



MBBC

More Bicycling = Better Community!

Mount Baker Bicycle Club Newsletter, Vol. 20 No. 8, September 2011

Whatcom County's Featured Rides Coming Up in September

Summer may have been late to arrive, but it appears it will linger on into September, giving us perfect riding weather for our local signature events in Whatcom County.

On Sept 18, the Chuckanut Century, benefiting Whatcom Hospice and the MBBC's bicycle advocacy programs, offers supported north and south loops so riders can choose the distance and route they wish to ride. All routes start and end at Boundary Bay Brewery on Railroad. Day-of registration starts at 7am, or pre-register on Active.com or via the mail-in form chuckanutcentury.org.

Thanks to sponsors: SSC, Group Health, Adventures NW Magazine, Lorne Rubis, North Cascade Cardiology, Road ID, Boundary Bay Brewery & Bistro, KVOS, and RoadID.



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This month's contributors:

Mary Anderson, Linda Blake, Charlie Heggem, Marie Kimball, Ryan Rickerts, Doug Schoonover. Thanks All!



the club online:

www.mtbakerbikeclub.org
www.chuckanutcentury.org

and our social sites:



Festival 542, on Sept 10 and 11, includes a trail run, cyclocross race, food, and music. The main event, the Mount Baker Hill Climb road bicycle ride and race, is Sunday morning the 11th, beginning in the town of Glacier on Hwy 542. Riders must pre-register. See details at norka.us

Festival organizer Charlie Heggem: Charlie@NorKa.us

WEEKLY AND GROUP RIDES



IT'S TRANSITION MONTH! With Autumn rolling in and the days quickly getting shorter, many rides are changing or ending for the season. In some cases, riders will decide week-to-week when it is time to change start times or ride format, so contact your ride leader or ask other riders for the latest schedule.

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. *The last day for this 2011 ride is September 13.*

Tuesday Hot Laps Ride: *has ended for 2011.*

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

SEPTEMBER!!

In addition to the Chuckanut Century and Festival 542 (see p. 1), don't miss local cycling through the Whatcom County Farms in September.



Sustainable Connections' Whatcom County Farm Tour

Discover Whatcom County farms through this annual fun-filled, festive and flavorful farm tour, set annually for the second Saturday in September. For this year, it's Sat. Sept 10 from 10am-5pm.

The perfect day to meet your farmer, explore local farms and taste the bounty our region has to offer -- all under the backdrop of stunning Mount Baker.

This free, self-guided tour is a treat for the whole family, and three bike routes have been created so cyclists can choose the mileage and type of tour they wish.

#1: Family Fun Loop, 36 miles

Pick your own veggies, nosh on super sweet corn or a strawberry sundae, get face-to-face with adorable alpacas and mighty bison.

#2: Smorgasbord Loop, 49 miles

Can't decide what farms to visit? Catch a bunch of them on this hearty bicycle loop through the beautiful county with spectacular mountain views - taste local wines and fruits, see grass fed cows at an organic dairy and beef farms and more!

#3: Animals & Wine, 38 miles

A great day trip from Lynden, this loop takes you to meet a hoard of friendly farm animals including alpacas, sheep, pigs, cows, ducks and more -- take a break from the action to savor wine at one of the stops too!

Details and maps of the 3 bike loops are on the Sustainable Connections Farm Tour web site:

sustainableconnections.org/foodfarming/whatcom-county-farm-tour-1

everybody  **BIKE**

**SMART
TRIPS**

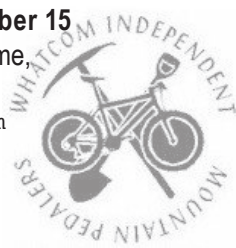
2011 EVENTS ... more events added to the list each month - check back!

Gatherings

everybodyBIKE "Reflectorize your Ride" at the 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: More information to come, see kulshancycles.com/about/whimps-fall-fundraiser-pg106.htm



Races

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

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. Here's the preliminary schedule for the Cascade Cross Series, by Ryan Rickerts.

