



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol 22, No 8, September 2013

Q: is summer ending?



Fanatik "Bike to Beer Cruiser" Summer Finale Ride, August 28

A: not quite yet!

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This month's contributors:
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 Jeremy Karelsen, Dave
 Neubeck, Ryan Rickerts,
 Robin Robertson, Doug
 Schoonover. Thanks All!



the club online:

www.mtbakerbikeclub.org
www.chuckanutcentury.org

and our social sites:

- facebook.com/
mtbakerbicycleclub
- sports.groups.yahoo.com/
group/MtBakerBicycleClub
- twitter.com/mtbakerbike
- flickr.com/
mtbakerbikeclub/

Summer Riding isn't over until we ride the **CHUCKANUT CENTURY - SEPTEMBER 15TH**



The Chuckanut Century, benefiting The TreeHouse (a program of Kids Council NorthWest) and the MBBC's bicycle advocacy programs, offers supported north and south loops so riders can choose the distance and route they wish to ride. All routes start and end at Boundary Bay Brewery on Railroad. Day-of registration starts at 7am, on ride day (September 15th) or pre-register on Active.com or via the mail-in form on chuckanutcentury.org.

There are a number of volunteer positions in need of help, both before and during the event. People are needed for road

marking, circulating posters, SAG drivers, course signage, starting registration and on-course aid stations. If you can help, contact either Jeremy Karelsen, volunteer coordinator for The TreeHouse, (jeremykarelsen@gmail.com) or Doug Schoonover (chuckanutcentury@mtbakerbikeclub.org).

Sponsors of the 2013 Chuckanut Century include Boundary Bay Brewery and Bistro, the Port of Bellingham, Adventures News NW, RoadID, the City of Bellingham, REI, Allsop, Birch Equipment, and Mount Baker Experience.

WEEKLY AND GROUP RIDES

Transition Month

With autumn closing in and days getting shorter, many rides are changing or ending for the season. Some start times will change, some rides will change format. Check with ride leaders for the latest news and schedule.

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 regularly attending MBBC rides.

Tuesday Evening Summer Ride - the final 2013 rides are September 3rd and 10th. After the 10th it's getting dark too soon for everyone to safely finish. Start at Whidbey Island Bank, corner of Bakerview & Northwest. Meet 5:45pm leave at 6pm, distance 15-20 miles We divide into 3 or 4 groups according to estimated rider speed. Speed groups of 18+ mph, 16-18, 14-16. information from ride leader: Doug Schoonover 410-6431

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 (18+ mph) and very fast (21+ mph) groups. A moderate group (15-17 mph) goes with Doug, John, or Patti leading. Gather at brewery afterward (7:30p). 360-410-6431 info (Doug) - Check with ride leaders for date when this ride switches to a trail ride with lights. We expect to switch to trails during September.

Thursday "Going Up the County" Ride 14-17 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: John Okan and Rick Jacoby. more information: Joka001@Luthersem.edu;360-393-2435 Check with ride leaders for scheduled end of the ride for the season.

various Sundays "The Long Slog" Ride - various Sundays through October. 12-14 mph pace, 60+ miles in September then tapering down starting in October. Start 9am at Boulevard Park. This is a ride for slower - yet serious - riders who want to build strength and endurance. Ride leader: Jennifer Longstaff. information: mbbcnewsletter@mtbakerbikeclub.org; 360-961-6684. Remaining dates: Sept 8 & 29, Oct 13 & 27.

More weekly rides in the area:

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 8am (spring/summer start time). Faster riders leave between 8:15-8:30. Leader John Hauter, info: 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

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. Watch for shift to later start time toward the end of September. 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

EVERYBODYBIKE AUTUMN RIDES

Saturday, September 7: Sweet Treats and Story Time: Ride the old village trail to Whatcom Museum where we'll sample local ice cream paired with farmers' market fruit while local author David Westerlund reads from his book, Simone Goes to the Market. Meet local farmers and celebrate the real people behind the food you eat. Meet at 1 pm, Elizabeth Park, Bellingham

September 14: Community Garden Ride, Short & Sweet. Visit three Community Gardens in the north area of Bellingham. We'll also stop at Mallard Ice Cream's new Cordata location for samples of ice cream made with local ingredients. Under 5 miles. Meet at 11am at Faith Lutheran Church (2750 McLeod Street, Bellingham)

September 14: Community Garden Ride, Scenic: Bike to six different Community Gardens, starting from the York Neighborhood Farm to WWU's Outback Farm, Happy Valley, and more. This 10 mile ride includes hills - fueled by tasty treats at each garden. Meet at 11am at the Farmers Market (1100 Railroad Ave, Bellingham), near the Goat Cart.

