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This month's contributors:
Marie Kimball, Emily Eggers
Milner, Doug Schoonover,
Bob Williams. Thanks All!



the club online:

www.mtbakerbikeclub.org
www.chuckanutcentury.org

and our social sites:



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 22, Number 2, March 2013

**THERE ARE GOING TO BE GREAT CLUB EVENTS IN MARCH!
DON'T MISS OUT!**

MBBC Ride Leader Certification - March 21

With spring upon us and summer right behind, we all enjoy riding together with friends groups. There are skills involved in safely leading a group of riders, and in the interest of promoting new and safe group rides around Whatcom County, the MBBC is offering its first Ride Leader training course on March 21st. 6-9 pm at the Roots Room of the Cordata Community Food Co-Op (315 Westerly Rd, Bellingham).

The training is free and open to MBBC members as well as members of the local cycling community. Training will cover issues including safety in groups and safe riding skills on the road, assisting riders with mechanical issues, leading and sweeping, familiarity with the route, choosing an appropriate route and pace, how to handle accidents, and many more responsibilities that riders may not be aware their leaders are prepared to do!

Attendees will be provided with a Ride Leader Guide book, and the MBBC will also provide pizza and beverages. The class is limited to the first 35 people to sign up. To reserve your spot and if you have questions, contact MBBC President Marie Kimball: bikebham@yahoo.com or 360 927-2332.

Club Quarterly Meeting including presentation from Bike & Beer Tours - March 17

Okay. You know you want an excuse to put on your green and party for St Patrick's Day. Well what better way to celebrate than with beer, snacks, friends, and a fun talk about bicycle touring by a visiting friend from Colorado.

We'll gather at the WECU Holly Street Educational Center starting at 4:30pm on March 17th. Bob Williams, owner of *Beer &*

Bike Tours in Colorado, will give a presentation on his company's small group tours, featuring a tour on the same route as the 2013 Pro Cycling Challenge. That tour will visit Vail, Aspen, Steamboat Springs, Breckenridge, and Ft Collins. Ride the same routes as the pro teams! Bob's tours also just happen to stop off at the best craft breweries in the state. Bike & Beer Tours will be offering trip discounts to MBBC members.

The club wants to have more member get-togethers so the board has decided to follow this quarterly meeting with the next one in June, in time for Bill's Hills. The June meeting will be a bike tune-up party called "Bikes, Buds and Beers Before Bill's Hills" or BBBBH. Watch for it!

2013 Seattle International Bike Expo March 9-10, Volunteers Needed

The MBBC is again hosting a booth at the Seattle International Bicycle Expo at the Smith Cove Cruise Terminal. We are partnering with Bellingham Whatcom Tourism to promote the Chuckanut Century plus other cycling opportunities and recreational events that are available throughout the area. The dates are March 9th, Saturday and March 10th, Sunday. Volunteer for a 2 hour shift, get free admission. Hours are 9am to 6pm Saturday March 9 and 10am to 4pm Sunday March 10. Contact MBBC Event Coordinator Doug Schoonover: Doug.Schoonover@gmail.com or 360-410-6431 to reserve your spot.

This is a great way to spend the day, check out the new equipment, check out rides in other areas, attend seminars and demonstrations, and maybe even find a bargain or two.

For more information on Bike Expo see shop.cascade.org/content/events/expo

WEEKLY AND GROUP RIDES - STILL-WINTER EDITION



Whatcom SmartTrips photo

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 & Ski beginning at 8:30am (winter start time). Faster riders leave between 8:45-9:00. Leader John Hauter, info: 733-4433.

Tuesday Evening Ramp-Up Ride starts for 2013 at 6pm on April 9th. Stay tuned and clear your Tuesdays!

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

Wednesday Group Workout Ride: Race/Training Pace, 30 mile distance, meet at 5:45 pm, leave at 6pm from Boundary Bay Brewery at Railroad Avenue. Ride separates into fast and very fast groups. In the winter this is a trail ride with lights. Gather at brewery afterward (7:30p). 360-410-6431 info (Doug) Check for when the ride returns to road in 2013.