September 10: Cross 542 (Mt. Baker - see p. 1, norka.us)

October 8: Killer Cross (Bellingham)

October 22: Woolley Cross (Sedro Woolley)

November 5: Cross Border Clash (Ferndale)

November 19: Thriller Cross (Bellingham)

January 14, 2012: Chiller Cross
details: cascadecross.com

More Cyclocross 2011: Starcrossed at Lake Sammamish Park, Issaquah; September 17 starcrossedcx.com

Trail Building

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

September 24 - 10am Big Rock Garden Park

October 1 - 10am Woodstock Farm

October 8 - 9am Whatcom Creek Trail at City Hall

October 15 - 10am Old Village Trail

plus many more dates in October and November.

For the complete schedule and information: Bellingham Parks

& Recreation, 360-778-7105 www.cob.org/

documents/parks/volunteer/work-schedule.pdf

2011 RIDES

September

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

10 Sustainable Connections Farm Tour (see p. 2)

10 Golden Valley Tour (Goldendale) goldenvalleybikeride.com

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

17 everybodyBIKE's Bike for Chocolate (Bellingham)

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

1 Tour de Rock MTB Ride (Chewelah) www.ski49N.com

2 Tweed Ride (Bellingham) info: Colleen Milton 360-756-9440

2 Skagit Villy Farm Tour by Bike festivaloffamilyfarms.com

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

Classes & Training

Fairhaven Fitness bicycle camps:

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

details: bellinghamtennis.com or 360-733-5050

Bellingham REI Cycling maintenance classes, sign-up required:

- **September 12** - Bike Maintenance Basics

- **September 3 & 18** - 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: **September 8, Oct 13 & 20**

Kiwanis **Bike Safety Rodeo: September 10**

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



Inaugural Season a Great Success!!

MEET THE MASTERMIND BEHIND THE SUMMER RIDES SERIES

What does a

- *longtime Bellingham resident*
- *car-free bicycle commuter*
- *recent WWU Public Relations graduate*

build when her employer, everybodyBIKE, directs her to “create a project?”

In Linda Blake's case, her brainchild was the 2011 Summer Rides Series, a set of community rides that began May 1 and ended on August 21. By all accounts, the Summer Rides Series was a smashing success, and Linda took some time last week to reflect on its inception and inaugural season.

Linda has been a car-free bike commuter for 10 years, and while she worked on a Journalism and Public Relations degree at WWU, she began volunteering for everybodyBIKE. You may have seen Linda working the everybodyBIKE table at community gatherings such as the Farmer's Market, Community Co-op picnic, and WWU events.

While talking to all sorts of Bellinghamsters about bicycling, Linda realized an opportunity to engage a group of potential cyclists whose needs weren't being served by our various cycling groups. She saw resources available to school-aged children, and group rides and races for more experienced cyclists. But there was a large group of not-yet-but-potential cyclists: people who might like to ride a bike to the library, or to the store, or to run a couple errands, yet were nervous about riding on city streets and weren't sure how to get started or what routes to take. Linda thought these would-be bicycle commuters were lacking only a bit of courage and know-how.

With those people in mind, Linda created a set of short rides around town, with destinations and routes that might be useful to a new commuter.

She started working on the Summer Rides idea in autumn 2010, designing trips to libraries, coffeeshops, parks, museums, and to treats of course. She incorporated as many trails as she could, and rode the routes at least 4-5 times each, tweaking them to avoid hills, traffic, complicated one-way interchanges, etc. She wanted to consider

people who may have never ridden more than a couple miles. Her Public Relations study at WWU had taught her that in order to get an idea off the ground, it helped to approach a community leader. She contacted Wes Herman, proprietor of The Woods Coffee shops, who

coincidentally had just posted a bike route to all of his shops on the Woods web site. He was immediately excited about Linda's idea, and signed up to sponsor the first and final rides of the 17-ride series.

