



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 24 Number 4, May 2015

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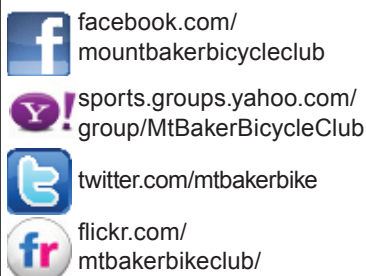
This month's contributors:
Bunny Finch, Pam Fonda,
Hilary Higgins, John Okan,
Marshall Will
Thanks All!



the club online:

mtbakerbikeclub.org
chuckanutcentury.org
nwtr.org/2015

and our social sites:



IT'S BIKE MONTH!

Get your bike tuned, lube up the chain, pump up the tires, and let's ride this month.

Bike Month activities are listed on page 3.

BIKE TO WORK & SCHOOL DAY IS MAY 15!!!

Bike to Work/School Day information is on pages 4-5.

SKAGIT SPRING CLASSIC IS MAY 9 & the Skagit Bike Club has a special volunteer request

Many of us have ridden the annual Skagit Spring Classic and enjoyed the homemade cookies as well as the spring day of riding. We remember being cheered while climbing Bow Hill Road by the indefatigable Devil, who wielded a pitchfork and blessed us as we gutted up the hill.



BUT! This year The Devil has a scheduling conflict and can't be at the Spring Classic. The costume is available, and the Skagit club is searching for a substitute Devil for this year. If you are that energetic person who enjoys encouraging riders to conquer the famous hill of Skagit County, please contact Marshall Will for more information: cesiwill@msn.com. Help the Skagit club keep the tradition alive in 2015!!

skagitspringclassic.org/the_devil.html

MBBC Special Rides in 2015

It's time for some pre-planning

The MBBC's ride planners are excited about two upcoming multi-day riding adventures on the eastern side of the state.

We're planning 2 days of riding July 17-18 over the North Cascades Highway, with a single-night stay in Winthrop.

Then we have a 3-day adventure planned September 26-28 in Wenatchee and Leavenworth, with road and mountain biking options, and a 2-night stay.

Hilary and Bunny are working to secure overnight lodging for both of these trips, and need to know how many people to expect. If you'd like to join the MBBC for either of these trips, contact Hilary or Bunny to get on the list. Depending on how many people are going, and how much lodging is still available, we may only be able to find a few places where we can stay together. So get your name on the list to get a bunk!

Hilary: bikebeh@gmail.com

Bunny: bunny.finch@millselectric.com

WEEKLY AND GROUP RIDES

MBBC CLUB RIDES - participants are asked to sign a waiver and try out the ride -- then join the club after deciding if you'll be attending regularly. Helmets are required on MBBC Rides.

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

Ride leaders Jennifer Longstaff and Phred Morin, info 961-6684. First ride of 2015 on May 17 then alternate weeks as announced. See p. 7

Tuesday Evening Ride: "Ramp-Up" 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. information: Doug Schoonover 410-6431; call or text.



Wednesday Group Workout Ride: Meet 5:45pm, leave 6pm from parking lot across from Boundary Bay Brewery. Road ride, split into fast (16-18mph) and faster (18+) groups. Socialize at Brewery afterward (7:30 pm) Info: Tim Ryan: t.ryan.2009 at gmail.com.

Thursday Going Up The County Ride: 15 -17 mph pace, 20 miles. Gather at 6pm at Immanuel Lutheran Church parking lot, 1/2 mile N of Mt. Baker Hwy on Hwy 9/Lawrence Road. This is a convenient ride for all you county folk in Everson, Nooksack, Deming... Led by John Okan & Rick Jacoby. more information: Joka001 @ Luthersem. edu or 360-393-2435 First ride of 2015 is on May 7. see p. 7

OTHER LOCAL GROUP RIDES

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 estimate a 2-or-more-hour ride time leave at 8am. Faster groups leave every 5 minutes thereafter.

Info: John Hauter, johnh@fairhavenbike.com 733-4433.



Tuesday Ferndale Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. Start time either 9am or 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.

Wednesday Fast Ride: 6pm from parking lot across from Boundary Bay Brewery. Not affiliated with the MBBC ride that leaves from the same parking lot; this group is led by local racers and will sometimes work with the MBBC riders.