September 28: Arbor Day Autumn Ride: Celebrate Bellingham's wonderful trees with a bike ride through the historic Columbia neighborhood, honoring Arbor Day at Cornwall, Broadway and Memorial Parks. We'll visit significant trees along the way. Meet at Elizabeth Park at 1 pm.



BIKE RIDES AND EVENTS IN 2013

Cyclocross Season is Upon Us!

Ryan Rickerts, presenter of the Cascade Cross series, has been busy throughout the off-season this past year, working with new promoters and sponsors, creating new races. The most exciting announcement is the new venue coming up for this season! A permanent course has been acquired, on a 30 acre lot north of town (the old New World 9-hole golf course) in a partnership with Bellingham BMX. Ryan and a dedicated group of volunteers have been working on this venue all year, and work parties in September will enlist some extra boots on the ground to get it finished up and ready to ride.

The tentative schedule for this season, including races, work parties, and gatherings, is posted on the Cascade Cross website, and listed below:

- Work/Ride Party 1 ~ Sept 15th
- Work/Ride Party 2 ~ Sept 22nd
- BBMX Prologue ~ Sept 28th
- MFG Cross Combo ~ Oct 5/6th
- Silver Lake Dbl Cx ~ Oct 12/13th
- Woolley Cross ~ Oct. 26
- Cross Border Clash ~ Nov 2/3rd
- Thanks Given'er ~ Nov 16th
- Logger Cross ~ Dec 14th
- Anti-Nationals ~ Jan 11th
- *Fun+alley* Race & Party ~ Jan 25th



See more details about each event at cascadecross.com/races.

- *StarCrossed* is on Sept 14: starcrossedcx.com (Redmond)

Wednesday CX Practices begin in September

Weekly CX practices begin Wednesday, September 4th at 6pm, continuing every Wednesday until Thanksgiving. Location: Lake Padden Ballfields, moving to Civic Field as weather requires.

All ages and skill levels are welcome. Special instruction available for kids and beginners.

You will need a 'Cross or mountain bike – preferably with bottle cages removed – and a helmet.

Note a change this year: due to rising costs for renting the fields and lights, there will be a fee for all adults who participate in the practices. \$5 per practice, or \$30 for unlimited practices during the season. Kids are always free.

For more information: David Neubeck, 360-738-2025, or dneubeck@hotmail.com

2013 Rides

September

- 2 Perimeter Ride of Seattle (PROS) cyclistsofgreaterseattle.org
- 7-8 MS 150 Bike Ride (Mt Vernon) bikemsnorthwest.org
- 8 Mt Baker Hill Climb (Glacier) norka.us
- 14 Sustainable Connections Whatcom Farm Tour - do it on bike!
- 14 Passport to Pain (P2P) (Vashon Island) vashoncrew.com/p2p/
- 14 Ride Around the Sound (West Seattle) ridearoundthesound.org
- 15 **Chuckanut Century (Bellingham) chuckanutcentury.org**
- 21 Tour de Whidbey (Oak Harbor) tourdewhidbey.com
- 22 Tour de Victoria (Victoria BC) tourdevictoria.com
- 29 Kitsap Color Classic (Kingston) cascade.org

October

- 13 Bellingham Tweed Ride everybodybike.com/events

December

- 6 Superhero Lighted Bike Parade everybodybike.com/events

Classes, Training, Gatherings

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

- Sept 9: Bike Maintenance Basics
- Sept 16 & 22: Brakes and Drive Train
- Sept 22: Hands-On Drive Train

Trail Work Parties - led by the Bellingham Parks Dept. cob.org/government/public/volunteer/parks/schedule.aspx

Fanatik Women's Ride - September 25 - Night Ride and Magic Shine Demo. 7:30pm Whatcom Falls Park Tennis Courts. Jim Fricker from Light & Motion will have bike lights available to demo. Groups will be divided by abilities, no experience necessary. Have fun with night riding on trails. Sign up at least 24 hours prior. kathy@graniteprecast.com

Oct 19: Shoot the Trails + awards whimpsmtb.org

Races

Sept 21: Bellingham Traverse bellinghamtraverse.com

Parks & Recreation Race Series

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

October 13: Klicks Mountain Bike Duathlon

October 13: YMCA Youth Duathlon

More Rides in September - further away

- 1 - Great Northwest Fall Tour (Newport WA) gnwft.homestead.com
- 7 Tour de Lab Puppy or Big Dog (Portland OR) tourdelab.com
- 8 High Pass Challenge (Packwood) cascade.org
- 15 Cycle the WAVE (Issaquah) cyclethewave.com

Change it up for Fall

STRENGTH TRAINING – GET STRONGER IN 7 MINUTES!

by Robin Robertson

OK, cycling fanatics, you've been on your bike enjoying miles and miles in our remarkable summer. The weather is changing and with it, fall is a great time to change your routine. Time for a little strength training. That's right, you Tyrannosaurus Rex with your muscle-y cycling legs and wimpy upper body. Let's start working all the parts that support your cycling so you get stronger and stay injury free.

