



# MBBC

**More Bicycling = Better Community!**

**Mount Baker Bicycle Club Newsletter, Volume 21 Number 4, May 2012**

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This month's contributors:  
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Vincent. Thanks All!



*the club online:*

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

*and our social sites:*



## BIKE MONTH HIGHLIGHTED BY BIKE TO WORK AND SCHOOL DAY: MAY 18

May is National Bike Month, and in Whatcom County we celebrate with a calendar of events (*full events calendar for the month is on p. 4 & 5*). The Bike To Work And School Day events make it difficult to stay off your bike! Here's what you have to look forward to on Friday, May 18.

### Annual Pancake Breakfast at *The Hub*

Friends and members of The Hub Community Bike Shop will be flipping pancakes for passing cyclists in their annual celebration! Stop by as you ride past on the South Bay Trail. 7am until the syrup runs out.



### Receive Cheers at a Celebration Station

Pick a route to work that passes one of the many Celebration Stations. Stop for treats, cheers, and to fill out raffle entries for prizes. See map at [biketoworkandschoolday.org](http://biketoworkandschoolday.org). Stations open at 6:30 am and remain open until 9 am. Some stations will stay open until 10 am if the volunteers are being entertained by lots of cyclists, so be sure to stop by!

### Test Your Skill (or watch others testing theirs) at the City Hall Tricycle Race

Noon at the Bellingham City Hall. Round up your team and enter the annual hilarious contest of humor and tricycling skill at this event sponsored by the City of Bellingham.

### Wrap Up the Day's Celebration at Chuckanut Brewery

Join the rest of the day's bicycle commuters at Chuckanut Brewery and Kitchen at 601 West Holly (near C Street). Celebrate bike to work and school day with a THANK-YOU celebration from 5-10pm. Enjoy live music, prizes, special food and drinks and kid-friendly activities. Sponsored by Kulshan Cycles.

***THE MBBC has partnered with everybodyBIKE to provide over 200 helmets and reflective stickers for kids for Bike Month! Read details on page 7.***

# WEEKLY AND GROUP RIDES

## **Sunday Edison Social Ride** starts from Edison

Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time. For additional info: Alfred Arkley [arkley@comcast.net](mailto:arkley@comcast.net) or 360-527-8638

**Tuesday Hot Laps** 30-40 miles, race pace. Training ride departs from Kulshan Cycles at 6pm to a practice road race course. Summer months. Check at Kulshan to see if/when this ride has started for 2012.

**Tuesday Evening Ride: "Ramp-Up"** Whidbey Island Bank, corner of Bakerview & Northwest. Meet 5:45pm leave at 6pm. Splits into leisurely group (10 mph pace), HyperFast group (20+ mph) and "Ramp Up" (14 to 16 mph, distance 15-20 miles) with ride focus on the skills necessary to ride in groups. "Ramp-up" group will concentrate on safe riding practices, paceline skills, how to overtake other riders and pass them in a safe manner, and how to deal with traffic. information from ride leader: Doug Schoonover 410-6431

**Tuesday Ferndale Social Ride:** starts from Pioneer Park in Ferndale, 30-40 miles, 13-16 mph route varies. Usually 10am start time in winter. To check time and other info: Bob Parker [rmp-4724@hotmail.com](mailto: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 mid-Sept to March this is a night trail ride with lights. Gather at brewery afterward (7:30p). 360-410-6431 info (Doug)

**Thursday South Social Ride** starts from Edison Elementary School parking lot. 30-40 miles, 10-14 mph, route varies. 10 am start time. Info: Alfred Arkley: [arkley@comcast.net](mailto:arkley@comcast.net) or 360-527-8638

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

## RIDE NOTES FOR MAY:

*Carpools will be forming to drive down to the start of many of these rides. If you're looking for a ride or have a ride to offer, post a note on the Yahoo MBBC Listserv that you're looking to form a carpool.*

### **The Cookie Ride! Skagit Spring Classic - May 12**

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

Pick your distance and ride through northern Skagit and southern Whatcom Counties enjoying splendid rural forest and marine views. You have a choice of various routes, a century (100 miles), a metric century (100 km, 62 miles), 45 miles, or 25 miles. There is even a Family Trail Ride of 10 to 12 miles. This ride is famous for its homemade cookies at the rest stops! Yum!

