



# MBBC

**More Bicycling = Better Community!**

**Mount Baker Bicycle Club Newsletter, Volume 25 Number 5, June 2016**

## RIDING TOWARD SUMMER

Celebration of *Bike Everywhere Day* at the HUB included CX racing on little bikes. How are you preparing for summer riding?



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This month's contributors:  
Robert Ashworth, Bunny Finch, Hilary Higgins, Chris Mellick, Frederick Su. Thanks All!




the club online:


[mtbakerbikeclub.org](http://mtbakerbikeclub.org)  
[chuckanutclassic.org](http://chuckanutclassic.org)

and our social sites:

 [facebook.com/mountbakerbicycleclub](https://www.facebook.com/mountbakerbicycleclub)

 [facebook.com/chuckanutcentury](https://www.facebook.com/chuckanutcentury)

 [twitter.com/mtbakerbike](https://twitter.com/mtbakerbike)

 [flickr.com/mtbakerbikeclub/](https://www.flickr.com/photos/mtbakerbikeclub/)

## TAKE A KID MOUNTAIN BIKING

**June 11, 2-5pm**, Lake Padden Ballfields. Free event, including skills course, instruction, and group rides with certified mountain bike instructors. Bring a bike, a helmet, and a parent. Information: Chris Mellick: 920-9179 or [riderundig@gmail.com](mailto:riderundig@gmail.com). [www.wmbcmbt.org](http://www.wmbcmbt.org)



## MBBC TRIP TO WENATCHEE FOR APPLE CENTURY

Bunny is heading up a trip to Wenatchee to ride the Apple Century. Carpool caravan will drive over on Friday, June 3, ride the century on **June 4**, then return to Bellingham that night. Information: [bunny.finch@millselectric.com](mailto:bunny.finch@millselectric.com)  
The Ride: [applebikeride.com](http://applebikeride.com)



Planning is underway for the club's annual ride, being held on August 28 this year.

We need people to put up posters and distribute flyers outside of Bellingham. If you'll be traveling to BC or to southwest WA, contact Jennifer if you can take materials to out-of-town bike shops!  
[news@mtbakerbikeclub.org](mailto:news@mtbakerbikeclub.org)

## BELLINGHAM NAKED BIKE RIDE

A part of World Naked Bike Ride, the Bellingham ride is in its 9th year. Last year 300 riders celebrated confidence on bikes and confidence in their own skin. We ride "only as bare as we dare" and to make bicycling accessible to those who are not (and don't want to be) athletes.

Festivities are **Friday, June 3**. Meet up at the HUB (903 N State Street, behind the Dive Shop) after 3pm for body painting. Ride at 6pm, post-ride party to follow.

Good news for participants is: the long-term weather forecast is calling for 70 degrees the afternoon of June 3rd!

[bellingshamnakedbikeride.com/](http://bellingshamnakedbikeride.com/)

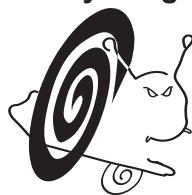
## WEEKLY AND GROUP RIDES: SPRING/SUMMER EDITION

**Sunday Edison Social Ride** starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time. For additional info: Alfred Arkley arkley@comcast.net or 360-527-8638

**Sunday Rabbit Ride:** 32mi road ride, south on Chuckanut, back via Colony and Lake Samish. All welcome; come prepared to push yourself. Pace varies by individual. Small similarly-paced groups leave from Fairhaven Bike. Those who ride slower than 16 mph, be ready to ride by 7:45am (summer start time). Faster groups leave every 5 minutes thereafter. John Hauter, johnh@fairhavenbike.com 733-4433 fairhavenbike.com/about/sunday-rabbit-ride-pg355.htm



**Sunday Long-Slog Ride (MBBC ride):** for the slower, but serious riders who want to build strength and endurance. Pace 11-14 mph, distance begins with 30 miles in April, working up to 70-80 miles by end of summer. Meet 9am at the bike racks behind Boulevard Park Woods Coffee.