The series started on May 1 with a warm sunny day and 94 riders! Some people were looking forward to the series and were motivated to take everybodyBIKE safety courses in order to be prepared, others had dusted off an old bike in the garage, many borrowed a bike. Throughout the summer, Linda says “I was most proud of the diversity of the riders who came on the rides. We had all age groups: kids from age 8 to 80, families, counterculture cyclists, racers who wanted



“ The Summer Rides Series really proved out our name: ***everybody* Bike!”**

- Linda Blake

continued on page 5



a fun ride... the rides drew in people outside of regular bike commuters. These rides really did prove out our name: *everybody bike*.”

Linda is relieved that even with our relatively cold/late summer, only one of the 17 rides was marred by rain. Even so, 10 hardy riders braved that rain, showing their determination to become true Bellingham bike commuters. The series was also fortunate to have no injuries, no bike/mechanical issues, no flats. Linda received comments such as

“I never knew this trail was here,”

“I usually ride with a fast group, and I really appreciated meeting people on a fun ride,”

“I have never been to this park before.”

Some of the Summer Riders bought their own new bikes after getting comfortable on Linda's intro rides.

How about next year? Well, it will depend on funding, as this series was supported by transportation grants received by everybodyBIKE. But Ellen Barton and members of the everybodyBIKE group, who all joined in the effort to put on the rides, are talking hopefully about “next summer.” Wes from The Woods was very excited to have a large group participate in the final ride, a 60-mile tour to all 11 Woods shops, and he's talking “next summer” as well.

Congratulations and thank you, Linda and everybodyBIKE, for a great series, and we too hope there will be a “next summer.”



photos from previous page, then top left:

- Linda Blake relaxes after the final Summer Ride
- Summer Ride poster
- Group of MBBC cyclists outside one of the Woods in Lynden on August 21 final ride (photo: Marie Kimball)
- Linda and her commuter bike led all the rides!





Welcome new members!

Penny Henderson

David Lewis

Laura Nelson

Tim Roth

Barbara Vrana

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



**Sanitary
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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

CLUB ADMINISTRATION

Newsletter schedule for remainder of 2011:

This current September newsletter will be followed by two double-month issues: -- October/November 2011, available before October 1; and December 2011/January 2012, before December 1.

If you wish to place any calendar items or announcements in upcoming newsletters, please get your items to the newsletter editor before September 20 for inclusion in the October/November issue and before November 21 for inclusion in December/January.

Regular monthly newsletters will begin again in February 2012, featuring Doug's "mark your calendar" list of dates for 2012 rides.

Send newsletter items to: to:

mbbcnewsletter@mtbakerbikeclub.org



Reminder: \$5 through September

Bike Alliance of Washington Membership Special!

As we mentioned in last month's newsletter: 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 - 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 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.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				September 1 Thurs South Social Ride	2	3 Donut Ride e'bodyBike Reflectorize REI Bike Maint 201
4 Rabbit Ride Edison Social Ride	5 <i>Labor Day</i>	6 Summer Evening Ride Tues N Social Ride	7 Wed Group Ride	8 Thurs S. Social Ride everybodyBike First Gear	9	10 Donut Ride Recumbent Ride Farm Tour by bike Kiwanis Bike Rodeo MS 150 begins Goldendale Ride
11 Rabbit Ride Edison Social Ride High Pass Challenge Ride 542: Mt Baker Hill Climb	12 REI Bike Maint Basics	13 Summer Evening Ride Tues N Social Ride	14 Wed Group Ride	15 Thurs South Social Ride WhIMPs Fundraiser	16 Trek Tri-Island begins	17 Donut Ride Bike for Chocolate Bellingham Traverse Starcrossed CX Soldier Ride
18 	19 October MBBC Newsletter Deadline	20 Tues N Social Ride	21 Wed Group Ride	22 Thurs South Social Ride	23 <i>Autumn Begins</i>	24 Donut Ride Bellingham Parks Trail Work Party Tour de Whidbey Coup de Cascades
25 Edison Social Ride Kitsap Color Classic	26	27 Tues N Social Ride	28 Wed Group Ride <i>Rosh Hashanah Begins</i>	29 Thurs South Social Ride	30 Fall Bike Festival begins	October 1 Donut Ride Tour de Rock Metric Tour 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

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..