



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Volume 17 Number 3, April 2008

MORE RIDING OPPORTUNITIES STARTING IN APRIL

Whatcom Women Extreme Social Rainbow Ride (WWESRR): 2008 schedule is here!

MBBC club members Cindy and Therese are again organizing a series of women's social rides for the 2008 season. These rides are open to all women, and run at an *extremely social* pace. These are rides for fun, not for speed. Come on out and enjoy the scenery and the company. No rider left behind! Bike helmets required.

Rides leave for various destinations from different start points around town on the second Saturday of each month. Rides begin at 9am.

- April 12 Birch Bay to Lake Terrell
- May 10 Lake Samish and Lake Padden
- June 14 Lynden
- July 12 Lummi Peninsula & Island
- Aug 9 Everson
- Sept 13 Bellingham Waterfront or Bow-Edison

Ride details (including starting location) are e-mailed the week before each ride. For more details or to be added to the contacts list, please get in touch with: Cindy Madigan: cindymadigan@hotmail.com 360-305-7951 or Therese Kelliher: cascadilla23@yahoo.com 360-303-3946



WHATCOM OUTDOOR EXPO: APRIL 19

Kick-off the spring with an action packed Expo featuring dozens of the area's best outdoor recreation companies. It's like a Home Show but for outdoor fun! And it's FREE!!

Saturday, April 19th 2008
9 a.m. - 4 p.m.
Bloedel Donovan Park

www.whatcomoutdoorexpo.com

Tuesday Evening Ramp-Up Ride

It's time to get back on the bike, meet new friends, and acquire some new cycling skills. During the months of April and May, Doug will be leading a ride from the parking lot of Whidbey Island Bank (920 W. Bakerview Road, at the corner of Northwest Ave and Bakerview). *Please enter from the Northwest-Aldrich Road side entrance and park only in the spaces in the north side lot.* We will meet at 5:45pm and leave promptly at 6:00pm. Distance and speed will be determined by the ability of the group, but initially will average 14-15mph with a distance of 10-15 miles.

After the ride everyone is welcome to join the group at Jeckyl & Hyde Deli on Orchard St. for a bite to eat.

Ride focus is to introduce the skills necessary to ride in groups. We 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. On days that the weather does not cooperate, we have an area where we can brush up on things like fixing a flat, minor bike maintenance, and bike fit.

This is the ride for you if you are uncomfortable riding in a group, want to do a ride like STP or RSVP or practice riding in a paceline.

For more information contact Doug Schoonover, ridecoordinator@mtbakerbikeclub.org; 410-6431.



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This month's contributors:
Cindy Madigan, Kae Moe, Sgt. David Richards, Doug Schoonover, Mark Wheatley, Todd Williams. *Thanks all!*

2008 Special Rides
See mark-your-calendar section on page 5.

2008 Events (more on p 5)
BtW&S Day Planning: Apr 2
Travelogue: Apr 14
Whatcom Outdoor Expo: Apr 19

MBBC listserv--<http://sports.groups.yahoo.com/group/MtBakerBicycleClub/>

Club Website:
www.mtbakerbikeclub.org
Newsletter archive online:
www.mtbakerbikeclub.org/Newsletters/newsletters.htm

WEEKLY AND GROUP RIDES



Tuesday Ramp-Up Ride (April - September); Starts from parking lot of Whidbey Island Bank, 920 W. Bakerview Road. Meet at 5:45, depart 6:00 pm. 14-16 mph initially as we practice fundamentals of group riding, to prepare for summer rides ridecoordinator@mtbakerbikeclub.org or 410-6431.

Tuesday Social Ride: 10am, starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. Info: Robert Parker at rmp4724@az.com or 360-671-6910

Tuesday Training ride: (summer months) 30-40 miles, 18 mph (race pace), "Hot Laps" ride departs from Kulshan Cycles at 6 pm to a practice road race course

Wednesday Fanatik Off road rides: Weekly group rides during summer months leaving the shop or other sites around town between 5-6pm. Contact Kathy Salisbury at Fanatik Bike Shop: (360) 756-0504 or check the calendar at www.fanatikbike.com. Please call the store to sign up.

