



# MBBC

**More Bicycling = Better Community!**

Mt. Baker Bicycle Club Newsletter, Volume 17 Number 6, July 2008

## FEATURED RIDES YET IN 2008 – MANY CENTURY OPPORTUNITIES

### Tour de Whatcom: right around the corner: coming August 2

[www.tourdewhatcom.com](http://www.tourdewhatcom.com)

### 2008 Chuckanut Century: Current Status Report:

The Chuckanut Century (September 14), while still in the planning stages, is progressing nicely. A new major sponsor has joined us: RAM Construction. SSC is returning again this year as the other major sponsor. Thanks to them, as well as our other sponsors, for helping make this event happen.

As usual there are always changes. The biggest one involves modifying the southern route to coordinate with the MS150 ride which is happening the same day. This will work fine for the most part as the riders will be on the course at different times and we are working on sharing the food stops.

We could use a couple of volunteers to work on some aspects of the ride that would raise additional funds for Whatcom Hospice. For example, encouraging riders to solicit individual pledges.

For more information: Doug Schoonover, 360-410-6431 or [doug.schoonover@gmail.com](mailto:doug.schoonover@gmail.com).  
[www.mtbakerbikeclub.org/ChuckanutCentury/ChuckanutCentury.htm](http://www.mtbakerbikeclub.org/ChuckanutCentury/ChuckanutCentury.htm)

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This month's contributors:

JoAnne Cohn, Aileen Crotty, Lyla Foggia, Donna Merlina, Kae Moe, Ken Rasmussen, Sgt. David Richards, Doug Schoonover. Thanks to all!



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

Club Website:

[www.mtbakerbikeclub.org](http://www.mtbakerbikeclub.org)

Newsletter archive online:

[www.mtbakerbikeclub.org/Newsletters/newsletters.htm](http://www.mtbakerbikeclub.org/Newsletters/newsletters.htm)



## Seattle Century Inaugural Ride is July 27

The first *Seattle Century* will be a catered tour of Seattle like no other. You'll be well supported whether you do the full or half century route. And we're not just talking about SAG vehicles and mechanical support: think fresh pies while stopping at the farm where the berries were picked; gorgeous rural routes; and extensive rest stops every 15 miles. The finish line party includes a gourmet meal (featuring asparagus, wild salmon caught the day before, and berry cobbler a la mode), post-ride beer, take-home goodies, and music at Magnuson Park.

You'll enjoy scenic, well planned routes along this amazing tour as you explore Seattle and the outlying communities on a mixture of quiet rural roads and bike paths on a mostly flat course.

The full century route is a loop starting from the Burke Gillman trail and heading east of Seattle. After Bothell, the route makes a clockwise loop to Redmond, Duvall, Carnation, Fall City, Snoqualmie,

Issaquah, Bellevue, Mercer Island and back to Magnuson Park.

The half is a shortened version that heads south from the west side of Lake Sammamish and joins the end of the century route.

The ride is being staged by Good Sport Promotions, a group with over 10 years' experience creating rides to benefit nonprofit organizations. GSP has begun the Seattle Century after the success of its Portland Century ride that benefits Hands on Greater Portland, a nonprofit that encourages volunteerism. The Seattle Century is a benefit for the Bicycle Alliance of Washington and Bike Works. BAW is dedicated to making Washington a better place for cycling. Bike Works is a nonprofit that helps disadvantaged youth learn bike safety and earn bikes, and also sponsors a bike recycling program.

503-459-4508, [www.seattlecentury.com](http://www.seattlecentury.com)

-- submitted by Aileen Crotty

## WEEKLY AND GROUP RIDES

**Sunday Tony's Ride:** (May-Sept) two groups (1) race pace, 30-40 miles, 20+ mph and (2) medium speed, shorter course. Depart from Fairhaven Village Green (10th & Mill) 7:30 am sharp. Al Coyle, fbrinfo@gmail.com. Tony's Coffee afterward.