Get stronger in just 7 minutes! Start out by doing each exercise for 1 minute. Of course you can repeat it 3 times, so that would be 21 minutes. But start with the 7 – you have at least 7 minutes, right?

Here are my top 7 exercises that will improve your cycling strength and overall fitness. Keep track of how many you can do in one minute and record your improvement over the winter. Breathing – remember to exhale when you are exerting and inhale when you are recovering.

1. **QUADS:** Squats (also Leg Extensions or Deadlifts)

Squats build your leg's power engine in your quads.

Form: Feet are hip width with toes pointing ahead or slightly duck footed (at 11: and 1 o'clock). Be sure that the front of your knee does not extend past your toes as you squat down. Keep your chest up and eyes locked on a point on the wall. Start with bodyweight only and add weight (dumbbells or barbell) as you get stronger.



If you want to double your fun, add a bicep curl as you squat.

Squat Variations 1a) Sumo Squat: super wide leg stance (left)

1b) Bulgarian Split Squat: one leg on bench or chair behind you. (below left)

1c) Clock Squat (below): with your weight over one leg, position the other leg at any "time" on the



1a) Sumo Squat



1b) Bulgarian Split Squat



1c) Clock Squat (showing 4:00)

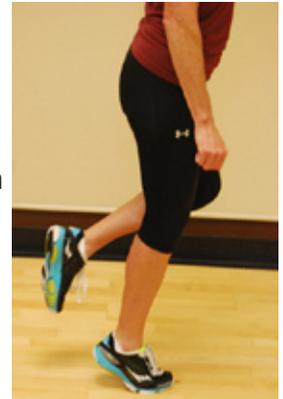
clock. So if you are on your left leg, position your right leg at 3:00 to start, but try all the positions from 12:00 to 6:00. You can use a slide (or a paper plate) under your clock-hand foot so it slides easier.

2. **CALF:** Calf raises

Strengthen your calves for powerful and sexy biker legs.

Form: Both feet on the ground, hip width apart, feet parallel and toes pointing forward. Rise up onto the balls of your feet, lower back down. Repeat.

Variations: 2a) Stand on a block and drop your heels. 2b) Single-leg Calf Raise (right) (great for working on balance).



2b) Single-leg Calf Raise▲

3. **TRUNK ROTATION:** Obliques (core)

Your core is responsible for your whole body's health and alignment. A strong core will give you more stamina on the bike.

Form: Start seated with your hands by your ears and elbows parallel with shoulders. Use your core to rotate 90 degrees (or as close to it you can get), exhale as you rotate, breathe in back to center, pause, rotate the other direction. Don't just swing wildly back and forth but use your core to halt your movement at center through each rotation.



Variations 3a) Broomstick: seated or standing, hold a broomstick across your shoulders and trapezius. 3b) Weighted: Add weight by holding a medicine ball or dumbbell t chest level.

4. **HAMSTRINGS/LUMBAR:** Bridges

Your hamstrings are the other half of your leg's power equation.

Form: Lay on your back with your knees bent and heels near your bottom. Lift up your hips into a "bridge" so that you have a nice straight line from your shoulders to your knees (no saggy bottom). Engage your glutes and your core. Lift, hold, touchdown, repeat.



Variations 3a) Bridge March: While holding bridge, march your legs keeping the same bend in your knees and holding hips level. 3b) Ball Bridge with Hamstring Curls; use a stability ball for your feet. The further the ball is toward your feet the harder it is.

continued on p. 5

Robin Robertson is the creator of CycleMoles boot camp at Fairhaven Fitness @ Bellingham Tennis Club

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5. UPPER BODY: Push-ups

C'mon, you need some strength up there in your arms, shoulders, and chest. Your arms, especially triceps, and shoulders can get tired on the bike. Pushups will give you more stamina and you'll look better too.

Form: Your starting point depends on your level of pushup fitness. You can start standing and push against a wall, on the floor with your knees touching, or in a plank position. There is no shame here, just get started. Make sure your bottom is not sticking up or sagging down. If you cannot hold a proper plank, start on your knees. For the pushup, lower your chest to the floor (or wall) so that your elbows are at about 90 degrees.

