



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 18 Number 6, July 2009

Tour de Whatcom coming up soon: August 1st

As he prepares for the 4th annual Tour, ride originator Todd Williams reminisces about its history.



In 2004 I completed my first century: the first day of the RSVP (Seattle to Vancouver). It was a beautiful day and as I came to the end of the ride, I was hoping for a bit more of a celebration. After all, didn't everyone around know the incredible feat that was just accomplished? Where's the marching band? I remember saying to myself, "If I ever organize a century, it will be festive at the finish."

The following spring, I noticed there were lots of rides in Skagit County but only one in Whatcom: the Chuckanut Century. Chuckanut went north-south so I thought I'd organize the first ride to also show the interior of Whatcom County. One day in May I decided to just try it. My wife Jody rolled her eyes and we were off on the beginning of the journey.

Our first year, we had 105 riders on a great day and only one snafu that we worked out. One out-of-town rider took a wrong turn and ended up in Mt Vernon. Poor gal was very sick that day and all by herself. But she turned around and kept fighting for 10 hours until we picked her up.

In year two we started and ended in Fairhaven. Whenever I had visited Fairhaven it was always mid day. But when I showed up at 6am on the day of the ride, it was dead quiet. Then it hit me...where will these riders go potty? Public restrooms are locked! I discovered that Paul Razore's cell # was somehow in my phone. Paul owns SSC and is a *huge* supporter of cycling. I left a desperate message on his voicemail. Three minutes later my phone rings. It's Paul, saying that portable toilets will be delivered within 30 minutes. At that point I knew it was

going to be a good day, and it was: 265 riders and \$15K raised for Boys & Girls Clubs.

Last year Don Kurtis of Cascade Radio Group predicted over 500 riders and I told him he was nuts. But sure enough it happened.

We stagger the start times for each of the 3 distances. This helps with registration and it lets everyone finish at approximately the same time. So one friend might do the century while the other does 50, and they meet in Birch Bay and ride the last 25 together.

We hear four compliments over and over: Whatcom County is stunningly beautiful, the people and food at the rest stops are great, Fairhaven is a great place to finish, and the Bellingham HS cheerleaders at the finish line is a great reminder they did something special.

I could go on and on about all the things I've learned. I think I should publish my Master Checklist since it is written in sweat and tears. But I don't regret a thing. Congratulating riders after their first 25, 50 or 100 mile ride is a such a special moment and they, like me, will remember it always.

We look forward to seeing you! --Todd Williams

The 2009 Tour de Whatcom, benefitting Boys & Girls Clubs, is on Saturday, August 1st. Details and registration form can be found at tourdewhatcom.com.



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This month's contributors:
Ellen Barton, Stewart Bowman, Casey Henson, Kristin Kinnamon, Kae Moe, Mark Peterson, Ken Rasmussen, Kathy Salisbury, Todd Williams.
Thanks to all!



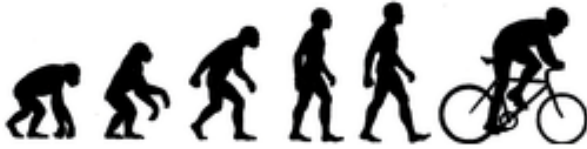
MBBC listserv--
sports.groups.yahoo.com/group/MtBakerBicycleClub/

Club Website:
www.mtbakerbikeclub.org

Newsletter archive online:
www.mtbakerbikeclub.org/news

Follow the club on Twitter:
twitter.com/mtbakerbike

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 or 360-671-6910

Tuesday Evening Summer Ride: Tuesday evenings 5:45 pm through September. Meet @ Whidbey Island Bank, corner of Bakerview/Northwest. Initially 14-15 mph (with slower and faster groups becoming available as more people start riding), 15-20 miles, practice group-riding skills. Contact: 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 (has already started for 2009)

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 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

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

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

Fanatik Women's Mountain Bike Rides: check their website for schedule: www.fanatikbike.com, also see p. 3



Biking to Battle Cancer - August 8

The Bellingham community is getting ready to gear up to fight back against cancer, a disease that killed over 500,000 people last year alone. This year, the American Cancer Society is teaming up with cyclists around the area to ride for the hope that we will one day find a cure and fight back against this horrible disease.