Info: news@mtbakerbikeclub.org or 961-6684

**Tuesday Ferndale Social Ride:** starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. Start time 10am. To check time and other info: Bob Parker rmp-4724@hotmail.com or 360-671-6910

**Tuesday "Hot Laps"** 30-40 miles, race pace. Training ride departs from Kulshan Cycles at 6pm to a practice road race course. Summer months only.

**Tuesday Evening Ride "Ramp-Up" (MBBC ride):**

Start at WCC northeast parking lot. Meet 5:45pm leave at 6pm. Initially riders will be group by ability and average speed. (14-16 mph, 16-18 mph, 18+). 15-20 miles. Ride focus on the skills necessary to ride in groups. We will concentrate on safe riding practices, pace-line skills, how to overtake other riders and pass them in a safe manner, and how to deal with traffic. info: Doug Schoonover 410-6431

**Wednesday Group Road Ride:** Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery on Railroad Ave. Split into fast and very-fast groups for 25-30-mile road ride. Socialize at Brewery afterward (7:30 pm) Info: t.ryan.2009@gmail.com

**Thursday South Social Ride** starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start Info: arkley@comcast.net, 360-527-8638

**Thursday Up County Ride (MBBC Ride):** 16-18 mph pace, 20 miles. 6pm at Immanuel Lutheran Church, 1/2 mile N of Mt Baker Hwy on Hwy 9/Lawrence Rd. A ride for you county folk in Everson, Nooksack, Deming. Info: Joka001@Luthersem.edu, 360-393-2435 or 360-325-3777.

**Saturday Donut Ride:** 24 – 45 miles, race pace, departs from Kulshan Cycles, 7am summer-season start time. Goes to Ferndale and return, or if you wish continue to Birch Bay and return. Every week of the year!!

**Saturday Recumbent Ride:** Second Saturday of the month at 10 am. 14 mile intown course begins at Kulshan Cycles. Weather-dependent. Robert Parker at rmp-4724@hotmail.com or 360-671-6910

**Reserve your spot now**

## MBBC NORTH CASCADES RIDE TO RETURN IN 2016

The MBBC will again have a club ride over the North Cascades Highway in 2016. The chosen weekend is July 29/30. At this time we're planning to ride from Newhalem to Winthrop on Friday the 29th, take a rest day on Saturday with return on Sunday. We have reserved the 12 bunks at the Mountain Hostel in Winthrop. Sign up early to reserve one of the bunks (those who don't get a bunk are also welcome to join the ride – you'll need to find alternate accommodations in Winthrop).

This is a strenuous ride and riders must be prepared (both your body and your bike) to keep up with the group.

The ride (each way) is 75 miles. Summit of Washington Pass is at 5476 ft. Climbing from Newhalem to the summit is 6300' of climbing over the 40 miles. We will plan to carpool from Bellingham to Newhalem, begin bicycling from Newhalem at about 8 or 9am, reach the summit by noon, Mazama by 1pm, Winthrop by 3-ish. Check with Hilary with questions about the preparation level you'll need to attempt this ride.

Contact Hilary to reserve a spot on the ride, reserve a bunk in Winthrop, and discuss ride fitness level. bikebeham@gmail.com, 360-255-8550.



Route Newhalem to Winthrop: 75 miles, 6300 ft of climbing in the first 40

Last year's intrepid riders reach the summit





# EVENTS IN 2016

## MBBC CLUB RIDES IN 2016

List of remaining tentative club rides for 2016. Mark your calendar and watch for details each month.

**June 3-4** – MBBC trip to Wenatchee for the Apple Century, Bunny Finch, trip coordinator, [applebikeride.com/](http://applebikeride.com/)

**July 4** - Ride to La Conner for lunch then back, 60 miles total

**July 29-31** - North Cascades ride weekend, Hilary Higgins ride/trip coordinator

**Aug 7:** Bill's Hills - 100 miles and 10,000 ft of climbing within Bellingham. Bill McCourt, ride coordinator

**Aug 13** MBBC Lopez Island ride, family friendly, casual ride, Eric Stromerson ride coordinator

**Sept 10-11** – MBBC goes to ride Hurricane Ridge, Hilary Higgins ride/trip coordinator

**November 25:** day-after-Thanksgiving Ride

**December 14** Winter Lighted Neighborhoods Ride

## Classes & Training

**Take a Kid Mountain Biking Day - June 11, 2-5pm**, Lake Padden Ballfields. Free event, including skills course, instruction, and group rides with certified mountain bike instructors. Bring a bike, a helmet, and a parent. Information; Chris Mellick: 920-9179 or [riderundig@gmail.com](mailto:riderundig@gmail.com). [wmbcmtb.org](http://wmbcmtb.org)

