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This month's contributors:  
David Fayram, Marie  
Kimball, Doug Schoonover,  
Steve Toepel. Thanks to all!



MBBC listserv--  
[sports.groups.yahoo.com/group/  
MtBakerBicycleClub/](mailto:sports.groups.yahoo.com/group/MtBakerBicycleClub/)

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

Newsletter archive online:  
[www.mtbakerbikeclub.org/news](http://www.mtbakerbikeclub.org/news)

Follow the club on Twitter:  
[twitter.com/mtbakerbike](https://twitter.com/mtbakerbike)

# MBBC

**More Bicycling = Better Community!**

**Mount Baker Bicycle Club Newsletter, Volume 18 Number 7, Aug 2009**

## 2009 Chuckanut Century Sunday September 20

***It's time to start thinking  
about this year's  
Chuckanut Century!***

This is the MBBC's signature ride, and will be a great wrap-up to this summer's fantastic riding weather. Come on out to celebrate the last day of summer with your choice of 25, 50, 62, 100, or 124-mile supported routes all along the coast of Whatcom County.

Early registration is only \$35 and there's a discount for new, renewing, or current MBBC members. Sign up on [active.com](http://active.com), or go to the MBBC website, print out the form, and mail it in.

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

*presented by*

## Mt. Baker Bicycle Club

Volunteers are needed to help promote and put on this event. Posters and brochures are available to be distributed. If you are going out of town, for example 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 staff the food stations and to drive a sag vehicle. Please contact Doug Schoonover, [chuckanutcentury@mtbakerbikeclub.org](mailto:chuckanutcentury@mtbakerbikeclub.org) if you would like to volunteer. This is a ride for Hospice!



**WHATCOM  
HOSPICE  
FOUNDATION**

## WEEKLY AND GROUP RIDES



**Tuesday Social Ride:** starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. 10am start time in winter, 9am in better weather. To check start time and for other information, contact. Robert Parker at [rmp-4724@hotmail.com](mailto:rmp-4724@hotmail.com) or 360-671-6910

**Tuesday Evening Summer Ride:** Tuesday evenings 5:45 pm through September. Meet @ Whidbey Island Bank, corner of Bakerview/Northwest. 15-20 miles. Medium-speed group 16 mph, practice group-riding skills. Fast group: 20+ mph. Contact [ridecoordinator@mtbakerbikeclub.org](mailto:ridecoordinator@mtbakerbikeclub.org), 410-6431

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

**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](mailto:ridecoordinator@mtbakerbikeclub.org), 410-6431

**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 Kulshan Ladies' Ride:** Depart Kulshan Cyclery at 8:00 am. 2 groups: (1) 18 miles, 12-14 mph pace. (2) 25 miles, 15-17 mph. Down Chuckanut and toward Lake Samish, 2nd group around the lake, then return. Heavy rain cancels. Kae Moe, [kulshancycles@comcast.net](mailto:kulshancycles@comcast.net)

**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](mailto:rmp-4724@hotmail.com) or 360-671-6910

**Fairhaven Rides:** Sunday mornings at 8am and Thursday evenings at 6pm. Meet at Fairhaven Village Green. Contact Fairhaven Bike & Ski for details: 733-4433

**everybodyBikeCommunity Rides:** Check [www.everybodyBike.com/calendar.aspx](http://www.everybodyBike.com/calendar.aspx) for listings



## GET YOUR ORDER IN FOR A CLUB JERSEY

Our club jerseys are currently produced by Atac Sportswear out of Vancouver BC ([bikeatac.com](http://bikeatac.com)).

The sizing of the jerseys run a bit small (more like Euro sizing) so if you normally wear a medium you will probably fit a large, etc. They are a *club cut* and not as tight fitting on the arms or chest as *race cut* is. The material is a perforated breathable and fast wicking material. They have a 3/4 chest zip and 3 back pockets.

Club members may purchase a jersey for \$60 which includes the sponsor's discount and sales tax.

There are a few jerseys in our inventory, and the club will be reordering prior to the Chuckanut Century in September. If interested in a jersey please contact Marie Kimball: 752-1236 or [bikebham@yahoo.com](mailto:bikebham@yahoo.com).



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- Be Environmentally Conscious

Car sharing helps you  
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[www.communitycarshare.org](http://www.communitycarshare.org)

# 2009 EVENTS LIST

Calendar is updated as new events come in - check back each month!

