



in this newsletter:

MBBC Mileage Victory ...	1, 4
August Events.....	2
Weekly Rides	2
2012 Events	3
2012 Rides	3
Photos	5
Club Administration	6
Membership form.....	6
Summer Rides Series.....	7
August Calendar	8

This month's contributors:
 Marc Ambers Photography,
 Linda Blake, Jon Brunk
 Photography, John Hauter,
 Kristin Kinnamon, Ken
 Rasmussen, Matt Velguth.
 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, Volume 21 No. 7, August 2012



MBBC BRINGS HOME THE TROPHY

Team MBBC Whatcom Respect showed up in full force at the Tour de Whatcom on July 28. 47 riders combined for a total of 3805 miles, closely edging out top rival and defending champion: **Team Rogue** from Vancouver BC.

The victory means that the grand and glorious *Most-Mileage-Trophy* will return to Whatcom County, where it will spend the next year on display in local bicycling and community-support venues. But first, The Bike Shop's Matt Velguth will have the MBBC name engraved on the trophy's *Crank Arm of Distinction!*

The trophy will probably spend some time at WECU, one of the sponsors of the Tour de Whatcom, but the MBBC has been assured that our trophy will be on-hand for the Chuckanut Century and for the club's annual member's meeting in January.

Saturday's competition was tight from the beginning. Even before the registration tables were fully set up for the 105-mile start, the hoardes from Team Rogue began arriving, getting their bib numbers, and signing up their team.

Soon after, however, Rod Cheney became the first name on the MBBC roster, and two more pages of names followed during the other group starts of the day. According to Matt, the MBBC and Team Rogue were neck-and-neck after the 105-milers were accounted for. The Canadians pulled ahead thanks to a large contingent of 50 milers, but fortunately for the MBBC, a larger number of families and kids arrived to ride the 25-miler, putting the MBBC over the top.

We'd like to acknowledge Team MBBC Whatcom Respect 2012: *Good job* to Abe P, Amanda S, Angela P, Austin S, Boyon S, Darcy W, David B, David S, Diane D,

continued on p. 4

WEEKLY AND 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, Sunday mornings. South on Chuckanut, and back via Colony and Lake Samish. All riders welcome. Pace varies by individual. Small similarly-paced groups leave from Fairhaven Bike & Ski beginning at 8am. Faster riders leave between 8:15-8:30. info: John Hauter, 733-4433.

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

Tuesday Evening Summer Ride: Whidbey Island Bank, corner of Bakerview & Northwest. Meet 5:45pm leave at 6pm. Splits into leisurely group (10 mph pace), HyperFast group (20+ mph) and "Ramp Up" (14 to 16 mph, distance 15-20 miles) with ride focus on the skills necessary to ride in groups. "Ramp-up" group will concentrate on safe riding practices, paceline skills, how to overtake other riders and pass them in a safe manner, and how to deal with traffic. information from ride leader: Doug Schoonover 410-6431

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. Gather at brewery afterward (7:30p). 360-410-6431 info (Doug)

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

WHAT'S ON FOR AUGUST? LOTS!

Bike-In Movie at the Pickford – Aug 17, 7pm on.

Come to the 4th year of this fun downtown event co-sponsored by Pickford Film Center, Mount Bakery and the SPARK Museum celebrating the bicycle and our community!



This year will feature local bike clubs and shops, SPARK beer garden with Boundary Bay ales, the Bike Show 'n Shine (sort of like a car show for bikes), music by the righteous, Smokewagon, and the movie, Stop Making Sense with the Talking Heads. On Bay Street between Holly and Champion. www.smores.com/qung

The Skagit Bicycle Club and the Skagit County Historical Museum present the **sixth annual Retro Ride & Concours d'Elegance - Aug 19, 10am.**

A lighthearted celebration of cycling history and eccentricity. Bring your oldest, most stylish, or most unusual bicycle and costume.



Begins at the Skagit County Historical Museum, 501 4th Street, La Conner.