**Sweetlines Shred Sessions** - June 4 & 5, Intermediate/Advanced Ladies' skills sessions: Gravity Skills on Saturday, Dirt Jump on Sunday. Pre-class Meet & Greet June 3. Class sizes limited. Info: [bikereg.com/sweetlines-shred-session-bham](http://bikereg.com/sweetlines-shred-session-bham)

**Cycle Moles Ride the Tour Challenge** - July 2-24, 6:45-7:45am daily, every day the Tour de France is on. Watch the Tour while riding the day's profile in one hour. 360-733-5050 to reserve.

**Padden Time Trials** - 6:15 pm Thursdays through June, train for the Padden Triathlon. 14.4 miles, 30 second sendoff. [info@bellinghamtri.org](mailto:info@bellinghamtri.org) [bellinghamtri.org/events/LakePaddenTT](http://bellinghamtri.org/events/LakePaddenTT)

## Rides Events

**Bellingham Naked Bike Ride: June 3** *see p. 1*

### Fanatik Women's Rides 2016 Series

see *Fanatik Women's Rides* on Facebook and the event calendar at [EvergreenMTB.org](http://EvergreenMTB.org)

June 14: Summer Fitness Kick-off: Yoga, Bike Intervals

June 21: Solstice MTB Ride, Little Mtn, Mt Vernon

July 13: Cherry Valley MTB Ride, Duvall

August 17: Tolt MacDonald MTB Ride, Carnation

August 18: Some Like it Sweet: Bellingham

August 31: Beer Cruiser: Bellingham

Check back every month as new rides are added and dates are finalized.