Wednesday "Hammer" 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. (From Oct-Mar this is a night trail ride with lights). Re-group at brewery afterwards (7:30 pm). Contact: ridecoordinator@mtbakerbikeclub.org 410-6431

Thursday Nooner: 45 minutes to an hour, 14-16 mph pace. Get out of the office and release some stress! Leave from Mt Baker Theatre at noon sharp. Rain cancels. Brad Burdick 733-5793 x14 or email burdick@mountbakertheatre.com

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--Contact Robert Parker at rmp4724@az.com or 360-671-6910

Saturday WhiMP MB Ride 10 am. Meet at the tennis courts at Lake Padden. Intermediate to advanced ride. Contact Darren, 733-3441, or www.whimpsmtb.com/info.htm for more information

Whatcom Women's Extreme Social Rainbow Ride: "WWESRR" Second Saturday of the month at 9am, April--September. Details are emailed the week before the ride. Contact Cindy: cindymadigan@hotmail.com 360-305-7951 or Therese: cascadilla23@yahoo.com 360-303-3946

everybodyBikeCommunity Rides: Check www.everybodyBike.com/calendar.aspx for listings

We are indebted to Sunshine Printing,
www.sunshineprinting.net, 207 W. Holly St. in
Bellingham for printing the MBBC newsletter

We're Much More Than a Club!

Recreation –Mt. Baker Bicycle Club hosts weekly, monthly and a variety of annual recreation rides for members and guests throughout the year.

Rides are oriented to all levels of ability including beginners, social riders, commuters, touring and high level race training. Check the newsletter for current rides and come along as our guest!

Education – Bicycling safely is a learned skill. The Club offers courses in partnership with the Bellingham Parks Department. We work with local groups to host bike skills rodeos at annual community fairs. Funds raised by club activities help support training of more teachers, training bicycle skills to kids means a lifetime of safer roads.

Encouraging bicycling is an important part of the Club's education work. Our annual Bike to Work and School Day

promotion has helped hundreds of commuters "Be part of the solution" launching careers of folks bicycling to work or cycling their kids to school.

Trails – In partnership with Whatcom TrailNet and the Whatcom Independent Mountain Pedalers, the Club helps advocate for development of a complete trail and mountain-bike network throughout Whatcom County. The Club works with Bellingham Walks to improve the system of walking paths connecting communities both in cities and rural areas so that our children have safe routes to get to school.

Race Training – Weekly club rides offer new and seasoned high-level riders the chance to improve team riding skills. In partnership with the Ken Meyer Memorial Foundation, the Club hosts annual Criterium Bike Race events. Whether training for professional-class races or for endurance events or tours, these weekly training rides give Club members the extra edge to compete and win.

Mt. Baker Bicycle Club vision:

Residents and visitors of all ability levels enjoy frequent and safe cycling throughout the Whatcom County region.

Our Mission: Encouraging and assisting everyone to experience safe and healthy cycling for recreation, transportation, or racing on roadways and trails in and around Whatcom County.

Mt. Baker Bicycle Club goals:

1. Increase the number of people bicycling regularly
 - conducting and supporting recreational and educational bicycle events and rides
 - helping all types of people enjoy bicycling
2. Encourage safe and enjoyable bicycling
 - educate the public on safe bicycling skills and sharing the road
 - communicate issues of interest to bicyclists
3. Advise decision makers on facilities and policies that maintain or improve safe bicycling conditions on roadways and trails
4. Promote bikes as environmentally friendly transportation
 - partnering to reduce environmental damage of transportation

Mt. Baker Bicycle Club Board of Directors and Officers:

Ellen Barton - President; Marie Kimball - Vice President; Michael McAuley, Secretary Cathie Gerlicher, Treasurer; Doug Schoonover, Ride Coordinator; Pamela Robertson, Rodd Pemble, Marc Ambers, Chris Covert-Bowlds

Contacts:

Ellen Barton--raleigh3speed@hotmail.com (734-8540)
Marie Kimball--bikebham@yahoo.com (752-1236)
Doug Schoonover--ridecoordinator@mtbakerbikeclub.org (410-6431)
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 weekend 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 or TIFF format for photos, and ensure they are .
- at least 300 dpi. Any 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. .
- .
- Email the newsletter editor: mBBCnewsletter@mtbakerbikeclub.org, .
- or to Editor, MBBC Newsletter; PO Box 2702; Bellingham WA 98227 .

THINK BIKE SAFETY: tip from Bellingham Police Department Traffic Division

this month: *Ride Safe, Be Seen*

During hours of darkness all bicycles being ridden must have a white lamp attached to the bike. The light cast from this lamp must be visible from 500 ft in front of the bike. The rear of the bike must have a red reflector that can be seen from 100 ft to 600 ft behind the bicycle or a red tail lamp which can be seen from 500 ft by a vehicle with lawful low beam headlights. Both must be attached to the frame or handlebars. A common misconception by bicycle riders is that they are not required to have a headlamp or the rear reflector. A bicycle rider who does not meet these two conditions may be cited for this violation and the penalty amount is \$103.

Blinking lights are nice but do not meet the criteria of the RCW (Revised Code of Washington). Lights affixed to helmets and clothing may not always be in a forward facing position so the lights must be attached to the bicycle. Imagine this scenario: You are riding on the street and look to your left to see where the barking dog is coming from. You have a helmet mounted safety light. It is now shining off to your left. A car stops at a stop sign to your right. The driver looks towards you but can not see you (your helmet mounted light is facing the wrong direction) and you do not see the car because you are looking left. The car pulls out... You can fill in the rest. This is an actual example, and the bicycle rider could be cited for not having a proper headlamp.

Hours of darkness are defined as 30 minutes after sunset to 30 minutes before sunrise. We suggest light be used in all dark conditions such as inclement weather, when cycling through tunnels, or use when the street lights are on. Ride safe, be seen.

BMC 11.48.100/RCW46.61.78

-- Sgt David Richards, Bellingham Police Department Traffic Division



Whatcom Independent Mountain Pedalers (WhIMPs) are getting trails in shape for the season - you can help!



The WhIMPs Mountain Bike Coalition (WMBC) trail crews are now in full swing. Riders who appreciate well-maintained trails are all excited to get out and swing the trail tools again. A lot of upgrades are planned for many of the existing trails, and much of this work is being done early. These are great trail sessions to learn good building skills.

This year WhIMPs is very pleased that the bike shops and running shops in town have stepped up to each sponsor a trail day. Erin Baker Wholesome Baked Goods is also donating breakfast cookies!

Meet at 10am; transportation to the trail heads is provided and tools are supplied. Please wear appropriate clothing for the weather conditions- boots, rain gear and work gloves are essential for most sessions. Water and some fuel for the body is a good idea too. Crews go rain or shine, snow or rain.

The schedule for the remainder of spring 2008 is:

April 6 - meet @Lake Padden Softball Fields, sponsored by Kulshan Cyclery

April 12 - meet @ Upper Padden Parking Lot, sponsored by REI

April 20 -meet @Lake Padden Softball Fields, sponsored by Kona Cyclery

May 10 - meet @ Upper Padden Parking Lot, sponsored by Fairhaven Bike & Mountain Sports.

June 28 - meet @ Upper Padden Parking Lot

For more details and contact information, go to:

www.whimpsmtb.com/trailbuilding.html





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Bike Expo Report

MBBC Booth a Popular Stop at March 8/9 Bike Expo in Seattle



Expo photos, clockwise from top right: MBBC booth babes; vintage bikes display; triple tandem; leather saddles; booth prepping; bike commuter parking: full!



