

MOUNT
BAKER



BICYCLE
CLUB

MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol. 20 No. 9, Oct/Nov 2011

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This month's contributors:
Marie Kimball, Patti Mullin, Ryan Rickerts, Robin Robertson, Doug Schoonover. Thanks All!



the club online:

www.mtbakerbikeclub.org
www.chuckanutcentury.org

and our social sites:

-  facebook.com/mountbakerbicycleclub
-  sports.groups.yahoo.com/group/MtBakerBicycleClub
-  twitter.com/mtbakerbike
-  flickr.com/mtbakerbikeclub/



LabX Media Group: Greg Brewer

FALL IS HERE!

Which means: gear up for rain, wind, dark, and spooky rides!

Summer gave us a good run, with warm, sunny dry days throughout August and much of September. But it's suddenly dark in the early evening, the summer weekly rides are over, WWU is back in session, and we may start to feel like hunkering down for winter.

BUT! There's an alternative! There are still weekly rides overwinter, there are indoor cycling camps, there are rain pants and shoe covers and lobster-claw gloves to be worn, there are all sorts of bike lights available.

Read on in this double-month newsletter and plan to attend

the Halloween Costume Ride, Thanksgiving Ride, a Cyclocross race, or many other activities this fall. Remember, there's no bad weather, just bad gear!



WEEKLY AND GROUP RIDES

Fall and Winter Schedule

STILL MORE 2011 EVENTS!



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 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



Gatherings

everybodyBIKE "Reflectorize your Ride" at the Saturday Farmers Market Stop by and create or take decorative ribbons, tapes, stickers, and shapes to increase your reflectivity while walking and bicycling this winter. Adults and children are welcome to bring their bikes, back packs, shoes, helmets, or jackets to decorate.

WhIMPs Fundraiser for Galbraith -

October 15 at Market Depot: 6:30pm,

Video and Photography contest, \$15 admission, supports preservation of Galbraith Mountain

see kulshancycles.com/about/whimps-fall-fundraiser-pg106.htm



Bike Travelogue Slide Show - November 16

at ReSources Meeting Room 7-9 pm, Northeast Oregon Family Vacation slides and trip planning discussion. \$3 suggested donation for everybodyBike.

see everybodybike.com/calendar.aspx

Races

Parks & Recreation Race Series

see www.trithecookie.com

October 9: Runningshoes.com Duathlon

October 9: YMCA Youth Duathlon

Cyclocross 2011: Cascade Cross Race Series

'Cross races are nearly as much fun to watch as they are to race in, so check out the details of the races below and get out there on the course with your cowbell.

October 8: Killer Cross (Bellingham)

October 22: Woolley Cross (Sedro Woolley)

November 5: Cross Border Clash (Ferndale)

more races to come in December and January!

Info: Ryan Rickerts. details: cascadecross.com

CX practices Wednesdays at Padden 6pm

Trail Building

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

October 1 - 10am Woodstock Farm

October 8 - 9am Whatcom Creek Trail at City Hall

October 15 - 10am Old Village Trail

October 15 - 10am Old Village Trail

October 15 - 2pm Squalicum Creek Park

everybodyBIKE



OCTOBER & NOVEMBER RIDES



Fun times right here in town:

- **Breast Cancer Awareness Ride - October 8,** 10am, begins at Kulshan Cycles. 10 miles, social pace, \$25 all proceeds go to Breast Cancer Research Fund. Decorate your bike, wear some pink! Info: kulshancycles.com, click *Rides and Events*
- **Halloween Ride - October 30,** 5:30 pm begins at Boundary Bay Brewery on Railroad. Costume Ride! With extra credit for those who fashion a pumpkin to fit over their helmets (*as shown above right*). We'll be starting at dusk and return after dark so lights are needed. Patti is working on a route that includes both road and trails, so Mtn or CX bikes would be appropriate. Heavy rain cancels but all can still meet at approx 6:30-7pm, in costume of course, for dinner/drinks at Boundary Bay afterward. Information: Patti Mullin, 756-6670
- **Thanksgiving Day Ride - November 24,** meet 9am at Cornwall Park by the Meridian Street entrance. Road ride to Ferndale and back (or further depending on energy of riders and weather). Come join us for this early ride to work off some calories and still have time to get back to Thanksgiving dinner and football. ridecoordinator@mtbakerbikeclub.org