## 2016 RIDES

### June 2016

**4** MBBC Club Trip: Apple Century (Wenatchee) [applebikeride.com](http://applebikeride.com)

**4** Flying Wheels (Redmond) [cascade.org/flying-wheels](http://cascade.org/flying-wheels)

**5** Summer Rides Series (Ferndale) [mtbakerbikeclub.org/summer](http://mtbakerbikeclub.org/summer)

**5** Peninsula Metric Century (Tacoma) [twbc.org](http://twbc.org)

**11-17** Ride the Rockies (Denver CO) [ridetherockies.com](http://ridetherockies.com)

**12** Woodinville Wine Ride (Woodinville) [cascade.org](http://cascade.org)

**18** Tour de Blast (Mt St Helens) [tourdeblast.com](http://tourdeblast.com)

**18** Chafe150 Gran Fondo (Sandpoint ID) <http://chafe150.org/>

**19-25** Bike Tour of CO (Breckenridge CO) [bicycletourcolorado.com](http://bicycletourcolorado.com)

**25** Red-Bell 100 (Redmond-Bellingham) [cascade.org/redbell](http://cascade.org/redbell)

**25** Chelan Century Challenge (Lake Chelan) [centuryride.com](http://centuryride.com)

**25** Mt Adams Country Bike Tour (Trout Lake WA)

**25** Petal Pedal (Silverton OR) [petalpedal.com](http://petalpedal.com)

**26** Two County Double (Olympia) [capitalbicycleclub.org/2County/](http://capitalbicycleclub.org/2County/)

### July 2016

**3** Summer Rides Series (Bellingham) [mtbakerbikeclub.org/summer](http://mtbakerbikeclub.org/summer)

**4** MBBC July 4th Ride to La Conner

**13-17** RedSpoke (Redmond-Spokane) [redspoke.org](http://redspoke.org)

**16-17** STP (Seattle to Portland) [cascade.org/stp](http://cascade.org/stp)

**23** Tour de Whatcom (Bellingham) [tourdewhatcom.com](http://tourdewhatcom.com)

**23** Summer Seersucker Social (La Conner) [summer-seersucker.com](http://summer-seersucker.com)

**28** RAMROD (Mt. Rainier) [redmondcyclngclub.org](http://redmondcyclngclub.org)

**29-31** MBBC Club Ride (Hurricane Ridge)

### August 2016

**6** Tour de Lavender (Sequim) [tourdelavender.wordpress.com](http://tourdelavender.wordpress.com)

**7** Bill's Hills of Bellingham (MBBC ride) [mtbakerbikeclub.org](http://mtbakerbikeclub.org)

**7** Summer Rides Series (Lynden) [mtbakerbikeclub.org/summer](http://mtbakerbikeclub.org/summer)

**7** Ride the Hurricane - [portangeles.org/pages/RideTheHurricane](http://portangeles.org/pages/RideTheHurricane)

**12-14** Obliteride (Seattle) [obliteride.org](http://obliteride.org)

**12-13** RSVP 1 (Seattle-B'ham) [cascade.org/ride-major-rides/rsvp](http://cascade.org/ride-major-rides/rsvp)

**13** MBBC Club Ride (Lopez Island)

**13-14** RSVP 2 (Seattle-B'ham) [cascade.org/ride-major-rides/rsvp](http://cascade.org/ride-major-rides/rsvp)

**20** Tour de Whidbey (Whidbey Island) [facebook.com/tourdewhidbey](http://facebook.com/tourdewhidbey)

**28** Chuckanut Classic (Bellingham) [chuckanutclassic.org](http://chuckanutclassic.org)

### September 2016

**4** Woods2Woods Summer Ride (Bellingham) [mtbakerbikeclub.org](http://mtbakerbikeclub.org)

**10-11** MBBC Club Ride (Hurricane Ridge)

**10-11** MS 150 (Mt Vernon) [bikewas.nationalmssociety.org/](http://bikewas.nationalmssociety.org/)

**17** Fall Flannel Frolic (La Conner) [www.fall-flannel.com/](http://www.fall-flannel.com/)

**18** Cycle the WAVE (Seattle) [cyclethewave.org](http://cyclethewave.org)

**25** Kitsap Color Classic (Kingston) [cascade.org/kitsap-color-classic](http://cascade.org/kitsap-color-classic)

### October 2016

### November 2016

**25** Day-after-Thanksgiving Ride (MBBC Ride - Bellingham)

### December 2016

**14** Lighted Neighborhoods Ride (MBBC Ride - Bellingham)

*continued on p.7*

# SUMMER RIDES are back!

We roll at 1pm  
First Sunday of the month

The MBBC/Smart Trips Summer Rides are social rides covering easy, fun routes of around seven miles. Each ride has a different theme with goodies along the way. Children welcome with supervising adult. Those under 5 y/o must be attached to an adult's bike (Tag-along, attached bike seat, trailer...) Rides will be on paved road shoulders as well as trails.

Rides will be led by Smart Trips leaders. MBBC riders are needed to help sweep and to assist slower riders if needed. If you can help with a ride please arrive at the start at 12:45 pm and introduce yourself to the Smart Trips leaders.  
Updated details: [mtbakerbikeclub.org/summer](http://mtbakerbikeclub.org/summer)



## June 5: Parks and Lakes of Ferndale

Enjoy a loop through Hovander Park, Pioneer Park, and Tennant Lake, with a stop at Ferndale's own Lenny's Bike Shop. Learn about local birds and the area's history from MBBC's cycling naturalist Jim Edwards. Ride meets at: VanderYacht Park, Washington and Portal Way, Ferndale at 1pm, June 5th.

## July 3: Chocolate Detectives

The ride is a mystery but treats lurk along the way. Bike with us to tasty destinations as we discover hidden trails and chocolate surprises. Fairhaven's Forte Artisan Chocolates, Pure Bliss Desserts, and Village Books and Paper Dreams are just a few of the stops on the trail of treats. Ride meets at: Fairhaven Village Green, 10th and Mill Street at 1pm, July 3.