This will be an easy ride for cyclists with old, special or unusual bicycles. Come in period or fanciful costume. The event will include a bicycle and costume review, the ride (helmet required), a café lunch, and a tour of the museum. The event will be free except for lunch and the museum tour. Ride Leader: Ken Rasmussen, kayakfit@fidalgo.net, 360) 766 8720

RAPSody 2012, August 25-26 *Ride Around Puget Sound*

Ride Around Puget Sound - Aug 25-26

This weekend bicycle tour around the south Puget Sound is exceptional. RAPSody has hot calzones and cold yogurt parfaits, 30 miles of paved trails, classic Northwest scenery and friendly small towns - plus cyclists doing the Chicken Dance to live music.

Five bike clubs work together to organize this 170-mile event in support of the Bicycle Alliance of Washington's advocacy and education programs. RAPSody starts and ends in Tacoma with an overnight in Shelton. Cost is \$95 until registration closes on Aug. 17. For more information, visit rapsodybikeride.com or call 253-857-5658.

BIKE RIDES & EVENTS IN 2012 – *check back each month as more are added*

Gatherings

August 17: Bellingham Bike-In www.smores.com/qung
September 1: Bellingham Bike Swap: Buy, Sell, or Swap at The Bike Shop's Bike Swap at Civic Field (1225 Civic Field Way), 10am-4pm: thebikeshop1.org, click SWAP
Sept 8: Celebrate 40 years of Lake Padden www.p4lp.org
Sept 8-9: Festival 542 norka.us
Oct 13: Shoot the Trails + awards whimpsmtb.org

Races

Sept 9: Mt Baker Hill Climb norka.us
Sept 15: Bellingham Traverse bellinghamtraverse.com

Parks & Recreation Race Series

see www.cob.org/services/recreation/races/
August 11: Bellingham Youth Triathlon
October 14: Klicks Mountain Bike Duathlon
October 14: YMCA Youth Duathlon

Fanatik Bike Ladies' Rides

Organized by Kathy Salisbury of Fanatik Bike Company. Sign up for any rides you're planning to join - contact Kathy at kathy@graniteprecast.com or RSVP to the group's Facebook page: look up "Fanatik Women's Rides."

Aug 1: Mountain Biking Skills by Emily Smith, 6pm
Aug 15: Beginner's MTB Ride on Galbraith, 6pm
Aug 28: Bike to Beer Cruiser, 6pm
Sept 12: Night Riding Demo, 7:30 pm

Trail Work Parties

Take some time to get outside, volunteer, and improve the city trails and mountain bike trails that we all enjoy. There are trail-work parties being organized by the Bellingham Parks & Recreation, 360-778-7105 and see directions to trailhead meeting places here: <http://www.cob.org/documents/parks/volunteer/work-schedule.pdf>

Classes & Training

REI Cycling-related classes: rei.com/stores/events/65
 Bike Maintenance Basics: **August 20**
 Bike Maintenance 201: **August 5 & 19**
 Bike Wheel Maintenance: **August 28**

everybodyBike Cycling safety and confidence classes: check the events calendar at everybodybike.com/calendar.aspx
Kids' fest Bike Skills Rodeo: August 4
 11am-3pm, Bloedel Donovan Park
everybodyBike Roll-Along: August 9
 Guided social rides: get your cycling questions answered.

2012 RIDES

August

4-10 RAW (eastern WA, ID) cascade.org
5 Summer Ride (Lynden) everybodybike.com/
5 Ride the Hurricane (Port Angeles) portangeles.org
10 Summer Ride (B'ham) everybodybike.com/
12 Summer Ride (B'ham) everybodybike.com/
19 Retro Ride (LaConner) Ken Rasmussen kayakfit@fidalgo.net
19 Summer Ride (B'ham) everybodybike.com/
25-26 RAPSody - Ride Around Puget Sound (Tacoma)
26 Summer Ride Finale (Bellingham, or Tour of Whatcom County) everybodybike.com/events-rides.aspx