### **Camano Climb - Saturday, May 5**

[stanwoodvelosport.com](http://stanwoodvelosport.com)

44 miles of scenic bicycling around the perimeter of Camano Island with an escape route of about 28 miles for those who wish a shorter ride. You will see spectacular views of Cascade and Olympic Mountains, Skagit Bay, Port Susan, Saratoga Passage and Whidbey Island.

### **Rhody Bike Tour - Sunday, May 13**

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

There are three route choices: 32, 45 and 62 miles. This ride out of Port Townsend follows the varied terrain of east Jefferson County's rural roads. The few hills on the Half Metric Century make for a pleasantly challenging ride for those getting a late start in their season or for the new long distance rider. The full Metric Century is a great ride for those training for STP or other long distance rides. It is a fast rolling ride with a few good hills.

### **Seven Hills of Kirkland - Monday, May 28**

[7hillskirkland.org](http://7hillskirkland.org)

Whether you choose the traditional 7 Hill Route (approximately 40 miles), the popular Metric Century Route, or the challenging Century Route, you'll enjoy the scenery and support KITH, cycling to end homelessness. Travel at your own pace through urban, suburban and rural roads on a holiday when cyclists seem to outnumber vehicles. Follow the signs and "Dan Henrys" to great food stops, challenging ascents and wonderful descents. Climb Winery Hill and be rejuvenated by the applause of your own cheering section and the lovely strains of a bagpiper.



# BIKE RIDES & EVENTS IN 2012 – *check back each month as more are added*



## **BikeMonth**

See complete schedule on p. 4-5

## **Gatherings**

- **Pump-You-Up-Booth at the Farmer's Market** Saturdays in May - for help fixing flats and getting your bike ready for spring.
- **Strength in Numbers** - at the Mount Baker Theatre: May 4, 8pm. Benefit for WhIMPs and the Whatcom Trails Co-Op. [kulshancycles.com](http://kulshancycles.com)
- **Bellingham Bike Swaps:** May 12, September 1st [thebikeshop1.org](http://thebikeshop1.org)

## **Races**

**May 27:** Ski to Sea [www.skitosea.com](http://www.skitosea.com)

**July 14:** Padden Mountain Pedal [indieseries.org](http://indieseries.org)

**Sept 15:** Bellingham Traverse [bellinghamtraverse.com](http://bellinghamtraverse.com)

## **Parks & Recreation Race Series**

see [www.cob.org/services/recreation/races/](http://www.cob.org/services/recreation/races/)

**June 23:** Lake Padden Triathlon

**July 21:** Lake Padden Duathlon

**August 11:** Bellingham Youth Triathlon

**October 14:** Klicks Mountain Bike Duathlon

**October 14:** YMCA Youth Duathlon

## **Trail Building**

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

## **Trail maintenance dates from WhIMPs:**

**May 6** - Trail Day: sponsored by Kushan Cycles and Klicks Runners and Walkers. Meet at 9:30-9:45 at the Padden Ball fields. We will shuttle up to the mountain at 10am. Breakfast snacks will be provided and lunch will be served on the mountain. Please bring your own water! Check the events calendar on [whimpsmtb.org](http://whimpsmtb.org)