## August 7: Breeze Through Lynden

Bike to Fresh Breeze Organic Dairy farm to meet cows and the farmers who love them. Learn about Organic farming and why it makes a difference. You'll be fueled along by delicious Whatcom County chocolate milk. Finish with a jaunt through Lynden and stop at the newly remodeled Waples Building, home of the Inn at Lynden. Ride meets at City Bible Church North Sound, 1986 Main Street, Lynden. 1pm, August 7.

## September 4: 2016 finale: Woods 2 Woods

Choose from a self-guided tour of all 15 Whatcom County Woods Coffee shops (the Giant Redwood Challenge – approx 70 miles) or join us on a social-paced guided tour of a few of the Bellingham shops. On either ride, you'll enjoy coffee and pastries at several locations. Social ride meets at 1pm at Woods Coffee's Barkley Village location. Giant-Redwood Challenge official start: 9am at Boulevard Park Woods Coffee location – though you may start from any Whatcom County Woods that you choose.

## THANKS TO ALL FOR SUPPORTING BIKE TO WORK & SCHOOL DAY 2016



Kelly, Pam, Don, and Hilary ring cowbells and cheer riders at the Bellingham station

Special thanks to Pam Fonda and Mary Cole for organizing and enlisting sponsors for the Bellingham and Everson/Nooksack Bike Day stations on May 20th. Thanks volunteers for staffing the stations and riders for riding to work!



In addition to these sponsors of the Bellingham station, we also wish to thank Bay City Supply, Peoples Bank and WECU for sponsoring the Everson station!



# How Low Can You Go?

## Gear-Inch Combinations Explained

*with a focus on Hills and Heavy Loads*

© 2016 by Frederick Su

I was talking to a fellow bicyclist, a senior citizen like me, and he was complaining that he could no longer bike up Mt. Erie on Fidalgo Island, near Anacortes. I told him he should use lower gears! He replied, "No, no, it's just old age."

While I haven't attempted the climb to Mt. Erie, I've climbed enough hills and mountains to know that bicycling, unlike running or walking, is a marriage between human and machine. It seems like there is more strain on your quads, as you get older, muscling up hills you used to climb with authority in your younger years.

I pull a 30-lb dog trailer with a 55-lb Chow Chow in addition to ~20 lbs on my bike. One of the hills I enjoy climbing is the back side of Barkley Hill, either via Illinois Lane or Heights Drive (on the north side of town, north off Alabama onto Vining then right onto Maryland Place). For me, either way means a 1/3 mile climb with 13 percent grade at its steepest—biked seated and straight up the fall line. Well, as I aged, I found that climb harder to do. I knew I could go to lower gears though. But first, I had to calculate the gear-inches for my bike.

To figure out the gear-inch for a particular chainring/cog combination, multiply the diameter of the tire, in inches, by the number of teeth in the chainring and then divide by the number of teeth in that particular rear cog (aka sprocket). My tire is 700 x 38, meaning it is 700 mm in diameter and 38 mm wide. Note that 700 mm = 27.5", but the calculations here are based on 27.0". Why? Because 27" tires were ubiquitous in the 1970s and '80s and still provide a useful standard for comparison.

My old gearing used a 22-32-44T triple crank with an SRAM 9-speed, 11-34T, cassette, resulting in the following gear-inch combinations (chainring and cog sizes measured in number of teeth):

	Chainring(T)	22	32	44
gear	Cog(T)	1	2	3
9	11	54.0	78.5	108.0
8	13	45.7	66.5	91.4
7	15	39.6	57.6	79.2
6	17	34.9	50.8	69.9
5	20	29.7	43.2	59.4
4	23	25.8	37.6	51.7
3	26	22.8	33.2	45.7
2	30	19.8	28.8	39.6
1	34	17.5	25.4	34.9

I was wondering if I could drop the size of my smallest chainring from a 22T to a 20T. The major bike accessory manufacturers did not offer a 20T chainring. But, I did find stainless steel 20T, 4-bolt, 64 mm bolt circle diameter (BCD) chainrings offered on Amazon by aMTBer for \$30. I've used one for a year now, and I like it. The bolt circle diameter is measured across to the centers of opposite bolt holes, in mm, for a 4-bolt chainring. For a 5-bolt system, I recommend going to wickwerks.com/bolt-circle-diameter-bcd to find yours.



