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BICYCLE
CLUB

MBBC

More Bicycling = Better Community!

Mt. Baker Bicycle Club Newsletter, Vol 18 Number 1, February 2009

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This month's contributors:
Marie Kimball, Kristin
Kinnamon, Ryan Rickerts,
Doug Schoonover, Bret Wade.
Thanks all!



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

Club Website:
www.mtbakerbikeclub.org

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



photo: Marie Kimball

Marc Ambers shows proper dress-code for a ride on a cold winter day. See story, p. 7

HAPPY NEW YEAR FROM THE MBBC!

Wishing everyone a safe new year
full of good cycling!

GET ON YOUR BIKES AND RIDE!!

The last two months have been rough for cycling. Snow and ice was followed by flooding, which was followed by freezing fog and black ice, all accompanied by freezing temperatures. Even the most determined of us were at times forced to admit defeat and take alternate transportation. But February dawns a new day: promise of warmer temperatures and the occasional sun break! Let's get out on some organized rides in February:

February 16: Washington's Birthday Ride

Meet at 10am at Cornwall Park in Bellingham, at the Guide Meridian entrance, near the picnic pavilion. If there are enough people we will split into a recreational(12-14 mph) group as well as a speedy workout group. Sign up by February 13 if you want to

join the recreational group. For more information or to sign up: 671-BIKE (2453) or info@everybodyBIKE.com.

February 22: Chilly Hilly

This ride lives up to its name with February weather and 2,675 ft of climbing. Join us for this 33-mile route around Bainbridge Island that starts with an early morning ferry ride across Puget Sound from Seattle. Bicycling Magazing named this ride *One of Four Classic Rides* in the nation! It will be hilly, chilly, maybe even wet and miserable. Of course let's not forget that last year's Chilly Hilly was on a beautiful sunny day! We'll meet at Starbucks in Sehome Village very early before dawn: 5:30 am on Sunday morning so we can get on the road right away and carpool to Seattle to catch the 7:55 ferry.
www.cascade.org/EandR/chilly

2009 GROUP HEALTH SEATTLE INTERNATIONAL BICYCLE EXPO Volunteers Needed

The MBBC is again staffing a booth at the Group Health Seattle International Bicycle Expo to promote the Chuckanut Century, Tour de Whatcom and other cycling opportunities that exist in Whatcom County.

The dates are March 14th and 15th, Saturday and Sunday, in Seattle at Magnuson Park, Hangar 30. Volunteer for a 2 hour shift and get free admission. Hours are 9:00am to 6:00pm on Saturday and 10:00am to 4:00pm on Sunday. Sign up soon: the booth spots are going fast.

Contact Doug.Schoonover@gmail.com or 410-6431 to reserve your spot.

This is a great way to spend the day, browse booths and chat with volunteers from other clubs, check out the new equipment and clothes, check out rides coming up in other areas, attend seminars and demonstrations, and maybe even find a bargain or two.

www.cascade.org/EandR/expo

WEEKLY AND GROUP RIDES

- YES IT IS STILL WINTER EDITION



Tuesday Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. 10am in winter. Robert Parker at rmp-4724@hotmail.com or 360-671-6910

Wednesday Group Workout Ride: Race/Training Pace, 30 mile distance, meet at 5:45 pm, leave at 6pm from Boundary Bay Brewery at Railroad Avenue. Ride separates into fast and very fast groups. **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

Saturday Donut Ride: 24 – 45 miles, race pace, departs from Kulshan Cycles, **7:30 am Oct thru Feb** and 7 am March thru Sept. Goes to Ferndale and return, or if you wish continue to Birch Bay and return. Every week of the year!!