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

Saturday Donut Ride: 24 – 45 miles, race pace, departs from Kulshan Cycles, 7:30 am Oct thru Feb and 7 am March thru Sept. 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. Sporadic depending on weather. Info: Robert Parker at rmp-4724@hotmail.com or 360-671-6910



McClinchy Mile:

March 16, 8am

Arlington.

bikesclub.org/mcclinchy

Mussels in the Kettles:

March 2, 9am

Coupeville, part of the Penn Cove Musselfest!

musselsinthekettles.net





CYCLE MOLES
-indoor training for outdoor adventure-

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Starts March 4/5

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Level 2 - 90 min
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360.733.5050
www.cyclemoles.com





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BIKE RIDES AND EVENTS IN 2013

Bike Month

National Bike Month - May 1-31

National Bike Challenge - May 1 - Sept 30

Bike Month kickoff reception - TBD

Procession of the Species parade - May 4

Bike to Work and School Day - May 17

Adaptive Cycles Expo - TBD

watch for more Bike Month events to be announced in May.

Bike to Work & School Day Planning Meetings - first Thursday of every month. March 7, April 4, & May 2.

6-8 pm Council of Gov'ts Office, 314 E Champion St.

Volunteer to help make this year's Bike Day the best ever!

information: Mary Anderson or Ellen Barton 671-BIKE or
info@everybodyBIKE.com

Gatherings

MBBC Quarterly Meeting and St Pat's Party

March 17, WECU Holly Street Educational Center

4:30 pm -- see p. 1

Final Bike Travelogue Slide Show

- **March 20:** Western Canada; 7pm at Whatcom Middle School, 810 Halleck. See everybodyBike.com/events

Seattle Bike Expo: March 9-10 cascade.org

Smith Cove Cruise Terminal, 9-6 Sat; 10-4 Sun

The largest consumer bicycle show in the US, 250 exhibitor booths w exhibits of bikes, gear, travel, health and fitness.

Presentations & features include museum-quality special exhibits; learn-to-ride instruction and games; performances showcasing world-class athletes, coaches, and speakers. **The MBBC will be hosting a booth and needs volunteers to staff it.** see p. 1 and contact Doug if you'd like to do a shift at the booth.

Pedaler's Fair (Seattle): April 20-21 pedalersfair.com

Bellingham Bike Swaps: May 18, August 31 thebikeshop1.org

Trail Days - led by WhIMPs and the Bellingham Parks Dept. schedules at: whimpsmtb.org/trail-days/

and 360-778-7105 (Bellingham Parks) or

cob.org/documents/parks/volunteer/work-schedule.pdf

Classes & Training

MBBC Ride Leader Certification Class - March 21,

6-9pm - Roots Room at the Cordata Community Food CoOp.

Train to be a certified MBBC Ride Leader in a class focused on safety plus enjoyment of group riding. See p. 1 for details and to reserve your spot in the class.

Tandem 101 - June 15 in Seattle. The Evergreen Tandem Club offers this workshop every year to introduce tandeming to those who are curious about giving it a try. And this year, with the

continued on p. 7

Complete 2013 rides list in the February newsletter. Check back every month as rides are added and dates are finalized!

