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This month's contributors:
 Marc Ambers, Ken Giffin,
 Charlie Heggem, Kristin
 Kinnamon, Jim Kruse, Ken
 Rasmussen, Mark Rhode,
 Robin Robertson, Doug
 Schoonover, Todd Williams,
 Matt Velguth. Thanks All!




the club online:


www.mtbakerbikeclub.org
www.chuckanutcentury.org

and our social sites:

 [facebook.com/
mountbakerbicycleclub](https://www.facebook.com/mountbakerbicycleclub)

 [sports.groups.
yahoo.com/group/
MtBakerBicycleClub](https://groups.yahoo.com/group/MtBakerBicycleClub)

 twitter.com/mtbakerbike

 [flickr.com/
mtbakerbikeclub/](https://www.flickr.com/photos/mtbakerbikeclub/)

MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Volume 20 No. 7, August 2011

GET READY FOR THE 2011 CHUCKANUT CENTURY!

Come on out on September 18 to celebrate the last days of summer with your choice of 25, 38, 50, 62, 100, or 124-mile supported routes all along the coast of Whatcom County.

This is our club's signature ride and we hope for a great turnout this year.

Early registration (before Sept 3) is only \$50 and there's a discount for current MBBC members. An additional discount code is available in AdventuresNW magazine. Sign up on active.com, or go to the website: chuckanutcentury.org, print out the form, and mail it in.

Volunteers are needed to help promote and put on this event.

Posters and brochures are available to be

distributed. Send an email to chuckanutcentury@mtbakerbikeclub.org to get a poster or to have one delivered to your business.

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 sag vehicles. Contact Doug at chuckanutcentury@mtbakerbikeclub.org if you would like to volunteer or for more information.

This ride supports the Whatcom Hospice Foundation!

-- Doug Schoonover, MBBC Events Coordinator



WEEKLY AND GROUP RIDES

AUGUST!!

Sunday Rabbit Ride from Fairhaven Park, 30 mile route, 14++ mph, try to catch the "Rabbits" in front of you, 8:15 am meet time. Info: John Hauter, 360-733-4433 or johnh@fairhavenbike.com

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 or 360-527-8638

Tuesday Summer Evening Ride: Whidbey Island Bank, corner of Bakerview & Northwest. Meet 5:45pm leave at 6pm. Several groups: fast (22mph+), medium (15-16mph), and recreational riders on a shorter route. Distance 15-20 miles. Medium-speed group focuses on group-riding skills: safe riding practices, paceline skills, how to overtake other riders and pass them in a safe manner, and how to deal with traffic. information: Doug Schoonover 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. Check at Kulshan for information about this ride's summer 2011 schedule.

Tuesday North Social Ride: starts from Pioneer Park in Ferndale, 30-40 miles, 10-14 mph route varies. 10am start time. Info: Bob Parker rmp4724@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 through March this is a night trail ride with lights. Gather at brewery afterward. ridecoordinator@mtbakerbikeclub.org, 410-6431

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 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 rmp4724@hotmail.com or 360-671-6910

Bike-In Movie at the Pickford – Aug 20: Third annual Bike-In movie and street festival, sponsored by the Pickford, Mount Bakery, and the American Museum of Radio & Electricity. Music begins at 5pm, movie at dark. Ride on down for live music, great food, a big beer garden, bike themed films, and a "Show and Shine" event with awards for bringers of spiffy bikes in many categories. On Bay Street between Holly and Champion. pickfordevents.com



Retro Ride & Concours d'Elegance – Aug 21: Fifth annual Retro Ride begins at 10am at the Skagit Valley Historical Museum at 501 4th Street in La Conner. A costume and bicycle review will be the first event. We've had fascinating bicycles and costumes to admire in previous years, and we expect even more this year. I've been gathering interesting and unusual items to use for prizes, and plan to have awards for Best Bicycle, Best Costume, and Best Overall Effect. After the bicycle review and awards we will parade through La Conner and then do an out-and-back ride of 1 and 3/4 hours. By turning back after 52 1/2 minutes we'll return to La Conner for the not-to-be-missed café lunch at about the same time regardless of how far we each went. We'll conclude with a vintage cycling movie of which I seem to have an inexhaustible supply. We'll be keeping an eye out for wonderful old bikes, parts, prizes and costumes for next year. - Ken Rasmussen kayakfit@fidalgo.net