Saturday Recumbent Ride: Second Saturday of the month at 10 am. 14 mile intown course begins at Kulshan Cycles. Sporadic depending on weather. Info: Robert Parker at rmp-4724@hotmail.com or 360-671-6910

WhIMPs www.whimpsmtb.com

everybodyBike everybodyBike.com/calendar.aspx



SUPPORT CYCLING ADVOCACY STATEWIDE, JOIN THE ALLIANCE

The Bicycle Alliance of Washington has worked for more than 20 years on behalf of cyclists around the state. While local advocates work with their cities and counties to get bike-friendly facilities and policies, it is our mission to make sure state laws and policies support those efforts. We work directly with the Washington State Department of Transportation, for example, and have made significant comments on the recently adopted state bike plan. The Bike Alliance and our supporters have had bicyclists' rights and share-the-road rules included in the state drivers' manual and test, and as of this year included in the curriculum of all traffic education programs in the state. As part of a major grant in 2008, we developed "Safe Routes to School" trainings and resources for school districts across the state. Maintaining momentum on the Safe Routes movement is one of our goals for 2009.

Members of the Mount Baker Bicycle Club can support our work by joining the Bicycle Alliance and encouraging the club to support us as well. Learn more about the Alliance and how members can help us accomplish our mission by visiting www.bicyclealliance.org.

2009 TRANSPORTATION ADVOCACY DAY IS FEB. 24.

Once again, the Bicycle Alliance is working with Transportation Choices Coalition, environmental and other transportation-related organizations to hold Transportation Advocacy Day in Olympia. The February 24 event will provide a great opportunity to learn the issues, meet with your legislators, and network with other advocates.

To learn more about the BAW legislative agenda for better traffic lights, driver education, construction zones and safe routes to school, visit www.bicyclealliance.org. To come down to Olympia and help get these bills passed, register for Advocacy Day at www.transportationchoices.org.

- submitted by Kristin Kinnamon,
Bicycle Alliance of Washington, Board President

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



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CYCLOCROSS: A YEAR-END REVIEW, ALREADY EXCITED FOR 2009

Cyclocross season blows by all too quickly. Once again, just as I did last year (see my writeup in the MBBC Feb.2008 newsletter), on the eve of the last big race of the year, the World Championships in the heartland of cyclocross (i.e. Belgium), I am writing up a recap of another thrilling cyclocross season in the majestic Pacific Northwest.

However, while the timing is similar, nothing would indicate that 2008 was business as usual in this ever-expanding sport. Many interesting breakthroughs occurred and are leading the way into a new future for the sport in America. Once again, I must insist that now is the time to get onboard with the hottest discipline in cycling!

The season began on the national scene at Interbike in Las Vegas on September 24th, when Lance Armstrong made his surprise return to cycling, and showed that even the best in the world can find themselves in unfamiliar territory by taking 22nd place. Locally, Norka Recreation and I had already blown off the cobwebs with the pre-season opener at Silver Lake State Park with 542 'Cross, a great way to remind oneself early that summer endurance does not necessarily translate immediately to fall intensity.

High caliber events also kick off in Washington in late September, which is when I finally threw myself to the dogs for the first time this season at the Rad Racing GP in Fort Steilacoom near Tacoma. A few trips up the infamous "Knapp-time" run-up with a bike on your shoulder will humble any athlete who thinks they are in killer shape going into the season without specialized training.

The old regional stand-by series, now called simply Seattle Cyclocross, opened up before October turned the page. Not a lot of surprises appeared on their planned 2008 schedule with 8 total races. A new course near Snohomish at the Evergreen State Fairgrounds, complete with auto speedways and BMX jumps, was well received and the closest offering to Bellingham. A hard landing on my head in a ditch after a tangle with another rider reminded me why a helmet is always a good idea.

A big surprise came just a few weeks later with the last minute loss of a key race location called Kelly Creek Farms near Auburn. Private landowners received some discouraging advice from their legal team and pulled the plug one week before a scheduled race, which was also Seattle CX's planned location for the series finale. The organizers adjusted quickly and found a new site called Sprinker Recreation Area, waaayyy down south past Tacoma. The series also still saw record turnouts in 2008, but the experience demonstrated that all situations may be considered temporary.