September

8 Whatcom County Farm Tour by Bike sustainableconnections.org/foodfarming/whatcom-county-farm-tour-1/
8 Living the Dream Ride (Snohomish) livingthedreamride.org
8-9 MS 150 Bike Ride (Mt. Vernon)
9 Mt. Baker Hill Climb (Glacier) www.norka.us
9 High Pass Challenge (Packwood) cascade.org
16 Chuckanut Century (B'ham) chuckanutcentury.org
16 Cycle the WAVE (Issaquah) cyclethewave.org
22 Tour de Whidbey (Greenbank Farm)
30 Kitsap Color Classic cascade.org

October

6-7 Skagit Valley Bicycle Farm Tour (bike ride probably the 6th) festivaloffamilyfarms.com

TIME TO PRE-REGISTER FOR THE CHUCKANUT CENTURY!

2012 Chuckanut Century
Sunday, September 16



TROPHY IS BACK IN WHATCOM COUNTY

continued from p. 1

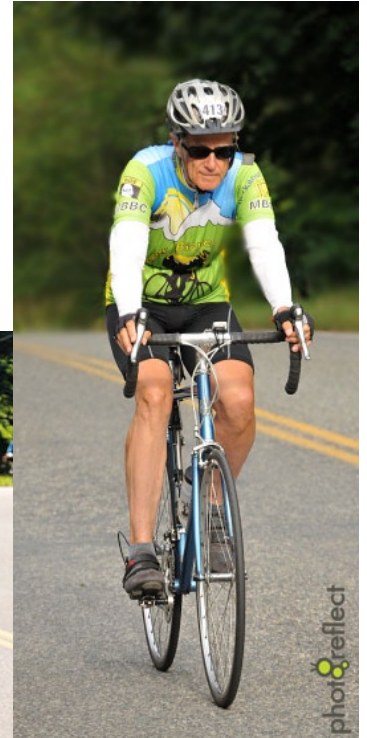


Above: Mary Cole (leading the 50 milers in a pink tutu) and Jennifer Longstaff (team captain in a polka-dotted helmet) accept the Most-Mileage trophy on behalf of the MBBC.

Donnelly M, Ed H, Ed P, Emily B, Enler E, Evan W, Frances D, George S, Grant G, Heather S, Jennifer L, John E, John O, John P, John S, John W, Keith C, Kevin W, Kirsten W, Laura J, Leif S, Lori C, Luis V, Lynn C, Marguerite P, Mary C, Marybeth M, Mike M, Nathan C, Phil B, Phred M, Rick J, Rod C, Scott A, Scott K, Sheri B, Trent V, and Wayne D!

Right: Longest-standing MBBC member John Whitmer heads out on his 105-mile day.

Below: One of The Bike Shop's weekend group riders hits the 25-mile course, helping to bring the trophy back to Whatcom County.



Tour de Whatcom rider photos, such as the two shown here, can be seen and ordered at Jon Brunk Photography: brunkphoto.com, photorelect.com



Left: Our rivals. They even have team-branded arm warmers!

Below: A blur of riders, bikes, and helmets ready to head out on the 105-mile course.



SUMMER RIDING PHOTOS



Fourth of July Ride: (1) we gather....



Fourth of July Ride: (2) we ride....

In this scarce nice weather, no one wants to write newsletter articles so for this month, photos will have to do. Get out and ride before the rain returns all too soon!



Don't even ask. Well, if you must ask, ask Ken.



Fourth of July Ride: (3) we drink! (and eat... and enjoy the sun!)

photos: Marc Ambers Photography





**Sanitary
Service
Company**



BRETT MURPHY
Washington's Injury Lawyers

MBBC ADMINISTRATION

Mount Baker Bicycle Club

Board of Directors and Officers:

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

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

SUMMER RIDES

Summer Rides are easy social outings on two wheels. Roll with friends and meet new friends while discovering Whatcom County's best backroads and hidden bikeways. Summer Rides each feature a different fun theme and cover easy routes of around seven miles (except the final ride on August 26 - see below!)