Thursday South Social Ride starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time.

Info: Alfred Arkley: arkley@comcast.net or 360-527-8638

TNR (Thursday Night Ride) Thursday evenings. Meet in front of Fairhaven Bike, mid-March to mid-October, leaving right at 6pm on a 30 mile road ride loop around the Lake Whatcom north shore. 18+ mph pace. caseym@fairhavenbike.com

Saturday Donut Ride: 24 – 45 miles, race pace, departs from Kulshan Cycles, beginning March 1st will be back to the 7am 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



EVENTS IN 2015

Bike Month

Procession of the Species parade, May 2 3:30 pm bpots.org

Bike to Work and School Day - May 15

Come to one of the MBBC Bike to Work Day Celebration Stations from 6:30-10:00 am on May 15.

See details on page 4 and join our station team!

Adaptive Cycles Expo - May 16 Civic Field Track, 11am-2pm. Celebrate National Bike Month and see that cycling is for *everyone*! The Outdoors for All Foundation is bringing a small fleet of adaptive cycles to accommodate people of all abilities. "Have a go" on these unique machines which include handcycles for riders with limited or no leg movement; 3 and 4 wheel cycles for those who need more stability; and tandems for those who want a guide while cycling. All are welcome - free admission!

Classes & Training

Bellingham REI Cycling & bike maintenance classes:

May 7, June 9 - Bike Maintenance Basics

May 10 & 17 - Hands-on Bike Drivetrain

May 31 - Mountain Bike Suspension Basics

June 10 - Beyond the Basics - Brakes, Drive Train

check the monthly calendar at rei.com/stores/bellingham.html.

Train Or Tri Spin Classes - W & F, 6-8pm at BikeSport.
trainortri.com/triathlonrentals.htm

Races

May - October BMX racing, Fridays and Saturdays; practice track open Tuesday and Thursdays. bellinghambmx.com

May 24: Ski to Sea skitosea.com

June 27: Lake Padden Triathlon
cob.org/services/recreation/races/padden-triathlon.aspx

June 28: Bellingham Kids' Traverse
recreationnorthwest.org/bellingham-kids-traverse

June 13: 5th Annual All-Girl AlleyCat (Seattle)
menstrual-monday.com

TBD (likely July 11-12): Padden Mountain Pedal
facebook.com/PaddenMtnPedal

July 25: Kulshan Quest Adventure Race
recreationnorthwest.org/quest-adventure-races/kulshan-quest

August 2: Bellingham Youth Triathlon - cob.org/services/
recreation/races/bellingham-youth-triathlon.aspx

Sept 19: Bellingham Traverse
recreationnorthwest.org/bellingham-traverse

Gatherings

May 2: Pedaler's Fair (Seattle): pedalersfair.com

May 14: Travelogue of Glen's cross-country ride.

Fairhaven Library, 7-8 pm, Glen Alexander presents pictures and stories of his 2700 mile trip from Bellingham to Racine Wisconsin last fall.

continued on p. 7

2015 RIDES

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

May 2015

- 2** Camano Climb (Camano Island) arlingtonvelosport.com
- 2** Ride Around Clark County (Vancouver WA) vbc-usa.com/racc
- 3** May Day Classic (Federal Way) philsbikeshop.com/mayday
- 3** MEC Century Victoria (Victoria BC) events.mec.ca/node/39401
- 9** Skagit Spring Classic (Burlington) skagitspringclassic.org
- 9** Living the Dream Ride (Snohomish) livingthedreamride.org
- 16** Sts-Beets (Vashon) seattlebikeblog.com/event/streetsbeets-2015/
- 16** Haul Ash Tour de Brew (Woodinville) redhook.com/calendar
- 16** Reach the Beach (Oregon Coast) reachthebeach.org
- 17** Canyon for the Day (Yakima County) crimestoppersyakco.org/
- 17** Street Scramble (Ballard) streetscramble.com
- 23** Street Scramble (Gig Harbor) streetscramble.com
- 25** 7 Hills of Kirkland (Kirkland) 7hillskirkland.com
- 30** Flying Wheels (Redmond) cascade.org/flying-wheels
- 31** Seattle Tour de Cure (Seattle) main.diabetes.org
- 31** Gran Fondo Leavenworth

