



MAX MEYERS LAW SPOKE & WHEEL



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10 OF THE BEST Hiking Trails in Western Washington



Let's face it...last winter was one of the LONGEST winters on record. Can we say "cabin fever?" I was feeling a definite lack of exercise and Vitamin D! Now that Spring is finally here, it's time to get outside and take advantage of warmer weather and extended daylight hours!

I discovered that Western Washington has a number of great hiking trails that are suited for all ability levels. If you are looking to get over the winter blues with some good ole' Pacific Northwest fresh air, check out one of these popular hikes:

TWIN FALLS BANDERA MOUNTAIN

Location: Snoqualmie Pass/North Bend
Distance: 2.0 miles
Difficulty: Easy
Notes: This hike is known for its magnificent views of the Twin Waterfalls. It is located just off I-90 and is a great hike for families!

Location: Snoqualmie Pass
Distance: 8.0 miles (half day)
Difficulty: Moderate
Notes: Enjoy breathtaking views of the Cascade Mountains while hiking along a rocky ridge to Little Bandera. If you so choose, you can continue the hike up another half mile to the full summit.

RATTLESNAKE LEDGE

Location: Snoqualmie Pass/North Bend
Distance: 4.0 miles
Difficulty: Easy
Notes: This hike is located on the Eastern edge of Rattlesnake Ridge. Enjoy views of the Cedar River watershed, Mount Si, Mount Washington, Rattlesnake Lake and Chester Morse Lake.

LIME KILN TRAIL

Location: Granite Falls/North Cascades
Distance: 7.0 miles (half day)
Difficulty: Easy
Notes: This hike takes you through a mossy forest and along a narrow river canyon, past sites that were important in local history. The hike is mostly on level ground.

WILDSIDE TRAIL

Location: Issaquah Alps (Cougar Mountain)
Distance: 4.0 miles
Difficulty: Easy
Notes: Located in the Issaquah Alps, this trail is great for running. It is popular with hikers, dog walkers and trail runners. The scenery is beautiful!

POO POO POINT

Location: Issaquah/Tiger Summit
Distance: 7.4 miles
Difficulty: Moderate
Notes: A popular location for hang gliders and paragliders! The trail is steep, but fairly short. You will enjoy a wonderful view of Mount Rainier, creeks and blooming flowers.



FREE INSTANT DOWNLOAD

Discover the secrets insurance companies don't want you to know.

Get Max's book **The Ultimate Guide to Bicycle Accident Cases in Washington: Bicycle Accident Secrets Unlocked.**

Go to our website WashingtonBicycleBook.com to get your free download now or call **425.276.7804** to have a copy mailed to you.

10 OF THE BEST

Hiking Trails in Western Washington

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WALLACE FALLS



Location: Central Cascades/Stevens Pass

Distance: 5.6 miles

Difficulty: Moderate

Notes: The Wallace Falls hike provides views of the Wallace River and the surrounding falls. Enjoy a picnic lunch while taking in the majestic views of the Central Cascades mountain range.

HANNEGAN PASS & PEAK



Location: Mt. Baker

Distance: 10.4 miles (multiple days)

Difficulty: Difficult

Notes: The Pass and Peak offer beautiful alpine wildflowers, waterfalls, glaciers and breathtaking mountain views. You can hike to 5,050 foot Hannegan Pass (about 8 miles roundtrip) or press on to the 6,200 foot summit of Hannegan Peak -- 10.6 miles roundtrip

MAILBOX PEAK



Location: Snoqualmie Pass/North Bend

Distance: 6.0 miles

Difficulty: Difficult

Notes: It is best to do this hike in dry weather. This is a very challenging hike with an elevation change of over 1,000 feet per mile. The hike is only open from May thru November. The view is great, but you will want to practice first before tackling this if you are not an experienced hiker.

LOOWIT FALLS



Location: Mt. St. Helens/South Cascades

Distance: 9.4 miles (full day)

Difficulty: Difficult

Notes: Be sure to start early in the day for this hike! This is a full day hike that is known for its beautiful wild flowers and greenery.

For more about hiking trails in Washington, check out these great sites:

www.wta.org/go-outside/hikes

www.alltrails.com/us/washington

www.onlyinyourstate.com/washington/trails-in-wa/

THANK YOU

for your referrals!