The 2009 ride is on August 8 beginning at Bloedel Donovan Park in Bellingham. The scenic route circles from Lake Whatcom to Lake Samish and along part of Chuckanut Drive and back to the park, covering a total distance of approx. 35 miles. Along the ride will be one rest station with snacks and hydration. Following the ride, there will be food and a celebration for cancer survivors and riders concluding the event. Our goal for the 2009 year is to have over 150 riders come out and support and raise money toward the mission of the American Cancer Society in the Whatcom county area.

With the huge rider base in the Whatcom County area, we hope to reach out to all of those riders who have been touched by cancer and want to make a difference in our community. It is our belief that nobody can do everything, but everybody can do something. Come join us in the Bike to Battle Cancer on August 8, 2009. If you have any questions, please visit us at biketobattlecancer.org, where you can also register to ride in the event and find out how to get more involved!

-- submitted by Casey Henson

Bike Ride Around Puget Sound - Aug 22/23

Start this year's annual Ride Around Puget Sound (RAPSody) by bicycling across the Tacoma Narrows Bridge. A challenging route, exceptional food and great organization by five partnering bike clubs (BIKES Club of Snohomish County, Capital Bicycle Club, Cyclists of Greater Seattle, West Sound Cycling Club, Tacoma Wheelmen Bicycle Club) make RAPSody special. Enjoy views of water and mountains throughout the 170-mile loop route. At the halfway point at Shelton High School, there's indoor and outdoor camping, a jazz quartet, root beer floats, massage and on-site meals supporting a local youth center. Riders can complete the route in one or two days. Early registration fee of \$80 includes souvenir socks, luggage transport, overnight parking, mechanical and ride support, showers and foodstops, and ice cream bars to celebrate the finish on Sunday.

This ride supports the Bicycle Alliance of Washington, our statewide advocacy and education organization.

Early registration closes July 22. Registration open through Aug. 17. Save money by signing up early and joining the Bicycle Alliance.

For more information, visit rapsodybikeride.com.

- submitted by Kristin Kinnamon

2009 EVENTS LIST

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

Trek Demo Days - hosted by Kulshan Cycles

July 6-7: Lake Padden, near dog park, 10am-3pm both days
contact Kae Moe: kulshancycles@comcast.net

Tour de France viewing parties at Mount Bakery

July 4-26: Live early-morning Tour coverage will be broadcast at Mount Bakery, 309 W. Champion. Come early and watch the day's stage with other road-racing lovers. Donations appreciated.
norkarecreation.com/tourindex.htm

Rides

Fanatik Bike Co: Women's MTB Group Rides 6pm

July 7 & 21, August 5: Galbraith Fun Ride
July 29: Galbraith Intermediate/Advanced
sign up a day ahead: kathy.fanatikbike@gmail.com
details at: 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!

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!

Races (to watch or to enter)

Padden Pedal: MTB Race, Indie Series July 12 (see p. 5)

paddenmtnpedal.blogspot.com,
contact Mark Peterson: markombt13@comcast.net

Washington State Juniors and Masters Omnium Championships;

2-day stage race: July 18-19; (see p. 4)
Downtown Bellingham Criterium: 1-8pm July 19 (12 heats!)
www.shuksanvelo.com

Bellingham Parks & Rec Race Series

July 25: Lake Padden Duathlon
August 8: Youth Triathlon
October 11: Runningshoes.com Duathlon and YMCA Youth Du
full schedule, details at: www.trithetcookie.com