Despite the popularity of the Seattle series, one of my primary motives in starting races up in Bellingham again back in '06 was providing an opportunity for locals to try the sport without requiring a 2+ hours drive. That mission continued, but in an expanded format. A race is not much of one without competitors, so in an effort to draw attendance from a larger area and make the races bigger, I partnered with several other established promoters and rebranded the *Cyclocrazed Series* as the *Cascade Cross Series*. Four races lit up the new calendar to announce our arrival. Starting with the return of a lost course at the city of N. Seatac on Oct. 11th, the return of the classic Belly Cross at Cornwall Park on Oct. 25th, and hammering the point home with a fantastic venue at the Northern State Recreation Area near Sedro Wooley, the first three events were blessed with sunshine and top notch courses.

The Cascade Cross final, scheduled for the Saturday of Thanksgiving weekend, was not working out as trouble-free. The Cascade Cross organizers had applied our will at securing rights to no less than three locations, but a variety of the usual excuses kept the gates shut until the Tuesday beforehand.

Fortunately, the local heroes at Bellingham Parks, Lance Romo and Dick Henrie, immediately recognized the value and importance of the event and granted access to Civic Field complex for the final.

The rains started heavy on Friday as a final test of our resolve, but the course was mostly set by 8 p.m. the night before. Water continued to saturate the course through the night and following day, building up an epic struggle of mud, hills, corners, and even tricky dirt descents. The few and the brave were greeted at the end of the day with hot showers in the guest football locker rooms, and the local season came to a memorable close. A huge dose of gratitude goes to the Parks staff for being so accommodating to this often admonished sport on such short notice.



photo: Bret Wade



photo: Ryan Rickerts

Normally, I take a hiatus from even thinking about cyclocross for a few months as the road season comes to the fore until at least May. However, the 2009 cyclocross season is not waiting around for its due recognition. This child is already demanding attention, and I have been busy trying to help this little monster through the growing pains. More specialized training sessions offered locally, an expanded Cascade Cross series with more great locations, new partnerships to bring a higher quality experience to the

smaller races, and possibly even major events in the area to attract the world's attention.

The best way to learn about these 2009 developments is to experience them for yourself. Consider yourself warned - if you don't have a 'cross bike, plan on it. Just make sure your racing schedule and fitness is ready from early September to mid-December and possibly (for the first time locally) even into early 2010!



-- submitted by Ryan Rickerts
www.cyclocrazed.com
www.cascadecross.com
ryan@cyclocrazed.com

SPECIAL COMMUNITY EVENTS COMING IN 2009

BikeMonth

BikeMonth - May 1-31

Pedal with your Politician - May 9

Bike to Work and School Day - May 15

Bike To Work & School Day planning: kickoff meeting -

February 4 6:30-8:30pm Library Meeting Room

Volunteer to help make this year's *Bike Day* the best ever!

information: Mary Anderson or Ellen Barton 671-BIKE or
info@everybodyBIKE.com

Gatherings

RideOn! Bicycle Travelogue Series 7-9 pm,

Bellingham Public Library. \$2 donation suggested.

February 26: "Biking New Zealand" by Cathie Gerlicher

March 26: —"Seastacks, Sandcastles and Saints: Bicycling
1500 miles of the Pacific Coast with Kids" by Laural, Noah, and
Dana Ringler and Tom Caldwell

April 23: "Following in the Footsteps of Cycling Legends:
The Cols of the Dolomites" by Marie Kimball and Ken Giffin

information: 778-7000

Extra Slide Show: Costa Rica Mountain Bike Race: March 12,

7-9pm REI Bellingham meeting room. \$3 donation suggested,
supports Bike to Work and School Day. "Experience the
mountain biking thrills of the world-class *La Ruta* race in Costa
Rica from the perspective of Mark Rhode, a participant from
Bellingham." This special addition to the regular winter slide
show series is co-sponsored by several local bike shops.

