



MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Vol 17 Number 8, September 2008

WHATCOM COUNTY'S FINAL SIGNATURE EVENTS COMING UP IN SEPTEMBER:

CHUCKANUT CENTURY, MOUNTBAKER HILL CLIMB

The Chuckanut Century

The **Chuckanut Century** is on Sunday, September 14, 2008. Registrations are rolling in. Sign up before September 1st for only \$35.00. Again this year there is a special rate for tandems, only \$10.00/entry for the stoker. The route has changed this year, as we have a conflict with the MS 150 on the south route and some safety concerns on the north route. The southern route is a loop down Chuckanut and returning by Lake Samish. The northern route goes to Birch Bay and Semiahmoo cutting out some of Haxton and Lummi Shore. All routes start and finish downtown at Boundary Bay Brewery on Railroad Ave.

Volunteers are needed to help promote and put on this event. Posters and brochures are available to be distributed. If you are going to Seattle or Vancouver, B.C. and would like to take some to the bike shops there it would be of great help. As we get closer to the event date, we will need help marking roads. During the event, we will need volunteers for registration, to man the food stations and to drive a sag vehicle. Please contact Doug Schoonover, chuckanutcentury@mtbakerbikeclub.org if you would like to volunteer.

www.mtbakerbikeclub.org/Chuckanut%20century/ChuckanutCentury.htm

Thanks to our event sponsors:

- SSC
- RAM Construction
- GroupHealth
- Oltman Insurance & Financial Services
- Mt. Baker Rotary
- Boundary Bay Brewery and Bistro
- Erin Baker's Wholesome Baked Goods
- Adventures NW

in this newsletter:

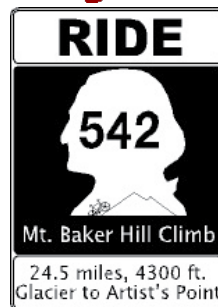
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This month's contributors:
Jerry Horner, Ryan Rickerts,
Doug Schoonover, Christine
Zamfino. Thanks to all!



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

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



A weekend of activities is planned on Mount Baker, September 6-7.

The hallmark event is **RIDE 542** - The Mt. Baker Hill Climb, on Sunday September 7. This is a 24.5 mile cycling challenge for recreation, competitive

and first time cyclists of all ages. RIDE 542 follows the Mt. Baker Highway (SR542) from the town of Glacier (e. 955ft) 24.5 miles to its terminus at Artist Point (e. 5140 ft), on the border of North Cascades National Park. RIDE 542 has several categories: Competitive for fast riders, Recreational for riders with a competitive desire...and the Summit Ride for those just wanting to fully enjoy the ride.

In addition to the Hill Climb, other activities are planned for Saturday September 6:

Cross 542: kickoff to the Cyclocross season
(see details on p. 3 of newsletter)

Run 542: 10K Trail Run

Eat 542: Riders and runners invited to chow down at the Snowwater Inn.

For details of all these events, see
www.norkarecreation.com/hcindex.html

Finally, everybodyBike is planning an easy community-focused road ride to Glacier on September 6. See event details at everybodybike.com/eventDetail.aspx?id=110. (or go to everybodyBike.com's calendar page) Low registration cancels the ride, so sign up right away!

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

Tuesday Social Ride: 9am, 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

Wednesday Cyclocross Practice: (Sept-Dec) 6pm Wednesdays at Civic Field. Practice basic skills, then group up by ability and do short race course. Welcome, newcomers, to 'Cross. Ryan Rickerts, ryan@cyclocrazed.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

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

everybodyBikeCommunity Rides: Check

www.everybodyBike.com/calendar.aspx for listings

RIDES ENDING FOR SEASON:

As of newsletter printing time, the following have announced their last rides of the season. Check with your group to make sure you know its upcoming ride schedules. Some rides will be ending soon, and some will be changing times or routes throughout the winter. Watch for rides to start again in April 2009

Tuesday Ramp-Up Ride -- the last ride of the season is September 2nd, please join us on our last ride of the year. 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). ridecoordinator@mtbakerbikeclub.org or 410-6431.