June 2015

- 6** Apple Century (Wenatchee) applebikeride.com
- 20** Chelan Century Challenge (Lake Chelan) centuryride.com
- 27** Red-Bell 100 (Redmond-Bellingham) cascade.org/redbell

July 2015

- 2-6** Northwest Tandem Rally (Bellingham) nwtr.org/2015
- 11-12** STP (Seattle to Portland) cascade.org/stp
- 15-19** RedSpoke (Redmond-Spokane) redspoke.org
- 17-18** North Cascades weekend (MBBC ride)
- 18** Tour de Whatcom (Bellingham) tourdewhatcom.com
- 25-26** ALS Doubleday Ride (Snohomish)
- 30** RAMROD (Mt. Rainier) redmondcyclngclub.org

August 2015

- 1-2** Tour de Lavender (Sequim) tourdelavender.wordpress.com
- 2** Ride the Hurricane - portangeles.org/pages/RideTheHurricane
- 7-9** Obliteride (Seattle) obliterate.org
- 9** Bill's Hills of Bellingham (MBBC ride) mtbakerbikeclub.org
- 14-15** RSVP 1 (Seattle-B'ham) cascade.org/ride-major-rides/rsvp
- 15-16** RSVP 2 (Seattle-B'ham) cascade.org/ride-major-rides/rsvp
- 30** Woods Coffee (Bellingham) mtbakerbikeclub.org/woodsrides.html

September 2015

- 12-13** MS 150 (Mt Vernon) bikewas.nationalmssociety.org/
- 13** Mt Baker Hill Climb (Glacier) norka.us
- 19** Ride Around the Sound (
- 19** Tour de Whidbey (Whidbey Island) facebook.com/tourdewhidbey
- 20** Chuckanut Century (Bellingham) chuckanutcentury.org
- 27** Kitsap Color Classic (Kingston) cascade.org/kitsap-color-classic
- 26-28** Lake Wenatchee weekend (MBBC ride)

October 2015

- 31** Boneshaker Bike Festival (La Conner) boneshakerbikefest.com

November 2015

- 26** Thanksgiving Ride (MBBC Ride - Bellingham)

December 2015

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

Bike...to WORK and School Day!

BELLINGHAM, WA.
★ WHATCOM COUNTY ★

Friday May 15, 2015



Bike to Work Day



MBBC'S BIKE TO WORK DAY CELEBRATION STATION IS READY TO WELCOME YOU!

This year, the Bike to Work and School Day celebration stations are being individually run by different volunteer groups from all over the city. The MBBC's station, at the Sunnyland School on James and Illinois, has been organized by Pam Fonda and is ready to go.

Pam has received donations of food and some prizes from local businesses, and has lined up MBBC volunteers to make banana bread and to help host the station. She's still looking for a couple more loaves of banana bread as well as one more person to take a shift at the station. So please step up to help make Bike Day a continued success in Bellingham - **contact Pam and help out with our station!**

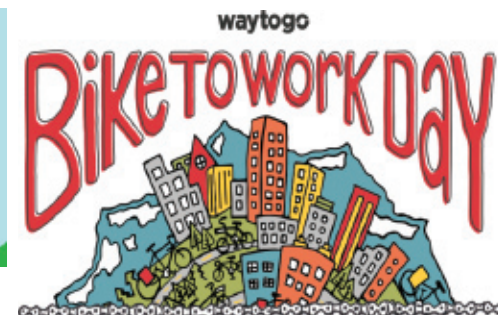
pamfonda@yahoo.com

We are expecting around 135 people to stop by, and in addition to our station there is a list of others and their sponsors posted at biketoworkandschoolday.org. (The stations list as of April 30th is included on page 4.)

The Hub will again be hosting its annual pancake feed, the Pickford is hosting a block party on Bay Street, groups of companies on Bellwether and in Barkley are combining to host stations. There will again be 2 stations on the WWU campus. So be sure to ride your bike to work on May 15, and stop by one of the stations for this year's first all-volunteer bike day. Hope for sun and more cow bell! With your help we can make sure Bike to Work Day in Bellingham continues to be a great example of the celebration of riding our bikes!