2013 Rides

March

2 Mussels in the Kettles (Coupeville) whidbeybicycleclub.org

16 McClinchy Mile (Arlington) bikesclub.org/

April

20 Tulip Pedal (La Conner) lovelaconner.com/events

27 Tour de Lopez (Lopez Island) lopezisland.com/tourdelopez.htm

May *(first Summer Ride is May 5th - watch for more)*

4 Camano Climb (Camano Island) arlingtonvelosport.com

11 Skagit Spring Classic (Burlington) skagitspringclassic.org/

18 Haul Ash Tour de Brew (Woodinville) redhook.com/calendar

27 Seven Hills of Kirkland (Kirkland WA) 7hillskirkland.com/

June

1 High Tide Ride (Anacortes) hightideride.com

8 Flying Wheels (Redmond) cascade.org

9 Bill's Hills of Bellingham - MBBC Club Ride - mtbakerbikeclub.org

22 Chelan Century Challenge (Chelan) centuryride.com

29 World Bicycle Relief Red-Bell 100 (Redmond to Bellingham)
shop.cascade.org/content/red-bell-100

29 Emerald City Lights Ride (Kent) emeraldcitylightsbikeride.org

July

3-7 Northwest Tandem Rally 2013 (Bellingham) nwtr.org/2013

13-14 Seattle to Portland cascade.org

17-21 RedSpoke (Redmond to Spokane) redspoke.org

25 Ride Around Mount Rainier in One Day - RAMROD
redmondcyclingclub.org/

27 Tour de Whatcom (Bellingham) tourdewhatcom.com

27-28 ALS Doubleday Ride (Mount Vernon)
webwa.alsa.org/site/PageNavigator/WA_Bike_homepage.html

August

3-10 Ride Around Washington (Republic WA) cascade.org

4 Ride the Hurricane (Port Angeles)
portangeles.org/ride-the-hurricane.html

10 O'Donnell's Tour de Poker (Everett)
bicyclepokerrun.com/odonnells

16-17 RSVP 1 (Seattle to Vancouver BC) cascade.org * sold out

17-18 RSVP 2 (Seattle to Vancouver BC) cascade.org

18 Retro Ride & Concours d'Elegance (La Conner)
kayakfit@fidalgo.net

25 *(tentative)* Woods to Woods Coffee Classic
(Bellingham, Lynden, Ferndale) everybodyBike.com

September

2 Perimeter Ride of Seattle (PROS) cyclistsofgreaterseattle.org

7-8 MS 150 Bike Ride (Mt Vernon) bikewas.nationalmssociety.org

8 Mt Baker Hill Climb (Glacier) norka.us

14 Passport to Pain (P2P) (Vashon Island) vashoncrew.com/p2p/

15 Chuckanut Century (Bellingham) chuckanutcentury.org

21 Tour de Whidbey (Oak Harbor)
whidbeygen.org/wgh-foundation/tour-de-whidbey

22 Tour de Victoria (Victoria BC) tourdevictoria.com

29 Kitsap Color Classic (Kingston) cascade.org

FIVE KEY TESTS: DO YOU MEASURE UP?

by Emily Eggers Milner

During all human movement, a series of complex, 3D relationships occur within our bodies known as the **The Kinetic Chain**. As cyclists, we have a unique understanding of using pulleys, gears and chains for power and performance. Imagine your body as a complex series of gears and pulleys that can effect movement and power throughout the entire system. The Kinetic Chain is your body's power system where movement at one joint affects movement at the successive joints within the chain.

The Kinetic Chain loses efficiency if your spine, hip joint or ankle joint has lost some of its available motion, because compensation occurs somewhere else in the path of movement. Picture in your mind riding a bike where the saddle is too high and the knee is fully extended at the bottom of each pedal stroke. To be able make a complete revolution, compensation might have to occur by reaching from your pelvis or lower back. Compensation is actually a good thing; otherwise we would end up walking into walls or tipping over. However, now the Kinetic Chain has lost some degree of efficiency. Torsion or shear can begin to occur, not at the stiff site, but at the area which is taking up the slack or the "victim," so to speak. Over time, these "compensations" or inefficiencies in the body can lead to wear and tear. As human beings, we are wonderful compensators and in many cases inefficiencies can be asymptomatic for years... until they're not.

In this article I will discuss the **Five Self-Tests** that are designed to identify the major structural restrictions that may be affecting your personal cycling kinetic chain. I will outline what is "optimal" and how a "non-optimal" result might affect performance or worse, possibly lead to an injury. In Part 2 (in a future MBBC newsletter), I will discuss considerations for self treatment.