EVENTS *continued from page 2*

- October 22 - 9am Squalicum Creek Park
- October 22 - 9am Franklin Park
- October 22 - 9am Memorial Park
- October 22 - 9am Big Rock Garden Park
- October 29 - 9am Happy Valley Park
- November 5 - 10am Crooked Path (High St at Laurel Park)
- November 12 - 10am Padden Ck Trail at 6th Street
- November 19 - 9am Maritime Heritage Park
- December 3 - 9am Whatcom Creek Trail

For the complete schedule and information: Bellingham Parks & Recreation, 360-778-7105 www.cob.org/documents/parks/volunteer/work-schedule.pdf



Classes & Training

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

First Gear classes: **Oct 13 & 20**

Details on all events: 671-BIKE or info@everybodyBIKE.com

Fairhaven Fitness bicycle camps:

- **November 1 - March 29** Cycle Moles Winter Training Camp
details: bellinghamtennis.com or 360-733-5050

Club Sponsor Story

HOW DID A TENNIS CLUB MORPH INTO A BICYCLING PRESENCE?

Fairhaven Fitness & Personal Training and its bicycling programs have been a sponsor of the MBBC for the past 2 years. We were wondering how a tennis club became such a bicycling supporter in the community, as well as how all of its cycling programs came into being. Co-owner Robin Robertson tells the story:



Cycling & Tennis ~ How can that Be?

by Robin Robertson

About eleven years ago, my husband (Doug Robertson) and I were having a serious conversation about the possibility of buying the tennis club. It was serious enough that we made an evening of it at the (now closed) Calumet and ordered martinis. Tequila martinis. Now, this is a wise time to add that I usually stick to beer and wine, so you know this **had** to be a significant occasion. We crunched numbers, agonized over financials, and hashed through what it would mean for us to own and operate the club. When this all seemed like we could pull it off, we ordered the second martini and started dreaming about what the Club could be. "Tennis & Cycling" my husband envisioned with a glimmer in his eyes and he knew he had me. Then came the most important question: "So, do you think you could run a tennis club?" he asked and my martinis replied "Sure, how hard could that be?"

We bought the Club in May 2000 and it was clear that I was duped. There was NO WAY that cycling was going to fit in – both physically and for our club culture. However after 5 years of getting the Club on its feet and solidifying our tennis programs, we finally had the energy to focus on fitness... and eventually think about adding cycling. I have to say that Charlie Heggem had a hand in convincing me that it could be done. We found a way to store the spinning bikes when they were not in use and our indoor cycling program was born. It turns out that cycling actually is a fantastic complement to tennis (and as we all know, great exercise in its own right).

“ It turns out that cycling is actually a fantastic complement to tennis!”

- Robin

I have a keen interest in cycling because my knees are so bad that I cannot do any impact sports (including, ironically, tennis) and I know so many others with knee issues that feel hopeless. I wanted our indoor program to be the beyond a cheerleader on a bike – so we created the program with not only a great workout, but instruction on pedal stroke, cadence, hill climbing technique, heart rate training, form, hydration, nutrition... all to help people become better cyclists both indoors and out. We've had lots of folks who have never really ridden a bike become so excited that they've purchased bikes and are now avid outdoor cyclists too. Our Cycle Moles Training Camps give us the time to work with a group through a multi-month training plan, allowing for base, build, peak, and recovery weeks.

Many of our staff commute by bike and some are racers (Nicole Connor, Cheryl Batty, and me). For three years we sponsored and held the "Sweat 24" fundraiser for the Food Bank and Mission where you could ride a bike, play tennis, or work out with a team throughout the 24 hours; these events raised over \$15,000 for the two charities. We've held other fundraisers involving cycling including the "March of the Moles" bike ride where we donated proceeds to the Kona Bike Town Africa program. We have ideas for another fundraiser ride sometime in 2012.