Ladies Night at Kulshan Cyclery: March 19, 7-9pm. Enjoy
snacks, meet fellow women cyclists from the area and check
out several vendor displays of women's cycling products for the
upcoming season 360-733-6440

Seattle Bike Swap: February 21

www.cascade.org/EandR/bikeswap

Seattle Bike Expo: March 14-15

www.cascade.org/EandR/expo/

2009 Transportation Advocacy Day in Olympia: February 24

information: www.bicyclealliance.org

Races

WWU North Shore Circuit Race: March 28

www.wucycling.com/events_northshore.php

Volunteers needed

information: Phil Elsasser (847) 528-9461 or
paelsasser1@gmail.com

Indie series will be in Bellingham July 12

see full schedule at: www.indieseries.com/

Trail Building

Take some time this winter to get outside, volunteer, and improve
the city trails and mountain bike trails that we all enjoy. There
are trail-work parties being organized both by the Whatcom
Independent Mountain Pedalers (WhIMPs) and by the Bellingham
Parks Department.

February 1, Bunny Trails Skills Center, meet Padden ballfields

February 15, Ridge Trail Repair-meet at Miranda Trailhead/
Birch Street

March 8, Trail: 911 meet at Padden ball fields

March 22, Location TBD (save the date!)

April 5, Mirror Pond Trail Construction, meet at Padden ball
fields

April 19, Mirror Pond Trail Construction and Keystone Cut
Bridge meet at Padden ball fields

May 3, Mirror Pond Trail Construction

above meeting times all at 10am. Tools supplied. Wear
appropriate clothing for the weather conditions.

information: www.whimpsmtb.com/trailbuilding.html

February 7 - 10am Squalicum Creek Park

February 21 - 10am Old Village Trail

February 28 - 9am Lake Padden

March 7 - 10am Boulevard Park

March 7 - 9am Lake Padden

March 14 - 9am Franklin Park

March 21 - 10am Padden Creek Trail at 6th

March 28 - 9am Maritime Heritage Park

March 28 - 1-3pm South Bay Trail

information: Bellingham Parks & Recreation, 360-778-7105 and
see directions to trailhead meeting places here:

[http://www.cob.org/documents/parks/volunteer/
work-schedule.pdf](http://www.cob.org/documents/parks/volunteer/work-schedule.pdf)



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BIKE RIDES: MARK YOUR CALENDAR – 2009 EDITION

It's a new year and time to start planning bicycling vacations and weekends. Use this calendar to help plan that week off, destination trip including a bike ride, or your first century ride.

-- thanks to Doug Schoonover for compiling, as he does every year, events&dates on this calendar!

2009 RIDES – WESTERN WASHINGTON	
February	16 Washington's Birthday Ride (Bellingham) <i>(see p. 1)</i> 22 Chilly Hilly (Bainbridge Island) www.cascade.org/EandR/chilly
March	21 McClinchy Mile (Arlington) www.bikesclub.org/html/mcclinchy/mcclinchy.htm
April	4 Tulip Pedal (LaConner) www.tulipfestival.org <i>(see events)</i> 19 Daffodil Classic (Puyallup) www.twbc.org/events/ 25 Tour de Lopez (Lopez Island) www.lopezisland.com/tourdelopez.htm 26 Rhody Tour (Port Townsend) www.ptbikes.org/index.php?page=rhodytour
May	2 RACC: Ride Around Clark County (Vancouver WA) www.vancouverbicycleclub.com/RACC.html 2 Camano Climb www.stanwoodvelosport.com 9 Skagit Spring Classic www.skagitbicycleclub.org 25 Seven Hills of Kirkland www.7hillskirkland.org
June	7 Peninsula Metric Century (Southworth) www.twbc.org/events/peninsula 13 Flying Wheels (Redmond, east side) www.cascade.org/EandR/flying/ 20 Tour de Blast (Mount St. Helens) www.tourdeblast.com
July	11-12 Seattle to Portland/STP www.cascade.org/EandR/stp 15-19 RedSpoke - Redmond to Spokane www.redspoke.org 18 S2S - Seattle to Spokane (284 miles, one day) www.redmondcyclingclub.org/S2S/S2S.html <i>(no date yet)</i> Seattle Century www.seattlecentury.com 30 RAMROD - Ride Around Mt. Rainier One Day www.redmondcyclingclub.org
August	1 Tour de Whatcom (Bellingham) www.tourdewhatcom.com 3-9 RAW - www.cascade.org/EandR/raw 14-15 RSVP - www.cascade.org/EandR/rsvp 22-23 RAPSody - Ride Around Puget Sound (Tacoma) www.rapsodybikeride.com 30 Summits of Bothell www.summits-of-bothell.org
September	12-13 MS 150 Bike Ride (Mt. Vernon) 13 Mt. Baker Hill Climb (Glacier) www.norkarecreation.com 18-21 Trek Tri-Island (San Juan, Lopez, Orcas Islands) alaw.org 20 Chuckanut Century (Bellingham) MBBC website 26 Tour de Whidbey (Oak Harbor) tinyurl.com/5zw9zv 27 Headwaters Century (Enumclaw) www.twbc.org/events/headwaters
October	4 Kitsap Color Classic www.cascade.org/EandR/kitsap