Perhaps it was our fortuitous location (across the aisle from the food and espresso vendors), but the MBBC booth at this year's Seattle Bike Expo was a constant center of activity. Many people came to inquire about the Mt Baker Hill Climb, then also discovered the Chuckanut Century and Tour De Whatcom. Volunteers at the booth were hoarse after a few hours of pumping up our local rides. A good time was had by all!



MBBC MEMBERSHIP FORM

New Member Renewing Member This is a change of address

Last name: _____ First name: _____

Address: _____

City: _____ State: _____ Postal Code: _____

E-mail: _____

Home telephone: _____ Work telephone: _____

Associate member: _____

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

May we share your contact information with other organizations? yes no

Membership type:

Individual: \$15 _____

Family/Associate: \$25 _____

Additional Donation: _____
(donations support bike safety education)

Total enclosed: \$ _____

Please enclose a check payable to:
Mt. Baker Bicycle Club
(There will be a \$20 fee for all returned checks.)

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 Mailings or Data
- Bike to Work and School Day Chuckanut Century
- Special events Website Maintenance Education
- I can provide discounts on _____

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



2008 SPECIAL RIDES: *Mark Your Calendar!*

April

Tulip Pedal (Skagit County) April 5
www.skagititems.com/tpedal_main.htm
 WWESRR*-- Birch Bay to Lake Terrell April 12
 Tour de Lopez (Lopez Island) April 26
www.lopezisland.com/tour.html

May

Ride Around Clark County (down south!) May 3
www.vancouverbicycleclub.com/RACC.html
 Camano Climb May 3
 Rhody Tour (Port Townsend): May 4
www.ptguide.com/rhodytour/
 WWESRR*-- Lake Samish and Lake Padden May 10
 Skagit Spring Classic (Skagit/Whatcom County) May 10
www.skagitbicycleclub.org/articles/765
 7 Hills of Kirkland: May 26 www.7hillskirkland.com

June

Fort2Fort (Port Townsend): June 8 fort2fortride.org
 Flying Wheels (King County/east side & Snohomish county) June 14
www.cascade.org/EandR/flying/
 Chelan Century Challenge: June 14 www.centuryride.com
 WWESRR*-- Lynden June 14
 Tour de Blast (Mt St Helens) June 21 www.tourdeblast.com

July

WWESRR*-- Lummi Peninsula & Island July 12
 STP (Seattle to Portland) July 12-14
www.cascade.org/EandR/stp/
 RAMROD (Mt. Rainier) July 31
www.redmondyclingclub.org/RAMROD/

August

Tour de Whatcom (Whatcom County) Aug 2
www.tourdewhatcom.com
 RAW (Ride Around Washington) August 2-9; *sold out***
www.cascade.org/EandR/raw/
 WWESRR*-- Everson Aug 9
 RSVP (Seattle to Vancouver BC) August 15-16 *sold out***
www.cascade.org/EandR/rsvp
 RAPSody (Puget Sound area) Aug 23-24
www.rapsodybikeride.com

September

Mt. Baker Hill Climb (Whatcom County) Sept 7
www.norkarecreation.com/hcindex.html
 WWESRR*-- Bellingham Waterfront or Bow-Edison Sept 13
 Chuckanut Century (Skagit/Whatcom County) Sept 14
 Trek Tri-Island (San Juan Islands) Sept 20-22
www.cleanairadventures.org/trek_tri_island
 Tour de Whidbey (Whidbey Island) Sept 27

October

Kitsap Color Classic: Oct 5
 Fall Bike Festival (Winthrop): Oct 4-5



A good-sized crowd enjoyed chocolate, wine, snacks, bike gear, and company at the Kulshan Cyclery *Ladies' Night* on March 20th. If you missed it, be sure to watch for it again next year!