Comparison of 20T (left) chainring with 22T

With 20T chainring, my gear-inch combinations are now:

	chainring(T)	20	32	44
gear	cog(T)	1	2	3
9	11	49.1	78.5	108.0
8	13	41.5	66.5	91.4
7	15	36.0	57.6	79.2
6	18*	30.0	48.0	66.0
5	20	27.0	43.2	59.4
4	23	23.5	37.6	51.7
3	26	20.8	33.2	45.7
2	30	18.0	28.8	39.6
1	34	15.9	25.4	34.9

Comparing Tables 1 and 2, you will notice that in Table 1 only gears 1-3 (boldface) of the 22T chainring are lower than the lowest gear, 25.4 gear-inch (boldface), of the middle chainring (32T). Looking at Table 2, gears 1-4 of the 20T chainring are lower than the 25.4 gear-inch of the middle chainring. In reality, I use gears 1-5 of the 20T chainring quite often. By going to a 20T chainring, not only have I achieved a lower low, I have also gotten a lower range of gears below 25.4 gear-inch.

All of these numbers are meaningless (they were to me) until you've actually ridden in these gear combinations to get a feel for them. The first thing you should do is make a table like I've done (Excel is handy). Print the table out and put it atop your handlebar bag so that you can equate your gearing to how your legs feel.

A caveat: Using a 20T chainring will most likely require you to use a Dremel tool and file to grind down the tops of the

*continued on p. 7*

# MBBC ADMINISTRATION

## Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President  
*open position* - Vice President  
Jennifer Longstaff - Secretary/Membership  
Kathy Steele - Treasurer  
Eric Stromerson - Rides Coordinator  
Bill McCourt, Tim Ryan, Joe Wiederhold - at large

## Project leaders:

Chuckanut Classic: Doug Schoonover and committee  
Ride Leader Coordinator: Greg Rehm  
New Year's Day Ride: Mark Wheatley  
Summer Rides: Jennifer Longstaff  
Ciclovía Whatcom: Joe Wiederhold  
Newsletter-Bagel Procurer: Cathie Gerlicher  
Graphic Design: Tim Ryan  
Website: Michael Richard  
Bike to Work Day Stations: Pam Fonda, Mary Cole



## Club Bike Jerseys

The official MBBC bike jersey is available in two styles: a colorful (1) short-sleeved 3/4 zip, available in men's and women's club cut sizes (2) long-sleeved full zip thermal in men's and women's race cut. Jerseys may be ordered directly from Voler.com. [voler.com/browse/collections/details/li/MtBakerBicycleClub](http://voler.com/browse/collections/details/li/MtBakerBicycleClub). MBBC members: check your email for discount code.

## Contacts:

Information-- [bikebeh@gmail.com](mailto:bikebeh@gmail.com)  
Chuckanut Classic -- (360 410-6431)  
[chuckanut@mtbakerbikeclub.org](mailto:chuckanut@mtbakerbikeclub.org)  
Newsletter -- [news@mtbakerbikeclub.org](mailto:news@mtbakerbikeclub.org)

## Contribute to the MBBC newsletter submission guidelines:

Articles, editorials, photographs, and artwork are welcome for inclusion in the newsletter. Anything related to bicycling will be considered; please discuss ideas with the editor ([news@mtbakerbikeclub.org](mailto:news@mtbakerbikeclub.org)) in advance to reserve newsletter space or if you have questions. Final materials are due the last Friday before the last full week of every month, though earlier submissions are appreciated. Text can be submitted in any common format, for example: plain text, HTML, MS Word, PDF. Please use JPG, PNG, or TIFF format for photos, and ensure they are at least 250 ppi. Articles may be edited for grammar, spelling, and space considerations.

Please notify the MBBC of upcoming cycling events for inclusion in the events list/calendar. Provide details plus contact information.