Fanatik Wednesday Galbraith Rides in Summer Women's MTB rides have ended for the summer, see schedule throughout the year at fanatikbike.com, 360-756-0504; kathy.fanatikbike@gmail.com

Thursday Nooners: this ride has ended for the season.

Whatcom Women's Extreme Social Rainbow Ride: "WWESRR" Second Saturday of the month at 9am, April--September. Final ride for 2008 is September 13. Contact Cindy: cindymadigan@hotmail.com 360-305-7951 or Therese: cascadilla23@yahoo.com 360-303-3946

Saturday Kulshan Ladies Ride: the last ride of the season is on August 30th., meet at 8am at Kulshan and ride around Lake Samish. Watch for it again next summer.



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2008 UPCOMING EVENTS

everybodyBike upcoming events: www.everybodyBike.com
 September 6: Bellingham to Glacier Road Ride
 September 9: First Gear Confidence Class
 September 14: Sustainable Connections Bike Farm Tour
 Ellen Barton, Mary Anderson: 671-BIKE, info@everybodybike.com

Cyclocrazed Cyclocross Events

September 6: 542 'Cross: season opener, Silver Lake Park
www.cyclocrazed.com

Parks and Recreation Community Race Series

October 12: runningshoes.com Duathlon, YMCA Youth Du
www.trithetcookie.com

REI Events (monthly sponsored by Bellingham REI):

September 9: Bike Maintenance 101
 September 6 & 20: Bike Maintenance 201
www.rei.com/stores/events/65

Bellingham Traverse: Sept 27 bellinghamtraverse.com

Mount Baker Club rides (see website for hikes too):

Sept 27-28: Kettle Valley Canada Ride, 676-9843 Paul
 Oct 4: Skagit Valley Farms Bike Tour, 734-6602 Janet
www.mountbakerclub.org/activities.htm

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

www.adventureexpo.com

SMART

TRIPS



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

everybody  **BIKE**

TIME TO GEAR UP FOR CYCLOCROSS SEASON

542 'Cross Season Opener: September 6

For your 2008 'Cross season opener, consider this great low-key event at Silver Lake State Park. It's a great place to spend an end-of-summer day in beautiful Whatcom County.

Like last year's opener, category C's start at 9:00 am, B's at 10:00, and A's at 11:00.

This is a shorter, wide-open course that emphasizes barrier technique and building some fitness (as opposed to diving right into technical mud, sand, or singletrack and putting your equipment or handling skills to the test so soon). We aim for a clinic-style atmosphere with a total of six barriers and no run-ups. We welcome newcomers to the sport as well as seasoned vets.

Weekly Practice: Wednesdays, 6pm

Bellingham 'Cross practice will begin September 3rd at Civic Fields. Special thanks to Dick Henrie of Bellingham Parks Department, Runningshoes.com, Kulshan Cycles, and Norka Recreation for providing local 'Crossers with a close, well-lit, properly-drained facility to practice. These sponsors have generously covered the facility costs for the entire season, so you have no excuse to not attend.

Here's how it works: volunteers set up break-away barriers (that is, you can't trip over them) and everyone starts by hopping on & off their bikes a bunch. Then we practice getting clipped into our pedals right off the start line and sprinting for position.

After these relatively simple exercises, we split into smaller groups by ability and do a shortened race loop. This gets some intensity as well as more practice on cornering, run-ups, etc. It is great to get some *race-pace* action mid-week!