2008 EVENTS

RideOn! Bicycle Travelogue Series 7-9 pm, Bellingham Public Library. \$2 donation suggested.

April 14: "The Western Express: Bellingham to Santa Fe following the Lonelist Highway/US 50, Utah Parks Route, Monument Valley and Four Corners"
 by Jim LeGalley

REI Events (monthly sponsored by Bellingham REI):

April 1 and 22: Bike Maintenance 101;
 April 26: Bike Maintenance 201;
 April 28: STP Training Prep; April 29: Fat Tire 101
 Details: <http://www.rei.com/stores/events/65>

Whatcom Outdoor Expo: April 19

www.whatcomoutdoorexpo.com/

everybodyBike April events:

April 12: Pump you up at the Farmer's Market
 April 14: First Gear, free introduction to cycling course
 April 26: Barkley Hagen: Safety Fair Bike Rodeo, 10am
 April 28: First Gear
 April 30: Fixing to Ride + Traffic and Trail
www.everybodybike.com/calendar.aspx

Bike to work & school day: May 16

planning meetings 6:30-8:30pm,
April 2, May 7 Bellingham Public Library

WHiMPs Trail Work Days on Galbraith

April 6, April 12, April 20, May 10, June 28
www.whimpsmtb.com/trailbuilding.html for details

Everybody Bike Month, Bellingham: May 1-31

May 1: Bike Month Kick-off Reception
watch for many more events coming in May!

Adaptive Cycle Expo, presented by

The Outdoors for All Foundation; May 17, 11am-2pm,
 Lottie Street (in front of City Hall)

*WWESRR: Whatcom Women's Extreme Social Rainbow Ride



COMMUTING BELLINGHAM/ PORTLAND ON TRAIN AND BIKE? ... NO PROBLEM.

Mark Wheatley lives in Bellingham and works for a company with offices in Bellevue and Portland. He manages his commute without a car, thanks to Amtrak, the Portland light rail system, and his folding bike. His commuter routine: pack work material and clothes into luggage bag with backpack straps, cycle to Bellingham Amtrak station, train to Portland, and commute to office, hostel, and around town via cycle and light rail. You go Mark! My helmet is off to you!



photos of a typical Wheatley commute:
L-R, Top to Bottom:
(1) our hero, suited up and heading out the door on foldable bike;
(2) folded bike and luggage in Amtrak luggage closet;
(3) Amtrak station bench;
(4) Portland office, with bike parked up front;
(5) Amtrak monitor shows arrival soon in Portland.



**We are urgently called to action....
..... to stand up for our environment!**

"... we are urgently called to action in 2 distinct capacities: to serve as hospice workers to a dying culture, and to serve as midwives to an emerging culture."
- Will Keipin

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SHORT SUBJECTS...

a little of this and that



Bellingham Training Program can Help Coach You to Your Fitness Goals

USA FIT BELLINGHAM TRIATHLON AND CYCLING is a training program for people of all fitness levels who want to participate in a triathlon or century ride. Step outside your comfort zone and train with USA Fit for either the Lake Padden or Clear Lake Triathlons or the Tour de Whatcom or Chuckanut 100 mile century rides.

USA Fit coaches are devoted to getting you into the best shape of your life in a non-intimidating, fun, and safe environment. USA Fit's goal is to educate and inspire each member through informational seminars and group workouts. Meetings will be twice a week (Wednesday evenings and Sunday mornings) for training rides. They have a training plan ready for you to be successful, so come out and join in! Make new friends, get fit, and have fun.

If interested, please check out the website at www.usafitbellinghamtriathlonandcycling.com

People can still sign up for the USA Fit program until the end of April. The first official training session is Wednesday, April 16th, at Lake Samish.

-- Kae Moe, Kulshan Cyclery



MBBC Board Member to Cycle for Clean Air

Chris Covert-Bowlds will ride from Seattle to San Francisco in a September fundraising ride, in support of the American Lung Association. Please take a look at Chris's online contributions page and consider making a donation in support of lung disease prevention and clean air!