Classified ads are a MBBC member privilege and are printed as space is available.

individual and corporate membership forms may be downloaded at: [mtbakerbikeclub.org/join-the-club/](http://mtbakerbikeclub.org/join-the-club/)  
join the club online: [ccnbikes.com/#!/events/mount-baker-bicycle-club](http://ccnbikes.com/#!/events/mount-baker-bicycle-club)

## MBBC Membership Form for 2016

☐ New Member    ☐ Renewing Member    ☐ This is a change of address

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail: \_\_\_\_\_

Contact telephone number: \_\_\_\_\_

Associate member: \_\_\_\_\_

(An associate member is any person living at the same address as the individual member)

I would like to receive my newsletter via (choose one): ☐ on-line or ☐ printed & mailed

Would you like to help? Volunteers are our most valuable resource.

Please check any of the boxes that appeal to you and we will be in touch:

- ☐ Board Member    ☐ Ride Leader    ☐ Newsletter  
☐ Chuckanut Classic    ☐ Bike to Work and School Day  
☐ Special Events    ☐ Summer Rides    ☐ Education  
☐ I can provide discounts on \_\_\_\_\_

## Membership type:

Individual: \$20 \_\_\_\_\_  
Family/Associate: \$30 \_\_\_\_\_  
Additional Donation: \_\_\_\_\_  
(donations support community bicycling programs)  
**Total enclosed:** \$ \_\_\_\_\_

Please enclose a check payable to:  
Mt. Baker Bicycle Club

Mail to: Mount.Baker Bicycle Club  
attention: membership  
Post Office Box 2702  
Bellingham, Washington 98227

## How Low CAN You Go?

*continued from p.5*

spider arms of the crank. That's because the circumference of the 20T is so small that the chain rubs against the tops of the spider arms. I ground down enough so that there is no rubbing on gear 6 and lower. There is no use in going 1-7 (chainring-cog) or higher, which would necessitate more grinding, because those gear-inch combinations could be approximated by switching to my middle chainring (32T). Be sure to NOT grind too much off the tops of the spider arms.

This gear combination for my 9-speed cassette, in conjunction with my SRAM PC951 chain, gives me excellent low gears with smooth shifting and pedaling. I cannot vouch for smooth shifting and pedaling on a 10-speed (or more) cassette with a 20T chainring.

So, if you'd like to compensate for pulling a lot of weight uphill around town or touring (or even for aging!), then you may wish to go to lower gears. A lot of times, cyclists ride with what came with their bicycles, unaware of their choices for lower gears. You can go from a 26T to a 24T or even a 22T for your smallest chainring, most likely with no filing of the spider arms. Even lower, that 20T chainring will give you extra oomph up those steep hills, especially when you're carrying/pulling a load. And, quite often, I use the 20T chainring on lesser grades (e.g., 2-4 percent) because that lower range of gears feels heavenly on my quads. I wouldn't want to ride without that 20T now. -- F. S.



### **Welcome new members**

Ann Boren  
Chris Calverley  
Sean Cool  
Curtis Crape  
Stephanie Corcoran  
Lori Cucksey (*welcome back!*)  
Sandi Essley  
Richard Goddard  
Jerry Kearney  
Jack Laird  
Ed Lutz  
Mairead MacLellan  
Brad McCoy  
Michel Paquin  
Craig Smith  
Karlene Swalley  
Ken Swalley  
Dana Weigel  
Arnie Wong (*welcome back!*)

***We're glad to have you in the MBBC!***



### Ride the Tour CHALLENGE!

Watch the live Tour while you ride the day's profile all in one hour. We ride every day the Tour is on.

**Daily Prizes! Trivia! Teams!**

**6:45 - 7:45am daily, July 2-24**

price: \$199 includes 20 action-packed sessions & "I rode the Tour" T-shirt!