## **Trail work dates from Bellingham Parks Dept.:**

**May 5** - 10 am Squalicum Creek Park

**May 12** - 9 am Whatcom Creek at City Hall

**June 2** - 9 am Happy Valley Park - for National Trails Day

## **2012 RIDES**

### **May**

- 5** Camano Climb (Camano Island) [stanwoodvelosport.com](http://stanwoodvelosport.com)
- 5** Ride Around Clark County (Vancouver WA) [vbc-usa.com/racc](http://vbc-usa.com/racc)
- 6** Summer Rides Kick-Off (B'ham) [everybodyBike.com](http://everybodyBike.com)
- 6** May Day Metric (Federal Way) [maydaymetric.net](http://maydaymetric.net)
- 11** Summer Rides Culture Cycle (B'ham) [everybodyBike.com](http://everybodyBike.com)
- 12** Skagit Spring Classic [skagitspringclassic.org](http://skagitspringclassic.org)
- 13** Rhody Tour (Port Townsend) [ptbikes.org](http://ptbikes.org)
- 19** Reach the Beach (Portland, OR) [reachthebeach.org](http://reachthebeach.org)
- 20** Summer Rides Petite Parks Tour (B'ham) [everybodyBike.com](http://everybodyBike.com)
- 25** Summer Rides Tea Time Tour (B'ham) [everybodyBike.com](http://everybodyBike.com)
- 28** Seven Hills of Kirkland [7hillskirkland.org](http://7hillskirkland.org)

### **June**

- 2** Swan Century (Sedro Woolley) [swancentury.org](http://swancentury.org)
- 2** High Tide Ride (Anacortes) [hightideride.com](http://hightideride.com)
- 3** Peninsula Metric Century (Southworth) [twbc.org](http://twbc.org)
- TBD** Fort2Fort (Port Townsend) [fort2fortride.org](http://fort2fortride.org)
- 9** Flying Wheels (east side) [cascade.org/EandR/flying/](http://cascade.org/EandR/flying/)
- TBD** Bill's Hills of Bellingham (MBBC club ride)
- 23** Tour de Blast (Mount St. Helens) [tourdeblast.com](http://tourdeblast.com)
- 23** Cannonball (Seattle to Spokane) [redmondcyclngclub.org](http://redmondcyclngclub.org)
- 23** Chelan Century Challenge (Chelan) [chelancentury.com](http://chelancentury.com)
- 30** Red-Bell 100 (Redmond) [cascade.org](http://cascade.org)

### **July**

- 7** S2S (Seattle to Spokane) [redmondcyclngclub.org](http://redmondcyclngclub.org)
- 14-15** Seattle to Portland/STP [cascade.org](http://cascade.org)
- 18-22** RedSpoke - Redmond to Spokane [redspoke.org](http://redspoke.org)
- 26** RAMROD (Mt. Rainier) [redmondcyclngclub.org](http://redmondcyclngclub.org)
- 28** Tour de Whatcom (Bellingham) [tourdewhatcom.com](http://tourdewhatcom.com)
- 28** Seattle Century [seattlecentury.com](http://seattlecentury.com)

### **August**

- 4-10** RAW (eastern WA, ID) [cascade.org](http://cascade.org)
- 5** Ride the Hurricane (Port Angeles) [portangeles.org](http://portangeles.org)
- 19** Bellingham Urban Mayhem Ride "BUMR" (MBBC Club Ride)
- 19** Retro Ride (LaConner) Ken Rasmussen [kayakfit@fidalgo.net](mailto:kayakfit@fidalgo.net)
- 25-26** RAPSody - Ride Around Puget Sound (Tacoma) [rapsodybikeride.com](http://rapsodybikeride.com)

### **September**

- 8** Whatcom County Farm Tour by Bike [sustainableconnections.org/foodfarming/whatcom-county-farm-tour-1/](http://sustainableconnections.org/foodfarming/whatcom-county-farm-tour-1/)
- 8-9** MS 150 Bike Ride (Mt. Vernon)
- 9** Mt. Baker Hill Climb (Glacier) [www.norka.us](http://www.norka.us)
- 9** High Pass Challenge (Packwood) [cascade.org](http://cascade.org)
- 16** Chuckanut Century (Bellingham) [chuckanutcentury.org](http://chuckanutcentury.org)
- 22** Tour de Whidbey (Greenbank Farm)
- 30** Kitsap Color Classic [cascade.org](http://cascade.org)
- TBD** Skagit Valley Bicycle Farm Tour (probably Oct 6 or 7) [festivaloffamilyfarms.com](http://festivaloffamilyfarms.com)
- TBD** Fall Bike Festival (Winthrop) [www.mvsta.com](http://www.mvsta.com)



*continued on p. 5*



# BIKE MONTH EVENTS IN BELLINGHAM AND WHATCOM COUNTY



## May 1 through August 31 – National Bike Challenge - [endomondo.com/campaign/national](http://endomondo.com/campaign/national)

Do you know about the 2012 Get Up & Ride National Bike Challenge? The Bicycle Alliance of Washington is excited to help with the outreach for this free nationwide challenge meant to encourage bicycling for transportation and recreation—and we want you to participate! The Challenge starts May 1 and runs through August 31, and gives individuals and teams the opportunity to log their miles and compete for prizes on the local and national levels. If you're participating in a local Bike to Work contest, it's an opportunity to keep that bike mo' going throughout the summer!