Anyone with a bike can join us. New people are welcomed and often mentored into the art & madness that is 'Cross. Come give 'Cross a try! You can find us every week throughout the season until December

-- Ryan Rickerts, www.cyclocrazed.com

2008 SPECIAL RIDES

SEPTEMBER

- 6** Pedaling the Muse (Seattle to Port Angeles)
www.pafac.org/events/special-events.html
- 7** Mt. Baker Hill Climb (Whatcom County)
www.norkarecreation.com/hcindex.html
- 7** High Pass Challenge (Mt St Helens)
www.cascade.org/EandR/hpc
- 13** WWESRR*-- Bellingham Waterfront
- 14** Chuckanut Century www.mtbakerbikeclub.org/Chuckanut_century/ChuckanutCentury.htm
- 13-14** Group Health Bike MS (Skagit, Whatcom, Island Co)
bikewas.nationalmssociety.org
- 21** Cycle the Wave (Issaquah, east King Co)
www.cyclethewave.com
- 19-22** Trek Tri-Island (San Juan Islands)
www.cleanairadventures.org/trek_tri_island
- 27** Tour de Whidbey (Whidbey Islnd) www.whidbeygen.org
- 28** Olympic Bike Adventure (Port Angeles)
www.olympicdiscoverybike.com

OCTOBER

- 5** Kitsap Color Classic www.cascade.org/EandR/

*WWESRR: Whatcom Women's Extreme Social Rainbow Ride

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 --jkl



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

Ride Around Mount Rainier in One Day

RAMROD 2008 – A FIRST-TIMER'S REVIEW

Jerry Horner describes the MBBC contingent's RAMROD experience

Ah, the RAMROD. 156 miles and almost 2 miles of vertical climbs with 850 of your best cycling buddies. As a first time rider of the event, I was looking forward to the challenge of the ride, as well as the fun because I was able to ride with a group from Bellingham and the MBBC. The MBBC also rode (as a group, in which I was included) the 205 mile Seattle To Portland in one day ride, just 19 days earlier. So I assumed that I had the legs and stamina to tackle the course around Mount Rainier. Little did I know that I was going to burn up almost all my matches getting around the mountain!

The day started out nicely (after sleeping overnight in the front seat of my Accord at the start/finish area with a couple hundred other campout riders!) with a waffle/sausage/juice breakfast at Enumclaw High School. Getting my race packet, I realized that it was freezing cold out with temperatures in the high 30's and I wondered if the snow showers on the mountain the days before the ride were going to return and cause me misery. But the forecast was for sun and mid-60's so I trust the weather geeks to come through with a nice day to ride.

As other riders from the MBBC trickled into the start area, prodded by cell phone calls of "where the heck are you guys?" our group for the day started to form: Brad Burdick, Doug Schoonover, Dave Dean, Marie Kimball, Marc Ambers, Cheryl Batty and I were finally ready to set off with the support of Ken Giffin in the Subaru. Did I mention freezing cold? The first miles ticked off from the start area into the lowest portion of the course with our teeth chattering even with our numerous layers of gear applied, except for Dave, who smiled as he rode with only a jersey, shorts and gloves as I'm losing the feeling in my toes, fingertips, nose and ears only 30 minutes into the ride.



and were then caught about 5 miles past the turn by a course marshal's car. The marshal got us going back in the right direction when we realized that the course markers were painted in green! Couple that with the dampness on the ground and early morning shadows across the pavement and we blew right through the turn because apparently *Dave and I really wanted the badge that the 166 mile riders get when they finish!*

Around the 60 mile mark the sun started breaking through nicely where the road starts to angle upwards towards the 4,900 level at Inspiration Point. At the entrance to the park, Marie caused an ALERT TO ALL PARK OFFICERS as she did not have her race number available for ride officials to check off ...no weapons were drawn, no blood shed, but those park officers and ride officials were all in a lather about it, detaining Marie until she could produce the bib, scrunched into one of her numerous pockets. (Marc and I were discussing how much cash we had in case we had to bail Marie out for so flagrantly breaking the rules of the ride.)



Continuing, we experienced lots of beauty and had fun chatting with fellow riders, but I noticed the road continued to climb and switchback, gradually getting steeper and my legs began having an argument with my brain (*Legs to Brain, "You told us this was going to be fun." Brain to Legs, "Shut up."*) The legs lost the argument and I got to the top of the big climb at 4,900 feet where I was introduced by Marc

and Marie to one of the ham radio volunteers whom they have met on various rides. The ham operator was complaining about the heat, ohms, inadequate radio frequencies on the mountain, the economy and global warming as his equipment was crashing/failing, so I quickly moved away from his truck before heading off for our first downhill run.