(1) Hamstrings and the posterior kinetic chain: Cycling requires us to be in a relatively flexed position. We need to have good pliability of the hamstrings, nerves and fascia due to their relationship and attachment to the pelvis. Tight hamstrings will cause the pelvis to rock and the spine to shear from side to side as we bring the foot across the top of the pedal stroke. After a few thousand of those, your back might get a little sore!

The test: Lie on your back flat on a hard surface. You should easily be able to bring the leg up to 90 degrees with the knee relatively straight (a right angle to the floor). You may want to place a small towel roll under the small of the back to ensure the pelvis stays on the floor. A "non-optimal" result would be a range of motion less than 90 degrees or if the pelvis rolls up off of the floor.



The test: Lie flat on your back on the floor with hips against a wall. Place your feet flat on the wall, knees flexed and out to the side as far down as you can go while keeping your pelvis on the floor and back flat. Slowly drop one knee in towards the midline and assess for mobility side to side. Do they feel equal? Does the pelvis come up on one side more than the other? Can you even get into the test position? Asymmetry is the real issue here.



(3) Upper quarter mobility: Mobility of the thoracic spine and ribs is essential to avoid straining in the neck while cycling. Axial elongation, or our ability to stack the vertebrae of our upper trunk against gravity, is a major factor. Forward head posture is rampant in our culture as a result of driving, desk jobs, and computers everywhere. Not only does forward head posture look unsexy, it causes a major strain on the mid cervical discs and joints. Now add on 2-3 hours of loading plus road vibration and jarring and you've got a recipe for neck pain and maybe even a little numbness and tingling if you are lucky.

(2) Hip asymmetry: tightness of the hip can wreak havoc on the kinetic chain. If the hip can't flex at the top of the pedal stroke, the common compensation is to have a rotational torque through the pelvis causing uncontrolled flexion of the lower back. Full hip joint flexibility not only can increase your power but also can reduce your risk of hip osteoarthritis.

continued on p. 5

BREAK THROUGH PERFORMANCE BARRIERS BY OPTIMIZING YOUR KINETIC CHAIN

continued from p. 4



The test: Stand with your back and head flat against the wall and arms at a 90/90 or “cactus” position. Did you make it? If you did, now try to straighten your arms overhead. Full disclosure: I had to do quite a few self mobs to even take a decent picture! If your upper quarter is efficient, you should be able to get into this position *and* straighten your arms.

(4) Lumbar extensor endurance: As I mentioned before, cycling is a sport performed in spinal flexion. We must have excellent endurance of our lumbar extensors (back muscles) to be able to hold us up on the bike for hours at a time. Because specificity of training is so important, we should train our back muscles in a similar position.

The test: Stand with your hips against the wall with a slight knee bend, feet hip width’s distance, and a neutral to slightly flexed lumbar spine (where your back normally is when you are riding). Bend at your hips as far down as your hamstrings will allow. Keep neck in neutral, looking down at the floor with the chin tucked in and extend your arms up by your ears. Now comes the hard part: hold this position for one minute. If you were able to hold comfortably, you are doing pretty well.



(5) Single leg squat: the single leg squat test can paint a vivid picture about our balance, strength and ability to load one lower extremity compared to the other. Although our feet are not fixed on the ground while cycling, the increased pedal torque while hill climbing requires a similar demand on the system.

The test: stand on one leg, preferably in front of a mirror. Make sure the foot is pointing forwards and the pelvis and shoulders are squared off. Try to maintain the knee in line with 2nd toe and the pelvis level as you drop into a single leg squat to 90 degrees. Ideally, you should be bending at the hip, keeping a neutral spine and not allowing the knee to move too far anterior of the foot. It’s a lot to think about. A non-optimal result would be a loss of balance, increased hip drop or allowing the knee to collapse inward.