-- Louise McGrody



## May 2 – Bike To Work & School Day planning meeting;

The final meeting before this year's big event is 6-8 pm Council of Gov'ts Office, 314 E Champion St.

Volunteer to help make this year's *Bike Day* the best ever! *information*: 671-BIKE or [info@everybodyBIKE.com](mailto:info@everybodyBIKE.com)

**Saturdays in May** – Get your bike ready for Bike to Work and School Day with a free flat-fix at the Bellingham Farmers' Market "Pump You Up" booth during May, National Bike Month. Bring your bike and get a quick safety check from everybodyBIKE volunteers.

**May 4 – Strength in Numbers** - Benefit for WhIMPs and the Whatcom Trails Co-Op - Bellingham Premiere. Strength in Numbers is a rally call to connect all mountain bikers, regardless of location or language or discipline. The film captures a true way of life, from the world's best pros to those who are just learning to love the sport. Shot over two years in some of mountain biking's most iconic locations, Anthill's signature style combines compelling stories with core action to create a shared experience that unites all riders. Come join us for the Bellingham Premiere at the Mount Baker Theatre, May 4 at 8pm. [anthillfilms.com/strengthinnumbers](http://anthillfilms.com/strengthinnumbers) Tickets are available at [mountbakertheatre.com](http://mountbakertheatre.com) and at their ticket office

**May 5 – Bellingham's 9th Annual Procession of the Species Parade.** Line up behind the Library downtown on Lottie Street at 3:30, Ending celebration at Maritime Heritage Park. Decorate your bike as an animal, fish or bird! [bpots.org](http://bpots.org)

**May 10 – Especially for women bike maintenance class** - 6-8pm Empower your pedaling with some added awareness of how your bike operates. Join other women to get the basics on maintenance and practice a few skills in a supportive and fun setting. The class will cover basic bicycle anatomy, how to care for the bike chain, adjust brakes, flat tire repair, and troubleshooting. Whatcom Middle School Commons Area, Halleck Street (near F Street intersection) *information*: [everybodyBIKE.com](http://everybodyBIKE.com)

## May 12 – EverybodyBIKE Bike Expo at the Farmer's Market

11am - 2pm Prepare for bike to work and school day at everybodyBIKE's first ever expo event.. Come on down for activities: \* Ride your own bike or try one of ours and ride thru our bicycle skills course \* Decorate your bike for Bike to Work & School Day \* Get a free bike safety check \* Get ideas for carrying gear

\* Get help mapping your route to work or school \* Practice loading your bike on a WTA bus bike rack \*

*information*: 671-BIKE or [everybodybike.com](http://everybodybike.com)



**May 12 – Bellingham Bike Swap** - Civic Field, 10am - 4pm [thebikeshop1.org](http://thebikeshop1.org) (also see Bike Shop update on p.. 7)

**May 18 – Bike to Work/School Day** - see p. 1 and the new web site: [biketoworkandschoolday.org](http://biketoworkandschoolday.org)

**May 19 – Adaptive Cycles Expo** Civic Field Track, 11am-2pm The *Outdoors for All* Foundation will be bringing a small fleet of adaptive cycles that allow people of all abilities to enjoy cycling. "Have a go" on these unique machines which include handcycles for riders with limited or no leg movement; 3 and 4-wheel cycles for those who need more stability; and tandem cycles for those who want a guide while cycling. There will be cycles for kids and adults. The *Outdoors for All* staff are skilled at selecting the right type of cycle to meet anyone's needs. All members of the community are welcome! co-sponsored by St. Joseph Hospital Center for Rehabilitation Medicine. info: Amanda Grove 778-7000 or [agrove@cob.org](mailto:agrove@cob.org)