**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 (with a slower and faster group available). Practice fundamentals of group riding. 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 Hot Laps Ride:** (summer months) 30-40 miles, race pace. Training ride departs from Kulshan Cycles at 6 pm to a practice road race course

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

**Fanatik Wednesday Galbraith Rides in Summer**  
Sign up in advance for women's MTB rides, see schedule at fanatikbike.com, 360-756-0504; kathy.fanatikbike@gmail.com

**Thursday Nooners:** 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

**Thursday Fairhaven-on-the-Green Ride:** (May-Sept) two groups (1) race pace, ~30 miles, 20+ mph and



(2) medium-speed group on shorter course. Leaves from Fairhaven Village Green (10th & Mill) 6:00 pm sharp (meet at 5:45). Info: Al Coyle, fbrinfo@gmail.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. Info: Robert Parker at rmp4724@az.com or 360-671-6910

**Saturday Kulshan Ladies Ride:** Depart Kulshan Cycles at 8:00 am. 2 groups: (1) 18 miles, 12-14 mph (2) 25 miles, 15-17 mph. We'll head from Kulshan down Chuckanut, then toward/around Lake Samish and return. Heavy rain cancels. Info: Kae Moe, kulshancycles@comcast.net

**Whatcom Women's Extreme Social Rainbow Ride:** "WWESRR" Second Saturday of the month at 9am, April-September. Details emailed the week before the ride. Contact Cindy: cindymadigan@hotmail.com 360-305-7951 or Therese: cascadiila23@yahoo.com 360-303-3946

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

**WhIMPs Mountain Bike Rides:** contact the club on their website for schedule: www.whimpsmtb.com



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**T R I P S**

## 2008 UPCOMING EVENTS

### Parks Department Volunteer Trail Work Days

Spare a few hours to help maintain the trails that we all enjoy for cycling and hiking. Gloves and tools provided, you only need to show up! Wednesdays, 6:30-8:30 pm in July/August

July 2 - Clarita Moore Loop of the Interurban *walkabout*\*

July 9 - Boulevard Park

July 16 and August 6 - Woodstock Farm

July 23 - South Bay Trail; July 30 - Racine Trail *walkabout*\*

\**walkabout* days include interpretive talks by park naturalists while working details: Rae: 778-7105 or City of Bellingham website:

[www.cob.org/government/public/volunteer/parks/](http://www.cob.org/government/public/volunteer/parks/)

### Kulshan Cyclery Events in July, [www.kulshancycles.com](http://www.kulshancycles.com)

July 11: Customer appreciation night at the store, 7-9pm

July 12: WSD/Demo Day, Lake Padden 10am-3pm.

### Skagit Valley Omnium stage race, July 5-6

July 6: Bellingham Criterium downtown; heats from 2-7pm

[www.shuksanvelo.com/2008omniumflyer.pdf](http://www.shuksanvelo.com/2008omniumflyer.pdf)

### Indie Series #5, Padden MTN Pedal offroad bike race

July 13: Lake Padden Park: 26 entry categories including free kids race; heats from 10am-2pm

[www.indieseries.com/padden.html](http://www.indieseries.com/padden.html)

### Parks and Recreation Community Race Series

July 26: Lake Padden Duathlon

August 9: Bellingham Youth Triathlon

October 12: [runningshoes.com](http://runningshoes.com) Duathlon, YMCA Youth Du

[www.trithecookie.com](http://www.trithecookie.com)

### Tour de France viewing at Mount Bakery

July 5-27, 5:30-8:30 am. Watch live coverage on the big screen before going to work. Donations appreciated.

July 27: final day, party 4:30-8:30 am, bike ride afterward

[www.norkarecreation.com/tourindex.htm](http://www.norkarecreation.com/tourindex.htm)

### REI Events (monthly sponsored by Bellingham REI):

July 21: Bike Maint 101, July 12 and 26: Bike Maint 201

[www.rei.com/stores/events/65](http://www.rei.com/stores/events/65)

### everybodyBike Kids Fest Bike Rodeo: August 2, 11am-3pm

details Mary Anderson, 671-BIKE, [info@everybodybike.com](mailto:info@everybodybike.com)

### 2nd Annual Retro Ride/Cycle Celebration, LaConner, Aug 24

Bellingham Traverse: Sept 27 [bellinghamtraverse.com](http://bellinghamtraverse.com)

### Adventures in Travel Expo (Seattle): Sept 13-14

[www.adventureexpo.com](http://www.adventureexpo.com)

## 2008 SPECIAL RIDES

### JULY

12 WWESRR\*-- Lummi Peninsula & Island

12-13 STP (Seattle to Portland) *sold out as of 6/11/08*

[www.cascade.org/EandR/stp/](http://www.cascade.org/EandR/stp/)

16-20 Redspoke (Redmond to Spokane)

[www.redspoke.org](http://www.redspoke.org)

19 S2S Seattle/Spokane ultra endurance 284-mile 1-day ride

[www.redmondcyclngclub.org/S2S/S2S.html](http://www.redmondcyclngclub.org/S2S/S2S.html)