## Events

**NW Cyclocross Expo: August 1** South SeaTac Park  
details at: [www.seattlecyclocross.com](http://www.seattlecyclocross.com)

**Intense Demo Day: August 1**, 11a-2pm, Whatcom Falls Park  
details at: [www.fanatikbike.com](http://www.fanatikbike.com)

**Pickford Cinema bike-in movie: August 14** The Triplets of Belleville  
[pickfordcinema.org/Pickford/Schedule.aspx?si=1588](http://pickfordcinema.org/Pickford/Schedule.aspx?si=1588)

## Fun Rides

**Summer Garden Bicycle Tour: August 1**, 11am 2120 Franklin St.  
Easy 3-mile neighborhood ride, bring the family!  
Jeff Westcott, Sustainable Bellingham, 738-8148

**Fanatik Bike Co: Women's MTB Group Rides** 6pm  
**August 5:** Galbraith Fun Ride  
sign up a day ahead: [kathy.fanatikbike@gmail.com](mailto:kathy.fanatikbike@gmail.com)  
details at: [www.fanatikbike.com](http://www.fanatikbike.com)

**3rd annual Retro Ride** in LaConner - **August 8**, starting at 11:15 with  
brunch at Rexville Grocery (19271 Best Road), then free events:  
bicycle and costume review, and an easy ride of 11, 15, 19 or 25  
miles. All routes begin by parading through La Conner. Style points!

**Food Co-Op to Co-Op Ride: August 9** 11am-1pm  
Check in at downtown store for packet and route map. Upon arrival at  
Cordata check in to claim your reward and stay for the last  
2nd Sunday at Cordata event and BBQ of the summer.  
[www.communityfood.coop/community/events.html](http://www.communityfood.coop/community/events.html)  
info: Laura Steiger, 360-734-8158 x129

**Bike to Beer Cruiser: August 24**  
Fanatik's end-of-summer celebration. If you don't have a cruiser,  
decorate any bike and meet at Bellingham High School at 6:00 pm for  
a cruise to Boundary Bay Brewery via Boulevard Park. Bring a lock!

**Mount Baker Club Rides:** Formerly the Baker Hiking Club, this group  
organizes hikes, paddles, and rides for outdoor enthusiasts.  
[www.mountbakerclub.org](http://www.mountbakerclub.org) Their bike rides in August are:  
**August 15-16** Bike trip to Shaw Island, day/overnight. Ron, 733-1183.  
**August 26** Lummi Island Evening Bike Ride, meet 5:15 pm, 15 mile  
pedal, north island loop, sign-up one day prior. Paul, 676-9843.

## Races (to watch or to enter)

**Bellingham Parks & Rec Race Series**  
**August 8:** Youth Triathlon  
**October 11:** [Runningshoes.com](http://Runningshoes.com) Duathlon and YMCA Youth Du  
full schedule, details at: [www.trithecookie.com](http://www.trithecookie.com)

**Bellingham Traverse: September 19** [bellinghamtraverse.com](http://bellinghamtraverse.com)

**Cyclocross: preliminary schedule**  
Sept 12: Cross 542 (Maple Falls)  
Oct 31: Cyclocrazed (Bellingham)  
Nov 22: SCX (Sedro Wooley)

everybody  BIKE

## 2009 RIDES EVENTS

### August

**1 Tour de Whatcom** (Bellingham)

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

**2-8 RAW** - [www.cascade.org/EandR/raw](http://www.cascade.org/EandR/raw)

**8 3rd Annual Retro Ride** (La Conner)

**8 Bike to Battle Cancer** (Bellingham) -

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

**14-15 RSVP** - [www.cascade.org/EandR/rsvp](http://www.cascade.org/EandR/rsvp)

**22-23 RAPSody** - Ride Around Puget Sound (Tacoma)

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

**24 Bike To Beer Cruiser** (Bellingham)

**30 Summits of Bothell** [www.summits-of-bothell.org](http://www.summits-of-bothell.org)

### September

**12-13 MS 150 Bike Ride** (Mt. Vernon)

**13 Ride 542: Mt. Baker Hill Climb** (Glacier)

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

**18-21 Trek Tri-Island** (San Juan, Lopez, Orcas Islands)

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

**20 Chuckanut Century** (Bellingham)

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

**26 Tour de Whidbey** (Oak Harbor) [tinyurl.com/5zw9zv](http://tinyurl.com/5zw9zv)

**26 DAM2DAM** (Wenatchee) [www.mikeutley.org](http://www.mikeutley.org)

**27 Headwaters Century** (Enumclaw)

[www.twbc.org/events/headwaters](http://www.twbc.org/events/headwaters)