Bellingham Traverse: September 19 bellinghamtraverse.com

Trail Building

Trail-work parties are being organized this summer by the Bellingham Parks Department: 360-778-7105. Come volunteer, help maintain the trails that we all use and enjoy! Work parties are on Wednesdays (and one Thursday) from 6:30-8:30 pm.

brochure: www.cob.org/documents/parks/volunteer/ newsletter.pdf

July 1: Squalicum Creek Park
July 8: Boulevard Park
July 15: Woodstock Farm
July 16 (Thursday): South Bay Trail
July 22: Padden Creek Trail at 6th
July 29: Boulevard Park
August 5: Woodstock Farm

Classes

REI Bike Maintenance Classes (Bellingham REI):

July 6 & 29: Bike Maintenance 101 **July 12 & 25:** Bike Maint 201

July 9: Bicycle Wheel Maintenance

details: www.rei.com/stores/events/65

2009 RIDES EVENTS

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.redmondcyclclub.org/S2S/S2S.html
19-25 TourBC (Creston BC loop) www.tourbc.net
25 Seattle Century www.seattlecentury.com
30 RAMROD - Ride Around Mt. Rainier in One Day
www.redmondcyclclub.org

August

1 Tour de Whatcom (Bellingham)
www.tourdewhatcom.com
3-9 RAW - www.cascade.org/EandR/raw
8 Bike to Battle Cancer (Bellingham) -
www.biketobattlecancer.org
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 Ride 542: Mt. Baker Hill Climb (Glacier)
www.norkarecreation.com
18-21 Trek Tri-Island (San Juan, Lopez, Orcas Islands)
cleanairadventures.org/trek_tri_island
20 Chuckanut Century (Bellingham)
www.mtbakerbikeclub.org/chuckanut
26 Tour de Whidbey (Oak Harbor) tinyurl.com/5zw9zv
26 DAM2DAM (Wenatchee) www.mikeutley.org
27 Headwaters Century (Enumclaw)
www.twbc.org/events/headwaters

October

4 Kitsap Color Classic www.cascade.org/EandR/kitsap

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Summer Racing Action in Bellingham

Fanatik Team is geared up for local Road and Mountain Racing

Now in its third year, this has been a great season for the Fanatik Bike Co. Race Team under the umbrella of Shuksan Velo Club.

We have seen the team grow from about 20 riders to over 50 in the club, with about 15-20 who are racing.

The race season is very long, starting in March and ending in September. With this type of calendar many take breaks at different parts of the year to reenergize. No one can stay focused and at peak performance for 6 months, so training takes into account family and work. It's not necessarily the hours spent on the bike but the quality. Not all training rides are hammer fests.

Last fall many of us headed to Burnaby to race on the 200 meter velodrome. A very short rack with banks of 47 degrees. A very fast and action packed pace.

The biggest star this year has been Phil Elsasser. A few years ago he was a Category 4 racer and this year he has been racing with the best in the Cat 1,2 field. He won the Division 2 Colligate National Criterium (*crit*) and has been placing consistently in the top 10 at many

of the big races, including two top-10 finishes at the Elkhorn Classic in Baker City Oregon.

We also have 6 juniors on the team. Youngsters can start racing at 10 years old. My son Anthony has done 2 crits and 2 time trials. He will take part in the Juniors RR championships and the Omnium coming up in Bellingham (see below). The club held a juniors and new riders clinic in the fall that many attended.

We are always looking for new riders and especially motivated young riders who seek to improve their fitness and experience as racers.

See the club's web page and contact us if you have any questions. We hope to see you out on the road!

shuksanvelo.com

-- submitted by Stewart Bowmer

“Omnium” Stage Race has many choices for Masters and Juniors

Phil Elsasser and Stewart Bowmer are promoting and organizing the Washington State Juniors and Masters Omnium Championships, July 18-19 on 3 different race courses in Whatcom and Skagit counties.