## May 24 – Chuckanut Radio Hour with Special Guest Mike

**McQuaide.** 6:30 pm at the Crystal Ballroom at the Leopold Retirement Residence at 1224 Cornwall. Mike McQuaide, author of *75 Classic Rides: Washington: The Best Road Biking Routes*. From a 50-mile route around Orcas Island or a family trip along Seattle's flat Burke-Gilman Trail, to a breathtaking



*continued on p. 5*

# SUMMER RIDES

Summer Rides are easy social outings on two wheels. Roll with friends and meet new friends while discovering Whatcom County's best backroads and hidden bikeways. Summer Rides each feature a different fun theme and cover easy routes of around seven miles.

Here are the Summer Rides for May:

**May 6, 1-3pm: The Woods Coffee Bike-Along** - Kick-off of Summer Rides 2012! Celebrate the beginning of bike month and the Summer Rides season with an official send-off by Mayor Kelli Linville. Socialize en route to Village Green and back with goodies, gift certificates and prizes along the way. Depart from Woods Coffee on Railroad Avenue.

**May 11, 4-6pm: Culture Cycle (Public Art Tour)** - This rolling tour highlights several examples of downtown's eclectic public art. Art "docents" guide us with inside information about special secrets and history of key pieces of art. We will ride to various outdoor public art displays. Ride will end at Pure Bliss Desserts. Departs from Allied Arts, 1418 Cornwall Avenue.

**May 20, 1-3pm: Petite Parks Tour** - Tour some enchanting small parks in Bellingham. With the scholarly insight and entertaining stories of Jeff Jewell, Archivist/Historian from the Whatcom Museum, we'll ride and see some of Bellingham's green-space gems. Jeff will explain the background of parks with names like Foutes Park, Carl Lobe Park, Elizabeth Park, Broadway Park, Gossage Garden Park, and others and explain how parks help preserve some of Bellingham's local history. Departs and returns to Supreme Bean Cafe, corner of Elm Street and Broadway (at Washington Street).

**May 25, 3-5pm: Tea Time Tour** - Take time for tea and talk before riding on to the Public Market on Cornwall for a visit at Living Earth Herbs, the ride continues to The Spice Hut in Cordata for another chance at becoming tea connoisseurs more tea and enjoying goodies and conversation. Depart from Wonderland Tea and Spices at 1305 Railroad Avenue.

complete Summer Rides schedule: [everybodybike.com/events-rides.aspx](http://everybodybike.com/events-rides.aspx)



*calendar: continued from p. 3*

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>

## Classes & Training

**REI** Cycling-related classes: [rei.com/stores/events/65](http://rei.com/stores/events/65)  
Bike Maintenance Basics: **May 1**;  
Bike Maintenance 201: **May 6, 27**  
Triathlon Basics: **May 21**

**everybodyBike** Cycling safety and confidence classes: check the events calendar at [everybodybike.com/calendar.aspx](http://everybodybike.com/calendar.aspx) currently scheduled at Whatcom Middle School

**May 10** Bike Maintenance class for women,  
**everybodyBike Roll-Alongs: June 14, July 12, August 9**  
Guided social rides: get your cycling questions answered.

*Bike Month events: continued from p. 4*

climb up to Washington Pass from Winthrop -- if you're seeking the best road biking Washington has to offer, you can bet your bottom bracket you'll find it in *75 Classic Rides: Washington*. [villagebooks.com/village-books-chuckanut-radio-hour](http://villagebooks.com/village-books-chuckanut-radio-hour)

**May 26 – Ski to Sea Grand Parade** in downtown Bellingham [skitosea.com/](http://skitosea.com/)

**May 27 – Ski to Sea race** [skitosea.com/](http://skitosea.com/)

# MBBC ADMINISTRATION

## Mt. Baker Bicycle Club

### Board of Directors and Officers:

Marie Kimball - President; Patti Mullin - Vice President; Scott Dorough - Secretary; Tiffany Allen - Treasurer;  
Marc Ambers - Ride Coordinator; Doug Schoonover - Event Coordinator Ken Giffin, Bill McCourt, Eric Stromerson -- at large