SOME 2009 RIDES OF INTEREST – ELSEWHERE	
This list is a sample of rides offered in Eastern Washington, neighboring states, and states further away.	
March	14 Solvang Century (Solvang, CA) www.bikescor.com/solvang
April	25 Alefest Bike Ride (Leavenworth) www.alefestbikeride.com
May	16 Reach the Beach (Portland, OR) www.reachthebeach.org 16-18 Golden Triangle Tour (Castle Mt. Junction BC) www.elbowvalleycc.org/events/details.asp?eventid=3 17 Santa Fe Century (Santa Fe NM) www.santafecentury.com
June	6 Apple Century (Wenatchee) www.applebikeride.com 7 Elephant Rock (Castle Rock CO) www.elephantrockride.com 13 CHaFE 150 (Sand Point, ID) www.chafe150.org 14-20 Ride the Rockies (CO) www.ridetherockies.com 20 Chelan Century Challenge (Chelan) www.centuryride.com 20 Native Planet Classic (Winthrop) www.ride4areason.org/npclassic 21-27 Bicycle Tour of Colorado www.bicycletourcolorado.com
July	11 Death Ride (Markleeville CA) www.deathride.com 19-25 TourBC (Creston BC loop) www.tourbc.net
August	2 Mt. Shasta Summit Century (CA) www.shastasummitcentury.com 15 Hot August Days (Wenatchee) www.ncwsportsevents.com/hod.html 21-23 Mountain Bike Oregon (Oak Ridge OR) mtbikeoregon.com
September	13 High Pass Challenge (Packwood) www.cascade.org/EandR/hpc 19-20 Tour des Lacs (Spokane) www.roundandround.com/TourDesLacs/TourDesLacs.php 26 DAM2DAM (Wenatchee) www.mikeutley.org <i>(then "Mike's Events")</i>
October	2-4 Fall Bike Festival (Winthrop) www.mvsta.com

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 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)

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

WINTER WORKOUT RIDING: WHY AND HOW TO DO IT

In the newsletter's last issue, we heard from year-round bicycle commuters. This month, one of the community's most determined fitness riders shares her advice for staying on the bike all year.

If you are like me, most people will think you are absolutely crazy if you ride your bike in the winter months. We're not in Alaska, Chicago or Spokane; people can and do ride bikes all year 'round in Bellingham.

First you will need ambition to get out in frigid cold and sloppy wet temperatures. Do you lack indoor training enthusiasm? Tired of being imprisoned on your indoor trainer or trying to find spin classes that fit your schedule? Do you miss the fresh air? Or maybe you have decided that those hours spent in a car really aren't good for the environment so while doing the right thing for the planet you can gain some fitness at the same time. Second, you will need to cultivate a true sense of adventure that will inspire you to attempt something that is difficult - but is very achievable. I call this the "just do it attitude of cycling."