May 15 is National Bike to Work Day - here's some of the posters from participating cities all over the world. Make sure you're part of it too!





Monroe and Meridian - Hosted by Bikesport



MBBC ADMINISTRATION

Mount Baker Bicycle Club Board of Directors and Officers:

Hilary Higgins - President
Scott Dorough - Vice President
Jennifer Longstaff - Secretary/Membership
Brian Christensen - Treasurer
Eric Stromerson - Rides Coordinator
Bill McCourt, Tim Ryan, Riley Jones -- at large

Committees:

Chuckanut Century: Doug Schoonover
Media; Bellingham Marathon Escorts: Greg Rehm
Media; New Year's Day Ride: Mark Wheatley
Media; NW Tandem Rally 2015: Jennifer Longstaff
Bus-to-Bike Shelters project: Rodd Pemble
Newsletter-Bagel Procurer: Cathie Gerlicher
Graphic Design: Tim Ryan
Certified MBBC Ride Leaders: a long list



Club Bike Jerseys

The official MBBC bike jersey is a colorful short-sleeved full-zip jersey, available in men's and women's sizes, race cut and club cut. We keep a small number of jerseys on hand, and if we have requests for more we'll put in a new order. Jerseys are \$60 (including tax) to MBBC members.

To inquire about availability of MBBC jerseys and to try on, pick up, or order a new one, contact bikebeham@gmail.com.

Contacts:

Information-- bikebeham@gmail.com
Chuckanut Century -- (360 410-6431)
chuckanutcentury@mtbakerbikeclub.org
Newsletter -- mbbcnewsletter@mtbakerbikeclub.org
NW Tandem Rally 2015 - info2015@nwtr.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 (mbbcnewsletter@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, etc. 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.

MBBC Membership Form for 2015

☐ 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 Century ☐ Bike to Work and School Day
☐ Special Events ☐ Tandem Rally 2015 ☐ Education
☐ I can provide discounts on _____

see member benefits and download membership form
at: mtbakerbikeclub.org/membership

Membership type:

Individual: \$15 _____
Family/Associate: \$25 _____
Additional Donation: _____
(donations support community bicycling programs)
Total enclosed: \$ _____

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

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



Welcome new members

David Burnett
Jessica Burnett
Bruce Clawson
Tim Crandall (*welcome back!*)
Mick Hannigan
Cris Matthews
Michael Richard
Mary Sepler
Rick Sepler
Doug Van Beek
Jamie Van Beek

We're glad to have you in the MBBC!

EVENTS

continued from p. 3

June 6: African Bike Drive Bellingham

arasfoundation.org (see p. 8)

August 21-23: Gigantic Bicycle Festival Snoqualmie WA
giganticbicyclevfestival.org

Trail Work Parties

- Whatcom Mountain Bike Coalition (WMBC)
wmbcmtnb.org/trail-days/
May 2nd Galbraith
May 17th – Evolution on Galbraith
May 30th Galbraith
June 6th National Trails Day - Blanchard Mtn
June 7th Galbraith
June 13th Galbraith
- City of Bellingham (COB) Parks Dept.
May 2, 9, 16 and 30; June 6 and 13 in city parks trails. Details:
360-778-7105 and see the Spring Schedule PDF file at
cob.org/government/public/Volunteer/parks/schedule.aspx



EVERSON/NOOKSACK GOING UP THE COUNTY RIDE IS BACK FOR 2015

The *Up-County Ride* begins its 3rd year on Thursday evening May 7 at 6pm. This is a convenient ride for our growing group of riders up in the county: Everson, Nooksack, Deming, etc. Even if you don't live Up-County, all are welcome to join this MBBC ride to explore some county roads you may not yet be familiar with.

We go approx 15 -17 mph pace, 20 miles. Gather at 6pm at Immanuel Lutheran Church parking lot, 1/2 mile N of Mt. Baker Hwy on Hwy 9/Lawrence Road. Ride leaders are John Okan & Rick Jacoby.

For more information: JOKAN001 @ Luthersem. edu or 360-393-2435.