26 RAP 150 (Burlington) [www.rap150.com](http://www.rap150.com)

27 Seattle Century (King County/east side)

[www.seattlecentury.com](http://www.seattlecentury.com)

31 RAMROD (Mt. Rainier) *full*

[www.redmondcyclngclub.org/RAMROD/](http://www.redmondcyclngclub.org/RAMROD/)

### AUGUST

2 Tour de Whatcom (Whatcom County)

[www.tourdewhatcom.com](http://www.tourdewhatcom.com)

2-9 RAW (Ride Around Washington) *sold out*

[www.cascade.org/EandR/raw/](http://www.cascade.org/EandR/raw/)

9 WWESRR\*-- Everson

15-16 RSVP (Seattle to Vancouver BC) *sold out*

[www.cascade.org/EandR/rsvp](http://www.cascade.org/EandR/rsvp)

23-24 Bay2Bay (Whatcom County) [www.wcnbay2bay.com](http://www.wcnbay2bay.com)

23-24 RAPSody [www.rapsodybikeride.com](http://www.rapsodybikeride.com)

### SEPTEMBER

7 Mt. Baker Hill Climb (Whatcom County)

[www.norkarecreation.com/hcindex.html](http://www.norkarecreation.com/hcindex.html)

7 High Pass Challenge (Mt St Helens)

[www.cascade.org/EandR/hpc](http://www.cascade.org/EandR/hpc)

13 WWESRR\*-- Bellingham Waterfront or Bow-Edison

14 Chuckanut Century [www.mtbakerbikeclub.org/](http://www.mtbakerbikeclub.org/)

[ChuckanutCentury.org](http://ChuckanutCentury.org)

13-14 Group Health Bike MS (Skagit, Whatcom, Island Co)

[bikewas.nationalmssociety.org](http://bikewas.nationalmssociety.org)

19-22 Trek Tri-Island (San Juan Islands)

[www.cleanairadventures.org/trek\\_tri\\_island](http://www.cleanairadventures.org/trek_tri_island)

27 Tour de Whidbey (Whidbey Isld) [www.whidbeygen.org](http://www.whidbeygen.org)

### OCTOBER

5 Kitsap Color Classic

\*WWESRR: Whatcom Women's Extreme Social Rainbow Ride

We are indebted to Sunshine Printing,  
[www.sunshineprinting.net](http://www.sunshineprinting.net), 207 W. Holly St. in  
Bellingham for printing the MBBC newsletter

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## MBBC: 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 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: \_\_\_\_\_

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

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 \_\_\_\_\_

### 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.)

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

## THINK BIKE SAFETY: tip from the Bellingham Police Department Traffic Division this month: *Cyclist Strategy at a Traffic Signal*



As a bike commuter I know and experience many of the frustrations most others cyclists do. Here is a question after last month's newsletter safety column: *"I try to wait at stoplights but if there's no cars around, they never change to green for me. So I have no choice but to 'jump' them. Obviously, the stoplights are for cars and not for bicycles."*

Most all of the City of Bellingham intersections with traffic lights have wire loops in the lane of travel that sense a vehicle coming over the loop and send a "call" to the controller that tells the controller that a vehicle is in line for the green signal. The controller then cycles through the proper sequence and gives the vehicle a green light. Most of the time this system functions quite well and keeps traffic moving at a brisk pace. However for the bicycle rider it may not always work well.

If you are approaching a signal and there are no cars approaching with you, you should consider riding slowly over the edge or center of the loop. By slowing down, the sensor has a better chance to know that you are there and to start the sequence. If there are cars coming up, stay to their right and let them catch the sensor. One problem that bike riders face is that once we ride over the sensor we tend to move to the right or stop just in front of the sensor. The a problem is that the sensor may think that you ran the light and therefore no longer need the "call" for the green signal. I see drivers in cars that pull too far into the intersection sit and wait for the green because sensor thinks they are gone. Have you ever seen a driver cautiously back up to catch the sensor?

It is also a problem where the sensors are buried under new asphalt and you cannot see the loops. They will always be centered in the lane of travel for the vehicles, just to the right of the lane divider, so even if they're buried and you can't see them, you can trip them by stopping in the center.

