

Byke Bytes*: Bike More, Drive Less, Stay Active

- 1) What's happening in Okanogan and a call for help.
- 2) Everett group to review comprehensive plan.
- 3) I-5 bridge helps peds and bikes
- 4) RiverFest in Spokane June 11th
- 5) Safe and Active Routes STATEWIDE Workshop
- 6) Bicycling Magazine to Give Away 50 bikes in Seattle
- 7) Ride(s) of Silence in Yakima and elsewhere May 18th.
- 8) Olmsted Maps available
- 9) Safe and Active Routes to Seattle Schools Workshop
- 10) All types of photographs NEEDED
- 11) Presentation with Sierra Club May 17th
- 12) Bike to Work Activities in Snohomish County

1. May is "Bike Month" and The Bike Shop in **Okanogan**, WA hopefully will have a schedule of group rides out by May. "Spring and summer are a busy time of year for us and we never have enough time to organize so this year we are asking for some help. **We are holding a meeting for any people interested in helping us with this on April 19 at 6:15pm across the street from The Bike Shop at the much anticipated "On The Avenue" ice cream parlor.**" If you cannot attend please call so that we can hear your ideas. Any level of participation is greatly appreciated. Also for anybody that is interested Paul, Kathy and friends will be going on a weeklong tour the first week of May. For more information contact, Sarin Molnar, The Bike Shop, Okanogan, WA. (509) 422-0710

2. The City of **Everett** has formed a bike issue review group to focus on the City of Everett bicycle issues for an update to the comprehensive plan. The group was organized to specifically identify and suggest solutions and priorities for additions and improvements to bike lanes and routes, as well as bike safety within the city. The committee's work will be used for updating the city non-motorized plan element of the City Transportation Plan. For more information contact, Everett BIKES President Kristin Kinnamon at Kinnamonk@aol.com.

3. The State Department of Transportation plans to build a pedestrian bridge spanning I-5 just north of 128th in **Everett**. Construction starts this summer and by 2006 finish the project by building ¼ of a mile of trail needed to connect the path to 124th Street SW just west of I-5 to Third Avenue just east of the freeway. Currently this is a dangerous crossing for Interurban Trail users whose access is a narrow sidewalk on the north side of the bridge. www.bikesclub.org

4. Spokane RiverFest coming June 11th. A new event is being launched this year to recognize the importance of the Spokane River to the Inland Northwest. Spokane RiverFest was organized by the Inland Northwest Trails Coalition to celebrate and activate public support for the trails master plan projects. The Bicycle Alliance is one of many organizations participating. For more information contact David Bauermeister at 509/459-4108 or Kaye Turner at 509/624-7188.

5 Over one hundred people have registered for the Statewide Safe Routes to School Training hosted by the Bicycle Alliance of Washington and the Department of Transportation. The free workshop will be held on Monday May 9th at the **North SeaTac Park Community Center** from 9-4. Anyone interested in safety, obesity prevention, physical activity promotion, or transportation needs to school is

welcome. To register call Laurel Gray at (360)705-7355 or grayl@wsdot.wa.gov. There are only a couple of registrations available at this writing.

6. Bicycling Magazine will host BikeTown bike presentations in 10 cities nationwide this summer. In a partnership with Shimano and the League of American Bicyclists bike giveaways will be presented in 10 cities (of which **Seattle** is one, along with Denver; Madison, WI; Minneapolis/St. Paul; Orange County, CA; Philadelphia; Phoenix; Portland, OR; San Francisco Bay Area and Washington, DC) identified as prime targets to encourage more people to pedal to work, or to Metro that will take them the rest of the way. In these 10 cities, the bike giveaway will center on commuting. The press conference and bike presentation will take place at Gas Works Park in Seattle on May 2 at noon as part of WRQ Bike to Work Month. For further information, visit <http://www.cascade.org/Education/btw/index>

7. May 18th join cyclists **nationwide** in a silent slow-paced ride (max. 12 mph) in honor of those who have been injured or killed while cycling on America's public roadways. To **HONOR** those who have been injured or killed; To **RAISE AWARENESS** that we are here to ask that we all **SHARE THE ROAD. For more information check out** <http://www.rideofsilence.org/main.php> and let us know if you plan to host a Ride of Silence. (1) In **Yakima** on 5/18 Mount Adams Cycling will participate in the 'Ride of Silence'. The ride will stage in the Fred Myers Shopping Center of Yakima at 5:30 PM. This is the normal Wednesday night club ride through orchards in spring bloom to Naches, WA and back. The ride is thirty miles long with moderate elevation gain and pace. Two groups usually form. Ten minutes at the beginning of the ride will be done in silence and at 12 miles an hour. Jim Penning and Jodee Peterson, officers of the club, and Elaine Jones, Wednesday Ride Host, are contact persons. (2) On 5/18 a Ride of Silence will leave Gasworks Park in **Seattle** sponsored by the Redmond and Cascade Bicycle Clubs riding two abreast on city streets. Group will stay together. For more information, contact Duane Wright at (206)523-7404 or checkers@speakeasy.net.

8. Much beloved Seattle Olmsted Parks now have bike maps. The maps are at www.seattleolmsted.org.

9. [Safe and Active Routes to **Seattle** Schools free workshop](#) on walking and bicycling programs on Friday, May 6, 2005 from 8:00 a.m. to 4:00 p.m. Miller Community Center, 330 19th Avenue East, Seattle. *FREE* Register on-line at <http://www.feetfirst.info/school>.

10. The Bicycle Alliance needs you to capture the moment!

We need images of cyclists of all persuasions -- young ones, old ones, fast ones, slow ones, fit ones, fat ones. Street cruisers, trail tamers, road warriors and weekend specials. Bicycles in traffic, bicycles on the trail, bicyclists heading to work or working out. Bikes at schools, bikes on ferries, bikes on buses, bikes in racks.