### Contacts:

Marie Kimball -- bikebham@yahoo.com (656-5778)  
Doug Schoonover -- ridecoordinator@mtbakerbikeclub.org (410-6431)  
Jennifer Longstaff -- mbbcnewsletter@mtbakerbikeclub.org



### Contribute to the newsletter: submission guidelines:

Contributions of articles, editorials, photographs, and artwork are welcome for inclusion in the newsletter. Anything related to bicycling will be considered; please discuss ideas with the editor in advance to reserve newsletter space or if you have questions. Final materials are due the last Friday before the last full 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, PNG, or TIFF format for photos, and ensure they are at least 250 ppi. 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.

Classified ads are a MBBC member privilege and are printed as space is available.

Email the newsletter editor:  
mbbcnewsletter@mtbakerbikeclub.org, or drop a note to  
Editor, MBBC Newsletter; PO Box 2702; Bellingham WA 98227

## MBBC Membership Form

also available at: [www.mtbakerbikeclub.org/files/membershipform.pdf](http://www.mtbakerbikeclub.org/files/membershipform.pdf)

☐ 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 is any person living at the same address as the individual member)

I would like to receive my newsletter by (choose one): ☐ printed & mailed, or ☐ on-line

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 community bicycling programs)  
**Total enclosed:** \$ \_\_\_\_\_

Please enclose a check payable to:  
Mt. Baker Bicycle Club

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



## SHORT SUBJECTS – A LITTLE OF THIS AND THAT ABOUT CYCLING



### MBBC contributes 200 kids' helmets and reflective stickers for Bike to Work and School Day!

The Mt Baker Bike Club board approved a plan by president Marie Kimball and everybodyBike's Mary Anderson to use some of our community support funds to purchase bike helmets for underprivileged children, to be distributed as part of 2012 Bike Month. Reflective stickers with the MBBC logo will be added to the helmets both for safety and for MBBC recognition. everybodyBike was able to find a great deal on good quality helmets from ProRider, and the stickers will be created by Premier Graphics.

Thanks for everyone's support in enabling this contribution. Watch for those MBBC helmets being sported around town soon!

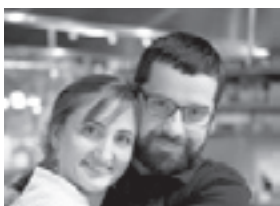
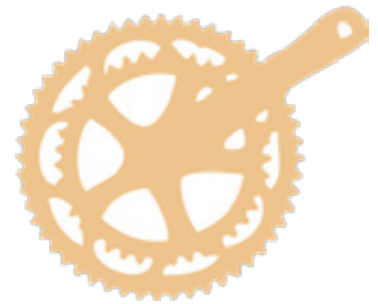
### Update from The Bike Shop

The Bike Shop is beginning its third year here in Bellingham and has found a great fit in this bicycling community. Children turn out every weekend to ride with the experience being its own reward -- (and the occasional ice cream.) Wednesday through Friday the Shop is open for bike repair, a service which is heavily used. With spring well established and a few days of sun here and there promising that summer will return, young owners are returning with their bikes for tune-ups and trade backs.

Bikes have been cared for -- some better than others. Recently a boy's stolen bike came back from the Police Department. The Shop's computer produced his registration information and the serial number was a match. Participants were thrilled to see this simple system work! Through all of this activity runs a thread of continuity, of consistency, of value. Not only have the bikes gained value by being able to be repaired and maintained but the efforts of participants reap rewards some as tangible as a new bike and others less tangible like the confidence of having made it to a destination and back under one's own power.

Help with the endeavor has come from The Bellingham Bay Rotary which recently awarded the Shop \$1600, money that together with a \$1000 grant from The Dudley Foundation will fund physical improvements to the Shop's building. Whatcom North Rotary made a \$1500 grant in November that allowed us to add a couple of road bikes to our ride corral and purchase about 100 helmets. These gifts together with two bike swaps a year and the Tour de Whatcom (July 28th) provide the solid base of funding that allow the Shop to function.