I love this photo and am hoping for some good mud this season!



HERE COMES CYCLOCROSS!

What is Cyclocross? Ryan Rickerts, organizer of the Cascade Cross Series in Bellingham, says on cascadecross.com:

“It’s the least understood but most emphatically enjoyed faction of cycling. It’s mud-bogging, sand-squirming, barrier-hopping, wet-grass-slipping, steep-pitch-scrambling fun.

It will make you want to puke. It will make you want to fall over. It will make you feel alive, and once your heart rate comes down, you’ll want to do it again.

It’s called Cyclocross, and it’s like no other cycling discipline (but somewhat like all of them).”

The Big Shark Bike Club in St. Louis, MO explains ‘Cross this way:

“Cyclocross racing was developed in Europe in the early 1900’s as a way for road racers to remain fit during fall and winter. The intense event helped athletes maintain and improve their racing fitness and skills. As the sport grew, some riders abandoned the road racing scene to become ‘cross specialists. Today, there are cyclists who focus only on ‘cross and many professional road and off-road riders race ‘cross to keep their race engines well tuned in the off season.

Typical cyclocross courses are 1.5- to 2-mile loops on a mix of paved and off road surfaces over flat-to-rolling terrain. Usually, races lasts an hour plus a lap. But, what makes ‘cross such a unique and challenging sport is that courses always include obstacles that force riders to dismount and run while carrying their bikes.

For example, most courses feature short, steep (often muddy) sections, which are nearly impossible to ride. Also a series of man-made barriers may be scattered around the course requiring riders to carry their bikes over, or if they’re really talented, to jump their bikes over the obstacles. It’s this combination of cycling, stunt riding, carrying, running and scrambling over obstacles that makes cyclocross so exciting, such a phenomenal workout and so darn much fun, both to watch and to ride.

Another ‘Cross season starts in Bellingham on October 8, and you’re really missing out on quite the event if you don’t go watch at least one race. Head to one of the Cascade Cross races, and even better if it’s a miserable rainy or snowy day. The first race of the day starts at 10am, but stick around until the “A” class (the really fast guys) go at 1pm.

Walk around the course and observe where the hills, obstacles, jumps, and other interesting terrain is. Watch for racers who may be warming up on the course - don’t step in front of anyone and if you bring your dog, keep him on leash! Find a good spot to observe some cycling acrobatics. Good spots are at the top of a hill, or near a log or plank where riders will have to quickly dismount, carry, then re-mount their bikes. Cheer for riders passing by, then wander to other spots along the course for lots of different views.

Coming up are: Killer Cross at Squalicum Park on October 8; Woolley Cross at Northern State Recreation Area (just east of Sedro Woolley on Hwy 20) on October 22; Cross Border Clash at DeltaTech Industrial Park (off of Grandview and Vista in Ferndale) on November 5. If you like those, check cascadecross.com for 3 more races coming up in December and January!



Welcome new members!

Regis Chapman

John Hauter

Valerie Paige Hauter

Dave Hewlett

David Jessup

Jeff Johnston

Janie Pemble

James Risener

Tanya Rutherford

Daphne Ryan

Jacquelyn Styrna

Jeffrey Thistle

Yolanda Triana

W. Douglas Uhl

Mitchell Wittenberg

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

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

MBBC Quarterly Board Meeting Scheduled

Information from President Marie Kimball:

The Club's Board of Directors will meet on Monday, October 24 at 6pm at the Cordata Community Food Co-Op meeting room.

In this meeting we will plan any additional Fall rides (additional to the Halloween Ride and Thanksgiving Ride), as well as the Annual Membership Meeting. Looking ahead to 2012, we'll discuss fundraising and sponsorship, as well as club programs we might want to undertake next year.

Minutes from previous meetings will be ratified.

Club members with any agenda items or discussion items to bring to the board's attention may contact a board member before the 24th. See list of board members on page 6.