Another option is to ride up to the crosswalk signal and push the walk button. I know that this may not be practical but it is a better option than just running the red light. As an officer I cannot tell you it is OK to eventually run the red signal. What I can say is that most officers who see a bike rider stop, wait for a reasonable time and see no cross traffic, will most likely not cite a bike rider for eventually *carefully going through the red signal*. You *will* get a ticket when the officer sees you run the red light or stop and fail to remain at the light when there is other traffic near the intersection. We see this a lot downtown and in congested traffic areas.

In a perfect world we would have sensors set to the right side of the lane to catch the bicycle. In a perfect world we would have harmony with other vehicles and drivers. We would have wide bike lanes separated from the vehicles that are well cared for and well lighted. We would obey all the rules of the road and the drivers would too. But until then we must ride smart, be safe and be seen.

-- Sgt David Richards, Bellingham Police Department Traffic Division

## SHORT SUBJECTS... a little of this and that about cycling...

### Invitation to check out *The Bicyclist* online: [www.TheBicyclist.tv](http://www.TheBicyclist.tv)

*The Bicyclist* is an Internet-only TV series set on the streets of counter-culture Portland, Oregon (named the #1 bike-friendly city in America by Bicycling magazine). *The Bicyclist* is about, by and for anyone who loves to ride a bike. The show celebrates bike culture and the benefits of riding with a smile and a global fan base that stretches to Amsterdam, Australia, Austria, France, Portugal, and the UK.

The series follows the rivalries, romances and misadventures of five unlikely free-wheeling friends whose lives intersect through The Recyclery, an actual bike shop on Portland's east side. Along the way, they cross paths with a host of quirky characters, adding to their adventures.

*The Bicyclist* debuted on March 1, 2007, and was immediately selected by TV Guide as one of its "Best of the Web" picks. The series is now up to 28 episodes, with more to come monthly. (All 28 episodes can be viewed at any time on the website.)

-- Lyla Foggia, [foggiapr.com](http://foggiapr.com)

### Announcing the 2nd Annual Retro Ride and Cycle Celebration - August 24

Come join a celebration of cycling on August 24, near La Conner. Last year's event was a smashing success, and this year's promises to be even better, with more ancient, unusual and stylish

bicycles, more costumes, and more happy cyclists enjoying the Northwest's most lighthearted event. There's still plenty of time to get ready, so refurbish, borrow or buy the ancient or stylish bicycle of your dreams, and get your costume together. If you can't manage an unusual bike or costume, come anyway, the gawking is great!

The venue is the Rexville Grocery (19271 Best Road near La Conner), with brunch beginning at 11:15, Bicycle and Costume Review in the Pavilion at 12:00, The Grand Parade at 1:00, and Tea Time at 2:30.

The course for "The Grand Parade" will be easy, about 15 miles, and will include a ride through downtown La Conner. The ride is suitable for cyclists of all abilities and ages, and will include options for shortening or lengthening the basic course. (Approved helmets must be worn when riding, though costume hats are appropriate for the Review.)

This is a celebration of cycling with historical roots, carried through in a spirit of fun. Please join us!

-- Ken Rasmussen, 360-766-8720, [kayakfit@fidalgo.net](mailto:kayakfit@fidalgo.net)

### Share the Road Magnets for your Car [www.funcartattoos.com](http://www.funcartattoos.com)

Hello MBBC: I'm a cyclist and I sell magnets for cars. They are easy-on, easy off and don't leave a residual like bumper stickers do. With all the traffic on the road these days, it really is a great way to get the Share the Road message out. -- Jo Anne Cohn

## MORE STORIES FROM BIKE TO WORK AND SCHOOL DAY

I had the privilege of contacting raffle prize winners from Bike to Work & School Day and heard some great inspirational stories. Here's a small sample to make us all feel good about cycling and to let us think about why each of us has chosen cycling.

Noel: I'm new to bicycling. ("If you think you can't do it, you CAN!") and take my kids in a trailer, too.

Katherine: I love cycling to work and being outdoors. Just give it a try, give yourself 21 days to try it out. ...Prepare early:

Tokiko: on BTW&SD I rode for the first time from home at Baker St. to Bellis Fair.

Melissa: I bike and walk EVERYWHERE! and sometimes take the bus. "Make your Mom proud!"

Valerie: No car right now and I LOVE IT!

Chris: A teacher with Mt. Baker School District, I cycle from Patton Street to a bus stop (Sunset area) and then takes the bus the rest of the way out to Mt. Baker. There are now more cyclists than the buses can accommodate who want to take bike/bus.