Ride Around Puget Sound (RAPSody) – Aug 27-28:



Cross Puget Sound on the Tacoma Narrows Bridge and enjoy paved bike trails, scenic back roads and Northwest water and mountain views during this 170-mile weekend bicycle event.

The Eighth annual RAPSody is hosted by five local bike clubs in support of the Bicycle Alliance of Washington's statewide advocacy and education. This 8th annual ride is by cyclists, for cyclists, with great food, souvenir socks, luggage transport, showers and support all included. The ride is presented by: B.I.K.E.S. Club of Snohomish County, Capital Bicycle Club, Cyclists of Greater Seattle, Tacoma Wheelmen's Bicycle Club and West Sound Cycling Club.

At the halfway point of this two-day loop, there's indoor and outdoor camping at Shelton High School, root beer floats, massage and on-site meals supporting the Shelton youth center (sock.org). rapsodybikeride.com; info@rapsodybikeride.com, (253) 857-5658 - submitted by Kristin Kinnamon

Woods Giant Redwood Challenge – Aug 21: 8am-4pm



begins at Woods Coffee on Railroad. Tour of as many Woods locations as they choose. Prizes and treats at each location.

A grand prize will be awarded to those who visit all locations. The entire route is 92 miles! Celebrate the end of the everybodyBike Summer Ride Series.



2011 EVENTS ... more events added to the list each month - check back!

Gatherings

Bike-In Movie at the Pickford - August 20 see p. 2

WhIMPs Annual Picnic and BBQ - August 21

3pm. Info/RSVP: Delaine.events@whimpsmtb.org

WhIMPs Fundraiser for Galbraith - October 15

at Market Depot: More information to come,
see kulshancycles.com/about/whimps-fall-fundraiser-pg106.htm

Late-Summer Bike Swap - August 27 Buy, Sell, or Swap at The Bike Shop's Bike Swap at Civic Field (1225 Civic Field Way), 10am-4pm: thebikeshop1.org, click SWAP

Fanatik Bike Co. Womens' Events

August 10 - Mountain Biking Skills - 6pm

August 15 - Core Strength for Bicyclists - 6pm

August 23 - Galbraith Beginner Ride - 6pm

August 30 - Bike to Beer Cruiser - 6pm

details: fanatikbike.com/articles/group-rides-pg132.htm

information: kathy.fanatikbike@gmail.com

Races

August 6: Lake Samish Triathlon adventurefest.org

Sept 17: Bellingham Traverse bellinghamtraverse.com

Sept 24-25: Coup De Cascades - 425-mile solo or team race benefit (Redmond Rotary) coupdecascades.org

Parks & Recreation Race Series

see www.trithecookie.com

August 27: Bellingham Youth Triathlon

October 9: Runningshoes.com Duathlon

October 9: YMCA Youth Duathlon

Trail Building

Volunteer and help improve the city parks/trails that we all enjoy.

August 27 - 10am Big Rock Garden Park

For the complete schedule and information: Bellingham Parks

& Recreation, 360-778-7105

www.cob.org/

documents/parks/volunteer/work-schedule.pdf



CYCLE MOLES
Winter Training Camp
Stay fit this winter with
a coached cycling program
November 1, 2011 - March 29, 2012
Tues & Thurs from 6:30 - 8:00pm
Fairhaven Fitness @ Bellingham Tennis Club
360.733.5050 | Register Online: www.bellinghamtennis.com