THE LONG SLOG GROUP RIDE IS BACK FOR 2015

The 2015 *Long Slog* rides will start on May 17. Meet at 9am at Boulevard Park, near the bike racks behind Woods Coffee for the kickoff to 2015!

This is a group ride for slower, but serious, riders who want to build strength and endurance. Pace averages 11-14 mph, and distance begins with ~30 miles in May, increasing by 10-15 miles monthly to reach a goal of about 70-80 miles by the end of the summer.

Ride leaders are Jennifer Longstaff and Phred Morin. Rides will be every other week to start; we hope to have a ride every week but summertime ride leader commitments often get in the way. Watch the MBBC website Rides Page for weekly details. Most rides will begin Sunday mornings at 9am but we may sometimes change the start day/time due to weather or ride leader conflicts.

The MBBC first ran this ride in 2013 and have had riders of varying speeds join us. We sometimes get spread out, given that one of the ride leaders is often the slowest in the group (*ride leader = ride sweeper* on some weeks). So we'll make water stops and re-group-ups approximately every 10 miles, and route maps will be handed out at the start. Bring an energy bar(s) and/or drink to sustain you through a long day, plus money for optional coffeshop stop back in Bellingham after the ride. For additional info: [mbbcnewsletter @ mtbakerbikeclub.org](mailto:mbbcnewsletter@mtbakerbikeclub.org) or 360-961-6684.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
 MAY IS BIKE MONTH RIDE YOUR  DURING THE MONTH OF MAY					May 1	2 Donut Ride Camano Climb Pedaler's Fair WMBC Trail Day POTS B'Ham parade
3 Rabbit Ride Edison Social Ride May Day Classic MEC Century	4	5 Tuesday Eve Ride Ferndale Social ride	6 Wed Group Ride	7 TNR Up-County Ride Edison Social Ride REI Bike Maint Classes	8	9 Donut Ride Recumbent Ride Skagit Spring Classic Living the Dream Ride
10 Rabbit Ride Edison Social Ride REI Bike Maint <i>Mother's Day</i>	11	12 Tuesday Eve Ride Ferndale Social ride	13 Wed Group Ride	14 TNR Up-County Ride Edison Social Ride Bike Travelogue Show	15 <i>Bike To Work & School Day!</i>	16 Donut Ride Adaptive Cycles Expo Streets & Beets Haul Ash Brew Tour
17 Rabbit Ride Edison Social Ride Canyon for a Day Strt Scramble Ballard WMBC Trail Day Slog Ride begins	18	19 Tuesday Eve Ride Ferndale social ride	20 Wed Group Ride	21 TNR Up-County Ride Edison Social Ride	22 MBBC June Newsletter Deadline	23 Donut Ride StrtScramble GigHarbor REI Bike Maint Classes
24 Rabbit Ride Edison Social Ride Ski to Sea	25 7 Hills of Kirkland <i>Memorial Day</i>	26 Tuesday Eve Ride Ferndale social ride	27 Wed Group Ride	28 TNR Up-County Ride Edison Social Ride	29	30 Donut Ride Flying Wheels WMBC Trail Day
31 Rabbit Ride Edison Social Ride Seattle Tour de Cure Fondo Leavenworth Slog Ride	June 1	2 Tuesday Eve Ride Ferndale social ride	3 Wed Group Ride	4 TNR Up-County Ride Edison Social Ride	5	6 Donut Ride Apple Century National Trails Day COB Parks work party African Bike Drive



Mount Baker Bicycle Club

Post Office Box 2702
Bellingham, Washington 98227

Late-breaking news from the Unity Center and ARAS:

Bellingham's ARAS Foundation is partnering with the Unity Center to hold an African Bike Drive on June 6th. **ARAS is assisting the Village Bicycle Project in procuring bikes for Sierra Leone and Ghana, Africa.** ARAS is seeking bikes, bike parts, and volunteers for its Bike Drive on June 6th. information: Mary Trask (mary@arasfoundation.org, 425-941-7384), arasfoundation.org



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!

7 - 8am daily, July 5 - 26

Special Heart Rate Zones Assessment on June 27 ~find your personal HR Zones.

Call now to reserve!
360.733.5050



800 McKenzie Ave.
Bellingham, WA 98225
360.733.5050
www.cyclemoles.com



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