Not all photographs are created equal though. Digital cameras **MUST** be set to the highest resolution quality to print well. Maybe your camera calls it "Super High Quality" or gives you options in pixel sizes such as 2048 x 1536 (the larger the numbers the better). You won't be able to get nearly as many pictures on your card, it will take longer for your camera to be ready to snap the next picture, it will be large to email (1-2 MB or higher), but it's simply not possible to use a low resolution image in print. *Please remember this too when you take pictures at an event that you would like included in The Advocate newsletter.*

Traditional film is GREAT! We can scan Slides and Prints from a traditional film camera and get great resolution for printing. So if you have photos with good lighting, composition, detail that tells a story -- send it in!

Please, email your digital pictures to barbc@bicyclealliance.org. Mail slides, photos or a CD of high resolution images to the Bicycle Alliance, P.O. Box 2904, Seattle, WA 98111. If you send slides or prints with a self-addressed, stamped envelope we will return the originals too you.

Include as much of the following information that you know: WHO is in the picture, WHERE was it taken, WHEN was it taken, and WHO took the photograph. By sending the photograph, you are giving the Bicycle Alliance permission to use the image in publications. If you don't want credit as the photographer, let us know that too.

11. Seattle-The Bicycle Capital of the Country?!"

Presentation at Seattle REI flagship store at 222 Yale N, on Tuesday, May 17th at 6:30 PM.

Learn how we get from where we are to where we want to be (watch out Portland) and the many benefits of making non-motorized transportation a city priority.

Panel Includes:

Richard Conlin (Seattle City Council Member)-City Council's top 20 bicycle projects (including city map).
Julie Mercer Matick (SDOT)-Incorporating non-motorized transportation. Making life safer, more interesting and more fun on a bike.,
Ngozi Oleru (Director of the Environmental Division of Public Health)-Using "the perfect motor" to help reduce sedentary related diseases and improve the quality of life for all, and
Barbara Culp (Bicycle Alliance)-How "Complete Streets" can make Seattle the Bicycle Capital of the Country!

Sponsored by: Sierra Club and the Bicycle Alliance of Washington. FREE

12. SNOHOMISH COUNTY – Tired of traffic and high gas prices? Burn calories instead of fuel as Snohomish County celebrates National Bike to Work Day on Friday, May 20.

A 200-pound cyclist burns a Big Mac® worth of calories while going 12 miles in an hour – and converting car trips to bike trips is an easy way to address the problems of our sedentary U.S. lifestyle. If every adult biked to work once a week instead of driving, we could prevent the pollution and consumption of more than 1 billion gallons of gasoline every year.

Snohomish County cyclists will celebrate National Bike to Work Day on May 20 with four “Celebration Stations” set up in the morning to greet commuters and encourage them to join a team and continue cycling for the Bike Commute Challenge, May 20-June 18.

Bike to Work Day stations will be located at:

- Lynnwood Transit Center, 202nd Street SW & 46th Avenue W, open 6-9 a.m.
- Everett Boeing, 75th & Seaway, open 5-8:30 a.m.
- Everett Station, 3201 Smith Ave., open 5:30-9 a.m.
- Mill Creek Town Center, 15224 Main St., open 6-9 a.m.

If you plan to promote Bike to Work Day and the Bike Commute Challenge at your workplace, stop by the Snohomish County Bike to Work Kick-Off at Community Transit any time from 3 to 7 p.m.

Thursday, May 5 to pick-up brochures and posters, bike maps, commuter tips and other items to educate and encourage your co-workers. Community Transit’s offices are located at 2300 Kasch Park Rd., Everett.

The Bike Commute Challenge is for workplace teams of four-10 people who commit to biking to work an average of once a week through June 18 All team members signed up on-line by May 15 earn a Snohomish County Bike to Work t-shirt courtesy of the event sponsors.

Snohomish County Bike to Work is sponsored by Community Transit and Everett Transit as part of the agencies’ commitment to encouraging alternative transportation. Both agencies work with Snohomish County’s largest employers to encourage participation in this and other campaigns to reduce traffic.

For more information on local Bike to Work events, visit www.communitytransit.org. To volunteer to help in Snohomish County, call Community Transit at 425-348-2369.

For information on Bike to Work events in King County, visit www.cascade.org.

Snohomish County Bike to Work Events

Bike to Work Kick-Off

3-7pm Thursday, May 5

Community Transit, 2300 Kasch Park Road, Everett (off Airport Road near Boeing)

If you plan to promote Bike to Work Day and the Bike Commute Challenge at your workplace, stop by any time from 3 to 7pm to pick-up brochures and posters, bike maps, commuter tips and other items to educate and encourage your co-workers. Team captains can pick up their free t-shirt to inspire participation in the Bike Commute Challenge. Visit www.communitytransit.org for more information.

Bike to Work Day

Friday, May 20

Community Transit is coordinating four Celebration Stations in Snohomish County on the morning of Bike to Work Day, May 20: Everett Station, Boeing, Mill Creek Town Center and Lynnwood Transit Center. Riders can stop by the stations for healthy snacks, a free water bottle, maps, a raffle entry and other goodies. Visit www.communitytransit.org for more information.

Bike Commute Challenge

May 20-June 18

The Bike Commute Challenge is for teams of four-10 people who commit to biking to work five times in four weeks, May 20-June 18 (Bike to Work Day counts!). Everyone registered with a team by May 15 earns a t-shirt and a chance to win great prizes. Last year more than 300 people participated in the Bike Commute Challenge at worksites in Snohomish County. Visit www.communitytransit.org for more information.

Byke Bytes (Phil Hoge, Yakima suggested this name and we're trying it out this week to see what you think?)