Variations: There are a jillion variations for pushups once you work up to the full plank pushup. Here are two of my favorites. 5a) Spiderman Pushups: In the plank position, as you lower to the floor, bring one knee to the same side elbow. Keep your form! Alternate legs. 5b) UpDown (or suicide) Pushups: Get in the plank position with straight arms then lower one arm at a time to your forearm the raise back up to straight arm. Think "down down up up" and reverse the order at some point.

6. LUMBAR SPINE: Back Extensions

Love thy lumbar and your back will love you. Often ignored, but one of the most important moves for overall body health and back comfort while cycling.

Form: Start lying on the floor, face down. Hands on forehead, palms down. Just lift your shoulders and chest off the floor by about 8 inches, not arching your back. Feet stay on floor.

Variations: 6a) Add One Leg: Lift an alternating leg each time you lift your chest off floor. 6b) 1/2 Superman: Extend your arms and legs. Lift opposite arm and leg as you lift chest. 6c) Full Superman: Lift both arms (extended) and legs as you lift chest off floor. 6d) Swimming Superman: Lift and use a flutter kick for arms and legs.

7. HIP ABDUCTORS: Leg Lift

Your hips are responsible for so much when you cycle. Let's make them stronger and more stable.

Form: Lie on the floor on your side with your head resting on your arm. Body is in a straight line. Lift your top leg with foot flexed up to 90 degrees and pause 1 second (or more) then lower. Do this slowly with control. Repeat 30 seconds each leg.

Variations 7a) 1/2 Side Plank: bend your lower leg to 90 degrees, come up to your elbow, now lift your hip to a nice straight line side plank. Do the leg lifts. 7b) Full Side Plank (right): both legs are straight, torso is raised on bent arm or straight arm. Do the leg lifts.



7b) Full Side Plank ▼

Nice Job! That completes your 7 minutes of strength.

If you don't want to have to think this through, join "**STRONG Mole!**" We combine on-bike cycling (to keep your cardio edge) with off bike strength training to give you the perfect combination of fitness as we head into the fall. Starts 9/9.

STRONG Mole!
Spinning & Strength: the perfect combination to keep your cardio edge and boost your metabolism.
On-bike cycling and off-bike strength training.
Fall Season: 9/9 - 10/31
60 Min L1 Tue & Thu 7-8 am
90 Min L2 Mon & Wed 6:45-8:15 pm
Fairhaven Fitness @ Bellingham Tennis Club
Register Online: www.cyclemoles.com

See the article here with all of the pictures:
<http://www.cyclemoles.com/?p=587>

Cycle Moles will be featured on September 7th at the Bellingham Tennis/Fairhaven Fitness Club's 40th birthday celebration. We'll be offering a Cycle Moles 101 class for anyone who wants to try out our Cycle Moles techniques.

CYCLE MOLES
-indoor training for outdoor adventure™

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THANKS TO THE SPONSORS OF THE 2013 CHUCKANUT CENTURY RIDE



Mount Baker Bicycle Club Board of Directors and Officers:

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

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ridecoordinator@mtbakerbikeclub.org
newsletter --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

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 _____

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



Bike/Ped Count set for early October - Volunteers needed

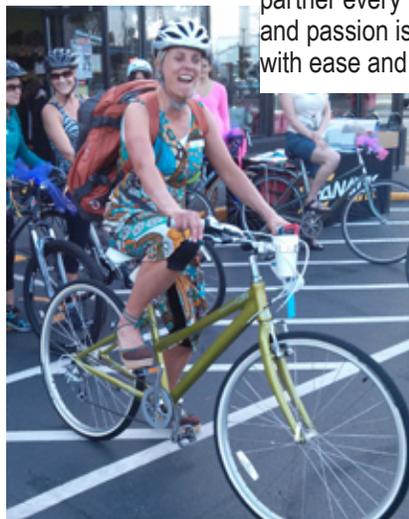
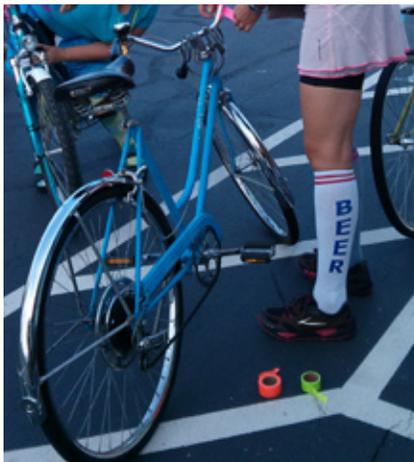
The 2013 statewide bicycle and pedestrian counts will be held on October 1, 2 and 3, during morning and afternoon peak periods (7 – 9 a.m. and

4 – 6 p.m.). This is the sixth year for the project in Washington.