Suzanne: My daughter goes to Kulshan Middle school. We ride in from home in Sudden Valley together. It's a nice time together. After dropping her off at Kulshan (off of Lakeway) I continue on to work in town. Going TO work from Sudden Valley takes about the same amount of time as driving! On the way home, I often bus it part way.

Tisha: BTW&SD is my anniversary. I'm car free and gave up my car 4 years ago! The Bike saved my Life.

Nina: I go to Happy Valley school and my parents both work at WWU. Dad bikes everyday. Sometimes both parents and Nina all leave our Fairhaven area home on bikes in the morning and "drop" Nina off at Happy Valley (that's a great distance for a 9 year old to ride) and continue on their way to work at WWU.

Young Spencer was a winner and Dad said he believes in parenting by example. Both parents often commute by bike. Mom said she almost got rid of their kid bike trailer when Spencer outgrew it, but is glad she didn't because now she uses it when grocery shopping. Spencer usually takes the bus to school but some days he bikes to school with his parents.

Anna: Hey, lucky me! About four years ago I got rid of my car and have been relying on my bike, feet or the bus ever since. I started a new job in January, just before the weather got really bad, so I'm glad to be seeing daylight again, if not always sunshine. I ride a little over five miles one-way.



A Mom: Here's what I tell my kids when they start asking why I want them to bike instead of go in the car: Any one reason is a good one:

1. Less pollution
2. No paying for gas
3. No paying for parking (or looking for parking spaces)
4. Less traffic congestion
5. Get exercise
6. Get outside
7. And most importantly, more fun than driving!

Kelly: I work in a restaurant downtown. My wife, baby and I moved closer to town recently so we could easily drive less and walk/bike/bus more. We rarely drive anymore.



Kyle: Riding a bike is about relationships. I ride to connect with people. You socialize while riding. That sort of accessibility isn't available in a car, since you go too fast past each other, and enclose yourself inside a barrier (the car). We are social creatures and need those connections, and by slowing down and riding a bike, we can get some of them back.

-- submitted by  
Donna Merlina

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# A CHAT WITH KYLE FROM "THE HUB" COMMUNITY BIKE SHOP *part one...*

Kyle Morris, proprietor of The Hub Community Bike Shop, took time out of his busy *summer-warm-weather-everyone-wants-a-bike-right-now* schedule to talk to the MBBC. Here's *part one* of our conversation:

**How did The Hub begin?** The store was started in 2002. I was inspired by other community bike shops; there's one in Vancouver BC and several in Portland that I modeled The Hub after. Before opening, I did a fair amount of research, looking at the ideals of cycling and the environment. I wanted to create

an environment to foster creativity, re-use parts and advocate for cycling.

**What were things like in the shop's early years, as compared to now?** I was assisted by various friends and helpers as the store got on its feet. The group would use The Hub as a place to get together socially, and we'd work on bikes at the same time. It has now evolved into

a more standard, serious bike shop.

**What's a typical day at The Hub?** People come in with all different issues. You never know what will happen in a given day. Some are looking for a bike, and we'll consult with them to help them pick out one of the available donated bikes for sale. Then there's a waiting period where The Hub mechanics will customize the bike for the customer's needs and goals, and put mostly new components on it before it's ready to go out the door. Our mechanics are always busy with orders. People will come in to rent the self-serve workspace and tools to work on their own bikes. Others will come with special issues, such as a bike repair or customization, and will want to discuss how to get started on that. Sometimes people need a specific bike part and are willing to go on a "scavenger hunt" and dig through the drawers of donated components. This is a place to forge ahead and work out your own ideas. Once people get a little guidance in the right direction, they learn that they can be more self-sufficient, and begin to understand that if they put their minds to it, anything is possible.

**What do customers expect from The Hub?** We have two distinct types of customers. The first are the self-sufficient, patient types who understand that they may have to wait a while before someone can help them. They're willing to help themselves, and work with our staff to troubleshoot their bike issues. The second type of customer is probably more suited toward a full-service bike shop, and we're happy to recommend local shops if that's what people need. Sometimes people come in and expect a salesman or mechanic to be available right away, and expect to be able to buy a bike and get it immediately (rather than a few weeks, which is sometimes the waiting period in summer). This is a small nonprofit shop with a limited staff, and we can't really handle that high demand in the busy months.