Alias** to Chris's fundraising page: <http://tinyurl.com/3ykkns>
More information about the ride: www.cleanairadventures.org
Contact Chris directly: c.covertbowlds@comcast.net

(* full-length web page address is: <https://www.mrsnv.com/evt/e01/part.jsp?id=1701&acct=4903095915&rid=0>)



Bikely Website Resource for Local Rides (wherever "Local" may be)

Simply speaking, Bikely helps cyclists share knowledge of good bicycle routes.

It can be tricky traversing a car-dominated city by bicycle, particularly when you need to travel an unknown route to a new destination.

But chances are, someone has cycled that

way before you. Bikely makes it easy for him or her to show you the best way. www.bikely.com

Go to the Bikely website to look for local rides as well as to enter your favorites. There are already many routes entered for Bellingham:

www.bikely.com/listpaths/srchkey/bellingham



Questions for the Chief

In the hopes of setting up a future interview with Bellingham's new chief of police, we would like to gather some questions from local cyclists. The theme of the Q&A will be cycling, safety, and law enforcement.

Please email your questions to Todd Williams, Todd@NWActivities.com or 360-739-9953



MBBC Website is Updated Often - don't forget to stop by

Reasons to read the MBBC Website:

- see new articles by webmaster Tim Reinholtz
- up-to-date news such as recent bike recall info
- check this newsletter a week or so before you receive it in the mail
- see this newsletter with the photos in color
- from the MBBC site, you can join the listserv where you can participate in bike chit-chat and see news daily, and from everyone

<http://www.mtbakerbikeclub.org/>



Merrill Lynch

G. Todd Williams

2950 Newmarket Street • Suite 104 • Bellingham, WA 98226

www.fa.ml.com/gtodd_williams

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		APRIL 1 Tuesday Social Ride Tues Ramp-Up Ride REI event: Bike Maintenance 101	2 Wed Hammer Ride Bike to Work & School Day: planning meeting	3 Thurs Nooner Ride	4	5 Donut Ride Tulip Pedal - LaConner
6 WhIMPs Trail Building Day	10	8 Tuesday Social Ride Tues Ramp-Up Ride	9 Wed Hammer Ride	10 Thurs Nooner Ride	11	12 Donut Ride Recumbent Ride WWESRR (women's) everybodyBike: Pump up @ Farmers Mkt WhIMPs Trail Building
13	14 Bike Travelogue, Jim LeGalley everybodyBike:First Gear	15 Tuesday Social Ride Tues Ramp-Up Ride	16 Wed Hammer Ride USA Fit Training Session	17 Thurs Nooner Ride ...	18	19 <i>Passover Begins</i> Donut Ride Whatcom Outdoor Expo
20 WhIMPs Trail Building Day	21	22 <i>Earth Day</i> Tues Social Ride Tues Ramp-Up Ride ... REI event: Bike Maintenance 101	23 Wed Hammer Ride	24 Thurs Nooner Ride	25 <i>Arbor Day</i>	26 Donut Ride Tour de Lopez everybodyBike: Safety Fair Bike Rodeo REI event: Bike Maintenance 201
27	28 REI event: STP Training Preparation everybodyBike:First Gear	29 Tues Social Ride Tues Ramp-Up Ride ... REI event: Fat Tire 101	30 Wed Hammer Ride everybodyBike: Fixing to Ride; Traffic & Trail	MAY 1 Thurs Nooner Ride everybodyBike: Bike Month kickoff reception	2 everybodyBike: Holland Days Tulip Pedal, Lynden	3 Donut Ride everybodyBike: Road Ride (Full Cycle p 4)

Have you renewed your membership?
 Check the date on the mailing label and
 please please renew!!!

Spring is on here! Let's go on a bike ride.