13 downhill miles of 45 MPH speed, breathtaking beauty, new asphalt and carving turns sent us into the valley leading to our next climb, a small one before another downhill and then up the long climb back to the 4,700 foot level at Cayuse Pass. Marie and Marc told me to lead off up the hill to Cayuse as Marc had

Jerry's RAMROD review continues on p. 6 of this newsletter



The first 30 miles of the ride were uneventful, except when Dave and I decided to try and warm up therefore sprinted off into the distance ahead of the group, missed a left turn marker



RAMROD: a first-timer's review

continued from p. 5

led the first climbs and I obliged while trying to set a nice pace, for which I would pay a price in the last 2 miles of the climb to Cayuse. The pavement going up the hill was under construction in many places with hard-pack gravel and potholes sapping my legs and the nearly mile high air was for some reason short of the oxygen I usually get while riding back in B'ham. (Legs and Lungs to Brain, "Yeah, tell us this is fun now, tough guy!" Brain to Legs and Lungs, "Shut up, I'm trying to suck some air here!").

As I approached the top of the Cayuse climb in my smallest gears, grinding along at 6 MPH, I looked upwards to the right and saw a switchback climbing violently toward the clouds. If you heard a voice cussing both the road with its switchbacks as well as Marc and Marie for not telling me this nasty section was at the top of the climb, that was me. I slogged my way up the hill to where I discovered that I'd been had... the nasty road section I thought I had to climb is the highway to Yakima and not part of the ride, much to Marc and Marie's amusement and very much to my relief.

Then the final downhill run to the Deli Stop, the Ice Cream Stop and the 30 mile home stretch where Ken rode out to meet us



for the sprint into the finish. (Legs and Lungs: "Attaboy! You da man!! We knew all along you could do it!" Brain: "Shut up! I told you two I could handle this!"). And during a steaming hot shower before the drive home, the voices in my head faded into the background but the smile on my face remained as a spectacular day came to a close.

In summary: a great ride with a great group. Thanks to all who rode with me and showed me the way 'round the big rock. I'm ready to do it again next year, so I'm putting all my good juju, mojo and karma into the 2009 RAMROD

lotto drawing, hoping for my name to be drawn once more.

See you on the road!

-submitted by
Jerry Horner



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SHORT SUBJECTS... a little of this and that...

Don't forget to download your free pass to the Adventures in Travel Expo, Sept 13-14, Seattle

The leading active and adventure travel events have come to Seattle, and you will have the opportunity to learn about them at the Adventures in Travel Expo, Sept 13-14.

Meet hundreds of active and adventure travel providers, view cultural demonstrations, try adventure activities, and more. See ATE's featured headliners and National Geographic ADVENTURE speakers. Free passes are being offered to Mount Baker Bike Club members! To get your free pass, register online at www.adventureexpo.com/consumer and enter PROMO CODE: MBBC

- submitted by Christine Zamfino

Impressions of Seattle Century Inaugural Ride

I rode the first Seattle Century on July 27, and was curious as to whether it would live up to the pre-ride hype. The ride, sponsored by Good Sport Promotions (who put on the Portland Century) claimed it would feature: *fresh pies, strawberry shortcake, finish line gourmet meal, as you explore Seattle and outlying communities on a mixture of quiet roads and bike paths on a mostly flat course.*

I liked the sound of that (especially the sound of all the sweets enroute) so I signed up. The ride began on the dismal side, as Seattle saw the first rain it had seen in a month. We rode out at 6am from Magnuson Park, and for the first 25 miles we rode through varying amounts of wet, from drizzle to downpour. Things began to clear up once everyone's socks were soaked, and by noon the sun started to come through, improving the on-the-road dispositions of all riders.