Referrals from family, friends, and clients are the highest compliment we can receive.

We thank you for trusting us with your closest friends and loved ones. This month, we want to recognize the following friends for their referrals:

- ERIC GUDMUNDSON
- TIGER BUDBILL
- PATRICIA HAUGEN
- MARICOR MAGAT
- CAROL WOODARD
- KRIS FINE

WHAT ARE YOUR OPTIONS after a car hits you on your bicycle?



IN MANY CASES, a bicyclist involved in an accident with a motor vehicle can get compensation for their losses and expenses via the at-fault driver's insurance policy, their own insurance policy, or a combination of the two.

DOES THE INSURANCE OF THE DRIVER WHO HIT ME COVER MY EXPENSES?

Yes. If you were hit by a car in the state of Washington, the at-fault driver's liability coverage should cover your damages - including medical bills, lost wages, and other damages. The driver's PIP (personal injury protection) coverage, if they have it, should also cover your medical bills while you treat your injuries, with typical caps of \$10,000 to \$30,000 per incident.

WILL MY CAR INSURANCE COVER ME IF I AM INJURED?

It might. If your car insurance has uninsured/underinsured (UM/UIM) coverage, you can file a claim with your provider for the cost of your medical expenses, lost wages, and property damage. This will cover any gaps between the driver's liability coverage and your actual bills, and will cover you if the other driver is uninsured.

Likewise, if your insurance policy has PIP coverage, it provides you with an additional layer of no-fault coverage that will cover the costs of your medical bills and some lost wages. Most policies have up to \$10,000 in coverage. If the at-fault driver in the accident has PIP coverage, that policy should pay covered expenses before your own insurance provider.

DO I HAVE ANY OTHER LEGAL REMEDIES AVAILABLE TO ME?

Maybe. If the driver was under the influence of drugs or alcohol, you may be eligible to access funds from the Washington State Crime Victim Compensation Program. This is a pool of money for victims of violent crimes that can help offset your medical expenses and lost wages. This is a last resort coverage and can only be accessed if you have no other insurance or all your insurance coverage has been exhausted.

CAN A BICYCLIST WHO CONTRIBUTED TO THE ACCIDENT RECOVER COMPENSATION?

Yes. Washington State is a pure comparative negligence state. Put simply, liability for accidents involving motor vehicles is determined by the percentage of fault that each party had in the accident. Unlike other states, which only allow damages to be recovered by parties with less than 50 percent liability, Washington State totals damages, then reduces them to accurately reflect the plaintiff's portion of liability for the accident.

WHAT SHOULD I DO IF I HAVE BEEN IN A BICYCLE ACCIDENT WITH A MOTOR VEHICLE?

It is not just important, but often legally-required for those involved in an accident with a motor vehicle to call local police and file an accident report. This is especially true if injuries are involved.

While you are waiting for the police to arrive on the scene, and once you have taken care of any immediate medical needs, do the following:

- **Gather information from any witnesses on the scene, including names and contact details.**
- **Document the scene, including photographing injuries, the position of the vehicle and bicycle, and the area around the accident. These photos can prove, for example, that the roadway was clear and there were no visual obstructions that contributed to the accident, or can document skid marks that show the driver was speeding.**
- **Gather information from the driver of the vehicle. Ask for insurance information.**

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Happy Mother's Day!



Mother's Day is **Sunday, May 14th**. Don't forget to do something special for your mom! Wishing all you moms out there a very Happy Mother's Day!



Shelly's RECIPE CORNER

PB&J Overnight Oats in a Jar

Looking for a quick and healthy breakfast on the go? Give this yummy recipe a try!

Prepare everything the night before so you are ready to start your morning with this delicious grab-and-go meal.



Photo courtesy of minimalistbaker.com

Ingredients:

- ½ cup unsweetened almond milk (or skim, or soy)
- ¼ cup quick-cooking oats
- ¼ cup red seedless grapes, halved
- ½ tablespoon chia seeds
- 1 teaspoon sugar (preferably raw cane sugar)
- 1 tablespoon crunchy peanut butter
- 1 tablespoon reduced-sugar grape jelly

Directions:

For the oats: In an 8-ounces mason jar, combine the milk, oats, grapes, chia seeds, and sugar. Close the jar with the lid, shake the mixture, and refrigerate overnight.