2011 RIDES

August

5 B'ham Summer Ride: Library Loop 2 everybodyBike.com

5 & 6 RSVP 1 & 2: riders overnight in Bellingham cascade.org

6 8 Lakes Bike Ride (Spokane) 1csnw.org/events.html

7 Ride the Hurricane (Hurricane Ridge Road - Port Angeles)

portangeles.org/ride-the-hurricane.html

7 B'ham Summer Ride: Ode to Alan Rhodes everybodyBike.com

14 Tour de Peaks (North Bend) tourdepeaks.org

19 B'ham Summer Ride: Mallard's Cycle everybodyBike.com

20-26 Ride Around Washington (RAW) cascade.org

21 B'ham Summer Ride Finale: Woods Spruce Social or

Woods Giant Redwood Challenge everybodyBike.com

21 Retro Ride (LaConner) Ken Rasmussen kayakfit@fidalgo.net

21 Portland Century (Portland) portlandcentury.com

27-28 RideAroundPugetSound (Tacoma) rapsodybikeride.com

28 Summer Challenge (Bainbridge) summerchallengeride.org

September

10-11 MS 150 Bike Ride (Mt. Vernon)

11 Mt. Baker Hill Climb - Festival 542 (Glacier) norka.us/

11 High Pass Challenge (Packwood) cascade.org/EandR/hpc

16-19 Trek Tri-Island (San Juan, Lopez, Orcas Islands) alaw.org

17 Soldier Ride (Seattle) sr.woundedwarriorproject.org

18 Chuckanut Century B'ham chuckanutcentury.org

24 Tour de Whidbey (Greenbank Farm) whidbeygen.org

24-25 Coup De Cascades (Redmond) coupdecascades.org

25 Kitsap Color Classic cascade.org/EandR/kitsap

9/30-10/2 Fall Bike Festival (Winthrop) www.mvsta.com

October

1 Metric Tour (Ellensburg) drier-ride.org

8 Breast Cancer Awareness Ride (B'Ham) kulshancycles.com



Classes & Training

Fairhaven Fitness bicycle camps:

- **July 25 - September 9** Cycle Moles Ride 542 Hill Climb Training

- **November 1 - March 29** Cycle Moles Winter Training Camp

details: bellinghamtennis.com or 360-733-5050

Bellingham REI Cycling maintenance classes, sign-up required:

- **August 9 & 29** - Bike Maintenance Basics

- **August 7 & 21** - Bike Maintenance 201

monthly calendar at www.rei.com/stores/events/65

everybodyBIKE Cycling safety and confidence classes: check the events calendar at everybodybike.com/calendar.aspx

First Gear classes: **August 10-11, September 15, Oct 20-21**

Bike Safety Rodeos: August 6 & 27, September 10

For details on all events, information, or to schedule a Bike Safety Rodeo: 671-BIKE or info@everybodyBIKE.com

SHORT SUBJECTS ...A LITTLE OF THIS AND THAT ABOUT CYCLING

 \$5 through September

Bike Alliance of Washington Membership Special!

Local cyclist Mary Anderson, who is a Bellingham member of the Bicycle Alliance's Board of Directors, brought the BAW's **Hot Deal of the Summer** to our attention. Until the end of September, you can join the BAW for just \$5 with coupon code 5BMA1.

The BAW provides:

Protection - tens of thousands of bicyclists are protected by 8 cyclist-supportive laws in the last decade.

Education - 120,000 new drivers are taught safe driving skills with money from "Share the Road" license plates.

Inspiration - three large Safe Routes to School grants = 38 school districts, 4 colleges, 100 teachers trained, and 1000s of kids learning safe riding and walking skills.

Numbers - the number of BAW members makes a difference from Olympia to your city hall to Washington DC.

Go to bicyclealliance.org/membership, choose \$35 membership, enter coupon code 5BMA1 and you'll only be charged \$5. In the comment section please fill in the name of your organization: the Mt. Baker Bicycle Club.



