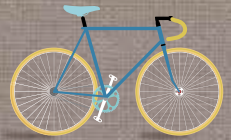




MAX MEYERS LAW **SPOKE & WHEEL**



SEATTLE RETAILER CREATING BICYCLE CLOTHING THAT LOOKS NORMAL



IN THIS ISSUE

NEW BICYCLE CLOTHING	1
BIKE RACKS FOR AMBULANCES	2
LANE SPLITTING	2
MARCH EVENTS	3
SHELLY'S RECIPE CORNER	4

SEATTLE IS ONE OF THE MOST BIKE FRIENDLY CITIES IN THE NATION.

The city builds designated bike lanes and paths and there is even a bike share program called Pronto. And now, a website is selling bicycle clothing for bicyclists in Seattle that may make biking even more fashionable and convenient.

“NORMAL LOOKING” BICYCLE CLOTHING

Even for those who don't bike on a regular basis, there's probably a familiarity with cyclists' clothing: brightly colored spandex which can be expensive.

While the spandex certainly has its advantages in temperature control and ease of mobility there's no doubt that it's not for everyone, especially the casual bicyclist who is commuting to work. For bicyclists who want more "normal looking" clothing, Juliette Delfs recently started a website, hubandbespoke.com.

BICYCLE APPAREL THAT LOOKS GREAT AND OFFERS SAFETY TOO

Hub and BeSpoke doesn't just sell clothing that's fashionable; the clothing is designed specifically with bikers' needs in mind, safety included. For example, a women's raincoat sold by the site offers reflectivity, is cut specifically for a forward riding position, has built-in venting, and is waterproof.

Below are some other trendy clothing and accessories offered online.

- Helmet cover
- Rain spats (overshoes that protect heels, boots, and more)
- Waterproof seat saddle cover
- Pants designed for movement
- Arm and hand warmers



The company even offers a safety reflector that looks more like a fashionable necklace than it does safety gear.

And Hub and BeSpoke hasn't forgotten about the most important safety feature of all while riding: helmets. The site offers a variety of non-sport helmets that are safe, "with a touch of fun and urbanity."

HOPING TO INCREASE THE COMMUTING CULTURE

The hope is that the clothing from Hub and BeSpoke will make businessmen and women and others who need to dress nicely for work feel less intimidated by biking clothing.

This may in turn reduce anxiety about commuting via bicycle, including the concern that many have about wearing the right clothing to ride a bike to work.

FREE INSTANT DOWNLOAD

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In BIKE-LOVING Colorado City AMBULANCES GET RACKS FOR RIDES

By Associated Press Published: Jan 23, 2015 at 11:42 AM PST



This photo made available on Jan. 23, 2015, by University of Colorado Health, shows a Poudre Valley Hospital ambulance fitted with a bike rack, in Fort Collins, Colo. (AP Photo/University of Colorado Health, Kelly Tracer)

FORT COLLINS, Colo. (AP) — Showing how much one Colorado city loves its bikes, cyclists who go to the hospital by ambulance no longer have to leave their rides behind.

Poudre Valley Hospital in Fort Collins, home of Colorado State University, has equipped all 14 of its ambulances with bike racks after encountering increasing numbers of cyclists who had bicycle accidents or medical emergencies while riding. Some people were reluctant to leave their bikes locked up behind at the scene — whether because they were fancy recreation bikes that cost more than some cars or because they were the patient's main form of transportation, Steve Main, the hospital's emergency medical services director, said Friday.

Plus, ambulance workers were spending too much time going back to unlock the bikes once patients could retrieve them. At the suggestion of bike paramedic Rob Collett, the hospital began adding bike racks to ambulances as they came in for regular maintenance last spring and equipped them all by the end of the year. According to the Coloradoan, which first reported the installations, the hospital spent about \$5,000 to install the racks, or \$356 per ambulance.

Main said time isn't an issue because one of several emergency responders at a call is in charge of rounding up personal belongings and can put the bike on the ambulance. At the hospital, bikes are placed in the care of security until patients can claim them.

Fort Collins is proud of its bike lanes and hosts a costumed bike parade sponsored by craft brewer New Belgium — which gives free bikes to its employees — that attracts thousands of people each year. The ambulance service also teaches elementary school students how to safely bike to school and does helmet fittings for children.

"It's just a bike crazy town," Main said.

PROPOSED NEW MOTORCYCLE LAW LANE SPLITTING – Good idea or crazy?

The Washington Legislature is addressing a new proposed law that would allow motorcycles to split lanes in heavy traffic. The goal is to reduce traffic congestion and keep motorcycles moving so they are less likely to be rear-ended.

WOULD IT REALLY ACCOMPLISH THIS GOAL?

Or would it cause more harm than good?

I have ridden motorcycles on Washington roads for years. I also lived in Los Angeles, CA for a year and rode a motorcycle there. I did split lanes on occasion as California is the only state where it is currently legal for motorcycle riders to split lanes. Scary and exhilarating come to mind!

In my experience the answers to my questions are all yes. Traffic congestion on the freeway can be eased and motorcycles will be rear-ended less. However, cars change lanes in heavy traffic, often suddenly without much warning or using a turn signal. Splitting lanes on a motorcycle can be very dangerous. It's important for the motorcycle rider to only ride slightly faster than the traffic being passed so the rider has time to stop if a car drifts in its lane or suddenly changes lanes.

Additionally, drivers in cars often swerve to prevent motorcycles from splitting lanes or impede a motorcycle's ability to split lanes. This can be the most dangerous situation where collisions are common.