### October

**4 Kitsap Color Classic** [www.cascade.org/EandR/kitsap](http://www.cascade.org/EandR/kitsap)

## Trail Building

**Sehome Hill Work Party** sponsored by REI: **August 8**

2 shifts: 9:00-12:00 and 1:00-4:00. REI volunteer shirt for each  
volunteer (limited sizes, water bottle will be alternative); lunch will be  
provided for anyone working on both shifts. Bring water, pants, and  
boots. Tools and gloves will be provided: no experience necessary,  
just a desire to do some work in the outdoors.  
more information, or to sign up: Pat Kennedy, 360-647-8955  
[pakenne@rei.com](mailto:pakenne@rei.com)

## Classes

**everybodyBIKE** confidence classes: [www.everybodyBIKE.com](http://www.everybodyBIKE.com)  
**Aug 10, 12, 15, and Sept 22**  
information and sign ups: 671-BIKE or [info@everybodyBIKE.com](mailto:info@everybodyBIKE.com)

**REI Bike Maintenance** Classes (Bellingham REI):

**August 24:** Bike Maintenance 101 **August 8 & 29:** Bike Maint 201  
**August 26:** Bicycle Wheel Maintenance  
details: [www.rei.com/stores/events/65](http://www.rei.com/stores/events/65)





# Summer Ride Reviews

by Marie Kimball



Support Angel Stephanie

North Cascade photos by Steve Toepel

## MBBC'S 4<sup>TH</sup> ANNUAL NORTH CASCADES RIDE

On June 27<sup>th</sup> a group of Bike Club friends embarked on our annual ride across the North Cascades, departing from the Marblemount Visitor Center. The intrepid riders were: Dennis Adam, Marc Ambers, Cheryl Batty, Rod Chaney, Ken Giffin, Marie Kimball, Randy Olson, Mike Ratychek, Doug Schoonover, Eric Stromerson, and Lesley Weinberg. In addition, our Angel support crew consisted of Jackie (accompanying Doug), Sherry (Mike) and Stephanie (Rod). Special thanks to Cascade Bicycle Club member Steve Toepel who rode with us and took the photos of our group.

On Saturday we rode across Easy, Rainy and Washington Pass with a gain of about 6500 feet to a total of 90 miles into the town of Winthrop. We rented the old Farmhouse Inn which was a 6 bedroom, 4 bath house which provided beds for the riders and the support crew.

Our crew provided a series of 4 stops each day with additional water stops as needed. Ken and Marie created an "Italian Stop" which met with rave reviews from both riders and crew.

Mike Hammer rode out of Colonial Creek to Washington Pass and back and was so impressed with our operation that he immediately renewed his MBBC membership and provided additional cash to pay for the food stops.

*continued on p. 5*



Before WA pass climb



Cheryl & Eric lounging





Bellinghamsters ride STP



*continued from p. 4*

As usual we all had dinner at the Twisp River Pub on Saturday evening.

On Sunday morning we got up to the welcome addition of fresh espresso provided by Rod and Stephanie. We all got an early start on the day and the heat to finish the ride back to Marblemount which included climbing 5500 ft and completing another 90 miles.

Everyone completed the ride and the other clubs out on the road were very, very jealous of the elaborate food and support that our club offers our riders.

## AND A GROUP RIDES STP IN ONE DAY

14 Bellingham/MBBC riders as well as another group who trained out of the YMCA completed the Seattle to Portland (STP) ride in one day: a double century. I rode with a group of 12 from Bellingham, and of the 12, four were riding STP in one day for the first time. Thanks to David Fayram for providing the photos of our group as well as others on the road of 2009 STP.



STP photos by David Fayram



Another team of STP-1-day riders: on cruisers packing cases of Fat Tire!