For the toppings: The next day, take the jar out of the refrigerator, stir in the peanut butter and jelly, and serve.

Recipe courtesy of *Skinnytaste* cookbook by Gina Homolka.



May

EVENTS CALENDAR

APPLE BLOSSOM FESTIVAL **MAY 1 - 7** (Begins April 27)

The Washington State Apple Blossom Festival in sunny Wenatchee offers apple pie, arts and crafts, golf, a car show, carnival, parade, and run.

Visit www.appleblossom.org/ for more details.

TACO FESTIVAL **MAY 7**

Taco Libre Truck Showdown features dozens of taco trucks, a beer garden, and mariachi bands in Fremont. Free.

Visit www.facebook.com/events/2094544613977587/ for more details.

BIKES AND BEER **MAY 7**

Visit a few brew pubs on the flat ride of about 30 miles called Seattle Bike-n-Brews, which begins and ends at Georgetown Brewing Company in South Seattle and includes lunch at the finish line.

Visit www.cascade.org/node/6859 for details and schedule.

NORTHWEST PADDLING FESTIVAL **MAY 12 - 13**

Canoeists, kayakers, and paddleboarders unite at Lake Sammamish State Park for demos, tours, races, and exhibits at the Northwest Paddling Festival.

For details visit: <http://northwestpaddlingfestival.com/>.

CAMANO ISLAND ARTIST TOUR **MAY 12 - 14**

Camano Island Studio Tour is a self-guided visit to artists at 28 different studios. Free.

Visit <http://camanostudiotour.com/> for details.

ARMED FORCES DAY **MAY 20**

Joint Base Lewis-McChord opens its gates to the public to celebrate Armed Forces Day, with historical reenactments, military vehicles, music, vendors, and carnival rides. Requires ID for age 16 and older. Free entry.

Visit www.jblmmwr.com/armedforcesday/ for details.

TOUCH-A-TRUCK **MAY 21**

Children can touch and explore heavy machinery and emergency vehicles, and talk to the drivers, at Touch a Truck in Magnuson Park. No horns 9 to 10 a.m. Donations suggested.

Visit www.jrleagueseattle.org/?nd=2016touchatruck for details.

MEMORIAL DAY CEREMONY **MAY 29**

The Museum of Flight honors our military with patriotic music and speeches at the Memorial Day Ceremony. Museum admission is free for veterans & active U.S. military who show ID.

For details, visit www.museumofflight.org/Plan-Your-Visit-/Calendar-of-Events/3001/memorial-day-ceremonies.



MAX MEYERS LAW^{PLC}

Where Accident Victims Get Help



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This newsletter is intended to educate the general public about personal injury, insurance claims and small business issues. It is not intended as legal advice. Every case is different. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

WHAT ARE YOUR OPTIONS after a car hits you on your bicycle?

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- Watch what you say. It's important not to discuss fault or apologize for your role in the accident. What may seem like courtesy may be later used to assign fault.

Often the above things may need to be done by a riding partner who is not injured.

CALL MAX MEYERS FOR HELP GETTING COMPENSATION AFTER A BIKE ACCIDENT IN SEATTLE

In Washington State, cyclists have all the same rights and responsibilities as vehicle drivers, as outlined in RCW 46.61.755. Unfortunately, when cyclists and drivers are sharing the road, bicycle riders are at a much greater risk for injury from collisions. Determining who is at fault for the collision may determine whose policy is responsible for covering medical expenses, property damage, lost wages, and other costs.

Each accident is unique.

The team at Max Meyers Law has the experience to review your case and pursue compensation for your personal injury claim. Call us today for a free consultation: (425) 276-7804.



Sky Valley 21st Annual Motorcycle Show

Sunday, May 21st 2017

Come see us at the ABATE of Washington Sky Valley 21st Annual Motorcycle Show on Sunday, May 21st!

We will be located on 1st Street in Historic Downtown in Snohomish. Stop by our booth to be entered in a drawing for a \$100 Harley Davidson gift card!

To find out more go to www.skyvalleybikeshow.com.