The rest stops and enroute volunteers did not disappoint. Volunteers were present at several places along the course, directing riders through congested or confusing traffic areas, and slowing traffic at blind intersections. And the rest stop food! I heard one rider say (as he dug into his strawberry shortcake at mile 90), "well, I don't have to worry about losing any weight on this ride." We were treated to a deli sandwich board at one stop,

fried chicken at another, fruit pies and ice cream in Carnation, strawberry shortcake (make that poundcake) on Mercer Island, as well as fruit and PBJ everywhere. The feast at the end of the ride was amazing - salads, salmon, fresh grilled veggies, desserts, etc. The food itself was worth the \$50 entry fee.

The course itself wasn't exactly *flat* nor *quiet*. There were many cases where hilly roads were selected when flatter, quieter roads were available. The course was well marked in some places, not so well in others (many riders got lost during the last 10 miles in Seattle). Some of the route put us on roads with no shoulder and heavy traffic, which was probably heavier on this weekend since it was just before Seafair. At one point I was squeezed over by a truck pulling a hydroplane on a trailer. I was especially displeased when the route dumped us on I-90 for 2 miles, where traffic was fast and loud, and the shoulder was full of glass and other debris.

I expect I will sign up for the Seattle Century again next year. I think they will work on the route a bit, marking it better and hopefully keeping us off I-90. Perhaps they will even improve upon their rest stops - although the only improvement I could suggest would be a barista-staffed espresso stand to go along with the pie. *-- jkl*



Newsletter schedule for remainder of 2008

This September Newsletter will be followed by two double-month issues:

-- October/November 2008, to be mailed before October 1.

-- December 2008/January 2009, mailed before December 1.

If you wish to place any calendar items or announcements in upcoming newsletters, please get your items to the newsletter editor before September 21st for inclusion in the October/November issue and before November 20 for inclusion in the December/January issue.

Regular monthly newsletters will begin again in February 2009, featuring the "mark your calendar" list of dates for 2009 rides. Send newsletter items to:

mbbcnewsletter@mtbakerbikeclub.org

**"My parents didn't want to move to Florida,
but they turned sixty and that's the law."**

- Jerry Seinfeld

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<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	September 1 <i>Labor Day</i>	2 Tuesday Social Ride Tues Ramp-Up Ride: last ride of season	3 Wed Group Ride Cyclocross Practice	4 Thurs Fairhaven Ride	5	6 Donut Ride Cyclocross:Cross 542 evrybdy Bike: Glacier Pedaling the Muse REI Bike Maint 201
7 Mt Baker Hill Climb Sunday Tony's Ride High Pass Challenge	8	9 Tues Social Ride REI Bike Maint 101 evrybdyBike: 1st gear	10 Wed Group Ride Cyclocross Practice	11 Thurs Fairhaven Ride	12	13 Donut Ride WWESRR Recumbent Ride Group Health MS-d1 Travel Expo Day 1
14 Tony's Ride Chuckanut Century Bike Farm Tour Group Health MS-d2 Travel Expo Day 2	15	16 Tues Social Ride	17 Wed Group Ride Cyclocross Practice	18 Thurs Fairhaven Ride	19 Trek Tri-Island	20 Donut Ride Trek Tri-Island REI Bike Maint 201
21 Tony's Ride Cycle the Wave Trek Tri-Island Kettle Valley Ride, d2	22 <i>1st Day of Autumn</i>	23 Tues Social Ride	24 Wed Group Ride Cyclocross Practice	25 Thurs Fairhaven Ride	26	27 Donut Ride Bellingham Traverse Tour de Whidbey Kettle Valley Ride, d1
28 Sunday Tony's Ride Olympic Bike Adventr Kettle Valley Ride, d2	29 <i>Rosh Hashanah begins</i>	30 Tues Social Ride	October 1 Wed Group Ride Cyclocross Practice	2	3	4 Donut Ride Skagit Valley Farms

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

Autumn is near... Let's go on a ride.

Mt. Baker Bike Club
PO Box 2702
Bellingham Wa 98227

