 1 - 2 rest days / week. Ride on the Adventure Cycling Pacific Coast Route. **RSVP to ride leader by June 1st**

**Sept. 20-23 San Juan Islands (HS, Credit Card)**

Debby Grant [debby@jaygrant.com](mailto:debby@jaygrant.com)

Ride San Juan, Lopez and Orcas Islands. Details about start location, date and time still to be determined. 3 riding days, 30-35 miles/day, hilly, self-paced with regroupings, lots of local sights to see, maps and cue sheets available. Credit card Hub & Spoke w/luggage SAG, hotel w/possible camping option. **RSVP to ride leader by June 1st.**





### Club Member Rider Miles

Rick	Proctor	489		Rick	Dermody	66
Cheryl	Funkhouser	282		Linda	Braun	63
Cindy	Proctor	255		Fred	Norousi	62
Bill	Paul	211		Bob	Biesiedzinski	58
Bob	Nyberg	176		Vivian	Biesiedzinski	58
Steve	Linari	169		Kurt	Haukreiter	55
Dan	Scott	169		Samantha	Cheng	46
Debbie	Kawamoto	163		Bill	Lutterloh	46
Patrick	Robertson	160		Stephen	Fox	44
Ron	Andersen	150		Tim	Wise	39
Nancy	Graham	131		Allison	Quillen	33
Raquel	Haukreiter	112		Fred	Koch	29
Kristin	Kinnamon	110		Kaia	Koch	29
Elaine	Scott	88		Judy	Lang	23
Jack	Willis	87		Perry	Walker	23
Mike	Dahlstrom	86		John	DeNinno	20
Kathy	Riddle	76		Debby	Grant	18
Kristi	Knodell	75		Bette-Ann	Shroyer	18
Robert	Pahlman	71		Marcia	Stedman	18
Mitch	Pico	70		Gabriel	Rinkes	10
Dan	Bodien	68				

### **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 website ride calendar or on the Ride Updates page. The idea is that club miles apply on rides where club members were notified in advance.

Ride leaders are responsible for reporting club miles ridden by members after every ride. While the ride sign-in sheets can be stored up for turning in later (send or handed to the president at some time in the year), ride miles should be emailed to [ridermiles@bikesclub.org](mailto:ridermiles@bikesclub.org) within one week of your ride.

Special events such as McClinchy Mile and the other rides hosted by the North Puget Sound Bike Alliance are "self-report" miles. That means if you sign up and ride, you need to send you own total to Gabe, the miles coordinator.

We "closed the book" on 2017 miles on Dec. 1 and won't be messing with that tracking anymore. Congratulations to all who racked up the numbers last year. For 2018, let's keep riding and reporting, and see how we end up by this year's end.

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

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



February 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](mailto: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](#)