Here are the Summer Rides for August

August 5, 1-3pm: Lynden! Dutch Treat Ride - Lynden boasts Washington's largest Dutch Heritage settlement where our ride showcases the town's charming windmill and history museum. A performance by the Firewheel Unicycle Team completes the ride. Our ride will take in part of Dutch Old Town and a stop at the Lynden Pioneer Museum. After riding along the Nooksack River, we return to Front street and celebrate with treats after at The Woods Coffee. Departs from Woods Coffee on Front Street, Lynden.

August 10, 4-6pm: I Bike for Chocolate - Start with sweets at downtown's Chocolate Necessities, sample some fudge at Sweet Art then pedal through beautiful Elizabeth and Cornwall Parks. Continue to Fairhaven for a special guided tour of the Fairhaven Pharmacy Museum, consider the gelatto and other sweet shops, and return to Cornwall Avenue for Pure Bliss Desserts.

August 12, 1-3pm: The Transportation Tour - After a bike rack demonstration at Bellingham Station, practice loading your wheels on a WTA bus. Then ride to Fairhaven's Amtrak Station to learn about bringing your bike on the train. View the historic and commercial vessels at the Cruise Terminal and return for after-ride social downtown.

August 19, 1-3pm: Bike the Bayside - Tour Maritime Heritage Park before riding to Squalicum Beach, Zuanich Park and the Marina, with a quick stop at the touch-tank aquarium at the Marine Life Center. Ride ends at Chuckanut Brewery (across the street from Maritime Heritage Park) where riders are invited to purchase refreshments and enjoy conversation. Departs from Mount Bakery, 304 W. Champion.

August 26, Summer Rides Finale: Woods to Woods Coffee Classic:

choose between the long or the short (or do both):



(1) Spruce Social Ride, 1-3pm Gather at The Woods Coffee on Railroad Avenue, enjoy a short guided ride along Squalicum Bay and a stop at The Woods Coffee on Bay St. before returning to Railroad Ave. to receive a participation gift.

(2) Giant Redwood Challenge Ride, 9am-3pm Pedal to as many Woods Coffee locations as you can! Treats will be provided at each location. Plus there's a bonus treat for all who complete the tour, stopping at each and every Woods Coffee shop

(there are a total of 12 locations, and the suggested route to reach them all will cover 50-60 miles). Maps with suggested routes--as well as passports to be stamped--can be picked up at any Woods Coffee location on August 26, so the choice of where to begin is up to you. Or, you can join others for the official start, at 9 am at the Woods location in Boulevard Park.

complete Summer Rides schedule: everybodybike.com/events-rides.aspx

everybodyBIKE

SMART
TRIPS



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			August 1 Wed Group Ride Fanatik MTB Skills Bellingham Parks Trail work party	2 Edison Social Ride REI Bike Wheel Basics	3	4 Donut Ride RAW begins everybodyBike Kids' Rodeo
5 Rabbit Ride Edison Social Ride Ride the Hurricane REI Bike Maint 201 eBike Summer Ride	6	7 Tuesday evening Summer ride Ferndale social ride	8 Wed Group Ride	9 Edison Social Ride everybodyBike Roll-Along ride	10 eBike Summer Ride	11 Donut Ride Recumbent Ride
12 Rabbit Ride Edison Social Ride eBike Summer Ride	13	14 Tues evening Summer ride Ferndale social ride	15 Wed Group Ride Fanatik MTB Beginner	16 Edison Social Ride	17 Pickford Bike-In Movie	18 Donut Ride
19 Rabbit Ride Edison Social Ride eBike Summer Ride Retro Ride REI Bike Maint 201	20 REI Bike Maint Basics	21 Tues evening Summer ride Ferndale social ride	22 Wed Group Ride	23 Edison Social Ride	24 MBBC Newsletter September Deadline	25 Donut Ride RAPSody Day 1 Bellingham Parks Trail work party
26 Rabbit Ride RAPSody Day 2 eBike Summer Ride Finale	27	28 Tues evening Summer ride REI Bike Wheel Ferndale social ride Bike to Beer Cruiser	29 Wed Group Ride	30 Edison Social Ride	31	September 1 Donut Ride Bike Swap



Mt. 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..