Double-Month Newsletters

This month's newsletter covers October and November; the next newsletter will be out at the beginning of December and will be another double-month, covering December and January. Regular monthly newsletters will begin again in February 2012 with Doug's annual "Mark your calendar" schedule of next year's rides!



**Sanitary
Service
Company**

Chuckanut Century Recap by Doug

Again this year it rained on the Chuckanut Century, although not nearly as bad as last year. Due to this we had slightly more than 200 riders with a record number of pre-registered no-shows. Despite the inclement weather the comments were positive for the most part.

"Hosted relatives from out of town for two nights and thoroughly enjoyed the event. Good route selection, maps and marking. Food stops and ride end venue was great. Thanks for the hard work."

"Great food at the pit stops; great smiles from the volunteers. I will be there in 2012!!!"

"I did not attend the ride this year due to the threat of the weather. ... Last year's down pour probably influenced me."

"Came from Vancouver BC and had a great time. Thanks!!"

"Great ride, bad weather."

"I'm glad I rode the North loop. It was sunny north of Bellingham all day!"

I want to extend my thanks and appreciation to all the volunteers who made this event happen. WWU cycling team at the Birch Bay food stop, Ferndale \$'s for scholars in Ferndale, and Pam Fonda, some of her friends and the Bowmer family at the Edison food stop. Also members of MBBC and FBRC for assisting in set-up and SAG support. There were also a number of hospice volunteers assisting with registration. Without these people generously donating their time this event would not be possible and the above comments reflect the dedication of these people.

Thanks to our sponsors for their generous donations to support Whatcom Hospice and this event –

- Sanitary Service Company (SSC)
- Group Health
- Boundary Bay Brewery and Bistro
- AdventuresNW magazine
- Lorne Rubis
- North Cascade Cardiology
- Copies Now
- KVOS – MeTV



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
October 2 Rabbit Ride? Edison Social Ride	3	4 Tues N Social Ride	5 Wed Group Ride Padden CX practice Walk/Bike to school day	6 Thurs S. Social Ride	7 <i>Yom Kippur Begins</i>	8 Donut Ride Recumbent Ride Breast Cancer Ride Killer Cross COB Trail Work Party
9 Rabbit Ride? Edison Social Ride Duathlons	10	11 Tues N Social Ride	12 Wed Group Ride Padden CX practice	13 S. Social Ride everybodyBike 1st Gear I	14	15 Donut Ride WhIMPs fundraiser for Galbraith COB Trail Work Party
16 Edison Social Ride	17	18 Tues N Social Ride	19 Wed Group Ride Padden CX practice	20 S. Social Ride everybodyBike 1st Gear II	21	22 Donut Ride Woolley Cross COB Trail Work Party
23 Edison Social Ride	24	25 Tues N Social Ride	26 Wed Group Ride Padden CX practice	27 Thurs South Social Ride	28	29 Donut Ride COB Trail Work Party
30 Edison Social Ride Hallowe'en Ride	31 <i>Hallowe'en</i>	November 1 Tues N Social Ride Cycle Moles begins	2 Wed Group Ride Padden CX practice	3 Thurs South Social Ride	4	5 Donut Ride 'Cross Border Clash COB Trail Work Party
6 <i>Daylight Time Ends</i>	7	8 <i>Note</i> Tues N Social Ride	9 Wed Group Ride Padden CX practice	10 Thurs South Social Ride	11 <i>Veterans Day</i>	12 Donut Ride Recumbent Ride COB Trail Work Party
13 Edison Social Ride	14	15 Tues N Social Ride	16 Wed Group Ride Padden CX practice	17 MBBC Dec/Jan Newsletter Deadline	18	19 Donut Ride COB Trail Work Party
20 Edison Social Ride	21	22 Tues N Social Ride	23 Wed Group Ride Padden CX practice	24 <i>Thanksgiving</i> Thanksgiving Ride	25	26 Donut Ride
27 Edison Social Ride	28	29 Tues N Social Ride	30 Wed Group Ride Padden CX practice	December 1 Thurs S Social Ride	2	3 Donut Ride COB 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

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..