JOIN
BICYCLE ALLIANCE OF WASHINGTON
THE statewide voice for you and your bicycle since 1987

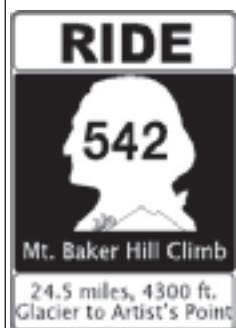
Become a NEW MEMBER for just \$5
(less than the price of a sandwich and a whole lot more meat in it)

HOT
DEAL OF THE SUMMER
55 memberships available through September 2011

\$5 MAKES YOUR RIDE SAFE, PLEASANT AND POSSIBLE



where do we go now? Cyclists are stopped on a July 30 ride up Highway 542 by "the end of the road" due to heavy snow last winter. *photo: Jim Kruse*



Mt. Baker Hill Climb update

from Charlie Heggem

The WaDOT has decided to not plow the road all the way to Artist Point this year. The last time this happened was in 1999 (the world record snowfall year!). Does this change FESTIVAL 542?? **NO.** We will race as high as we can get on the road. For now the finish line will be at the Heather Meadows Visitors Center (3km from the summit). If we can negotiate a way, we will race right up to the snow...and maybe even break out the snowshoes and keep climbing.

Now the effect of not opening Artist Point for the summer is a bummer for all of us...but the real bummer is for the businesses along 542. They rely on Artist Point to drive traffic past their doors. **Please** head east and support these many businesses that are having a rough summer. They will be happy to welcome all riders enjoying the open, and a bit quieter, roads up the hill. See you on Sept 11th for the Hill Climb. norka.us

Tour de Whatcom Follow-up

Todd Williams reports 878 riders signed up for this year's Tour de Whatcom on July 30. It was a fantastic day of weather (we'll just ignore the headwind from Birch Bay back into Bellingham, since we were so happy to see the sun all day)!

Matt Velguth reports the results of the most-mileage-challenge and recipient of the coveted trophy:

1st — Team Rogue, 2295 miles (who are these guys?)

2nd — Logos, 1860 miles (next year recruit some MBBC members to join your team!)

3rd — Ride2Survive, 1470 miles

Team Rogue is a group from neighboring Vancouver BC, so the trophy will cross the border into Canada for the year. Team planning can't start too soon to bring it back to Bellingham in 2012!

Riders can pick up their free printed photos at Fairhaven Bike (if you didn't pick yours up after the ride), and can view photos online at brunkphoto.com (choose Tour de Whatcom).



LET'S TALK ABOUT SETTING AND REACHING GOALS!

Local cyclists Mark Rhode and Robin Robertson discuss their goals for the summer, each taking on a grueling event: Mark rode the S2S (Seattle to Spokane in a day) bike ride, and Robin has been training for the Leadville Trail 100 Mountain Bike race.

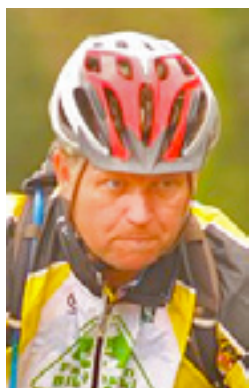
Mark Rhode completed the Seattle to Spokane (S2S) ride on July 16 this year, after coming up short on his first attempt in 2010. The ride description is:

"S2S is a one-day, ultramarathon endurance ride between Seattle and Spokane. Unlike the similar Cannonball ride, S2S follows the more difficult route along US Highway 2. It was designed for the successful veterans of Cannonball or other ultra-marathon events who are ready for a sterner challenge. The distance is 284 miles, with total climbing more than 12,000 feet. The course offers some stretches of incredible scenic beauty and others of utter desolation."



Also representing Bellingham in this year's S2S was Brian Eckert, who was first across the finish line in just over 14 hours.