# 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, 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 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 or TIFF format for photos, and ensure they are at least 250 ppi. 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: \_\_\_\_\_

Contact telephone number: \_\_\_\_\_

Associate member: \_\_\_\_\_

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

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 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



# YOUNG FAIRHAVEN BICYCLE CLUB STILL EVOLVING

Fairhaven Bike Club started in early 2008 with a group of diverse bike enthusiasts, some of whom wanted to race traditional races, some of whom wanted to do triathlons and other cross-over events, and some of whom wanted to see a way to help a variety of bike-based events in Whatcom County. Some of the riders have been involved in the local cycling community, including MBBC and Shuksan Velo Club, while others had not been affiliated with any other cycling groups before. All wanted a club based in Fairhaven. The club seems to thrive on its diversity. I joined in late 2008, looking for a club which supported some racing and also encouraged participation in local bike promotion. I accepted the post as president because I see so many people willing to contribute so much time to reach club goals.

There are two levels of club membership: the Core group, made up of about 20 people who pledge several hours each year to volunteering at various cycling events; and the General Membership, who can pay modest dues to belong

and then get benefits from Fairhaven Bike and Ski. The Core group has spent time cleaning Chuckanut Drive, staffing Bike-to-Work Day locations, assisting with events (Lake Padden Triathlon, Tour de Whatcom, Chuckanut Century, and so on). The structure is still evolving since the club is so young.



We would love to have new members join us. We have begun weekly rides on Thursday evenings at 6:00 and Sunday mornings at 8:00, both from Village Green in Fairhaven. Attendance has been growing throughout the spring and early summer. A new web site, still in development, will help riders stay in touch with each other:

<http://fbrc.90labs.com/welcome-to-fbrc/>

To join the club, riders can get registration forms from the Fairhaven Bike and Ski shop, or from the web site, and return them to Wesley at Fairhaven Bike and Ski. Most of our members are also members of Shuksan Velo, MBBC, or local running or triathlete clubs, and we look forward to working closely with MBBC to help cycling grow in Whatcom County.

- submitted by David Fayram



**Wood Stone**



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>SUMMER!!!</b>						<b>Aug 1</b> Donut Ride Kulshan Ladies Ride Summer Garden Tour Intense Demo Day NW Cyclocross Expo <b>Tour de Whatcom</b>
<b>2</b> Fairhaven morning ride  RAW begins w(until 8/8)	<b>3</b>	<b>4</b> Tues Social Ride Tues Hot Laps Tues Evening Ride	<b>5</b> Wed Group Ride  Fanatik women's mtn bike: fun ride	<b>6</b> Fairhaven evening ride	<b>7</b>	<b>8</b> Donut Ride Kulshan Ladies Ride Recumbent Ride Bike to Battle Cancer LaConner Retro Ride Youth Triathlon REI: bike maint 201
<b>9</b> F'haven morning ride MtBakerClub: Shaw Is (Day 2) Co-Op to Co-Op ride	<b>10</b> everybodyBike: firstGear	<b>11</b> Tues Social Ride Tues Hot Laps Tues Evening Ride	<b>12</b> Wed Group Ride  everybodyBike: fixing to ride	<b>13</b> F'haven evening ride	<b>14</b> Bikeln movie at the Pickford  RSVP (day 1)	<b>15</b> Donut Ride Kulshan Ladies Ride e'Bike: on the road MtBakerClub: Shaw Is RSVP (day 2)
<b>16</b> F'haven morning ride	<b>17</b>	<b>18</b> Tues Social Ride Tues Hot Laps Tues Evening Ride	<b>19</b> Wed Group Ride	<b>20</b> F'haven evening ride	<b>21</b>	<b>22</b> Donut Ride Kulshan Ladies Ride RAPSody (day 1)
<b>23</b> F'haven morning ride RAPSody (day 2)	<b>24</b> Bike to Beer Cruiser REI: bike maint 101	<b>25</b> Tues Social Ride Tues Hot Laps Tues Evening Ride	<b>26</b> Wed Group Ride REI: bike wheel maint MtBakerClub: Lummi Is	<b>27</b> F'haven evening ride	<b>28</b>	<b>29</b> Donut Ride Kulshan Ladies Ride REI: bike maint 201
<b>30</b> F'haven morning ride Summits of Bothell	<b>31</b>	<b>Sept 1</b> Social Ride Tues Hot Laps Tues Evening Ride	<b>2</b> Wed Group Ride	<b>3</b> F'haven evening ride	<b>4</b>	<b>5</b> Donut Ride



### Mt. Baker Bicycle Club

Post Office Box 2702  
 Bellingham, Washington 98227

Welcome to Bellingham  
 Now Get on Your Bike!  
[www.mtbakerbikeclub.org](http://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](mailto:mbbcnewsletter@mtbakerbikeclub.org). Club members are entitled to a printed/mailed version if they wish.