**What are some of your more interesting and challenging repairs?** I've created some bicycles for disabled or special needs people, enabling them to ride. Recently an athletic man in town injured his leg and couldn't use his left foot. We outfitted a three-wheeled bike so he could carry his crutches, as well as pedal with his right leg while isolating his left in a safe position (*photo of this trike can be seen on p. 7 of last month's newsletter*). I had an interesting design problem once, for a

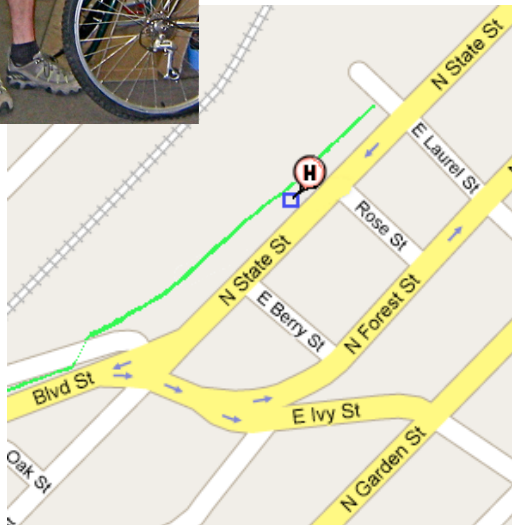
heavy gentleman who was an amputee (one arm); designing a bicycle for him required certain strength requirements to hold his weight, as well as attention to balance issues, and establishment of hand controls on one side of the handlebars. I enjoy these challenges and would like to have more time to design bikes that would enable special needs riders.

*stay tuned for part two of Chat with Kyle next month in the MBBC!*



**images:**  
top: Kyle consults with customers in the shop.

right: Location of The Hub: at entrance to the South Bay Trail, just south of downtown Bellingham.  
below: All are Welcome!



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
July is Tour de France month. Watch live coverage July 5-27 on the big screen before work - 5:30-8:30 am at Mount Bakery. Donations appreciated!		<b>July 1</b> <i>Canada Day</i> Tues Social Ride Tues Ramp-Up Ride	<b>2</b> Wed Group Ride Trail work: Interurban	<b>3</b> Thurs Nooner Ride Thurs Fairhaven Ride	<b>4</b> <i>Independence Day</i>	<b>5</b> Donut Ride Kulshan Ladies Ride Skagit Vall'y Omnium
<b>6</b> Sunday Tony's Ride Skagit Valley Omnium - B'ham Criterium	<b>7</b> everybodyBike Fixing to Ride	<b>8</b> Tuesday Social Ride Tues Ramp-Up Ride	<b>9</b> Wed Group Ride Fanatik Women's Galbraith Intro Ride Trail work: Blvd Park	<b>10</b> Thurs Nooner Ride Thurs Fairhaven Ride	<b>11</b> Kulshan Customer Appreciation Night	<b>12</b> Donut Ride Recumbent Ride WWESRR Kulshan Ladies Ride evryBike OnTheRoad STP day 1 REI Bike Maint 201
<b>13</b> STP day 2 Sunday Tony's Ride Indie Series MTB Padden Pedal Race	<b>14</b> everybodyBike First Gear	<b>15</b> Tues Social Ride Tues Ramp-Up Ride	<b>16</b> Wed Group Ride Redspoke ride begins Trail work: Woodstock Farm	<b>17</b> Thurs Nooner Ride Thurs Fairhaven Ride	<b>18</b>	<b>19</b> Donut Ride Kulshan Ladies Ride S2S ultra-endurance
<b>20</b> Sunday Tony's Ride	<b>21</b> REI Bike Maint 101	<b>22</b> Tues Social Ride Tues Ramp-Up Ride	<b>23</b> Wed Group Ride Fanatik Women's Galbraith Intro Ride Trail Work: South Bay	<b>24</b> Thurs Nooner Ride Thurs Fairhaven Ride	<b>25</b>	<b>26</b> Donut Ride Kulshan Ladies Ride Lk Padden Duathlon RAP150 REI Bike Maint 201
<b>27</b> Sunday Tony's Ride TourDeFrance Party Seattle Century	<b>28</b>	<b>29</b> Tues Social Ride Tues Ramp-Up Ride	<b>30</b> Wed Group Ride Fanatik Women's Galbraith Trail Ride Trail work: Racine Trl	<b>31</b> Thurs Nooner Ride Thurs Fairhaven Ride RAMROD	<b>August 1</b>	<b>2</b> <b>Tour de Whatcom</b> Donut Ride Kulshan Ladies Ride evrybodyBike Rodeo

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

Summer is *finally* here! Let's go on a ride.

Mt. Baker Bike Club  
PO Box 2702  
Bellingham Wa 98227