If you didn’t score an A+ on all of the tests, not to worry. Every athlete has fine tuning to do. Look for my next article in the MBBC newsletter later this year, featuring self-treatment to correct your compensations and improve your pedal efficiency. You can learn self-evaluation, treatment and detailed bike ergonomics and training at CORE Cycle Lab at Core Physical therapy on March 20th, 2013 from 6-7:30 pm, where I will be breaking down each of these tests in a hands-on lab scenario. Plus, local legend and cyclocross speedster Courtney McFadden will be making a cameo. We’ll take her through the battery of tests and see how efficient she really is! Visit us on Facebook (*Core Physical Therapy: the specialty clinic*) to register for the Cycle LAB talk! Or call the clinic at 752-2673.



Emily Eggers Milner is a Physical Therapist at CORE physical therapy in Fairhaven. She specializes in cycling-related injuries as well as bike fitting and is working towards her manual therapy certification with the Institute of Physical Art. In her free time she competes at the category 2 level in road racing, cyclocross racing and mountain biking.



Welcome new members!

Scott Bertelsen
 Kristi Blanchard
 Larry Blanchard
 Ivan Knight
 Linda Lundgren
 Matt Marsder

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



MBBC ADMINISTRATION

Mount Baker Bicycle Club

Board of Directors and Officers:

Marie Kimball - President; Patti Mullin - Vice President;
 Scott Dorough - Secretary; Brian Christensen - Treasurer;
 Marc Ambers - Ride Coordinator;
 Doug Schoonover - Event Coordinator
 Ken Giffin, Bill McCourt, Eric Stromerson -- at large

Graphic Designer: Tim Ryan

Contacts:

Marie Kimball -- bikebham@yahoo.com (360 927-2332)
 Doug Schoonover -- (360 410-6431)
 ridecoordinator@mtbakerbikeclub.org
 Jennifer Longstaff --
 mbbcnewsletter@mtbakerbikeclub.org

Contribute to the newsletter: submission guidelines:

Contributions of 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 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, RTF, 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.

Email the newsletter editor:
 mbbcnewsletter@mtbakerbikeclub.org, or drop a note to
 Editor, MBBC Newsletter; PO Box 2702; Bellingham WA 98227

MBBC Membership Form

also available at: www.mtbakerbikeclub.org/files/membershipform.pdf

☐ 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 by (choose one): ☐ printed & mailed, or ☐ on-line

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:

- ☐ Ride Leader ☐ Newsletter ☐ Board Member
☐ Bike to Work and School Day ☐ Chuckanut Century
☐ Special Events ☐ Website Maintenance ☐ Education
☐ I can provide discounts on _____

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

MBBC Memberships changing to a Calendar-Year term, starting in 2013

Rather than continue with annual renewals on each member's monthly anniversary, the board has decided it will be easier for everyone to keep track of when to pay the next year's dues if we all renew at the same time. Therefore, everyone's 2013 membership dues are payable now!



Everyone who has renewed since the 2012 Chuckanut Century is now "paid up" through the end of 2013. Everyone who has renewed so far this year is also paid through 2013. Those whose memberships expire between now and September 2013 can pay a pro-rated fee (whatever you think is fair) to extend your membership to the end of 2013. Starting in January 2014, everyone's dues will be expected at the same time: at the beginning of the year.

The club has been "going green(er)" lately with over half the members getting newsletters online. Without a monthly mailing label to remind members when to renew, all but the most conscientious of online-newsletter-readers have had their memberships lapse. The club's dues revenues were down this year, even though our membership numbers are higher. Now everyone will renew at the same time, and everyone will know when it's time to contribute another year's dues.

Ken Giffin is creating 2013 membership cards for those who are paid through 2013. They will be mailed or handed out in April. These cards will be honored for discounts at some local businesses (we're working on adding more business discounts), plus to show as admission to member-exclusive rides and events. See mtbakerbikeclub.org/membership.html for the full (and growing) list of membership benefits.