Mark Rhode is a goal-setter, and has set his sights on numerous endurance events, including the famous La Ruta race in Costa Rica (see Mark's account of that experience in the March 2009 MBBC newsletter). He signed up for the S2S for the first time in 2010, yet didn't complete the distance. (2010's ride featured heat of over 100°F and Mark was felled 80% of the way across Washington due to heat and feet issues.) Determined to "complete the gestalt," Mark entered the 2011 S2S and was rewarded with a finish he describes as "one of my top three joyous cycling experiences."



Mark treated his 2010 "rookie S2S" as a learning experience, noting that 86% of S2S first-timers don't finish. His strategy for 2011 incorporated physical and mental measures to get through the day, including:

Keeping heart rate low to conserve the reserves.

Taking short breaks to soak his feet in a bucket of ice water, carried by his support vehicle (thanks to Lloyd Johnson for the support!)

Keeping on top of the mental struggle caused by thinking of the number of hours left in the saddle

Realizing that he would eventually recover from the numbness in his feet, hands, and rear.

Fortunately, 2011's S2S was blessed with better conditions. The temperature was cooler, and there was even a tailwind for a portion. This made it easier to get past the thoughts while halfway through: the hard parts (most of the climbing) is over, but half the distance, which equates to "another 10 hours in the saddle" remains in front of you!

Congratulations on accomplishing another goal Mark, and we look forward to hearing what's next on your list.

Have you ever started something and then wondered just what you'd gotten yourself into? Who knew that I'd actually get in through the lottery for the Leadville, Colorado 100 mountain bike race on August 13th.

In the last 3 weekends alone, I've been on my bike a total of 33 hours, mountain biking grueling climbs, riding to and from Winthrop, riding a century in Whatcom County on my own, plus a couple of "short" 3 hour rides.

As I was explaining a particularly grueling *one hour long* climb from Lake Whatcom to the ridge overlooking Acme, my friend asked me...

"Was that fun?"

The answer to that was a clear expletive-deleted NO!

I was even thinking while riding that it was NOT fun. It is in those moments where your body is begging for you to stop that you have to check not just your sanity, but the *why* behind it all.

I know that to reach my ultimate goal (100 mile race at Leadville), I have to work harder than I ever have. This climb was a necessary step.

Yes it was hard.

Yes I stopped to catch my breath more than I would have liked.

Yes, I thought about stopping and turning around.

Yes, I definitely felt the burn.

But I set my sights to make it to the top and when I got there, I ate my Clif Bar, took in the view, felt good about reaching the top (a small goal!) and then continued with 3 more hours of riding (not up).

I am *not* an endurance athlete. Training for this longer stuff is hard for me - but I do get to see a lot of our beautiful county!

The point is, to reach a goal, sometimes you have to put up with a little discomfort along the way. Discomfort can come in many ways...pushing yourself harder, resisting a second helping of dinner or the 2nd glass of wine, or stepping out of your comfort zone. You and your goals are worth it! Not every goal has to be a crazy big goal. Do what makes sense for you. Set a goal, make the commitment, and do what it takes to get there. Step out of your comfort zone. Try something new. You will feel SO GREAT when you reach your goal!



Robin Robertson leaves on August 6 for the high altitudes of Colorado and the Leadville Trail 100 race, which is on August 13. The race description is:

"Start and finish in the heart of Leadville at 10,200'. More than 90 percent dirt or double track dirt roads. Steep climbs: serious descents. Seven-mile climb to the 50-mile turnaround at 12,600'. Approximately 14,000' elevation gain. 65% average finish rate under the 12-hour limit."

Good luck Robin, we'll be with you in spirit and looking forward to hearing the stories on your return!



Welcome new members!

Denis Foster

Grant Gischer

We're so glad to have you in the MBBC!