THE WASHINGTON LAW WOULD HAVE A FEW KEY COMPONENTS:

Lane splitting would only be allowed when traffic is moving under 25 mph. Motorcycles could only go a maximum of 35 mph, but with a limit of no more than 10 mph over the traffic flow speed limit. And cars that intentionally impede a motorcycle that is attempting to pass by lane splitting would get a ticket.

The fear is that allowing lane splitting will cause more motorcycle v. car accidents which result in serious injury and worse traffic due to increased collisions. But as rush hour on the freeways become more and more congested and commute times increase year after year, easing traffic congestion by any means becomes more desirable.

As an attorney who handles motorcycle accident cases and a person who loves to ride, I'm conflicted. The lawyer in me says it's a

PROPOSED NEW MOTORCYCLE LAW LANE SPLITTING - Good idea or crazy?

bad idea; it's hard to be safe now, let alone while lane splitting. The rider in me says definitely yes, let's do it. Riding in heavy traffic on a motorcycle is pure misery!

IF THE LANE SPLITTING LAW DOES PASS, THEN WHAT?

Get a GoPro!! Every motorcycle rider should be shooting video when lane splitting, just in case.

Every collision occurring while lane splitting will likely involve a dispute over who's at fault. You can bet insurance companies will blame the motorcycle, or try to split fault in every accident. Motorcycle riders will need proof of what happened, which is hard to get when you're seriously injured, lying on the road and can't go around searching for witnesses.

Bike mounted video cameras will be required equipment in my opinion if you want to protect yourself and your family.



SUNDAY
MARCH
8TH
DAYLIGHT
SAVINGS
→
& FIRST DAY
O • F • S • P • R • I • N • G
FRIDAY
MARCH 20TH ←

MARCH EVENTS CALENDAR

SEATTLE BIKE SHOW

MARCH 1 (begins FEB 28)

Check out the vendors of bikes, bike gear, travel accessories, and fitness equipment at the Seattle Bike Show (formerly Seattle Bike Expo) at CenturyLink Field Event Center.

Visit <http://seattlebikeshow.com> for more details.

DINE AROUND SEATTLE

MARCH 1 - 31 (excludes Fridays & Saturdays)

Local restaurants in Seattle and on the Eastside offer special deals on three-course meals during Dine Around Seattle.

Visit <http://dinearoundseattle.org> for more details.

SEATTLE KENNEL CLUB ALL BREED SHOW, OBEDIENCE, RALLY AND AGILITY TRIALS

MARCH 7 - 8

The Seattle Kennel Club All Breed Show, Obedience, Rally and Agility Trials attract 11,000 spectators and 2,000 dogs competing at CenturyLink Event Center.

Visit <http://www.seattledogshow.org/spectators> for show details and schedule.

ST. PATRICK'S DAY PARADE

MARCH 14 - 12:30PM

St. Patrick's Day Parade travels North on 4th Avenue from Jefferson Street to the Seattle Center.

For details and information <http://irishclub.org/st-patricks-day-parade>.

KIRKLAND SHAMROCK RUN

MARCH 14

The 5K Kirkland Shamrock Run begins at Kirkland Marina Park and ends with a party at Wilde Rover. (Dogs, strollers, and walkers start behind runners.)

Visit <http://www.kirklandshamrockrun.com> for details and sign up.

IRISH FESTIVAL

MARCH 14 - 15

Irish music, singing, dancing, films, vendors, and children's activities await you at the Irish Festival in Seattle Center Armory. Free.

Visit <http://irishclub.org/irish-festival-seattle> for more information.

SNOHOMISH ON THE ROCKS

MARCH 21

Meet local distillers, taste their products, sample food, hear music, and order cocktails at Snohomish on the Rocks at Thomas Family Farm.

Details can be found at <http://snohomishrocks.com>.

TASTE WASHINGTON

MARCH 28 - 29

Sample from 225 wineries and 50 restaurants at Taste Washington in the CenturyLink Field Event Center. Optional seminars both days at Four Seasons Hotel.

Tickets and schedule can be found at <http://tastewashington.org>.



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- SHELLY'S RECIPE CORNER

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CHOCOLATE CHERRY MERLOT BROWNIES



1 1/4 cups (6-oz. pkg.) dried sweet cherries, chopped

1/2 cup Merlot wine

2 bars (8 oz.) NESTLÉ® TOLL HOUSE® Dark Chocolate Baking Bar, broken into small pieces

1 1/3 cups all-purpose flour

1 cup granulated sugar

1/3 cup butter, softened

2 large eggs

1 teaspoon vanilla extract

1/2 teaspoon salt

DIRECTIONS

PREHEAT oven to 350° F. Grease 9-inch-square baking pan.

MICROWAVE dried cherries and wine in small, uncovered, microwave-safe bowl on HIGH (100%) power for 1 minute. Set aside for 15 minutes, stirring occasionally. Drain cherries; discard wine.

MICROWAVE chocolate in small, uncovered, microwave-safe bowl on HIGH (100%) power for 45 seconds; STIR. If pieces retain some of their original shape, microwave at additional 10 to 15 second intervals, stirring just until melted; cool to room temperature.

COMBINE flour and salt in small bowl. Beat sugar and butter in medium mixer bowl until well mixed. Add eggs and beat until light and fluffy. Beat in melted chocolate and vanilla extract. Stir in flour mixture until blended. Stir in drained cherries. Spread into prepared pan.

BAKE for 33 to 37 minutes or until wooden pick inserted in center comes out slightly sticky. Cool completely in pan on wire rack. Cut into bars.