**Call now to reserve!**  
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## EVENTS

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### **Races**

**June 25:** Lake Padden Triathlon  
[cob.org/services/recreation/races/Pages/padden-triathlon.aspx](http://cob.org/services/recreation/races/Pages/padden-triathlon.aspx)  
**June 26:** Bellingham Kids' Traverse  
[recreationnorthwest.org/bellingham-kids-traverse](http://recreationnorthwest.org/bellingham-kids-traverse)  
**August 7:** Bellingham Youth Triathlon - [cob.org/services/recreation/races/Pages/bellingham-youth-triathlon.aspx](http://cob.org/services/recreation/races/Pages/bellingham-youth-triathlon.aspx)  
**Sept 17:** Bellingham Traverse  
[recreationnorthwest.org/bellingham-traverse](http://recreationnorthwest.org/bellingham-traverse)  
**Sept 24:** Big-Hurt Port Angeles - 4 legs, 1 event. [bighurtpa.com](http://bighurtpa.com)

### **Gatherings (visit the MBBC Info Tables)**

- **Red-Bell Ride After-Party** at Boundary Bay - June 25, 2-7 pm
- **Community Co-Op Party** at Maritime Heritage Park July 31, 12-5pm
- **Inspired to Ride** film showing at the Pickford - August 16, 6:30pm and 8:45pm  
[pickfordfilmcenter.org/programs/pickford/inspired-to-ride](http://pickfordfilmcenter.org/programs/pickford/inspired-to-ride)  
trailer: [watch.inspiretoride.it](http://watch.inspiretoride.it)




## Sunshine Printing

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>June 1</b> Wed Group Ride	<b>2</b> Up-County Ride Edison Social Ride Padden Time Trials	<b>3</b> Bellingham Naked Bike Ride	<b>4</b> Donut Ride Apple Century trip Flying Wheels
<b>5</b> Slog Ride Rabbit Ride Edison Social Ride SummerRide Ferndale	<b>6</b>	<b>7</b> Hot Laps Ferndale social ride Tuesday Evening Ride	<b>8</b> Wed Group Ride	<b>9</b> Edison Social Ride Up-County Ride Padden Time Trials	<b>10</b>	<b>11</b> Donut Ride Recumbent Ride Take a Kid Mtn Biking
<b>12</b> Slog Ride Rabbit Ride Edison Social Ride Woodinville WineRide	<b>13</b>	<b>14</b> Hot Laps Ferndale social ride Tuesday Evening Ride	<b>15</b> Wed Group Ride	<b>16</b> Edison Social Ride Up-County Ride Padden Time Trials	<b>17</b> MBBC July Newsletter Deadline	<b>18</b> Donut Ride Tour de Blast Chafe 150 Fondo
<b>19</b> Slog Ride Rabbit Ride Edison Social Ride <i>Father's Day</i>	<b>20</b> <i>Summer Solstice</i>	<b>21</b> Hot Laps Ferndale social ride Tuesday Evening Ride	<b>22</b> Wed Group Ride	<b>23</b> Edison Social Ride Up-County Ride Padden Time Trials	<b>24</b>	<b>25</b> Donut Ride Red-Bell 100 Chelan Century Petal Pedal Padden Triathlon
<b>26</b> Slog Ride Rabbit Ride Edison Social Ride B'Ham Kids' Traverse	<b>27</b>	<b>28</b> Hot Laps Ferndale social ride Tuesday Evening Ride	<b>29</b> Wed Group Ride	<b>30</b> Up-County Ride Edison Social Ride Padden Time Trials	<b>July 1</b>	<b>2</b> Donut Ride TourDeFrance begins Ride the Tour Challenge begins

# nuu muu

## Join Team Nuu-Muu on the Red-Bell

You're invited to join Team Nuu-Muu for the Red-Bell ride on June 25th, a fundraiser for World Bicycle Relief and Cascade Bicycle Club. All riders welcome, especially first-timers and those looking for a fun, supportive crowd. Nuu-Muu has been a top fundraising team for three years running and offers team riders a free Nuu-Muu sports dress, either for yourself or for a gift. Contact [ashley@nuu-muu.com](mailto:ashley@nuu-muu.com) for more information. For more details, including an awesome video about Team Nuu-Muu, check out [nuu-muu.com/redbell.html](http://nuu-muu.com/redbell.html)



If you are a club member and wish to receive a printed version of the newsletter rather than online, please inform [news@mtbakerbikeclub.org](mailto:news@mtbakerbikeclub.org). Club members are entitled to a printed/mailed version sent to a US address..

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