Your MBBC board hopes that this policy change will be an improvement to what has been a somewhat haphazard policy in the past. If you have feedback on the new calendar-year membership term decision, please contact one of your board members and let us know what you think!

2013 EVENTS...

continued from p. 3

Northwest Tandem Rally coming to Bellingham in July, this might be your year to try out a tandem! Bob Snead, 425-283-9697 t101@evergreentandemclub.org; evergreentandemclub.org

Cycle Moles Indoor Training - Spring "Moles" sessions start **March 4th** and will get you ready for Ski to Sea! Contact Fairhaven Fitness: cyclemoles.com or 360-733-5050

Bellingham REI Cycling maintenance classes: check the monthly calendar at rei.com/stores/bellingham.html.

- **March 26:** Bike Maintenance Basics

everybodyBike Cycling safety and confidence classes: check the classes list at everybodybike.com/classes/



Tour de Whatcom has been sold to Whatcom Events (presenters of Ski to Sea)

Press Release: February 22, 2013

Todd and Jody Williams have agreed to transfer ownership and operation of the Tour de Whatcom to Whatcom Events. The Tour de Whatcom has been operating in Bellingham/Whatcom County for eight years now, and travels through some of the most beautiful countryside in Whatcom County.

Whatcom Events is honored to operate one of Whatcom County's most outstanding family oriented recreational events. The mission of Whatcom Events is to "create and manage outdoor recreation and athletic events that promote a healthy lifestyle along with the natural beauty of the Bellingham, Washington - Mount Baker region".

According to Pete Coy, President of Whatcom Events, "We are extremely delighted to continue the tradition started by the Williams family by giving back to the non-profit community any profits generated by the Tour de Whatcom. We have a lot to learn from Todd and Jody will be working closely with them on this year's event."

Races

May 26: Ski to Sea skitosea.com

June 29: Bellingham Kids' Traverse
recreationnorthwest.org/bellingham-kids-traverse

TBD: Padden Mountain Pedal

Sept 21: Bellingham Traverse
recreationnorthwest.org/bellingham-traverse

Parks & Recreation Race Series

see www.cob.org/services/recreation/races/

June 22: Lake Padden Triathlon

July 20: Lake Padden Duathlon

August 10: Bellingham Youth Triathlon

October 13: Klicks Mountain Bike Duathlon

October 13: YMCA Youth Duathlon

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					March 1	2 Donut Ride Mussels in the Kettles
3 Rabbit Ride Edison Social Ride WhIMPs Trail Day	4	5 Ferndale social ride	6 Wed Group Ride	7 Edison Social Ride Bike Day Planning Meeting	8	9 Donut Ride Recumbent Ride BHamParks Trail Work Bike Expo Day 1
10 Rabbit Ride Edison Social Ride Bike Expo Day 2 <i>Daylight Time</i>	11	12 Ferndale social ride	13 Wed Group Ride	14 Edison Social Ride	15	16 Donut Ride BHamParks Trail Work McClinchy Mile
17 Rabbit Ride Edison Social Ride Bike & Beer Tours MBBC Meeting	18	19 Ferndale social ride	20 Wed Group Ride Travelog Slide Show CORE Cycling Talk <i>Spring Begins</i>	21 Edison Social Ride MBBC Ride Leader Certification Training	22 MBBC April Newsletter Deadline	23 Donut Ride WhIMPs Trail Day
24 Rabbit Ride Edison Social Ride	25 <i>Passover begins</i>	26 Ferndale social ride	27 Wed Group Ride	28 Edison Social Ride	29	30 Donut Ride BHamParks Trail Work
31 <i>Easter</i> Rabbit Ride Edison Social Ride	April 1	2 Ferndale social ride	3 Wed Group Ride	4 Edison Social Ride Bike Day Planning Meeting	5	6 Donut Ride



Mount Baker Bicycle Club
Post Office Box 2702
Bellingham, Washington 98227



Welcome to Bellingham
Now Get on Your Bike!
www.mtbakerbikeclub.org

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..