Collecting data about bicycling and walking is critical to improving transportation systems to support these modes. Compared to other transportation modes, bicycling and walking have historically received little attention when it comes to data collection and analysis. The count data that volunteers will collect on October 1, 2 and 3 will play a valuable role in planning, designing and funding bicycle and pedestrian projects, while helping us to better understand the factors that influence the levels of bicycling and walking in our communities.

Kim Brown, Transportation Options Coordinator for the City of Bellingham, is coordinating the volunteer effort in Bellingham. Volunteers count at one location at either a morning or an afternoon time on the date of their choice. If you'd like to help out with this important project, contact Kim Brown, Count Coordinator, at kimbrown@cob.org or 778-7950.

For more information about the state's documentation project, see <http://www.wsdot.wa.gov/bike/count.htm>



more photos from Fanatik "Bike to Beer Cruiser" Summer Finale Ride, August 28

PILATES SERIES FOR CYCLISTS - CROSS TRAINING & INJURY PREVENTION

Join MBBC member Cindy Gabriel for a Pilates series focused specifically for Cyclists' fitness goals. This class will give you numerous benefits to give you that edge when cycling and overall a strong core.

Cycling requires our bodies to maintain a fixed position and repeat the same pattern of movement leading to muscle imbalance and tightness in the body. This 4 week class will incorporate the essentials to rebalance the body's musculature to optimize your cycling.

Benefits you can expect::

1. **Core Strength** – 3 dimensional support to maintain streamlined position without back and shoulder pain while increasing power in the pedal stroke.
2. **Flexibility and Increased Range of Motion**- Exercise leads to reduction in muscle tightness and stiffness.
3. **Stamina**- Endurance is increased by stimulating the body to move with fluidity, rhythm, and coordinated breath.
4. **Posture Improvement**
5. **Gain a Competitive Edge**- Take control of what the body is doing, mind /body connection and and awareness.

The 4-week series is on Thursday nights at 6pm beginning October 3rd. Class is held in the Joy of Pilates Studio at 209 Prospect Street in Bellingham.

To reserve your spot in this series contact **Joy of Pilates** at 360-224-1433 or info@joyofpilates.net



Cindy Gabriel is a fully certified STOTT PILATES instructor since 2004 and is a licensed GYROTONIC MOVEMENT instructor. Specializing in private, one-on-one evaluations and programming. She is the owner of Active Life Pilates Studio in Anacortes/ Bellingham WA and also offers Gyro privates at her home studio. Cindy is an active cyclist - you can find her cycling with her partner every Tuesday night as part of the MBBC. Cindy's desire and passion is to keep herself and especially her clients moving with ease and involved in all the activities we love in life.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
September 1 Rabbit Ride Edison Social Ride	2 Seattle Perimeter Ride	3 Ferndale social ride Tuesday Eve Ride	4 Wed Group Ride CX practice	5 Edison Social Ride Up the County Ride	6	7 Donut Ride eBike Autumn Ride FairhavenFitness party MS 150 day 1
8 Rabbit Ride Edison Social Ride Mt Baker Hill Climb HighPass Challenge Long Slog Ride	9 REI Bike Maint Basics STRONG Mole begins	10 Ferndale social ride Tuesday Eve Ride	11 Wed Group Ride CX practice	12 Edison Social Ride Up the County Ride (?)	13	14 Donut Ride Recumbent Ride eBike Autumn Ride StarCrossed P2P Vashon Ride Around Sound
15 Rabbit Ride Edison Social Ride CX Work Party Chuckanut Century	16 REI Bike Maint Brakes	17 Ferndale social ride	18 Wed Group Ride CX practice	19 Edison Social Ride Up the County Ride (?)	20 MBBC October Newsletter Deadline	21 Donut Ride Tour de Whidbey Bellingham Traverse
22 Rabbit Ride Edison Social Ride REI HandsOn Bike Tour de Victoria CX Work Party	23	24 Ferndale social ride	25 Wed Group Ride CX practice Fanatik Night Ride	26 Edison Social Ride Up the County Ride (?)	27	28 Donut Ride eBike Autumn Ride BBMX Prologue
29 Rabbit Ride Edison Social Ride Kitsap Color Classic Long Slog Ride	30	October 1 Ferndale social ride Bike/Ped Count	2 Wed Group Ride CX practice Bike/Ped Count	3 Edison Social Ride Pilates Series begins Bike/Ped Count	4	5 Donut Ride MFG Cross Combo



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



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..