Proper layering is critical to your overall comfort while on the bike. Too many layers and your muscle movement will be restricted rather than supported. You must achieve proper air flow so wicking of wetness away from your skin can occur. Retaining moisture next to you will only leave you damp and cold. Here are a few tricks to make cold weather riding as comfortable as possible.

Head and Neck: Helmet covers keep wetness out and retain the heat generated by your head. Balaclavas made of synthetics, wool or silk are light and provide head, ear, neck and partial face protection as well. Ear muffs can keep ears warm in cold, dry weather. Most jackets can provide sufficient neck protection when zipped all the way up. A clear lens type of eyewear will protect your eyes from road grime, blowing particles and wind while still allowing for visibility. A yellow tinted lens can sometimes improve landscape contrast in gray conditions.



Cultivate a true sense of adventure that will inspire you to attempt something that is difficult but is very achievable.

I call this the "just do it attitude of cycling."

- Marie Kimball

Feet: Silk or polypro thin liners with wool socks over them. Keep your shoes loose around the toe so that there is air flow and pull out the toes of your socks before putting your shoes on. Neoprene booties made for winter conditions will keep moisture off your shoes while also retaining foot heat. Little Hotties make thin adhesive toe warmers that fit inside shoes and last for up to 5 hours at a cost of \$1/pair.

Hands: Silk or polypro thin liners inside a wind and waterproof loose shell glove or mitt are best. Ski gloves are too bulky generally but lobster mitts are available just for cyclists. Little Hotties make hand warmers that can last up to 6 hours. Choose a glove that is long enough to go under your jacket sleeve.

Arms, legs and chest: Silk, synthetic or wool fabrics create a wicking base layer under your winter weight jerseys, jackets, bibs, tights, arm and leg warmers. A winter weight clothes help retain body warmth with a fleece-like material on the inside and a wind block and/or water resistant material on the outside.

Resist the temptation to put on two base layers or two top layers. When you start the ride you need to feel cold because as you ride against a head wind, up hills and over distance you will heat-up. Jacket vents under arms or on the back allow the moisture to dissipate quickly.

It is very important to keep your nose, fingers and toes warm while riding. Long term damage can result with prolonged exposure to cold while riding, such as capillary damage which decreases sensation all the way to complete frostbite.

You don't necessarily need studded tires or mountain bike traction to ride your bike when there is some ice and snow present. You do need to alter your riding style so that you can ride safely. Sudden movements on ice or snow that change your center of gravity over the bike (leaning into a corner or traveling over railroad tracks at the wrong angle and with too much speed or sudden braking) can cause cyclists to go down in poor weather. If you ride a bit slower with core stability, placing your weight in the proper position for maximum control over the bike, you can safely ride in all weather conditions.

Finally, don't be afraid and remember—you can always stop for coffee and a pastry to warm up for awhile before you go back outside!

Ride Safe and Often,

Marie Kimball, MBBC VP

A1 BUILDERS INC.
Quality Remodelling
& Custom Homes
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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>
FEBRUARY 1 WhIMPs Bunny Trails Skills Center work day	2 <i>Groundhog Day</i>	3	4 Wed Group Ride BikeToWork Day planning Meeting	5	6	7 Donut Ride Bellingham Parks: Trail work day Squalicum Ck Park
8	9	10 Tues Social Ride	11 Wed Group Ride	12	13	14 <i>Valentines Day</i> Donut Ride Recumbent Ride
15 WhIMPs Ridge Trail repair work day	16 <i>Presidents Day</i> Presidents Day Ride	17 Tues Social Ride	18 Wed Group Ride	19	20	21 Donut Ride Seattle Bike Swap Bellingham Parks: Trail work day Old Village Trail
22 Chilly Hilly	23	24 Tues Social Ride Transportation Advocacy Day: Olympia	25 Wed Group Ride	26 RideOn! Travelogue show: New Zealand	27	28 Donut Ride Bellingham Parks: Trail work day Lake Padden



Mt. Baker Bicycle Club

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