MBBC ADMINISTRATION

Mt. Baker Bicycle Club

Board of Directors and Officers:

Marie Kimball - President; Patti Mullin - Vice President;
Scott Dorough - Secretary; Tiffany Holmgren -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

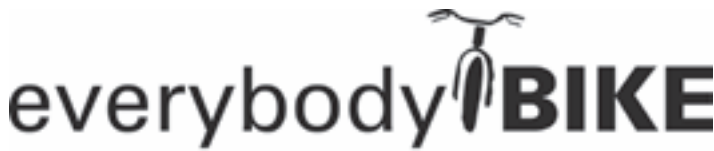
Contribute to the newsletter: submission guidelines:

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 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

also available at: 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 bike safety education)

Total enclosed: \$ _____

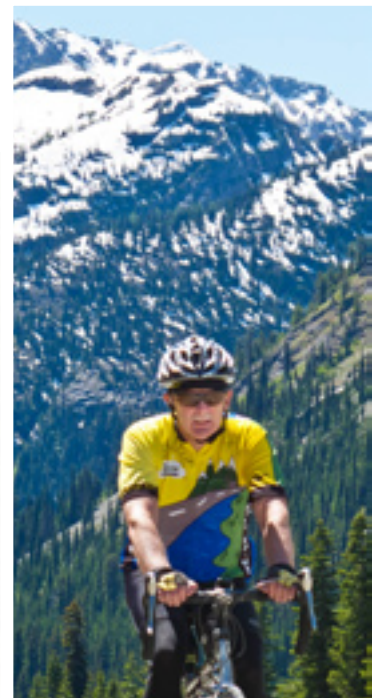
Please enclose a check payable to:
Mt. Baker Bicycle Club

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

RIDERS WHO FOUND SOME SUMMER



photo proof that there was (occasional) sun in July! Clockwise from top left:
(1) Ken and Marie in La Conner on 4th of July ride (2) July 4th riders head down Chuckanut (3) Lunch stop on La Conner waterfront (4) Doug powers up the North Cascades Highway
(5) Who's that tough group at the top?
(6) Cloudless sky and snowy peaks for a good weekend ride. *photos: Marc Ambers Photography (Cascades) Ken Giffin (4th)*



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	August 1	2 Hot Laps Summer Evening Ride Tues N Social Ride	3 Wed Group Ride	4 Thurs South Social Ride	5 Summer Ride Series	6 Donut Ride 8 Lakes Ride Lake Samish Triathlon everybodyBike Rodeo
7 Rabbit Ride Edison Social Ride Summer Ride Sries REI Bike Maint 201 Ride the Hurricane	8	9 Hot Laps Summer Evening Ride Tues N Social Ride REI Bike Maint Basics	10 Wed Group Ride everybodyBike First Gear-1 MtBike Skills for Women	11 Thurs S. Social Ride everybodyBike First Gear-2	12	13 Donut Ride Recumbent Ride
14 Rabbit Ride Edison Social Ride Tour de Peaks	15 Core Strength for Women Cyclists	16 Hot Laps Summer Evening Ride Tues N Social Ride	17 Wed Group Ride	18 Thurs South Social Ride	19 Summer Ride Series	20 Donut Ride RAW begins Pickford Bike-In Movie
21 Rabbit Ride Edison Social Ride Summer Ride Sries LaConner Retro Ride REI Bike Maint 201	22 September MBBC Newsletter Deadline	23 Hot Laps Summer Evening Ride Tues N Social Ride Women's Galbraith Beginner Ride	24 Wed Group Ride	25 Thurs South Social Ride	26	27 Donut Ride BikeShop's Bike Swap everybodyBike Rodeo CityOfBHam Trail Work RAPSody Day 1
28 Rabbit Ride Edison Social Ride RAPSody Day 2 Summer Challenge	29 REI Bike Maint Basics	30 Hot Laps Summer Evening Ride Tues N Social Ride Bike to Beer Cruiser	31 Wed Group Ride	September 1 Thurs South Social Ride	2	3 Donut Ride



Mt. Baker Bicycle Club

Post Office Box 2702
Bellingham, Washington 98227



Welcome to Bellingham
Now Get on Your Bike!
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. Club members are entitled to a printed/mailed version sent to a US address..