This is a points-based stage race. July 18th is the day of the road race at the Northshore course, northeast of Lake Whatcom. The morning of the 19th is a time trial race beginning and ending at Padilla Bay Interpretive Center, south of Edison. That afternoon, the final event is the criterium on a course in downtown Bellingham, looping past the library, courthouse and the new Children's Museum. The crit is a great race for spectators as you'll see groups of riders change position on each loop as they strategize getting teammates to the front of the pack. There are 12 heats, including a kids' race.

Phil and Stewart expect more than 200 riders over the weekend, with about 12-20 from Whatcom County and 8-12 participating from their Fanatik team. Proceeds from the race will go toward funding a track clinic in Burnaby in the fall.

Volunteers are needed as course marshalls, to direct traffic, set up and tear down the stage, and for other tasks. If you're able to volunteer or to donate items for the race, please contact Stewart Bowmer: 360-319-7809 or at stewartbowmer@gmail.com

The Racer's Guide can be downloaded from the shuksanvelo.com website.



Anthony Bowmer



2008 Downtown Bellingham Criterium



Indie Series Racing July 12

Padden MTN Pedal Returns for 17th Year

Welcome to the 2009 Indie Series - cross country mountain bike racing brought to you by independent race promoters who are first and foremost - mountain bikers! For 17 straight years the Padden MTN Pedal has been a cornerstone of the Pacific Northwest bike racing calendar and the Indie Series.

The event is always family friendly, offering something bike related for all ages and ability levels. There are 28 entry categories including Clydesdales as well as the free kids' race at 10:45 am. Every child 10 years old and under races for free!

The first race starts at 10:00 am and racing continues until approximately 3pm.

The course at Lake Padden is known to be one of the best spectator courses. Riders doing multiple laps make for great viewing and raucous cheers. So it's a great place to come cheer on your friends, family and fellow racers. Come join us for some killer racing and good times. Bring your family, friends, and cowbells. More cowbell!

race sponsor: Mark Peterson

about the Indie Series: indieseries.com

about the Padden Pedal: paddenmtnpedal.blogspot.com/



2008 Padden Pedal - field prepares to start - paddenmtnpedal.blogspot.com



GroupHealth



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: _____

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
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Bellingham, Washington 98227

Your MBBC Board of Directors is working for you!

While you're out riding your bike in our wonderful summer weather, think about the group ride you've joined, the bike lanes or offroad trails you're on, the bike rack or covered bike parking you use, and even the laws that protect your rights as a vehicle sharing the road. It's very likely that without our local bicycle club, we might not have as many bicycle-friendly amenities as we do. The MBBC is visible in the community and advocates for safe cycling, while also organizing rides and encouraging people of all ages and levels to ride. The MBBC provides an immediate connection for new residents and visitors to our area, answering their questions and helping them find the right type of cycling for them. The more riders, the more visibility and the more advocacy -- it all feeds on itself as our cycling community grows.

We all can thank the MBBC board of directors and members for their volunteer work to keep the club going. Since Ellen Barton (club president for the past 8 years) has announced she'll be stepping down at the end of this year, and other board members have served many years as well, this seems like a good time to review some of their work in the hopes that new board members will step up and help shape the club in years to come. Here's a partial list of the types of things MBBC members work on for us:

- **Planning and publicizing local bicycling events.** For example: responsibility for club-sponsored weekly rides, advertising rides via magazines, web pages, brochures (distributed to bike shops regionally), and posters; work with race organizers from other groups and recruit volunteers for them, recruiting presenters for the winter Travelogue slideshows and coordinating with the Parks department, organizing and presenting the Chuckanut Century ride, organizing carpools to out-of-town rides, organizing the annual reception/meeting in December.
- **Communicating** with groups in the community and the state. For example: participate in community events including Bike Expo and communicate with cyclists and others the benefits of the club; liaison to other bike groups in the county and region; partnering with Whatcom Smart Trips and everybodyBIKE for events including Bike to Work & School Day, liaison to Bellingham Police regarding safety issues and rules of the road for cyclists and drivers; fielding emails and phone calls from out-of-towners asking for maps or jerseys.
- **Advocating for bicycling.** For example: representing the cycling community through media and events, taking part in transportation and planning meetings with the city and the port, speaking at hearings and city council sessions, writing newspaper articles, writing columns for the MBBC newsletter.
- **Generating funding for club programs and education.** For example: applying for grants and following up reporting and reimbursement process for grants; soliciting sponsorships for Bike Month and events such as the Chuckanut Century; soliciting donations (cash and prizes) for special events such as Bike to Work & School Day.
- **Personnel management**, including: recruiting and motivating new and existing board members, encouraging and thanking volunteers, welcoming new members, recruiting assistance at events.
- **General operations**, including: board meetings, task forces, subcommittee meetings, keeping League membership current, keeping insurance (to cover rides and events) current, filing annual nonprofit incorporation with the state, legal consulting when necessary, treasurer work from tax filing to day-to-day financial administration including payments for newsletter publishing and mailing and for website hosting.
- and MORE. The board takes on tasks as it has the time and feels there is the greatest need.


If you're interested in participating in some aspect of running the MBBC and have any questions, feel free to contact board members using the **Contacts**: information on page 6. Quarterly board meetings are open to club members, and dates of upcoming meetings will be published in our next newsletter. Consider attending a meeting, meeting the board, and finding your niche in running your club.

Cycling blogs of interest

Keeping up with our cross-country cycling friends this summer

Various friends are embarking on long-distance cycling trips this summer, and some of them are posting their trip journals online. Check out the blogs below to view photos and read accounts of cycling on the open road.

- **Andrew and Randall Leese** (featured in the March MBBC newsletter) started their round-the-world trip in April. Now approaching the east coast, they plan to arrive in Europe mid-July. www.orphanride.org
- **Pat Rolstad** (featured in June MBBC newsletter) left Astoria on June 21, heading for New Hampshire. patspedal.wordpress.com
- Recent WWU grad **Taylor Livingston** leaves Blaine on July 1, cycling to Baha. telivingston.blogspot.com
- **Edward Boggess** left Colorado in May, now approaching the Arctic Circle in the Yukon. www.ed.longkruse.com

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			July 1 Wed Group Ride B'ham Parks: trail work day	2	3	4 Independence Day Donut Ride
5	6 Kulshan - Demo Days @ Lk. Padden REI: Bike Maint 101	7 Tues Social Ride Tues Hot Laps Tues Evening Ride Kulshan - Demo Days @ Lk. Padden Fanatik womens MTB	8 Wed Group Ride B'ham Parks: trail work day	9 REI: Wheel Maintenance class	10	11 Donut Ride Recumbent Ride Kulshan Ladies Ride
12 Indie Series MTB Race: Padden Pedal REI: Bike Maint 201	13	14 Tues Social Ride Tues Hot Laps Tues Evening Ride	15 Wed Group Ride B'ham Parks: trail work day	16 B'ham Parks: trail work day	17	18 Donut Ride Kulshan Ladies Ride WA Omnium: day 1 - road race
19 WA Omnium: day 2: TT; Downtown B'ham Criterium	20	21 Tues Social Ride Tues Hot Laps Tues Evening Ride Fanatik womens MTB	22 Wed Group Ride B'ham Parks: trail work day	23	24	25 Donut Ride Kulshan Ladies Ride Lake Padden Duathlon REI: Bike Maint 201
26	27	28 Tues Social Ride Tues Hot Laps Tues Evening Ride	29 Wed Group Ride Fanatik womens MTB B'ham Parks: trail work day REI: Bike Maint 101	30	31	August 1 Donut Ride Kulshan Ladies Ride Tour de Whatcom



Mt. Baker Bicycle Club

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If you are a club member and wish to receive a printed version of the newsletter rather than online, please inform mbbcnewsletter@mtbakerbikeclub.org. Club members are entitled to a printed/mailed version if they wish.