May 12th is the date of the 2012 Spring Bike Swap at the Bellingham Sportsplex. This is an opportunity for you to help The Shop by indulging your own bike enthusiasm! Buy and sell bikes and gear. Take advantage of the advice and expertise of mechanics on hand. For more information on the event go to the "SWAP" page our website: [www.thebikeshop1.org](http://www.thebikeshop1.org). We hope to see you there as well as out on the streets of Bellingham and roads of Whatcom County. -- Matt Velguth



### Bike-and-Food-Loving Restaurant Opens

Bike lovers Annalou and Travis have opened a small restaurant in the downtown Whatcom Museum. "Cheese Meat(s) Beer" specializes in pairings and is a small cozy space. The restaurant features a display shelf and Annalou plans to display a "bike of the month" and feature a writeup about the bike on the back of the menu. Annalou is working with the MBBC to track down interesting bikes with fun backstories for future display at the restaurant. Stop by and check them out! [www.cheesemeatsbeer.com](http://www.cheesemeatsbeer.com)

#### For Sale: Gunnar Sport 2006 Like new condition--few small scratches


Approximately 52-54cm steel frame -- Green metallic finish -- Ultegra front derailleur and shifters -- XT rear derailleur -- Triple crank -- Easton Circuit Wheels -- IRD Mosaic Carbon fork -- Carbon seat post -- see photo at right.

Ridden for 5 years by a little old man (5Ft 11 inches) who never exceeded 30 mph--under 5000 miles. Reluctantly parting with this bike because I'm forced to use a recumbent.

Paid \$2400 new. \$1000 OBO - contact Paul Goff at [goff.pa@gmail.com](mailto:goff.pa@gmail.com)



*classified ads are a MBBC member privilege and are printed as space is available - see newsletter submission guidelines on p. 6 for details*

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		<b>May 1</b> Tuesday evening "Ramp-Up" ride Ferndale social ride REI Bike Basics	<b>2</b> Wed Group Ride Bike to Work/School Day planning mtg	<b>3</b> Edison Social Ride	<b>4</b> Strength in Numbers at MBT	<b>5</b> Donut Ride Bellingham Parks trail work party Procession of the Species Parade Camano Climb RACC
<b>6</b> Edison Social Ride WhIMPs trail day Summer Ride REI Bike Maint 201 May Day Metric	<b>7</b>	<b>8</b> Tuesday evening "Ramp-Up" ride Ferndale social ride	<b>9</b> Wed Group Ride Bike Day Celebration- Station orientation	<b>10</b> Edison Social Ride Women's Bike Maintenance class	<b>11</b> Summer Ride	<b>12</b> Donut Ride Recumbent Ride Expo at Farmers Mkt Bike Swap Skagit Spring Classic Bellingham Parks trail work party
<b>13</b> <i>Mother's Day</i> Edison Social Ride Rhody Tour	<b>14</b>	<b>15</b> Tuesday evening "Ramp-Up" ride Ferndale social ride	<b>16</b> Wed Group Ride	<b>17</b> Edison Social Ride	<b>18</b> <b>Bike To Work &amp; School Day</b>	<b>19</b> Donut Ride WhIMPs trail work Adaptive Cycles Reach the Beach
<b>20</b> Edison Social Ride Summer Ride	<b>21</b> June Newsletter Deadline REI Triathloning	<b>22</b> Tuesday evening "Ramp-Up" ride Ferndale social ride	<b>23</b> Wed Group Ride	<b>24</b> Edison Social Ride Chuckanut Radio Hour w/ Mike McQuaide	<b>25</b> Summer Ride	<b>26</b> Donut Ride Ski to Sea Parade
<b>27</b> Ski to Sea Edison Social Ride REI Bike Maint 201	<b>28</b> <i>Memorial Day</i> 7 Hills of Kirkland	<b>29</b> Tues evening "Ramp-Up" ride Ferndale social ride	<b>30</b> Wed Group Ride	<b>31</b> Edison Social Ride	<b>June 1</b>	<b>2</b> Donut Ride Bellingham Parks trail work party



### 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 sent to a US address..